

# Keystone Nursing Care Center

## Monthly Newsletter

March 2020

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### St. Patrick's Day Social Hour

Join us Tuesday March 17th 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!!



## Community Luncheon

We will be hosting a community luncheon in Blirstown on Wednesday March 4th in the community center on main street.

Blood pressure checks will begin at 11:30am and lunch will be served at noon. Please pass the word to those that may not know about this. This is a free lunch that we provide for the community. All are welcome!

on the move  
*Luncheon*

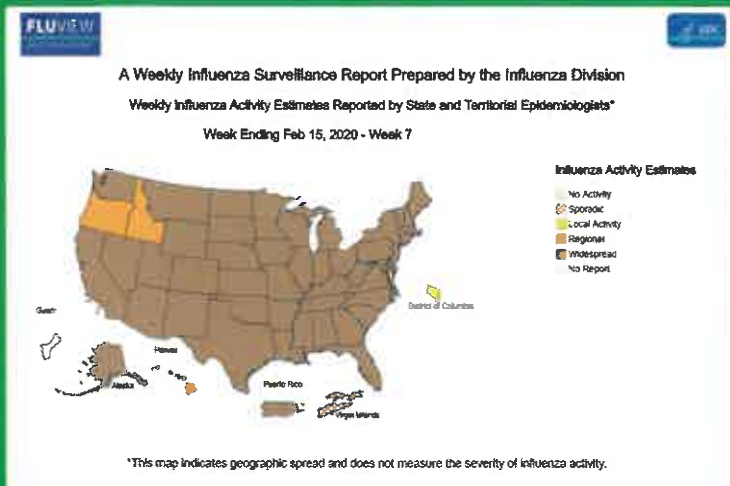
### From the desk of the Administrator

#### **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.

## Family Soup Dinner

We will be having our annual family soup dinner again this year, Tuesday March 24th! We will be serving from 5-6:30pm. Please RSVP to us by Thursday March 19th. If you have to add guests after this date, they may have to wait to be seated and eat. Thank you for your cooperation with this as we welcome families and friends to join our residents. If you have any questions please contact Amy Sparks, Activity Director at 319-442-3234.

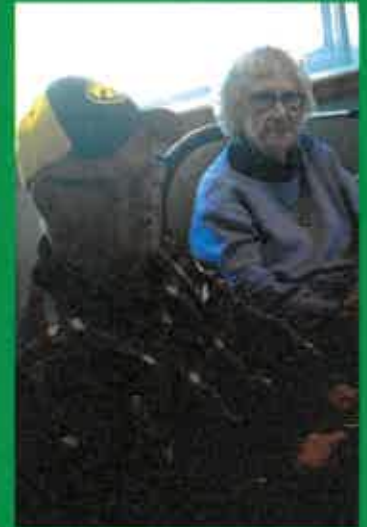


Mark you calendars  
**March 10th**  
**Bread Day**

Come in and enjoy some  
 homemade bread at lunch  
 with our residents

# Activity Announcements

Our residents enjoying our Valentine's Day Party



Thanks to "Flash From The Past With Glo" for sharing this extensive doll collection with us!





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 Tuesday March 17th at 2:30pm. Please come join us for a fun afternoon!
- ◆ **Resident Advocate Board Meeting** Tuesday March 3rd at 9am.
- ◆ **KeyLadies Meeting** Thursday March 5th at 9am. Please join us and bring any guests that may be interested in volunteering. See you there!
- ◆ **Family Soup Dinner Tuesday March 24th 5pm—6:30pm.** Please RSVP to us by March 19th. If you have more guests come after that date, they may have to wait to be seated to eat. Thank you for your cooperation.

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](http://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.