

# Keystone Nursing Care Center

## Monthly Newsletter

November 2021

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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.

### Thank you Volunteers!!!

Although we recently starting using our volunteers again due to the corona virus, we have not forgot about you! For our appreciation for all the things you have done in the past and towards the future, we have a gift for you for the holidays!

Plan to swing by the care center to claim your present. Due to staffing, we would appreciate it if you would stop Monday—Friday, 8:30am -3:30pm if possible.

Again we thank you for all of the support you have given us in the past and we hope in the near future!!!



**Care Plan Reminder:** If you are scheduled for a care plan conference and would like to attend (via phone due to Covid restrictions) please make sure to RSVP to us so that we make sure to contact you that day. We are able to conference in up to 5 people. If we do not hear from you, we will assume you do not want to attend. Call Abbie Hoppe, Care Plan Coordinator at 319-442-3234.

#### MEALS ON WHEELS NEWS:

In inclement weather we will not be delivering meals on wheels. Please tune in to CBS 2 news for cancelations.

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

#### Community Luncheon:

We will be hosting a Thanksgiving luncheon in Van Horne on Tuesday November 30th. Please RSVP to the care center if you plan to attend. We will do blood pressure checks starting at 11:30am and food service will start at Noon. Please pass the word and hope to see you there!!

### Cold and Flu season is upon us!

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. Even though we currently have visitation restrictions, please use safe practices when out and about. We care about our resident families as much as our residents and hope we all stay healthy for the remainder of the year!

Looking for some extra help for your loved one this fall and winter? **Contact Keystone Home Health!** They can provide services in the privacy of your own home. Skilled nursing visits, bath aides, housekeeping, therapy and even transportation!! Contact Erika Francis, RN Nurse Supervisor at 319-442-3650 to get more information and to sign up!!! (Medicare/Medicaid/Most Private Insurance accepted as well as private pay).

Congratulations to the Kitchen staff for passing your county health department inspection. Keystone Care Center provides over 750+ meals on wheels a month to members of Benton community. This inspection as well as multiple other yearly inspections recognizes the outstanding job our kitchen staff does daily. Keep up the great work KNCC kitchen!!!! If you are interested in signing up for our meals on wheels program call 319-442-3234 to find out more.



## Activity Announcements

Thanks to Scott Kusel for donating pumpkins to help us decorate for the Halloween season!!



**Congratulation to Heather Koch Home Health Employee of the Month and also September Sackett Nursing Home Employee of the month. We appreciate all that you do!!!!**





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**RETURN SERVICE REQUESTED**

## *UPCOMING EVENTS AND ACTIVITIES*

- ◆ 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.
- ◆ We will be hosting a Thanksgiving Luncheon at the Van Horne Community Center on Tuesday November 30th. Blood pressure checks to start at 11:30am with food service to start at noon. Please RSVP if you plan to attend. Please pass the word and hope to see you there!!

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.