

Keystone Nursing Care Center

Monthly Newsletter

November 2017

Page 1

From the desk of the Administrator

Resident's Rights:

Each Resident has the right to retain and use personal possessions, including some furnishings, and appropriate clothing, as space permits, unless to do so would infringe upon the rights or health and safety of other residents.

We encourage upon admission for every resident to bring items from home to decorate their room. This creates a more home like atmosphere. We ask that the path to exit the room and use the restroom are not blocked, there are no extension cords, nothing is placed within 18 inches of the ceiling, and no throw rugs are brought in. If you need assistance for hanging pictures on the wall let our staff know. If you need assistance with the setup of the room we can help.

Some families have a winter and a summer wardrobe and they rotate them with the seasons. Most families will store one wardrobe at home. This helps with storage and space. Please make sure that everything is labeled with the resident's name. Items can be labeled with a black marker or with labels the laundry and housekeeping are able to iron on.

In double rooms attempt to make sure that your items are not infringing upon the space of the opposite side of the room.

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 cancelations.

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



Annual Chili & Salsa Cook off!!!

We are hosting our annual chili and salsa cook off for Alzheimer's Saturday November 11th. Tasting starts at 11am. Anyone interested in participating to be judged, please have your items there by 11am. We will also provide sandwiches, chips and dessert. Free will donation for anyone that would like to come and help us vote. Winners receive a trophy. Help us raise money for this cause that has touched so many of our lives! Thank you for your support!



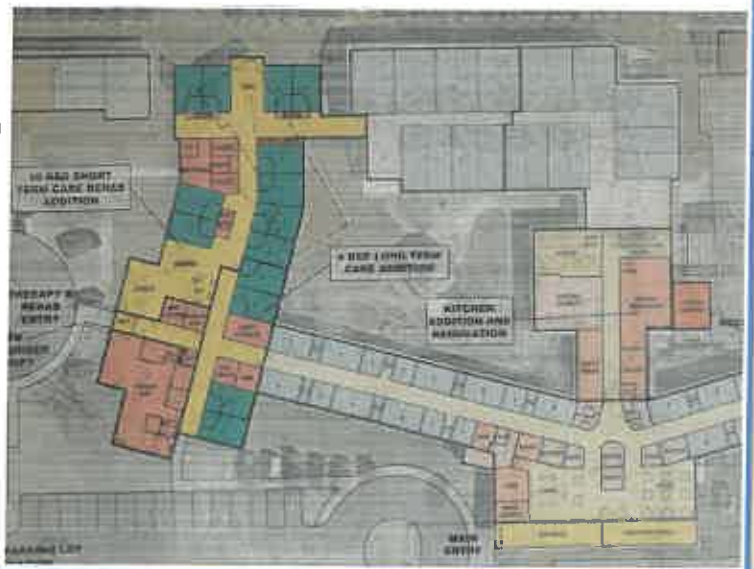
Family & Resident Thanksgiving !

Join us Tuesday November 14th for Thanksgiving dinner with our residents. We plan to serve from 5:00-6:30pm. 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 28th 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 as well! Pass the word and bring along your friends. Any questions can be directed to Cindy Behrens, Social Worker at the care center, 319-442-

We are adding on!!!! We received final approval from the state and plan to break ground in April! We will be adding 14 beds to be primarily used for patients who have had a stay in the hospital and need some specialized therapy and treatment before returning home. Examples would be people who have had hip or knee surgery or are recovering from a stroke or pneumonia. These rooms will all be private and will each have their own shower. We will also be adding a new therapy center. The therapy center will be 3 times the size of our current therapy center and will enable us to better serve our patients and community patients. The therapy center will have a separate entrance from the care center for outpatients so they will no longer have to walk-through the care center to access treatment. During this time, we will also be doing some remodeling to our current facility! One item on the agenda is to relocate and expand the size of our kitchen. This will help better serve our residents and the expansion of our meals on wheels program. Some other items will be remodeling and relocating some of the offices in the building, the salon, and our activities department. We are all very excited about this and look forward to better serve our community needs!!



Activity Announcements

Celebrating Halloween!





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

PRSR MKT
U.S. POSTAGE PAID
KEYSTONE, IA
PERMIT NO. 9

RETURN SERVICE REQUESTED

UPCOMING EVENTS AND ACTIVITIES

- ◆ **Chili / Salsa cook off for Alzheimer's.** Saturday November 11th at the Keystone Turner Hall. Starts at 11am. Sign up with the Care Center! Free Will donation to taste & vote!!! All are welcome!!!
- ◆ **Thanksgiving meal for families:** Tuesday November 14th. Dinner will be served from 5-6:30pm. **Please join us and be sure to RSVP!**
- ◆ **KeyLadies**—we will be decorating for the holidays on Monday November 11/27/17 at 9am. Please plan to join us for breakfast and fun!
- ◆ **Save the date: Santa is coming December 22nd from 2-4pm. Watch for more details!!**

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.