

# DECEMBER

## *newsletter!*

KEYSTONE 

Embracing Family & Community



## FROM THE DESK OF THE ADMINISTRATOR

Each resident of the Keystone Nursing Care Center has the right to choose his or her attending physician. The physician must be licensed to practice and if the physician chosen by the resident refuses to or does not meet the requirements specified, the facility may seek alternate physician participation to assure provision of appropriate and adequate care.

# 2024

HAPPY NEW YEAR

As we look forward to 2024, I want to express my gratitude for the opportunity to do this job! I love it and it's because of all of you. Let's continue to embrace family and community in the new year!

-Tracy Bruns RN BSN Administrator





# HAPPY BIRTHDAY

AUDREY P - 25TH

SPENCER W - 9TH

LIZZY K - 12TH

NORA H - 24TH

# YEARS OF SERVICE

ASHLYN F - 1 YEAR

WENDY A - 2 YEARS

SHAYLA H - 4 YEARS

RACHEL B - 4 YEARS

CARRIE JO - 9 YEARS

TRACY S - 9 YEARS

BRENDA E - 33 YEARS



*Faye & Taylor*





# Rights of Residents in Long-Term Care Facilities



## WHO SHOULD I CONTACT IF I AM CONCERNED ABOUT MY RIGHTS?

If you have concerns about maintaining your rights as the resident of a nursing or residential care facility operating in Iowa, please call the Office of the State Long-Term Care Ombudsman at 866.236.1430.

Depending on your situation and where you live, you may be connected with a Volunteer Ombudsman for your facility, the Local Long-Term Care Ombudsman who monitors facilities in the part of Iowa in which you reside or another staff member who can assist you with legal issues, discharge concerns, elder abuse or other matters.

## INFORMATION:

Residents have the right to:

- Be fully informed of available services and the charges for each service.
- Be fully informed of facility rules and regulations, including having access to a written copy of residents' rights.
- Be provided with the contact information for the Office of the State Long-Term Care Ombudsman and the state survey and certification agency.
- Have access to state survey reports and the facility's plans of correction.
- Receive advance notice of a change in rooms or roommates.
- Receive assistance if a sensory impairment exists.
- Receive information in a language they understand (e.g., Spanish, Braille).

## COMPLAINTS:

Residents have the right to:

- Present grievances to staff or any other person without fear of reprisal and with prompt efforts by the facility to resolve those grievances.
- Complain to the Office of the State Long-Term Ombudsman.
- File a complaint with the state survey and certification agency.

## PERSONAL CARE:

Residents have the right to:

- Receive adequate and appropriate care.
- Be informed of all changes in medical condition.
- Participate in their own assessment, care planning, treatment and discharge.
- Refuse medication and treatment.
- Refuse chemical and physical restraints.
- Review their own medical record.
- Be free from charge for services covered by Medicaid or Medicare.

*Continued on Reverse*



## PRIVACY AND CONFIDENTIALITY:

Residents have the right to:

- Private and unrestricted communication with any person of their choice.
- Privacy while receiving treatment and personal care.
- Privacy and confidentiality regarding medical, personal or financial affairs.

## TRANSFERS AND DISCHARGES:

Residents have the right to:

- Remain in the facility unless a transfer or discharge is:
  - a) necessary to meet their welfare;
  - b) appropriate because their health has improved and they no longer require that level of care;
  - c) needed to protect the health and safety of other residents or staff; or
  - d) required because they have failed, after reasonable notice, to pay the facility charge for an item or service provided at their request.
- Receive a 30-day notice of transfer or discharge that includes the reason, effective date, location to which they are being transferred or discharged, notice of the right to appeal and the name, address and telephone number of the Office of the State Long-Term Care Ombudsman.
- Safe transfer or discharge through sufficient preparation by the facility.

## DIGNITY, RESPECT AND FREEDOM:

Residents have the right to:

- Be treated with consideration, respect and dignity.
- Be free from mental and physical abuse, corporal punishment, involuntary seclusion and physical and chemical restraints.
- Control their life and provide input on decisions made on their behalf (self-determination).
- Ensure their possessions are safe and secure.

