



## Woodland Terrace of Carmel Family Update

April 2, 2020

Social distancing, hand hygiene and self-quarantining have been in the headlines more than I think any of us could have imagined. If you didn't know there was a correct way to wash your hands, you do now! Just because we should be increasing the physical distance between ourselves does not mean that we cannot be close to the ones we love. Isolation and self-quarantine can make a very lonely world but thanks to technology and ingenuity we can get through it together!

Our entire team has been focused on creative ways to keep residents connected to their friends, family and Community in unique ways while keeping everyone safe!

- **Hallway Trivia** is Oscar themed this week. Our team delivers trivia cards to each resident door and the residents have one day to fill out with the correct answers and put back on their door. If they get all the questions correct, their name is put in a raffle and two winners are pulled. This week's prize is movie basket!
- **Tasty Treats** always hit the spot here at Woodland Terrace of Carmel. Our dining team has been surprising residents with unexpected small treats in their meals and our life enrichment team has been spreading cheer with spring decorated cookies or jellybeans this week!
- **Video Chats** are a great way to stay in contact with those that can't visit at this time. Our nursing and life enrichment team have been setting up calls between residents and their family via FaceTime or Skype. If you haven't done so, feel free to schedule a call through the concierge and our staff will take care of the rest!
- **Window Concert Series** is the most unique concert our residents have been to! Allegra, our Music Therapist, and a couple of her cohorts put on a small weekly concert that residents are able to enjoy from the safety of their own balcony. You will see Allegra moving and grooving to all kinds of music while our residents dance along in the fresh air!
- **Life Enrichment Carts** are busy going up and down the hallways visiting resident homes! Our Life Enrichment team's 'joy carts' truly do bring joy to our residents. Each cart is packed with puzzle packs, books, drinks, snacks and of course hand sanitizer! Residents are able to take whatever they would like for their own personal entertainment!
- **Hallway Fitness** is more than just walking the hallways. Our fitness coordinator goes to each hallway and heads up an exercise routine that all can participate in. Residents are spread at least six feet apart and are able to get some good stretching and movement in!



We have always been proud of our residents and our team, but watching our Community come up with fun, new ways to entertain and connect our Community has been a bright spot of each day. We are continually coming up with creative and safe ways to inspire our Community but would love to hear new ideas! Woodland Terrace of Carmel is fortunate to have such wonderful residents and families that continue to support us throughout this time!

Sincerely,

Patrick Singleton  
Executive Director