

RETIREMENT
HOME

Ueli Schmalz

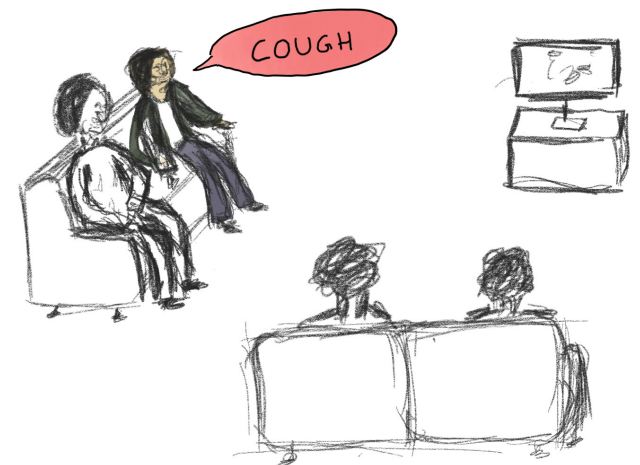
10 days in civil defense



In September 2019, I completed my basic training in civil defense. So I have not been with the organization for very long. All the more exciting when the commander called me on March 14th and said that they needed me for an emergency mission. When I agreed, the alarm went off shortly after and I had to acknowledge on all kinds of devices.

DAY 1

On the first day I went to the retirement home by train. I should check that only authorized people enter the building. Compliance with federal hygiene measures was also a top priority. As I was sitting in front of the television with my family in the evening, my brother suddenly started to cough. Since I did not want to bring anything into the old people's home under any circumstances, I had to cancel my mission.



