

Keystone Nursing Care Center

Monthly Newsletter

March 2019

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St. Patrick's Day Social Hour

Join us Monday March 18th at 2:30pm for social hour. We will have drinks and snacks for the occasion and welcome friends and family to come. Hope to see you then!!



Parkinsons Exercise:

We will be hosting a Parkinson's Exercise class on Wednesday March 13th at 6pm. This will be in our new therapy room located in our new addition. Kris Cameron will be leading our group.

Thank you to the Keystone Mini Mart for sponsoring this event!! There will be no cost to the participants so please pass the word and bring your friends and family if interested.



This will be the first in a series of monthly activities that we will be having throughout the year. Look for our list of events on our website or stop in and pick one up.

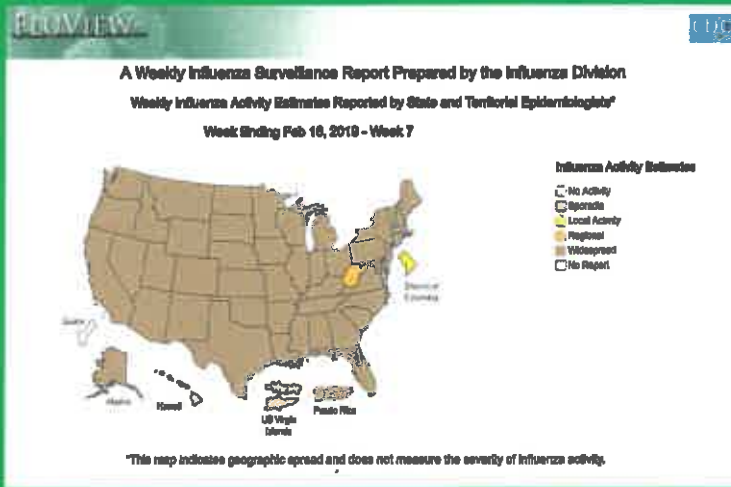
From the desk of the Administrator

Resident's Rights:

Each Resident has the right and is encouraged and assisted to exercise the resident's rights as a resident and citizen and may voice grievances and recommend changes in policies, services, treatment, or care to facility staff and/or to outside representatives of the resident's choice, free from restraint, interference, coercion, discrimination, or reprisal from the facility.

To help enforce this right, the Care Center holds a monthly Resident Council meeting between the residents and the management team. This is always the first Friday of each month at 10:30am. At this time we ask for feedback from the residents on the following areas: Administrative, Nursing, Housekeeping and Laundry, Maintenance, Dietary, Activities and Social Work. We encourage all residents to attend and open this up to any family members that are interested as well. We also have a Resident Advocacy Board which is a group of community volunteers that come and meet with each resident monthly one-on-one so that residents who might not want to speak up in front of a group can still let us know of any concerns that they may have through these volunteers. There is also a Long-Term Care Ombudsman for the state of Iowa that can answer questions or assist in resolving concerns raised by or on behalf of people living in nursing homes, assisted living facilities, residential care facilities and elder group homes. This office is located in Des Moines and can be reach at 866-236-1430 (toll free).

If you have any questions regarding this resident's right, please contact Tracy Hanson, Administrator or Cindy Behrens, Social Worker at the Care Center. 319-442-3234.



Flu & Cold Season:



Influenza is widespread in Iowa. Influenza can be deadly in elderly patients with compromised immune systems. Although we do not currently have the flu (influenza) at the Keystone Nursing Care Center we ask that you refrain from visiting if you have flu like symptoms. **Flu like symptoms are fever, cough, sore throat, runny nose, body aches, headache and fatigue.** If you have any of these symptoms or have been around anyone with these symptoms please do not visit. At this time we are also encouraging everyone to use the hand sanitizer stations at the entrances of the building.

If you have any questions please contact Tracy Hanson, Administrator at 319-442-3234 or check with the nurse when entering the building. Thank you for your cooperation.

Breaking in our new therapy room! We have gotten our equipment moved into the new wing and have some residents working it out!! Thanks to Millennium Therapy for helping with our move and transition.



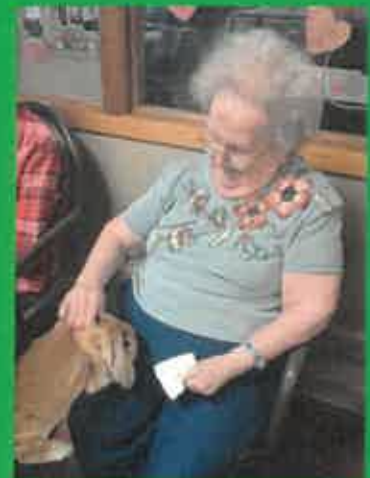
Activity Announcements



Our residents enjoying our Valentine's Day Party



Thanks to Camp Courageous for bringing their furry friends to share with our residents!



**Enjoying our Wine & Painting afternoon!
Thank you to all our artists!!**



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

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RETURN SERVICE REQUESTED

UPCOMING EVENTS AND ACTIVITIES

- ◆ **St. Patrick's Day social hour!** We will be having our St. Patty's Day party on Monday March 18th at 2:30pm. Please come join us for a fun afternoon!
- ◆ **Resident Advocate Board Meeting** Tuesday March 5th at 9am.
- ◆ **KeyLadies Meeting** Thursday March 7th at 9am. Please join us and bring any guests that may be interested in volunteering. See you there!
- ◆ **Wednesday March 13th 6pm**—Parkinson's Exercise with Kris Cameron. Come join us in our new therapy room/new addition area. Please pass the word!

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.