## VISITATION:

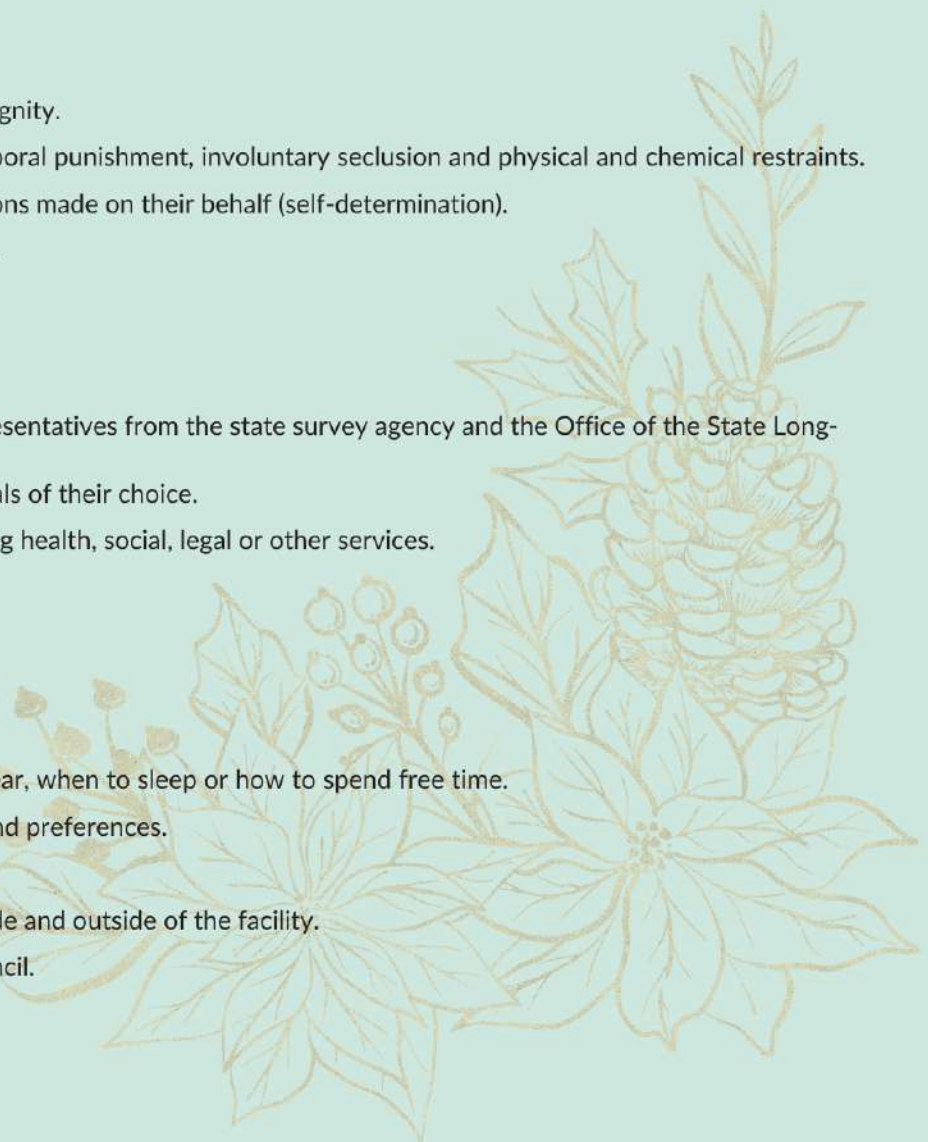
Residents have the right to:

- Visits from their personal physician and representatives from the state survey agency and the Office of the State Long-Term Care Ombudsman.
- Visits by relatives, friends and other individuals of their choice.
- Visits by organizations or individuals providing health, social, legal or other services.
- Refuse visitors.

## INDEPENDENCE:

Residents have the right to:

- Make personal decisions, such as what to wear, when to sleep or how to spend free time.
- Reasonable accommodation of their needs and preferences.
- Choose a physician.
- Participate in community activities, both inside and outside of the facility.
- Organize and participate in a Residents' Council.
- Manage their own financial affairs.





PLEASE MAKE SURE THAT IF YOU ARE BRINGING ANY NEW ITEMS SUCH AS CLOTHES / GIFTS, THAT THEY ARE LABELED WITH THE RESIDENTS NAME OR INITIALS. IF YOU NEED ASSISTANCE, JUST ASK AT THE FRONT NURSES' STATION!

