

Life in the Time of Covid, 2020-2022

Mary Ellen North, age 66

I remember when St John's told us that we could not be worshipping at church, March 2009. I live at Valleyview Assisted Living. We could not go out on errands; appointments were online.

We had to wear masks and stay in our room if we had the symptoms of COVID. My cousins sent me activities to keep me busy in my room. I kept busy with knitting, word search puzzles, coloring, etc.

I had a lot of talks on Zoom and the phone. It was a rough time for me. I have been trusting my Lord to get me through this COVID.

I could not have any visitors for a while. During the summer, we could have visitors at the picnic table. I had cataract surgery in June. I had to have 2 COVID tests. They came up negative. I had to stay at Valleyview until the day I went to have my surgery. I am happy that the Lord help me through the surgery. My eyes are doing real well.

Now I can go out with a mask on. I am going to Northfield Yarn, 50 North Senior Center, St. John's Lutheran Church, etc. I am not taking the bus because of using my walker. When I go places, I leave my walker in the car or I use it.

When I am down, I call my cousins or talk to my support group. My support team is ministers at St. John's, Cedar House, Secure Base Counseling Services, Dr. Tapper, Shannon, Rotary Club Northfield, close friends from St John's, Northfield Yarn, and Emmaus. My first cousins from Zumbrota come to see me once a month. My other first cousins come when they can. My second cousins see me twice a year around my birthday and Christmas. They call me every other week. They take turns calling me. Mickey calls me or I call her once a week. Jan and Mickey will come to visit me when Jan gets home from California.

The Lord was teaching me things during COVID. I have been following what Valleyview tells us to do.

Now we can go out on errands. I see my therapist at Secure Base every other week. She is helping me get through things. I see an ARMS worker from Cedar House weekly. It really helps me.

I am giving a Classification talk at Rotary Club on April 28. It is on how I am independent on calling places. It is at Methodist Church on Woodley and Maple.