

# NEWSLETTER

## March 2021

Keelson Harbour Senior Living, 2810 Aurora Ave. Spirit Lake, Iowa 51360  
712-336-4501

### WORLD WILDLIFE DAY



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# A NOTE FROM THE DIRECTOR

Hello Residents, Families and Friends!

March 2021 has arrived and we have now been operating under COVID restrictions for ONE FULL year. It has been a long and challenging year for us all.

We have now completed 3 vaccine clinics and await news on if and when we may be able to host more for new residents and staff that want to receive their vaccine. I

have heard from many family members that they have received their first dose as well. Exciting times for all of us!

Now we patiently wait for Public Health to give us new guidelines to follow. We have not been given any indication as to when or if this will happen soon but I am optimistic!



*Amber Raveling, Community Director*

## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**  
Birthstone: **Aquamarine**  
Flower: **Daffodil**

## Quote of the Day

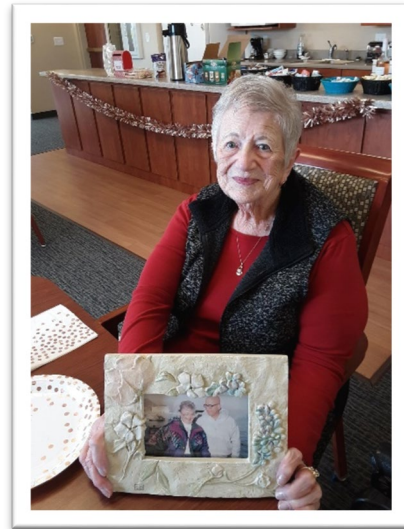
*Be the **CHANGE**  
that you wish to  
see in the world.*

– Mahatma Gandhi

# February- Month of LOVE!

## Galentine's Day Party

Keelson Harbour had our very first Galentine's Day party with a gathering of our favorite gals! We each brought our wedding pictures and shared how we met, how the proposal went, fun stories, and how long we have been married.



## Special Valentines

Ruth shared her story of how she met her husband and what a wonderful life they had together.

## National Wear Red Day

Staff and residents alike showed our support for National Wear Red Day and Wear Red for Women Day for National Heart Health Month.



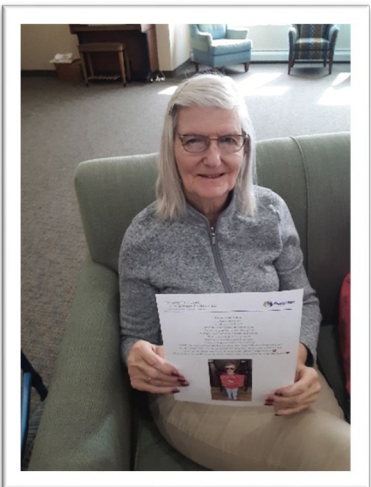
# More LOVE to share....



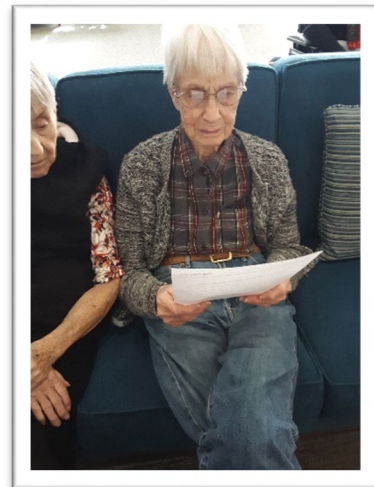
**Marvin showing off his t-shirt he made!**



**Jean and her paper flower sign she made!**



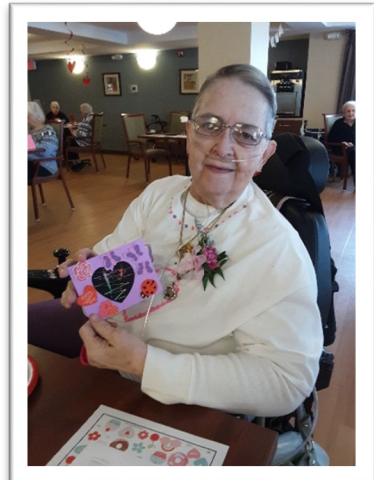
**Marlys holding the Happy Gram she got**



