

Keystone Nursing Care Center

Monthly Newsletter

March 2017

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St. Patrick's Day Social Hour

Join us Friday March 17th at 2pm for social hour. We will have drinks and snacks for the occasion and welcome friends and family to come. We will also have Jerry & Myrt entertain starting at 3pm. Hope to see you then!!



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Key Ladies Meeting

We will be having a Key Ladies Meeting Thursday March 9th at 9am. Please come and join us if you are interested in being part of our Volunteer team. Any questions?? Please call Cindy Behrens, Social Worker at 319-442-3234.



From the desk of the Administrator

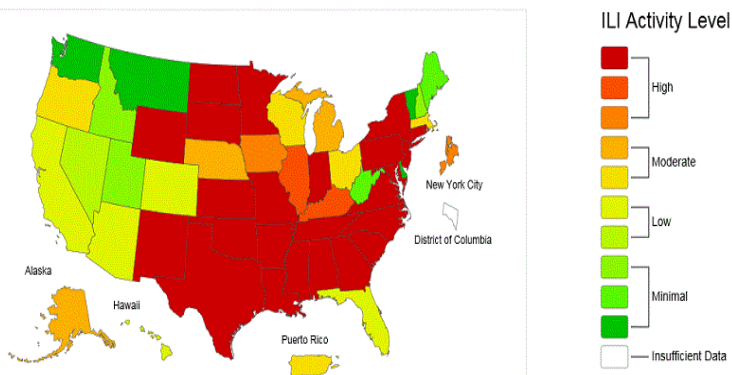
Resident's Rights:

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.

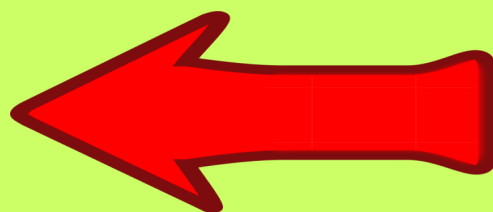
To help enforce this right, the Care Center holds a monthly Resident Council meeting between the residents and the management team. This is always the first Friday of each month at 10:30am. At this time we ask for feedback from the residents on the following areas: Administrative, Nursing, Housekeeping 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.

Influenza-Like Illness (ILI) Activity Level Indicator Determined by Data Reported to ILINet
2016-17 Influenza Season Week 6 ending Feb 11, 2017



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 regarding this resident's right, please contact Tracy Hanson, Administrator at 319-442-3234 or check with the nurse when entering the building. Thank you for your cooperation.

Community Luncheon:

We will be hosting another community luncheon the month of March. This month we will be serving in Garrison at the Fire Station on Tuesday March 14th. Doors will open up at 11:30am and we will be available to check blood pressures. We will start serving the meal at noon. Please pass the word and invite anyone you may think would be interested. Any questions, please contact Cindy Behrens BSW or Derek Ealy, Dietary Manager at 319-442-3234.



Activity Announcements



Our residents enjoying our Valentine's Day Party !!



Thank you to the Benton Community Keystone Elementary kids for coming up and reading to our residents!!



UPCOMING EVENTS AND ACTIVITIES

- ◆ Key Ladies meeting Thursday March 9th, 2017 at 9am.
- ◆ Friday March 17th, St. Patrick's Day Social Hour. Treats at 2pm, music starts at 3pm!
- ◆ Community Luncheon @ the Garrison Fire Station, Tuesday March 14th. Doors open at 11:30am—serving at noon!
- ◆ Easter Egg Hunt coming in April
- ◆ Mother / Daughter Tea coming in May.

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.



 Find us on Facebook



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Meals on Wheels available 7 days a week for lunch. Call us to set up delivery.