THANK YOU TO THE BENTON COMMUNITY NATIONAL HONOR SOCIETY FOR HELPING US GET INTO THE HOLIDAY SPIRIT WITH CRAFTS!



IF BENTON COMMUNITY SCHOOLS ARE CANCELLED DUE TO INCLEMENT WEATHER, WE DO NOT DELIVER MEALS ON WHEELS. YOU CAN CHECK OUR FACEBOOK PAGE AND CHANNEL 9 FOR CANCELLATIONS!





# PHOTOS





# Now Hiring



**HOME HEALTH RN  
FULL OR PART TIME**

*Contact Erika at*

**319 - 327 - 5678**

*or*

**EOLEARY@**

**KEYSTONECARE.ORG**

**COMPETITIVE PAY  
FLEXIBLE SCHEDULING  
NO WEEKENDS**



**HOLIDAYS OPTIONAL  
PAID MILEAGE &  
DRIVE TIME**

# NOVEMBER WAS NATIONAL HOME HEALTH MONTH!

## *Congrats!*

TO OUR HOME HEALTH TEAM

ON THEIR OUTSTANDING AHCA

ANNUAL INSPECTION!



 **Keystone**  
Home Health

*Caring for the Lives  
of our Community  
in their Homes!*

KEYSTONE HOME HEALTH PROVIDES EXCEPTIONAL CARE IN THE COMFORT OF OUR CLIENTS OWN HOME. HOME HEALTH CARE IS CONVENIENT, EFFECTIVE, AND CAN PREVENT HOSPITALIZATIONS AND/OR NURSING HOME PLACEMENT. WE HAVE BEEN PROVIDING CARE FOR OUR SENIORS FOR OVER 40 YEARS. LET US CARE FOR YOU OR YOUR LOVED ONE!




# CALL US AT 319 - 442 - 3660





# Thank You!

Thank you to Carol Hoyt and  
our dietary staff for preparing  
a delicious Thanksgiving  
dinner for our residents and  
their families and a wonderful  
community dinner! Thank you  
to all who joined us.



DECEMBER 5TH IS NATIONAL VOLUNTEER  
DAY! A HEARTFELT "THANK YOU!" TO ALL  
OF OUR VOLUNTEERS. IF YOU ARE  
INTERESTED IN VOLUNTEERING, PLEASE  
CONTACT AMY SPARKS AT 319-449-6834  
OR EMAIL [ASPARKS@KEYSTONECARE.ORG](mailto:ASPARKS@KEYSTONECARE.ORG)!

IF YOU ARE ALREADY ONE OF OUR  
VOLUNTEERS, PLEASE STOP BY TO PICK UP  
YOUR CHRISTMAS GIFT. THANK YOU!





# JOIN OUR CREW!

## WEEKEND PACKAGE CNA

**\*\*INCLUDES WEEKEND, SHIFT DIFFERENTIAL AND EVERY WEEKEND INCENTIVE PAY\*\***

## FULL/PART TIME SECOND SHIFT LPN/RN

**FULL TIME HOUSEKEEPING AND LAUNDRY ASSISTANT – CONTACT SUE KALOUPEK AT 319 - 449 - 6834**

## THE KEYSTONE NURSING CARE CENTER

**IS A 55 BED AWARD WINNING 5 STAR (MEDICARE.GOV) FACILITY. WE OFFER PAID VACATION, PERSONAL & SICK TIME, 401K, SIGN ON BONUS, SHIFT DIFFERENTIAL, TUITION REIMBURSEMENT, AND AN INCREDIBLE FAMILY ATMOSPHERE!**

**Contact Lindsay Niebes at**

**319-449-6834 or [lniebes@keystonecare.org](mailto:lniebes@keystonecare.org)**



Keystone Nursing Care Center  
250 5th Street  
Keystone, Iowa 52249

❄️ MERRY ❄️  
CHRISTMAS



FROM THE KEYSTONE  
NURSING CARE CENTER

PLEASE NOTE: IF YOU  
ARE TAKING YOUR  
LOVED ONE OUT FOR THE  
HOLIDAYS, PLEASE LET  
OUR STAFF KNOW AT  
LEAST 24 HOURS IN  
ADVANCE SO WE CAN  
MAKE SURE THEY HAVE  
EVERYTHING THEY NEED!