

Keystone Nursing Care Center

Monthly Newsletter

August 2017

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From the desk of the Administrator

Resident's Rights:

Each resident has the right to immediate access by any representative of the Secretary, United States Department of Health and Human Services; any official properly acting for the state; the resident's individual physician; the state long-term care ombudsman and (as appropriate) other state agencies entitled to visit with residents under federal or state law, members of the resident's immediate family or other relatives, and any entity or individual providing health, social, legal or other services to the resident, subject to the resident's right to deny or withdraw consent for such visits. Each resident has the right to receive others subject to reasonable restrictions and the resident's right to deny or withdraw consent for such visits.

If you have questions about this feel free to speak with Tracy Hanson RN BSN Administrator, or Cindy Behrens BSW Social Worker.

KeyLadies Notice:

We will be changing the September 7th meeting to be September 14th @ 9am due to a scheduling conflict. Any questions contact Cindy Behrens BSW.

We are always looking for new entertainment for our residents. If you know of anyone that would be interested please give us a call or have them contact Amy Sparks, Activity Director.



Help Wanted:

We are looking for anyone interested in becoming part of the housekeeping/laundry team for the Care Center. Hours are generally 6am-2pm and days of the week will vary. If you or if you know of anyone interested, please stop in to fill out an application. If you have questions please contact Sue Kaloupek, Housekeeping/Laundry Manager. 319-442-3234.



More Help Wanted:

We are also looking for a first shift full time C.N.A. and also a second shift full time C.N.A.. If you are interested or know of anyone that is, please contact Abbey Whalen DON, or Tracy Hanson Administrator at 319-442-3234. You can also stop by anytime to pick up an



Clothing Reminder:

When bringing in clothes, please be sure that all articles of clothing are marked. We also ask at this time that families thin out some of the clothes in the closets that may not be worn again until the next change in season. Some of the closets are getting overstuffed with items that are not worn. If you have any questions please contact Sue Kaloupek, Laundry supervisor at 319-442-3234 between 6am-2pm.

We will be having a school supply drive starting August 1st– 21st. Please bring any donations to the Care Center. We will have a box on the front porch. If you have any questions please contact Cindy at 319-442-3234.



Volunteers Needed:

We are looking for anyone interested in joining our Key Ladies Volunteer group. Our Key Ladies help out with Bingo, social hours and other various activities through out the year. Our Volunteers are an important part in helping our residents enjoy their stay here at the care center. We appreciate all that they do and would love to have anyone interested join us. If you have questions or would like to sign up, please contact Cindy Behrens, Social Worker or Amy Sparks, Activity Director at 319-442-3234.

WE  **VOLUNTEERS**

Do you have a positive story that you would like to share with us that pertains to your loved ones current or past stay with us? Maybe a story regarding the care received or the caregivers you encountered here? **Please contact us!** We are looking for people to share their story on our web page. We can help you get your story together or you can write something up on your own. Contact Tracy Hanson or Cindy Behrens at 319-442-3234 if you or anyone you know is interested in helping us out!

Home Health Corner:



Are you looking for help keeping you or your loved one in their home? Keystone Home Health can help. Home health services assist individuals to maintain and improve independence in the home. Let Keystone Home Health staff assist you in promoting and improving function in the home and avoid hospitalizations.

One example would be sending a Home Health Aide to assist with activities of daily living. This can include, assistance with bathing and dressing, oral care, and light housekeeping. The homemaker can also provide light housekeeping and may provide transportation to physician appointments and running errands.

Sometimes just adding this small amount support will reduce stress on caregivers and allow individuals to stay in their home longer.

Stay tuned to our bulletin for more info on our home health services. If you have questions in the meantime call our office at 319-442-3650.

Activity Announcements



Our residents got into the 4th of July holiday spirit by painting pictures of flags and fireworks. Thanks to Amy Sparks, Activity Director for decorating stars in the front yard!!



Thanks to the Vacation Bible School kids for coming to sing for the residents. They are from St. John's Lutheran church in Keystone.



Before the heat set in, the residents enjoyed an afternoon of music in the courtyard. We welcome families to use this part of our facility at any time. Please contact the office to reserve the area, just let us know what date and time.



Lost and Found:

This bracelet was found during our May Bake Sale at Cindy Oehlerich's garage. If this is yours, or you might know who it belongs to, please contact the office.





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

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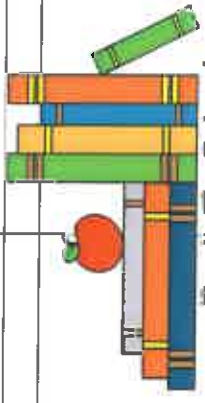
RETURN SERVICE REQUESTED

UPCOMING EVENTS AND ACTIVITIES

- School supply drive August 1st—21st. Please drop off your donations in the box on the front porch. Thank you for your support!!!
- 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.

		August		2017		Keystone Care Center	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	 website keystonecarecenter.com						
Hair Care Wed- Frances Thurs- Joanne Quiet Time 12:45- 2:15	Daily 2:30 & 7 Snacks Squirrel Watching Table Talk/Jokes Exercise M-F 10:30	9:30 Catholic Sac 2:30 Making Back 2 School crafts 	7-9 Pastry Day 3:00 Making oven roasted zucchini	3:00 Jim Magdefrau Happy 96th Birthday Edna Heitmann	10:30 Resident Council 3:00 Harold Gray Happy 93rd Birthday Helen Wiley	2:00 Karen Bartachek on keyboard Happy 86th Birthday Lucille Ary	5
1:00 Pastor David Rempfer Pianist Janyce Pohmann	2:00 Root Beer Floats 3:00 Key Ladies Bingo Happy 89th Birthday Rose Uchytill	10:00 Catholic Mass 3:00 Deb Kromminga	7-9 Pastry Day 2:00 Lutheran Communion 3:00 Monthly Birthday Party	10:00 Methodist Coffee & Devotions 2:30 Travel Club Germany 	3:00 Eldred Gerhold on piano	9:30 Lutheran Church on TV 3:00 Movie	12
1:00 Pastor Steve Rempfer Pianist Arlene Taschner	3:00 Larry Holst 	9:30 Catholic Sac 3:00 Fay Nolan on Organ Happy 99th Birthday Kenneth Fischer	7-9 Pastry Day 3:00 Social Hour Elebron womens club Happy 98th Birthday Lylas Sindt	2:00 Mens Coffee 2:30 Making Funnel Cakes 	3:00 Jerry & Miry	9:30 Lutheran Church on TV 3:00 Movie	19
1:00 Pastor David Lingard Pianist Marilyn Mittan	3:00 Balloon Volleyball	9:30 Catholic Sac 3:30 Harry Ebbeson on keyboard 	7-9 Pastry Day 3:00 Making Birdfeeders Happy 82nd Birthday Richard Silhanek	10:00 Methodist Coffe & Devotions 3:00 Highlights from the Iowa State Fair	3:00 Brian Weems & Family	9:30 Lutheran Church on TV 3:00 Movie	26
1:00 Pastor Dean Duncan Pianist Janyce Pohmann	3:00 Dorcas Bingo	9:30 Catholic Sac 2:30 Bunco	7-9 Pastry Day 3:00 Social Hour Key Ladies	3:00 Wine & Cheese	 Back To School		