

NEWSLETTER

April 2021

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

WORLD **BOOK** DAY



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A NOTE FROM THE DIRECTOR



Dear residents, family and friends of Keelson Harbour,

Happy April and Happy Easter! With any luck Spring is among us now and we are beginning to feel its warmth and some normalcy back in our world from COVID restrictions. While I know that the steps forward we have been able to make have not been perfect for everyone, it is a step in the right direction. What I can ask of you all now is to continue to stay home if ill and help us keep COVID out of our facility so we can keep it open for scheduled visitation.

It has been so great to meet new faces and have outside life in the building for the first time in a year! Cheers to continued forward progress with you all!

Amber Raveling, Community Director

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**
Birthstone: **Diamond**
Flower: **Daisy & Sweet Pea**

Quote of the Day

*Act as if what you
do makes a
difference.
IT DOES.*

– William J ames

March- Happy St. Patty's Day!

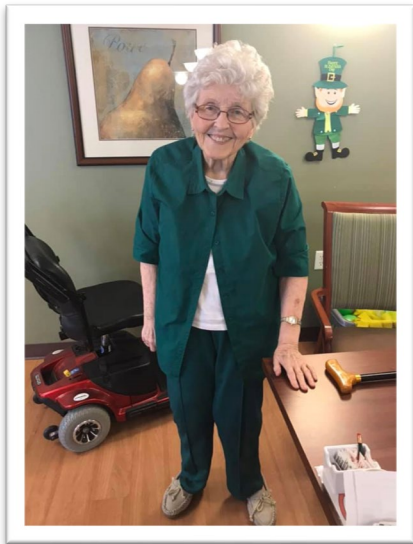
Top o' the morning!

Lynda was very festive for our Saint Patrick's Day party.



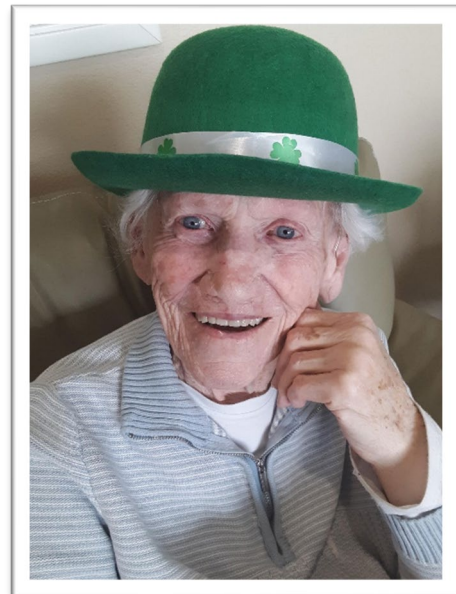
Green from head to toe

Ruth looks great in green. We think it might be one of her favorite colors!

