

Keystone Nursing Care Center

Monthly Newsletter

July 2017

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From the desk of the Administrator

On May 12, 2017, House File 653 was signed by Governor Branstad following his review. Included in this bill was the elimination of the three-month retroactive Medicaid coverage benefit for people applying for Medicaid coverage. Prior to this, when an application was submitted if the applicant met financial eligibility at any time during the 3 months prior to the application, they would be approved back to that date. With this cost containment measure, the coverage benefit will be changed so the effective date of coverage can only go back to the first day of the month the application is submitted in. If the application for Medicaid is not submitted timely, it leaves the potential for several months of uncovered care. The elimination of the retroactive eligibility follows some of the Medicaid Reform plans federally. In previous years, several states have already eliminated this retroactive eligibility period.

As you know the Keystone Nursing Care Center is a small community owned facility. We strive to keep our cost as low as possible. This new bill could cost the facility thousands of dollars in revenue. We would like to take this time to make everyone aware of the bill and ask for your help. If you find that you are running low on funds, please notify Cindy Behrens Social Worker or Tracy Hanson Administrator as soon as possible. Medicaid approves clients when they have under \$2000 in their account. Married couples with one person living at home are allow to have more assets. It does take time to gather all of the information and submit it to Medicaid. Medicaid many times will ask for more information and this can take weeks to months to gather. Please contact us when you have around 3 months left to pay privately so we can begin working on the application with you. Please also contact us if you plan to sell a home or purchase funeral plots. Medicaid has specific rules about how this must be done. If this is not done correctly this can cost thousands of dollars and you may have to sell back previously purchased funeral arrangements. In short we want to be your partners in this process. This will help all of us in the long run and could save the facility thousands in lost revenue. Please contact us if you are running low on funds or have any further questions about the Medicaid process.

NOTICE OF CHANGE

We have moved the sign in/out sheets and they are now located in front of the nurses station. Please remember to check with the nurse before taking your loved ones out. Also a reminder to use the back ambulance entrance when loading/unloading as well. Thank You!!

**PLEASE
SIGN IN & OUT
HERE**

REMINDER:

We now are able to accept ACH payments for your loved ones. Please stop in and see Teresa Selken to pick up the form and get signed up!!!

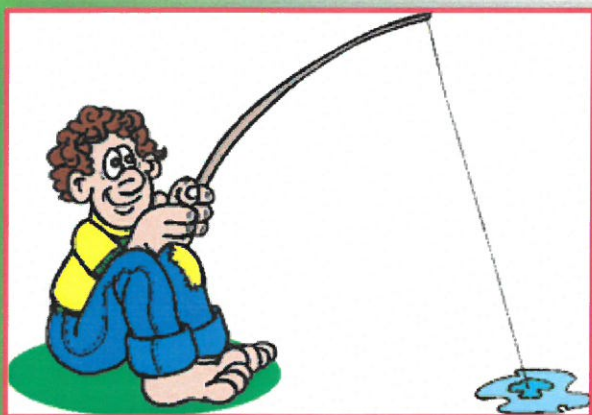




Congrats to Anna Kesl and Emily Ealy !! Recent graduates of the Mouth Care Matters Course held at Iowa Valley Community College!!



Thanks to our staff who wore purple to recognize World Alzheimer's Recognition Day in June.



GOING FISHING!!!

We are planning a fishing trip on July 20th. We will be going to Roger's Park in Vinton for a picnic lunch and then hope to catch some fish! Families are more than welcome to meet us there to join in the fun. If you plan to attend please RSVP so that we can provide lunch for all! 319-442-3234. Let's hope for a good day!!!

Senior Citizens Luncheon

We will be hosting another senior citizens luncheon this month in the town of Shellsburg at the Legion Hall. It will be Friday July 14th with doors opening at 11:30am. Lunch will be served at noon. We will be offering free blood pressure check as well.

