

Keystone Nursing Care Center

Monthly Newsletter

November 2015

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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 reached at 866-236-1430 (toll free).

If you have any questions regarding this resident's right, please contact Tracy Hanson, Administrator at the Care Center. 319-442-3234.

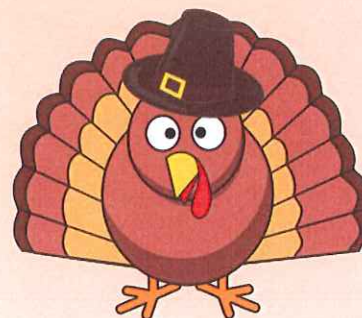
Cold and Flu season is upon us. If you have any signs and symptoms of the flu please refrain from visiting.

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:

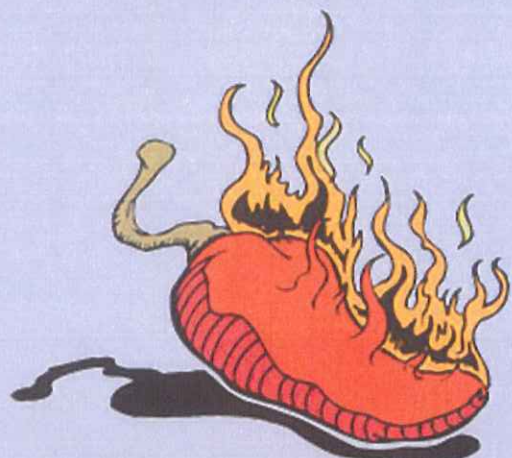
In inclement weather we will not be delivering meals on wheels. Please tune in to KCRG TV 9 news for cancellations.

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



Annual Chili & Salsa Cook off!!!

We are hosting a chili & salsa cook off Saturday November 7th at the Keystone Turner Hall. We will start at 11am and tally the votes around 1:30-2pm. \$5 entry fee (includes one or both) or Free Will donation to taste and vote. All proceeds will go towards the Alzheimer's Association. We will also be providing sandwiches & chips along with desserts made by our KeyLadies. Come help us raise money for this cause that effects so many of our lives.



Chili Cook-Off!

Reminder of Cold

Weather:

If you are bringing in warmer clothes for your loved ones, please be sure to mark them with their names or have our Laundry staff assist you with this. Also let the nurses station know so that they may update the inventory list. This will help us to be sure everyone gets the correct clothing items back. Thank you!



Family & Resident Thanksgiving !

Join us Thursday November 19th for Thanksgiving dinner with our residents. We plan to serve at 5:30pm. Please RSVP back to us if you plan to attend so that make sure we have room to accommodate all of our guests. If you have questions please contact Tracy Hanson, Administrator or Cindy Behrens, Social Worker.



Community Senior Citizens Luncheon!!

Join us in Van Horne Tuesday November 24th for a free Thanksgiving lunch sponsored by the Keystone Care Center. Doors will open at 11:30am and we will start serving at noon. We will be checking blood pressures and giving away a few prizes as well! Pass the word and bring along your friends. Any questions can be directed to Cindy Behrens, Social Worker at the care center.

Activity Announcements



Enjoying our leaf ride in October! We took residents to Bloomsbury Farm outside of Atkins and got to see not only the leaves but also all the farmers!!



Come enjoy listening to Judy Mehler play again along side Frank & Marcy Nekola. We welcome her back this month!!



Happy
Thanksgiving



Lindsey Foels, RN
brought in her
puppy for the
residents to enjoy!
Thanks Lindsey!!!



UPCOMING EVENTS AND ACTIVITIES

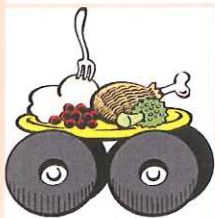
- ◆ Annual Chili & Salsa cook off! **Saturday November 7th** at 11am at the Keystone Turner Hall. All proceeds go to the Alzheimer's Association. Free will donation to come taste & vote!
- ◆ **Thursday November 19th**; Family and Resident Thanksgiving dinner. Serving @ 5:30pm.
- ◆ **Tuesday November 24th**, Senior Citizens Lunch in Van Horne at the Community Center, sponsored by Keystone Care Center. Doors open at 11:30am and serving begins at noon. Everyone Welcome & bring a friend!

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
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**MEALS
ON
WHEELS**

Phone: 319-442-3234

Fax: 319-442-3550

250 5th Street

Keystone, IA 52249

www.keystonecarecenter.com

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