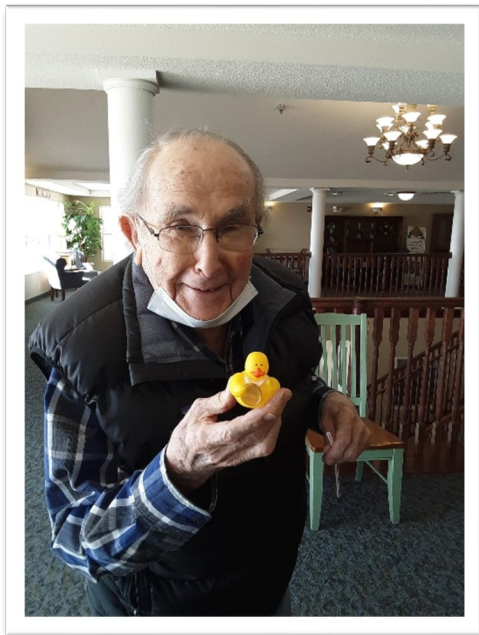


Pot o' Gold

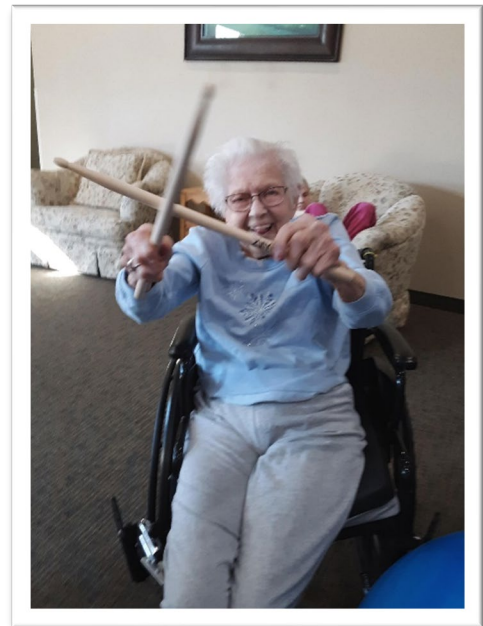
Kay would like to wish you a lucky year to come!



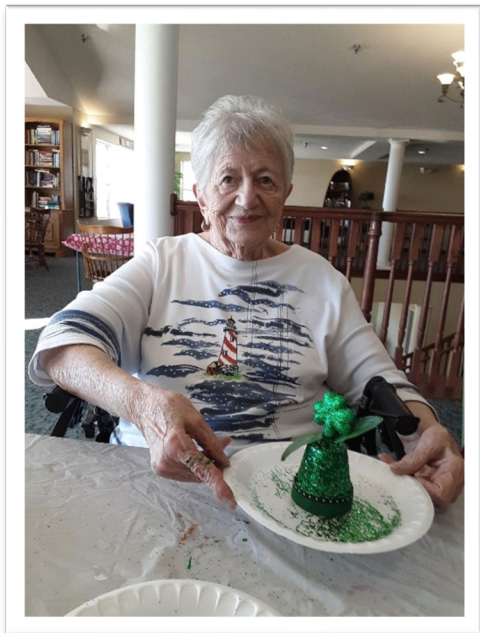
Gold at the end of the Rainbow



Marvin with his trophy duck after winning the Rubber Duck races!



Pearl having fun at our new Drum Exercise class in Memory Care!



Bobbie with her St. Patrick's Day creation!

Upcoming Events

Easter Egg Hunt for Joyful Journeys Preschool

Monday, 5th of April 10:30am, Outside

Culinary Meeting

Wednesday, 7th of April 3:00pm, Dining Room

Record Store Day

Saturday, 17th of April 1:30pm, Community Room

Armchair Travel to Egypt

Monday, 19th of April 1:30pm, Memory Care

Scooter/Walker Wash

Tuesday, 20th of April 3:00pm, Outside

Resident Council

Thursday, 29th of April 3:00pm, 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

Special Days

1 st	April Fools' Day
2 nd	Children's Book Day
4 th	Easter
12 th	Human Space Flight
21 st	Creativity & Innovation
22 nd	Mother Earth Day
23 rd	Shakespeare's Birthday
23 rd	St. George's Day
23 rd	World Book Day
24 th	Intl. Guide Dog Day
25 th	ANZAC Day
30 th	Arbor Day

April Birthdays

In April, we celebrate birthdays with:

- **Tiffany Thomas**
- **Toni Nicks**
- **Barbara DeMuth**
- **Mildred Eggiman**
- **Joyce Griffith**
- **Bonnie Gross**
- **Ines Henning**
- **Mary Reed**
- **Mary Schneider**
- **Elayne Stoller**
- **Gail VanderZwaag**



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

Marlon Brando, Actor, 3rd April 1924

Eddie Murphy, Actor, 3rd April 1961

Russell Crowe, Actor, 7th April 1964

Jackie Chan, Martial Artist, 7th April 1954

Emma Thompson, Actress, 15th April 1959

Queen Elizabeth II, 21st April 1926

Jack Nicholson, Actor, 22nd April 1937

Barbra Streisand, Singer, 24th April 1942

Al Pacino, Actor, 25th April 1940

Michelle Pfeiffer, Actress, 29th April 1958

Aries (Mar 21 – Apr 20)

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

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

Poem to Share

If

by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too:
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same:.
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss:
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much:
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Sharon Atherton**
- **Sharon Meyer**
- **Judd Huffman**

We hope that you enjoy your time here!

