

Keystone Nursing Care Center

Monthly Newsletter

November 2018

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From the desk of the Administrator

Resident's Rights:

Each Resident has the right to retain and use personal possessions, including some furnishings, and appropriate clothing, as space permits, unless to do so would infringe upon the rights or health and safety of other residents.

We encourage upon admission for every resident to bring items from home to decorate their room. This creates a more home like atmosphere. We ask that the path to exit the room and use the restroom are not blocked, there are no extension cords, nothing is placed within 18 inches from the ceiling, and no throw rugs are brought in. If you need assistance for hanging pictures on the wall let our staff know. If you need assistance with the setup of the room we can help.

Some families have a winter and a summer wardrobe and they rotate them with the seasons. Most families will store one wardrobe at home. This helps with storage and space. Please make sure that everything is labeled with the resident's name. Items can be labeled with a black marker or with labels the laundry and housekeeping are able to iron on.

In double rooms attempt to make sure that your items are not infringing upon the space of the opposite side of the room.

If you have any questions regarding this resident's right, please contact Tracy Hanson, Administrator at the Care Center.

Cold and Flu season is upon us. If you have any signs and symptoms of the flu please refrain from visiting.

According to CDC.gov It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 80 percent and 90 percent of seasonal flu-related deaths have occurred in people 65 years and older. Between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that same age group. Influenza is often quite serious for people 65 and older so please use good judgement if you are not feeling well before you visit.

MEALS ON WHEELS NEWS:

In inclement weather we will not be delivering meals on wheels. Please tune in to KCRG TV 9 news for cancelations.

If you have any questions, call us at 319-442-3234.



Annual Chili & Salsa Cook off!!!

Thank you to all that donated chili, salsa or money to support this cause that has touched so many of our lives! We had 6 chili contestants and 7 salsa. Winners of the chili were Ron Schnor 1st place and Carol Hoyt, 2nd! Daralee Schnor was the winner of the salsa and 2nd place was September Sackett! Congrats to all of our winners. We were able to raise over \$300.00 for the Alzheimer's Association! Thank you again to all who supported this event!



Winner winner, chili dinner



Community Senior Citizens Luncheon!!

Join us in Van Horne Tuesday November 27th for a free Thanksgiving lunch sponsored by the Keystone Care Center. Doors will open at 11:30am and we will start serving at noon. We will be checking blood pressures as well! Pass the word and bring along your friends. Any questions can be directed to Cindy Behrens, Social Worker at the care center, 319-442-3234. Please RSVP if you plan to attend!



Our New Cookbooks are Here!!!!

Come pick up a copy of our new cookbook at the care center business office! The cost is \$10 / book. Proceeds will go to replace our whirlpool bathtub. These would make great gifts for the Holidays!!

Activity Announcements



Thank you to the First Lutheran Ladies from Belle Plaine for coming and making Kolaches with our residents!!



The residents are enjoying another afternoon of reading from the Keystone Elementary Students!!



Annual Leaf Ride to Hannen Lake!!





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

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RETURN SERVICE REQUESTED

UPCOMING EVENTS AND ACTIVITIES

- ◆ **KeyLadies**—we will be decorating for the holidays on Tuesday November 11/27/17 at 9am. Please plan to join us to start the holiday spirit & enjoy breakfast!
- ◆ **Free Community Lunch**—Join us at the Van Horne Community Center on Tuesday November 11/27/18 at 11:30am for blood pressure checks with lunch to be served at noon! All are welcome!
- ◆ **Open Enrollment for Medicare/ Insurance changes** runs from Oct. 15-December 7th. Contact the state SHIP office for more information at 1-800-351-4664.

If you know anyone that would like to receive our newsletter please call 319-442-3234 with name and address. You can also find it on line at www.keystonecarecenter.com

Keystone Nursing Care Center does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact: Tracy Hanson, Administrator, Section 504 Coordinator, PH. 319-442-3234, TTY/State Relay PH. 800-735-2943.