**Waneta reading her Happy Gram**



**Our Valentine Virtual Concert by Jocelyn Olivia!**



**Bonnie with her Valentine given by Kindermusik at the Lakes!**



# Upcoming Events

## St. Patrick's Day Craft

Tuesday, 2nd of March 1:30pm, Loft

## Oreo Day Afternoon

Saturday, 6th of March 1:30pm, Community Room

## Together In Harmony Concert

Monday, 15th of March 6:00pm, Theatre Room & MC

## St. Patrick's Day Party

Wednesday, 17<sup>th</sup> of March 3:00pm, Dining Room

## Armchair Travel to Ireland

Monday, 22nd of March 1:30pm, Grand Room

## Easter Cookie Decorating

Tuesday, 30th of March 1:30pm, Dining Room



# Regular Events

Happy Hour every Friday 4pm

Live 2B Healthy every Mon, Wed, Fri at 9:30am

Lutheran Service every Sunday 9am

Beautician every Tuesday & Wednesday

Bible Study every Wednesday at 2pm

Bingo! Every Sunday and Thursday at 2:00pm

NEW EVENT IN MC- Drumming Exercise!!

## Special Days

1 <sup>st</sup>	Chopin's Birthday
1 <sup>st</sup>	St. David's Day
1 <sup>st</sup>	World Day of Prayer
3 <sup>rd</sup>	World Wildlife Day
8 <sup>th</sup>	Intl. Women's Day
14 <sup>h</sup>	Mothering Sunday (UK)
15 <sup>th</sup>	The Ides of March
17 <sup>th</sup>	St. Patrick's Day
20 <sup>th</sup>	Spring (N.Hem.)
21 <sup>st</sup>	Harmony Day
21 <sup>st</sup>	Intl. Day of Forests
21 <sup>st</sup>	World Poetry Day
22 <sup>nd</sup>	World Water Day
23 <sup>rd</sup>	World Meteorological Day
25 <sup>th</sup>	Greek Independence Day

# March Birthdays

In March, we celebrate birthdays with:

- **Peggy Egertson**
- **Alexa Wacker**
- **Suzanna Burkholder**
- **Wayne Feller**
- **Dorathy Mitchell**
- **Ruby Ackermann**
- **Jackie Anderson**
- **Emily Spangler**
- **Brit Donahue**



Please join us in celebrating with birthday cake on the first Monday of the month served at lunch!

Catherine O'Hara, Actress, 4th March 1954

Shaquille O'Neal, Basketball Player, 6th March 1972

Liza Minelli, Actress & Singer, 12th March 1946

Albert Einstein, Physicist, 14th March 1879

Michael Caine, Actor, 14th March 1933

Bruce Willis, Actor, 19th March 1955

Steven McQueen, Actor, 24th March 1930

Elton John, Singer, 25th March 1947

Vincent van Gogh, Painter, 30th March 1853

Celine Dion, Singer, 30th March 1968

## **Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless. They are always willing to help others

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

**Product Birthday Spotlight: The Rubber Band**

On March 17, 1845, Stephen Perry (a British inventor and businessman) receive a patent for the first rubber band. Rubber band has been holding things together for the past 170 years. Cheap, reliable, and strong, the rubber band is one of the world's most ubiquitous products.

# Poem to Share

## No Man is An island

by John Donne

No man is an island,  
Entire of itself,  
Every man is a piece of the continent,  
A part of the main.  
If a clod be washed away by the sea,  
Europe is the less.  
As well as if a promontory were.  
As well as if a manor of thy friend's  
Or of thine own were:  
Any man's death diminishes me,  
Because I am involved in mankind,  
And therefore never send to know for whom the bell tolls;  
It tolls for thee.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Doug Young**
- **Dorathy Mitchell**

We hope that you enjoy your time here!

## NEW STAFF

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A warm welcome also goes to the people who joined our team in the past few months!

- **Abby Pedersen**
- **Heather Clinkenbeard**

We hope that you enjoy your time here!

## IN MEMORIAM

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On Tuesday, March 9<sup>th</sup> @2:00pm, Kindred Hospice will be holding a Memorial Service for all whom we lost in 2020. If you would like to participate in this virtual service, please email [director@keelsonharbour.com](mailto:director@keelsonharbour.com).