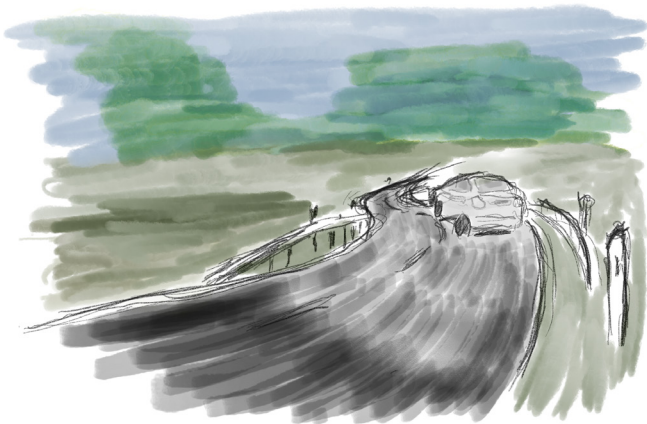


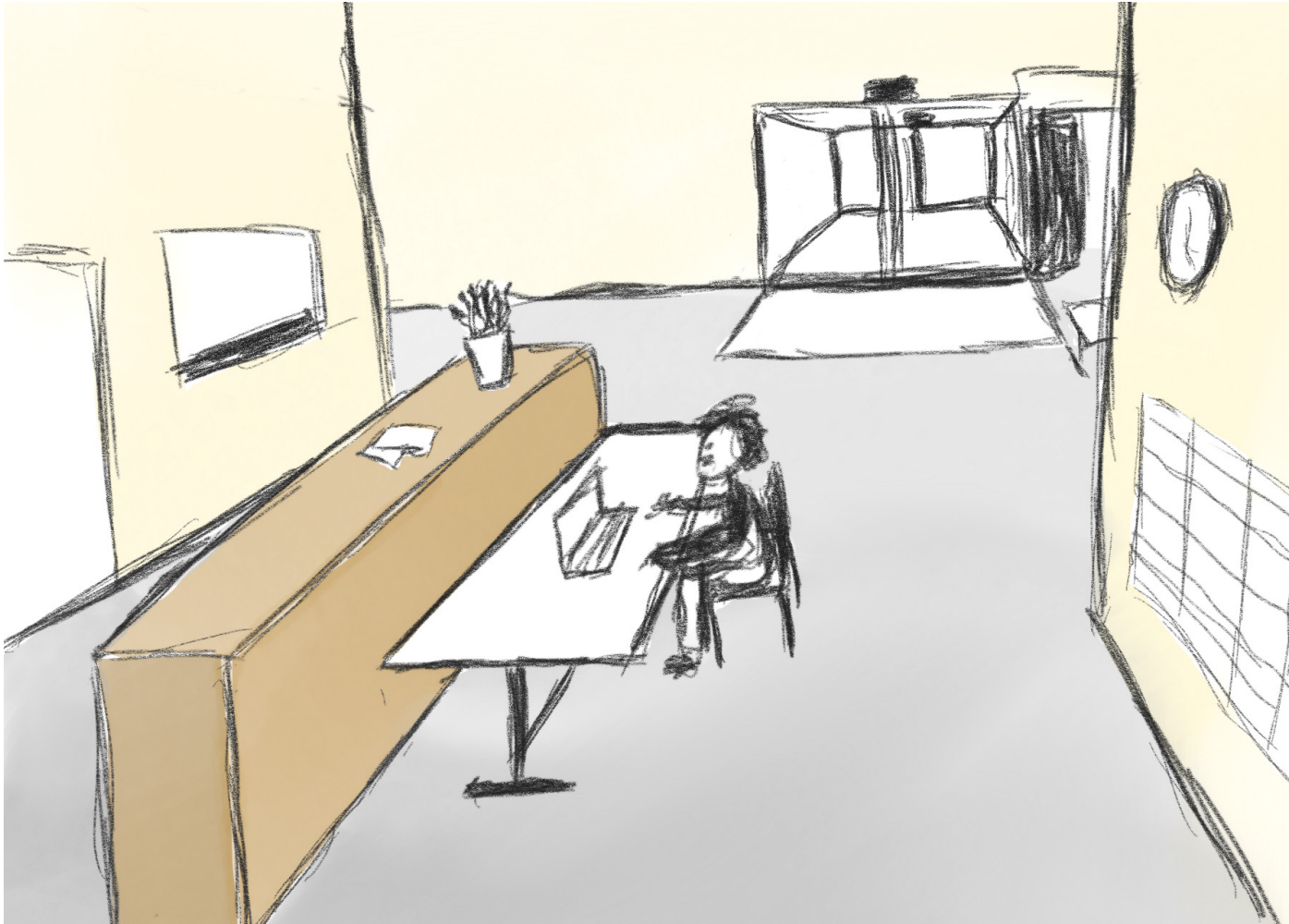
I returned to distance learning, listened to my lectures from home and worked on my projects. After a few weeks I received another call from the commander asking if I could re-enlist. They urgently needed someone for an assignment.

In the meantime

DAY 2

I was reinstated in the same retirement home. This time I was able to borrow my grandmother's car for the journey, so that I can avoid the danger of infection in public transport. Since the last time I was in an old people's home, the measures have become even stricter. Now everyone in the house has to wear a face mask.





I sit in the foyer at a table with a perfect view of the front door. When there is not much going on, I can work on school projects on my laptop.

DAY 3

DAY 4

To make sure no one enters the house who is not authorized, all doors are locked. If someone brings a gift for the residents or the mail arrives, I have to go and pick it up at the door.