NEW STAFF

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

- **Kassandra Brotherton- Resident Assistant**
- **Ashley Brandt- Resident Assistant**
- **Kelly Reverts- Resident Assistant**
- **TiaLisa Jurgensen- LPN**

We hope that you enjoy your time here!

IN MEMORIAM

We would like to thank Kindred Hospice for the beautiful and meaningful memorial service on March 9th. It was a great way to honor those lost in 2020.

STAFF ANNIVERSARIES

Congratulations to these staff members who have anniversaries this month!

- **Ashley Heetland**

We thank you for your dedication and care.

CAN YOU CONTRIBUTE?

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 email your submission to

lifenrichment@keelsonharbour.com

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 or call 712-336-4501.

CULTURAL CELEBRATION

In March our Memory Care took an Armchair Travel to Ireland. They got to try Irish Potato "Candy" made from coconut and powdered sugar rolled in cinnamon. It looked like a potato but it didn't taste like one!

HAPPY GRAMS

If you would like to send your loved one a Happy Gram, please visit www.happygram.org any time and submit a loving note!

Laughing Matters



Stomach Ache

Little Susie, a six-year-old, complained, “Mother, I’ve got a stomach ache.”

“That’s because your stomach is empty,” her mother replied.

“You would feel better if you had something in it.”

That afternoon, her father came complaining that he had a severe headache. Susie perked up, “That’s because it’s empty,” she said. “You’d feel better if you had something in it.”

Sports Teacher

A woman got a job as a sports teacher for a group of 16-year-old boys.

They were playing a game when she noticed that a boy was standing alone at the end of the field, while all the other kids were running around having fun with a ball.

She took pity on him and decided to speak to him.

“You O.K.?” she asked.

“Yes” he replied.

“You can go and play with the other kids, you know?”

“It’s better that I stay here” he said.

“Why honey?” she asked.

“Because I’m the goalkeeper”

DARE TO Dream

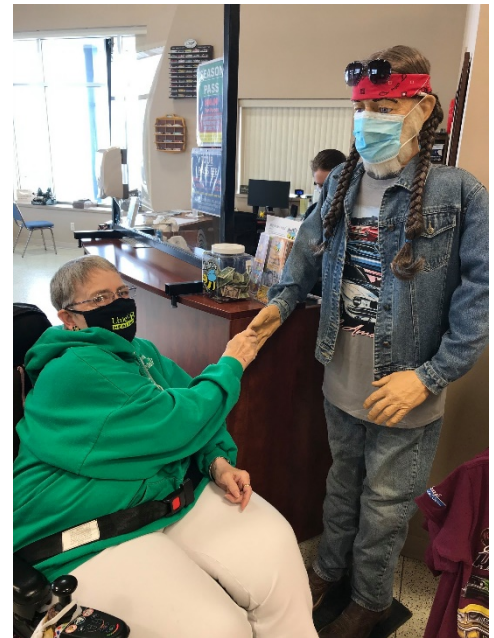
✦DARE TO DREAM✦

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 took Bonnie and a few of her fellow residents to the
[Okoboji Classic Cars, LLC](#)

Museum. Bonnie's late husband actually helped build the building, and she has never been able to see it in person. We decided to make that dream come true! As you can see by the photos, the museum is very impressive. Once you walk into the showroom, it's like a step back in time, literally! They recreated the main street of Spencer, IA from back in the 1960's as well as Arnold's Park. We had a wonderful tour guide who was very knowledgeable about the cars and the history of these towns in their prime. Bonnie even got to shake hands with THE Willie Nelson! 😊

Thank you to the staff at the Classic Cars Museum for opening an hour early for us to ensure a private tour. We are so blessed!



Word Search

BOOK TITLES



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

Metamorphosis
Dracula
Disgrace
Ulysses
Pollyanna

Heidi
Ivanhoe
Rebecca
Cinderella
Persuasion

Middlemarch
Pygmalion
Steppenwolf
Frankenstein
Atonement

Emma
Lolita
Carrie
Matilda
Faust