## STAFF ANNIVERSARIES

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Congratulations to these staff members who have anniversaries this month!

- **Dwight Jacobs**
- **Amber Raveling**
- **Xaviere Klein**

We thank you for your dedication and care.

## CAN YOU CONTRIBUTE?

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Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!



# Noticeboard



## **LIBRARY SERVICE**

We have a program with Spirit Lake Public Library where we pick up new books for those that wish to check some out on the second and fourth Tuesday of the month. If you would like on the list, please talk to Life Enrichment.

## **THANK YOU**

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

## **BEAUTICIAN**

We have two stylists who have hours in our salon. Emily is available on Tuesdays and Karla is available on Wednesdays. Please call to make your appointments.

Emily: 605-789-1929

Karla: 712-330-0404

## **VIRTUAL CONNECTIONS**

If you would like to connect with your loved ones during Covid-19 via Skype, Zoom, Facetime, etc. please email [lifenrichment@keelsonharbour.com](mailto:lifenrichment@keelsonharbour.com) or call 712-336-4501.

## **NEW EXERCISE PROGRAM**

In March we will be starting a drumming exercise program in the Memory Care unit. We will be drumming to music on giant exercise balls. We are excited to try it and hope the residents have fun!

## **HAPPY GRAMS**

If you would like to send your loved one a Happy Gram, please visit [www.happygram.org](http://www.happygram.org) any time and submit a loving note!

# Laughing Matters



## Can You See Me?

An Englishman, a Frenchman, a Spaniard and a German are all standing watching an American street performer do some juggling. The juggler notices the four gentlemen have a very poor view, so he stands up on a wooden crate and calls out, "Can you all see me now?"  
"Yes" "Oui" "Sí" "Ja"

## Mad Cow Disease

There were two cows out in a field, talking to each other. The first cow said, "I tell you, this mad-cow-disease is really pretty scary. They say it's spreading fast - I heard it hit some cows down on the Johnson Farm."

The other cow replies, "I ain't worried, it don't affect us ducks."

## Walk a Mile

Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes.

## In Common

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

## Little Boy

A boy asks his father, "Dad, are bugs good to eat?"

"That's disgusting. Don't talk about things like that over dinner," the dad replies.

After dinner the father asks, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

# DARE TO Dream

Our goal is to make at least one resident's dream come true each month in either our Assisted Living or Memory Care. These dreams can range from modest to elaborate based on the unique experiences and backstories of each individual resident. Everyone in our care is like family. We know their stories, their hopes, and their dreams. This is what draws us together, and we believe each person is unique and vibrant, with a dream or two up their sleeve.

This month we surprised Peggy with a trip to the Lakes Ice Arena. Peggy always reminisces about the times she and her husband would go ice skating. Always with a mischievous grin, Peggy says she used to "fall down" so he would have to come help her up and put his arm around her. After our time on the ice, we took a pit stop through the Dairy Queen drive-thru and got Peggy's favorite: ICE CREAM! 🍦🍦

We owe a huge thank you to the Lakes Ice Arena for allowing us to skate privately with Peggy, and thank you to Brad Shumway for helping Peggy navigate her wheelchair on the ice. We are so fortunate to be a member of this community!



# Word Search

## WILD CATS



P G M M C A R A C A L T H E  
 O N C I L L A P U M A Q J L  
 K B O B C A T K O D K O D E  
 M O U N T A I N P J C R U O  
 G W I L D C A T L I O N I P  
 T A B I G E O F F R O Y D A  
 T S E T I G E R C O U G A R  
 H I O J A G U A R U N D I D  
 L A P A N T H E R A N O W M  
 Y T C H E E T A H A V U C C  
 N I J A G U A R H O Q Z O C  
 X C A N D E A N O C E L O T

Leopard  
 Puma  
 Jaguar  
 Caracal

Tiger  
 Oncilla  
 Lynx  
 Cougar

Panthera  
 Lion  
 Geoffroy  
 Bobcat

Ocelot  
 Kodkod  
 Mountain  
 Asiatic

Wildcat  
 Jaguarundi  
 Cheetah  
 Andean