

Keystone Nursing Care Center

Monthly Newsletter

November 2019

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From the desk of the Administrator

Resident's Rights:

Each resident has the right to formulate an advance directive and to be informed of the facility's policy to implement advance directives and applicable state law.

Here at the care center, we are using the IPOST (Iowa Physicians Order for Scope of Treatment) forms for our residents. These forms ask specific questions regarding the residents wishes for their health care. Once these are completed they follow each resident when they leave the facility for reasons such as doctor appointments or hospital or emergency care. These forms give us as well as family members an idea of exactly what the residents wishes are in times of need.

This is also a great way to start the conversation with your loved ones if you haven't already. Some medical professionals encourage the use of these to be displayed in your loved ones home on the refrigerator in case of an emergency. You should be able to get these forms from your PCP if you are interested.

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.



Family & Resident Thanksgiving !

Join us Wednesday November 27th @ 5pm for Thanksgiving dinner with our residents. We plan to serve from 5:30-6:30pm. Please RSVP back to us if you plan to attend so that we have room to accommodate all of our guests. You may have to wait for seating if we do not know that you will attend. Please RSVP to Amy Sparks, Activity Director. See you there!!

Annual Chili & Salsa Cook off / Bake Sale!!!!

Thank you to all that donated chili, salsa, baked goods or money to support this cause that has touched so many of our lives! We had 6 chili contestants and 4 salsa. Winners of the chili were Carol Hoyt 1st place and Ron Schnor, 2nd! Daralee Schnor was the winner of the salsa and 2nd place was Sandi Boies! Congrats to all of our winners. We were able to raise over \$800.00 for the Alzheimer's Association! Thank you again to all who supported this event! Along with the Keystone Elementary Students we totaled over \$1000.00 this year!!! We are so thankful and grateful for your community support!!



Daralee Schnor winner of the salsa with daughter Tiffany standing in for Ron Schnor 2nd place in chili.

Community Senior Citizens Luncheon!!

Join us In Van Horne Tuesday November 26th for a free Thanksgiving lunch sponsored by the Keystone Care Center. Doors will open at 11:30am and lunch will be served 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!



New SeniorDent Services:

SeniorDent—Mobile On-Site Dental care that is going to start offering services to our residents. Their services include annual exams, 4 cleanings per year, fillings, new dentures, denture/partial relines & repairs, emergency care, simple extractions and physician consults. There are no co-pays for the services. The cost is \$129/month. Medicaid recipients will have their monthly premium covered by Medicaid but you must fill out the application form that has been sent to you. Their first visit is planned for December. To get coverage to start by December 1st, please have your forms completed and sent in no later than November 8th.

Activity Announcements

Winter Reminder:

With winter on its way, please remember to NOT leave your car running in the parking lots unattended. We do have a few residents that like to wander outside and we want to make sure that they wouldn't be given an opportunity to drive away. If you have any questions contact Tracy Hanson, Administrator. Thank you for your cooperation!!



National Chocolate Chip Cookie Day!!!



Another fun day of the Keystone Elementary Students reading to the residents!! Thank you to the kids!



Again we teamed up with the Keystone Elementary School to walk for the Alzheimer's Association. They raised almost \$300!! Way to go kids!!! It was a beautiful day! We thank the students for taking the time to spend with us for a cause that has touched so many of our lives in different ways!!





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

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RETURN SERVICE REQUESTED

UPCOMING EVENTS AND ACTIVITIES

- ◆ **Free Community Lunch**—Join us at the Van Horne Community Center on Tuesday November 11/26/19 at 11:30am for blood pressure checks with lunch served at noon! All are welcome!
- ◆ **Family Thanksgiving Meal**—Wednesday November 27th at 5pm. Please RSVP or you may have to wait to eat depending on if we have enough seating. Contact Amy Sparks, Activity Director.
- ◆ **KeyLadies**—we will be decorating for the holidays on Thursday December 5th at 9am. Please plan to join us to start the holiday spirit & enjoy breakfast!
- ◆ **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.