

January Birthdays

Joanne O. January 7

Patti V. January 13

Velda B. January 23

David S. January 26

Frances S. January 28

Kathy E. January 28

Reminders:

- Stay hydrated – just try to drink lots of water
- Wash your hands often
- Maintain social distance
- Wear a mask in public
- If you are feeling ill, please tell a staff member
- If you want to “see” a loved one, visit the front desk to set up a video chat or ask the concierge about Independa
- The van is available on an as needed basis for essential appointments

Keystone Chronicle

January, 2021

A New Year

Hi Everyone,

It has been quite some time since a newsletter has gone out, and we thought now was as good a time as any to make one. Take a look to see what we have been up to and what may be to come!

Also, we wanted to thank our residents for staying strong during this very difficult time. At no time was it easy for us not to see the people we loved, to hug them or give them a kiss on the cheek, or to even ride in the car with them. Here's to hoping we can get back to it soon!

Welcoming a New Year to KPLF

Being separated from loved ones is never easy,
It was tough not being able to give a hug,
But through it all we stuck together,
It was a year of monumental love.
With the support of friends and families,
With staff and other professionals too,
We made it through a year full of unknowns
To a time where we can begin anew.

It has been incredibly difficult
To not visit each other face to face,
Trying our best to make things special
Over here at Keystone Place.

Let's leave 2020 behind us
And look ahead for what is to come,
Waiting for our sweet reunions,
Full of joy, and laughter, and fun!

Rachel Nelson 12/2020

Merry Christmas from KPLF



Challenge Accepted

Times are changing, history is our proof,
New hardships arise every day.
Right now, we can't tell a lie from the
truth,
Things aren't black and white, they're
gray.

We have entered waters uncharted,
Whitecaps threaten to sink our ship.
If we could go back to when this all
started,

Would it be a worthwhile trip?
We cannot travel into the past,
But the future is in our hands.

Time can go by way too fast,
Now is when we make our stand.

Have faith in one another,
Be the rainbow in someone's cloud.

Show support for each other,
Rise together and stand proud.

The way for the world to get through this,
To heal all the shattered hearts,
Is to show compassion and forgiveness,

And start fixing the broken parts.

When things get tough, the tough get
going

Stay healthy and stay protected.

With no clear signs of things slowing,
Let's answer with "Challenge accepted!"

- Rachel Nelson 10/13/2020

COVID-19 Vaccine Coming Soon: We are at the "almost" top of the list to get vaccinated for the Coronavirus. While we do not have specific details at the moment, rest assured that it will be offered to all residents residing at Keystone Place at LaValle Fields. By getting the vaccine, you help to protect yourself and those around you from a virus that has run rampant across the world. While it is not mandatory that you receive the vaccine, it is highly recommended. When we have more specific details about the when and where, you will be the first to know.

Independa: Ok everyone, here's the scoop. If you want to see your loved one but don't know how, here is the solution! All you have to do is get Independa through KPLF. It is completely free to you. For residents, we will visit you in your apartment, set up a video camera and microphone on your TV, and show you how to use it. Then, loved ones can download the app and can VIDEO CALL you through your TV! Super cool, non-invasive as you have complete control over answering a call or not. That way you don't have to worry about your phone or iPad, you can just make calls straight through the TV.

Other Things to Come: We are hoping to ramp up activities and eating in the dining room very soon (February). It will all continue to be socially distanced, but it is also understood that people are social creatures and you need to see each other. Stay tuned for an activity calendar ☺

CHRISTMAS EVE "EVE" FUN



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On December 23rd Santa went around and handed out Secret Santa gifts while his elves made special happy hour drinks and holiday snacks.