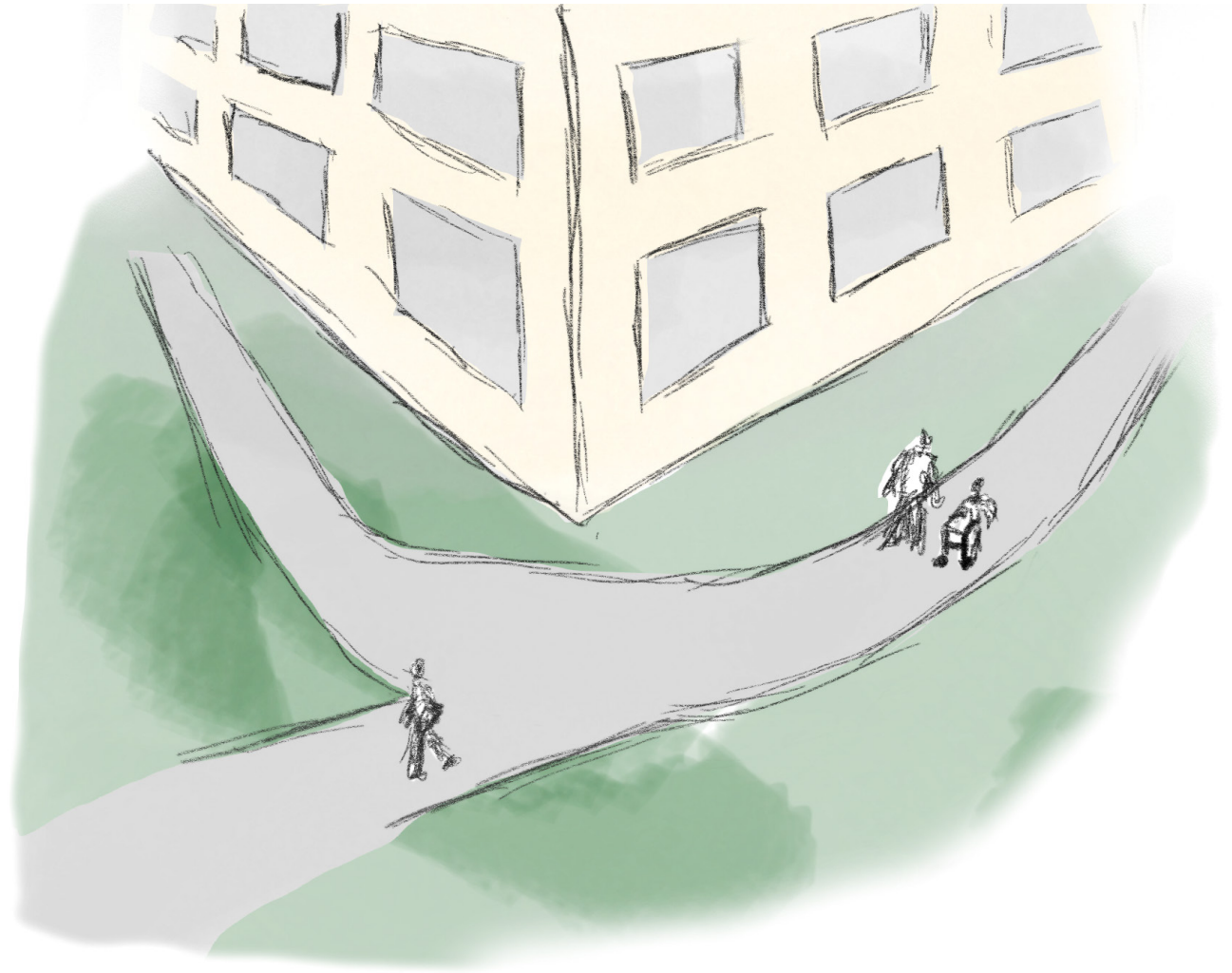


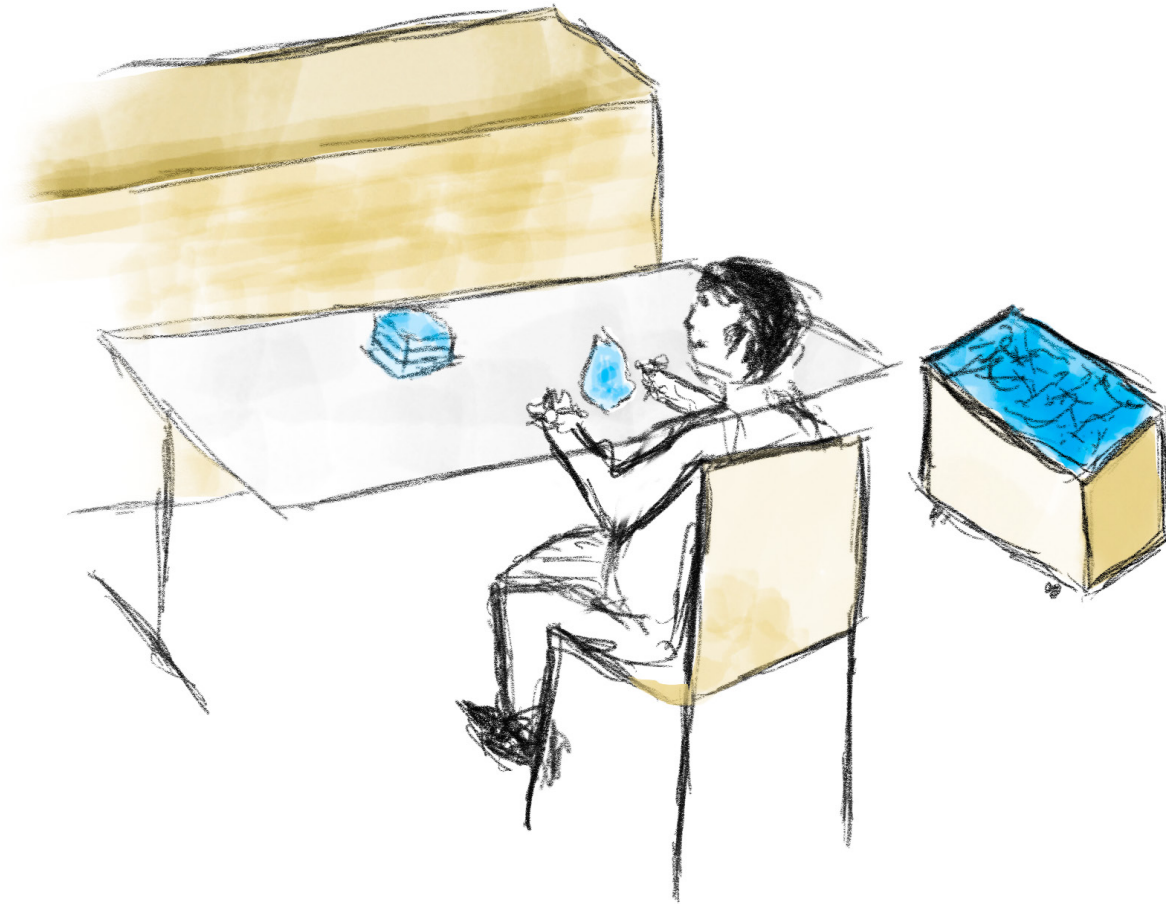
The retirement home is located in a rather quiet place. That's why not many people come by. In the meantime, most people know that they are not allowed to visit their relatives at the moment. For this reason, I am asked to go outside with the old people and take them for a walk around the house.

DAY 5

DAY 6

I am on a walk with two residents. Suddenly a woman hurries past us quickly in the direction of the village centre. I check with the other residents to find out if this woman also lives in the old people's home. Then I have to run after her and find out that she herself had found the door opener and escaped. The woman is severely demented and wanted to go shopping.





In the morning when I arrive there is not much going on, because the residents are still having breakfast. That's why I like to help out in the old people's home if there is anything else to do. For example, I help fold rags in the laundry or rearrange the tables for lunch in the cafeteria.

DAY 7

DAY 8

Among the residents, word had got around that there is someone stationed in the foyer who is allowed to take them outside into the fresh air. When I come back from a walk, the next one is already waiting at the door.





In the afternoon the weather is very nice and the temperatures are pleasant. Under these conditions many inhabitants want to go outside. On the benches around the old people's home everyone enjoys the weather at a distance of 2 meters. Some even have to take a seat on their rollator, as there are too few benches for everyone.

DAY 9

DAY 10

Today is my last day in the old people's home. I explain to my successor what there is to do and which residents have to be taken better care of. I have experienced a lot during this time and was allowed to hear many stories from the old people, which I will remember for a long time.