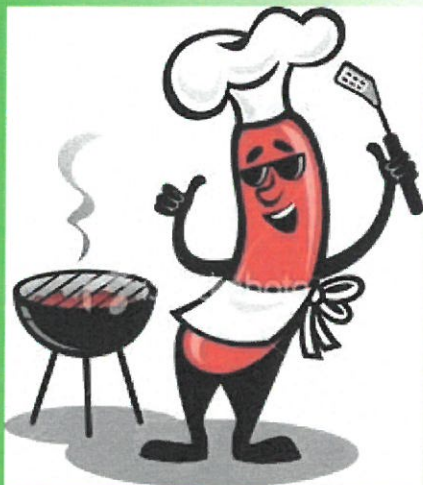
Please help spread the word and join us for lunch on us!!!



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Activity Announcements



Thank you to all that attended our Father's Day Cook out. Special thanks to Jim Magdefrau for the entertainment and the Key Ladies for making our homemade pies for dessert!



Our garden is starting to grow! Please feel free to take you loved ones out to the courtyard to enjoy the outdoors & fresh air anytime you are visiting. Please check in with the nurse before you head out!!



Food Fun Day was home made ice cream day for June. Above some residents are enjoying the finished product!



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

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UPCOMING EVENTS AND ACTIVITIES



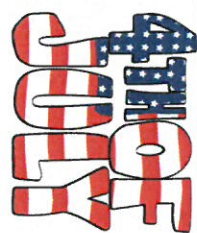

- Community Lunch—Friday July 14th in Shellsburg @ the Legion Hall. Doors open 11:30am, lunch served at noon. We will do free blood pressure checks! All are invited!
- Fishing Trip—we will be taking the residents to Roger's Park in Vinton for a picnic lunch and fishing. Families are welcome to meet us there and join in the fun! Please RSVP if you plan to attend.
- Don't forget Pastry Day every Wednesday morning from 7-9am. Come enjoy coffee and pastries with our residents! All are welcome!!

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.

