

April 2021

Keystone Place at LaValle Fields
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651-888-6557



Keystone Chronicle

current topics >>>

All About Sleep

There are many benefits of quality sleep! It can:

- Increase longevity, creativity, and emotional well-being
- Reduce falls and accidents, risk of dementia, damage to cells and tissues, and inflammation
- Improve immunity
- Lower stress and helps maintain a healthy weight

Did you know that exercise and diet can affect sleep?

Diet and exercise are the main habits that can affect your nighttime sleep quality. Here are some tips to help improve quality sleep, according to Live 2B Healthy:

Diet tips:

- ❖ Limit caffeine late in the day
- ❖ Make sure you don't go to sleep hungry
- ❖ Limit sugary foods
- ❖ Spicy or large meals before bedtime are a no-no
- ❖ Try not to drink TOO much water before bedtime, as we all know it is no fun having to use the restroom in the middle of the night

Exercise tips:

- ❖ Walking
- ❖ Yoga (chair yoga works too)
- ❖ Balance exercises
- ❖ Seated weight lifting
- ❖ Stationary bicycling
- *all of these are offered at Keystone

Exercise releases chemicals that promote restful sleep, and activities that elevate your heart rate via exercise can help make you more tired at bedtime.

Updates and Reminders

Stay hydrated – It is recommended to drink a half a gallon of water a day

VISITORS

We are so glad to have visitors back in the community again. Please be mindful of the policies we ask that you follow, remaining socially distanced with your masks on and staying in your apartment. Thank you.

Like us on Facebook!
Leave a positive review on Caring.com!
You can even leave a Google review if you search for Keystone Place at Lavalle Fields.

Information Books:

Mary Cooney (wife of Bart Cooney - Sunny Cove Volunteer) has graciously donated 8 big blue scrapbooks that she made herself, filled with pictures and information. Various topics include Birds and Step Back in Time. Please check them out! They are in the Northstar Room on the bookshelves.

Key Associate of the Month:

For the month of March, our Exceptional Associate was Mel Shaw!

Mel was nominated by a resident in Sunny Cove, who said: "She always brings so much joy when she comes to work and does her job at a high level all the time."

For her efforts, she has been awarded a \$50 Gift Card.

Nomination forms can be picked up at the front desk or from the Life Enrichment Coordinators.



The Birthdays of April

Resident Birthdays

Anne C – April 4
Marty G – April 6
Betty – April 11
Marcie M – April 14
Dian Y – April 26
Clarence R – April 27

Staff Birthdays

Cassidy – April 4
Raylin – April 9
Alex G – April 11
Kristen P – April 14
Katie-Jo – April 21
Chelsea S – April 26
Tabatha – April 30

Entertainers for April:

April 2nd Charles Kemper **April 9th** Bandanahhh!
April 16th Joe Aherns **April 23rd** LaValle Trio
April 30th Wes Miller



Cooking Class with Bill

Every Tuesday afternoon you can join Bill and others in the Northstar Activity Room for a unique, entertaining food experience.

Easter Sunday – April 4th

The menu for lunch on Easter Sunday looks almost too good to be true!

Honey Dijon Glaze
Ham

Cheezy Hash Brown
Casserole

Green Bean Almondine
Fresh Roll

Assorted Pie Options

Happy Easter

Food for Thought from Dining: If you happen to have any Keystone dishes or silverware in your apartment, we would be grateful if you returned them to the kitchen so we can wash them up and utilize them.

Joe's Opinion on Recycling: Do it, or Else. Kidding! The garbage and recycling bins are located in the garage. Please be sure to break down your boxes. For Independent Living, every Thursday, your trash and recycling will be picked up in your apartments – please leave the bags on the inside of your front door.

Spring Cleaning from Lisa: It's time to check your fridge to make sure your food hasn't gone bad. Make sure to look at expiration dates. Also, when the temperature is pleasant, open up those windows and let the bad air out (and the good air in).

Becky Says: Join me for wine tasting on Tuesday, April 27th at 1:30pm in the Pub. Enjoy some unique wines and cheese appetizers to accompany. Must be 21 years of age or older 😊

Friends Make the Best Neighbors: Rachel is wondering if you have friends that might be ready for that next step in their lives? Maybe you yourself really want them to come live here with you! Go see Rachel if you have someone in mind and you could get \$1000 off one month's rent if your friend moves in!

Dancing Through March

As our Friday Happy Hours have recommenced, our residents couldn't help but get up and move their feet. They got so much joy from the entertainers and the cheering on of other attendees, just look at those smiles.



www.keystonesenior.com



coming soon >>>

April Highlights

Easter Lunch: Sunday, April 4th
Mary for Toenails April 20th All Day

Wine and Cheese Tasting with Becky April 27th

We Beat COVID Party April 28th

Alan Anderson April 29th

ask the experts >>>

Hear it from the Nurses: Steps to Prevent Falls

- Stay Physically Active: Walking helps keep your muscles strong and your joints flexible.
- Get 7-8 hours of sleep a night
- Stand up slowly: Standing too quickly can drop your blood pressure, which can make you dizzy or lightheaded.
- Always use your assistive device for support when walking, even for short distances.
- Wear non-skid, rubber soled shoes that fully support your feet.

We revamped our Veterans Wall (see picture below) and are reaching out to see if we have anyone missing! If you want yours or your spouse's military picture put on our tribute wall, please bring a picture of said person in their military uniform to Rachel. The more the merrier! Thank you so much.

