



## November 2020 Newsletter



Let's not get ahead of ourselves by saying it's Christmas time just yet when Thanksgiving is still right around the corner! Turkey Day, Pie Day, or whatever you may call it, the day of thanks, food, and fellowship is here. We know it won't be the same this year due to COVID, but one thing that remains the same is the love and compassion we share for each other and the blessings we have in life.

Sincerely,  
**The PCALIC Team**

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### **Celebrating Thanksgiving in senior living during COVID**

With the COVID pandemic still making its presence known, it is best to be prepared and put safety first this Thanksgiving holiday. Find out how you can do just that while still ensuring a fun Thanksgiving celebration for all by reading more below.

[READ MORE](#)



### **Senior-friendly Thanksgiving Meal Ideas**

Looking for some healthy and senior-friendly Thanksgiving meal ideas for your residents? Click below to see some tips, considerations, and recommendations for whipping up a hearty Thanksgiving meal for all!

[READ MORE](#)

### **"I am thankful for..."**

Studies show that expressing and giving thanks makes people happier by helping them feel more positive emotions, improving mental health, and so much more. One of the best ways to express thanks is to write out what we are thankful for in life. Download this "I am thankful for..." list template below and share it with residents and staff, and encourage them to write down what they are thankful for this holiday season!

[DOWNLOAD](#)



## Message from PCH Mutual Insurance Co.

As we approach the holiday season, PCH is fully aware that this presents a new set of challenges for our member insureds, residents and their families. You may be struggling with managing visits as infections increase in your area, working through resident isolation and loneliness and maintaining staff health and morale.

Many facilities are innovating through the pandemic, from enlisting college students or family members to conduct virtual music therapy or art classes, getting “celebrities” (could be a grandchild or local hero) to call virtual bingo games, having sidewalk chalk available for messages and painting yard signs with kind messages or incorporating them into a scavenger hunt.

Follow this link to more ideas: <https://leadingage.org/resident-engagement-during-social-isolation#Member%20Story%202017>.

PCH strives to support you and your wonderful work.

With Gratitude,

**PCH Mutual Insurance**



**Tell us how we're doing!**

We understand how dedicated you are to your care operations and how busy you are. If you have a spare moment, we would love to hear your thoughts on how we are doing!

[HOW ARE WE DOING?](#)