Keystone Nursing Care Center

July 2017 Lunch Menu

	<p>We welcome visitors and guests to join us for meals, we just ask you let us know by 9:00am for large parties</p>		<p>Something look good? See Reverse side for Meals on Wheels Information</p>			<p>1: Meatloaf, Hashbrown Casserole, Glazed Carrots Pulled Pork, Mashed Potato Bites, Cuke&Tomato Salad, Dark Cherries</p>
<p>2: Roast Beef, Mashed Potatoes/Gravy, Ham Balls, Sweet Potatoes, Capri Blend Veggies, Roll/Marg, Assorted Pie, Ice Cream</p>	<p>3: Baked Ham, Ranch Potatoes, Creamed Peas, Chicken Thigh, Big Rock Coleslaw, Garden Rotini Salad, Pineapple, Banana Cream Dessert</p>	<p>4: Roast Turkey, Dressing, Watergate Salad, Tuna Salad, Crackers, Tomato Slices, Strawberry Shortcake, Dessert Car</p>	<p>5: Smothered Steak, Mashed Potatoes & Gravy, Three Bean Salad, Orange Chicken, Steamed Rice, Cheesecake, Ice Cream</p>	<p>6: Hamburger Noodle Casserole, Tossed Salad, Sloppy Joe, Parmesan Potatoes, Bread/Marg, Fresh Peach, Watermelon</p>	<p>7: BBQ Ribs, Party Potatoes, Cauliflower & Carrot Salad, Bratwurst Pattie, Sauerkraut, Pasta Salad, Custard, Cherries</p>	<p>8: Swiss Steak, Baked Potato, Green Beans & Bacon, Garlic Bread, Spaghetti, Chalet Vegetables, Fresh Strawberries, Ice Cream</p>
<p>9: Roast Turkey, Stuffing, Steamed Cabbage, Pork Roast, Mashed Potatoes & Gravy, Baby Carrots, Assorted Pie, Ice Cream</p>	<p>10: Baked Pork Chop, Party Potatoes, Pea Salad, Chicken Strips, Garlic Potato Wedges, Corn, Carmel Shortbread, Watermelon</p>	<p>11: Swiss Steak, Mashed Potatoes & Gravy, Green Beans, Maudrite, Baked Beans, Cascade Vegetables, Éclair Cake, Dessert Cart</p>	<p>12: Roast Beef, Mashed Potatoes, California Blend Veggies, Creamed Chicken & Biscuit, Buttered Beets, Bread/Marg, Banana & Oranges, Asst Pie</p>	<p>13: Pizza Burger, Glazed Carrots, Cauliflower & Carrot Salad, Salisbury Steak, Mashed Potatoes & Gravy, Oriental Veggies, Tapioca Pudding, Sugar Cookie</p>	<p>14: BBQ Chicken, Potato Salad, Baked Beans, Chili, Crackers, Cheese Bread, Blushing Roll/Marg, Blushing Pears, Cream Puffs</p>	<p>15: Crumb Top Pollock, Macaroni Salad, Brussels Sprouts, Scalloped Potatoes & Ham, Country Trio Veggies, Bread/Marg, Berry Cobbler</p>
<p>16: Baked Chicken, Mashed Potatoes & Gravy, Cascade Veggies, Pork Steak, Sweet Potatoes, Harvard Beets, Roll/Marg, Assorted Pie, Ice Cream</p>	<p>17: Ham Loaf, Party Potatoes, Scalloped Corn, Beef Tips, Rice Pilaf, Carrots, Bread/Marg, Ice Cream Dessert, Watermelon</p>	<p>18: Chicken Parmesan, Pasta W/Marinara, Broccoli, Baked Fish, Hashbrown Casserole, Cole Slaw, Strawberry Shortcake, Dessert Cart</p>	<p>19: Salisbury Steak, Mashed Potatoes & Gravy, Chalet Vegetables, Hot Dog, Sauerkraut Salad, Cottage Cheese, Cherry Pineapple Salad,</p>	<p>20: Roast Beef, Stew Veggies & Potatoes, Chicken Alfredo, Noodles, Peas, Fruited Jello, Rhubarb Crisp W/Topping</p>	<p>21: Bratwurst on Bun, Sauerkraut, Chili, Crackers, Breadstick, Broccoli Grape Salad, Butterfinger Dessert, Dessert Cart</p>	<p>22: Bread Pork Chop, Bread Dressing, Green Beans, Garlic Bread, Beef & Noodle Casserole, Cauliflower & Cheese, Apple Snicker Salad, Angelfood Dessert</p>
<p>23: Baked Ham, Cabbage & Carrots, Sweet Potatoes, Country Fried Steak, Mashed Potatoes & Gravy, Peas & Pearl Onions, Assorted Pie</p>	<p>24: Roast Turkey, Mashed Potatoes & Gravy, Mashed Potatoes & Gravy, Layered Lettuce, Fish Sandwich, Macaroni & Cheese, Peaches, Strawberries</p>	<p>25: Chicken Salad Croissant, Coleslaw, Maidrite on Bun, Fried Potatoes, Mandarin Tapioca Salad, Slice Tomato Slices, Gelatin W/Fruit</p>	<p>26: Ham & Cheese Quiche, 3 Blend Lettuce, Spaghetti, Garlic Bread, Riviera Vegetables, Emerald Pears, Ice Cream Sundae</p>	<p>27: Tuna Noodle Casserole Peas, Bread/Marg, Pork Tenderloin, Onion/Pickle, Tortellini Salad, Butterscotch Dessert, Dessert Cart</p>	<p>28: Hamburger, Potato Salad, Baked Beans, Kielbasa & Pineapple, Rice Pilaf, Chalet Vegetables, Mixed Melon, Ice Cream Drumstick</p>	<p>29: Meatloaf, Hashbrown Casserole, Glazed Carrots Pulled Pork, Mashed Potato Bites, Cuke&Tomato Salad, Dark Cherries</p>

All Menus Subject To Change

Questions? Call Derek J. Ealy – Dietary Supervisor – (319)442-3234 – dealy@keystonecare.org
Cook Staff: Carol Hoyt, Veronica Delgado, Tracy Jurgens, Abby Keefer, Eric Ward, Kelly Gulick

Keystone Nursing Care Center

July 2017 Lunch Menu

The Keystone Nursing Care Center offers Meals on Wheels for Lunch seven days a week. If you or your loved one would like a hot nutritious meal delivered right to the door please call The Keystone Nursing Care Center and speak with Derek or Cindy – (319)442-3234

Keystone Nursing Care Center Meals on Wheels Benefits

- Better nutrition, health and well-being
- Decreased Isolation
- Security of knowing a visitor is coming each day.
- A tasty, nutritional meal for those unable to prepare meals on their own due to health and/or physical limitations

