



Spring 2021 Newsletter

Searching for Spring

Hello wonderful families and friends! If you've been in Rhode Island recently, you can tell by the weather that the seasons are changing and mother nature is searching for spring. A few warm days here and there, the snow piles finally melted from the Target parking lot, and even some daffodil leaves and crocus flowers poking out of the ground all tell us that spring is on the way. But were still subject to the occasional cold, blustery days, and just the other day there was even a snow flurry with the sun out! It's a confusing but hopeful time of year. I think this meme from Facebook sums it up nicely:

Turns out there are 11 seasons, not 4.

- winter
- fool's spring
- second winter
- spring of deception
- third winter ← **You Are Here**
- mud season **T minus 14 Days**
- actual spring
- summer
- false fall
- second summer (1 week)
- actual fall

Got the Jab!

Commonwealth House residents and staff were happy to be among the first in the state to get the Pfizer vaccine for COVID-19. The good people at CVS sent a crew over on January 20th to get us all our first dose, followed by the second 2 weeks later. We were fortunate in that none of us experienced any serious side-effects other than some soreness at the injection site and fatigue in the following days. We hope that those of you who are reading this have either secured your dose or are scheduled to receive it soon. The promise of things getting close to normal by the time REAL spring rolls around is so enticing, and



we want everyone to be able to enjoy it fully!



Lots of Love

One of the fun events we always look forward to in the early spring is Valentine's Day. It's so nice to decorate the house with bright colors and be reminded to keep sending the love, even in these trying times. We had a fun and festive Valentine's Day evening party, complete with colorful cakes and chocolate, and Valentine's cards passed out by our very own little Cupid!



Staying Strong

We work hard to keep our residents active and strong, especially during the winter months, when it is easy to become sedentary. It's clear that losing strength from lack of movement can result in an increased risk of falls and injury, so we work hard to keep our residents moving (sometimes whether they like it or not!). We have always had our sit-and-be-fit sessions, led by our lead "trainer" Laura. This spring, we also started "Walking Club"! So far it's an indoor activity, with the residents walking laps from one end of the house to the other, under Laura's watchful eye. Now that the weather is a bit better, walking club will take place outdoors, hooray! We have also introduced the newest addition to our fitness regimen, the TiltActive chair! This revolutionary device, built right here in Rhode Island by the designer of the WaterRower (the "House of Cards" rowing machine), is a way to engage in "ambient exercise", and is meant to be used while enjoying nature, watching a show, or having a conversation with friends. As you rock, it engages your core muscles that contribute to balance and coordination. The hope is that the gentle strengthening of these muscles can contribute to mobility and a reduction in falls. You can find out more at www.tiltactive.com!

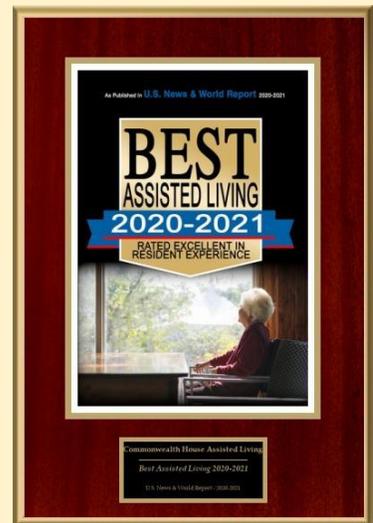


We're Number 1!

Just the other day we discovered that Commonwealth House Assisted Living was rated the #1 Assisted Living in Rhode Island by US News and World Report! This came as quite a (pleasant) surprise, because as you may know, we are pretty modest, and don't spend too much time and effort on promoting the business and advertising ourselves. We like to think that our hard work is best spent on



making sure that our residents and their families are happy, healthy, and getting the best care and attention that can be provided in our home-like environment. Well you know what they say, when you are doing something you love with passion, other people are bound to notice! It seems that this was the case here! This does give us the opportunity to commend our staff, who are the real heroes at Commonwealth House, and are most certainly doing what they love with



passion. Please be sure to thank them if you see them. They deserve all the credit for this recognition, and we thank them for their hard work every day!

Open For Visits

This March has seen us able to open back up for family visitations indoors! Those first family visits were so exciting, and having our residents able to see their loved ones in person again has visibly affected everyone in a positive way. You can tell that the atmosphere is a little lighter and more hopeful. Thank you to all the family members who have been so patient and cooperative as we move through the visitation process. We have seen a number of restrictions lifted as of this writing, so it feels like it won't be long now before we are back to how it used to be! For now, here is the latest:

- Family members can visit indoors, subject to a rapid test, screening, and mask wearing
- Contact is permitted!
- Food prepared by a restaurant can now be brought in and served immediately
- Quarantine rules have been lifted for residents who go out to health care facilities, as long as they do not have direct contact with a Covid positive individual while away.

As the environment changes, we will have further updates on our policies towards visitors. It should be a terrific summer!

Thank You!

Thank you for reading our newsletter! Please let us know your thoughts by emailing graham@commonwealthouser.com. Please also look out for an emailed survey that will be sent out in the middle of November. Your feedback helps us provide the best care we can for your loved ones, so please complete the survey and return it when you receive it.

We currently have availability and we are able to take in new residents; if you are interested in learning more or have someone in mind that might benefit from the services we provide, please reach out to Marketing Director Christine Andrews at candrews@commonwealthouser.com. Have a fantastic fall and stay safe!



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