

As I shared, our new normal changes every day, every hour. One of our biggest challenges is keeping up the spirits of residents, who are no longer able to have face-to-face visits with their families and friends, nor enjoy outside entertainers, given that the facilities are on lockdown.

Some of the things that we can have families do for residents at both the Nursing & Rehabilitation Center and The Massry Residence are:

- * Send letters, picture postcards, greeting cards. Having kids draw pictures or create their own greeting cards are things that the residents love. Including a photo of the child or family is a plus. (This is a generation that still really likes getting snail mail.)

As we approach Pesach: drawings, cards, other greetings embracing the Passover theme will help keep the tone of a Jewish facility (as we will not be able to have residents congregate for Seders).

Also, sending flowers for Shabbat (or just because) is nice. (Sending food is not recommended, as our residents have all sorts of differing eating challenges related to food consistency.)

If a family knows of a given resident, items can be addressed to that resident at Daughter of Sarah, 180 Washington Avenue Extension, Albany, NY 12203. If they do not know of a resident, generic items can be sent to Daughters of Sarah Activities Department at the same address.

If sending to The Massry Residence - the address is The Massry Residence, 182 Washington Avenue Extension, Albany, NY 12203, and should be addressed to the resident involved or the Massry Residence Activities Director.

- * The Massry Residence residents would also love to be set up with pen pals. Perhaps some of the school age children who are at home would like to correspond with a resident or two. If you reach out to Sharon Rosenblum at 518-724-3404 or rosenblums@dosscc.org<mailto:rosenblums@dosscc.org>, she will be able to recommend specific residents who would participate.

- * If someone knows of a particular resident in the Nursing & Rehabilitation Center, emails can be sent to ncresidents@dosscc.org<mailto:ncresidents@dosscc.org> The residents in general are not able to use a computer, but our Activities staff will print out the message and take it to (or read it to) the resident. The same can apply to residents at The Massry; just address the email to Sharon's email above.