

# NEWSLETTER

## May 2021

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

### INTERNATIONAL NURSES DAY



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# A NOTE FROM THE DIRECTOR

Greetings Residents and Families of Keelson Harbour.

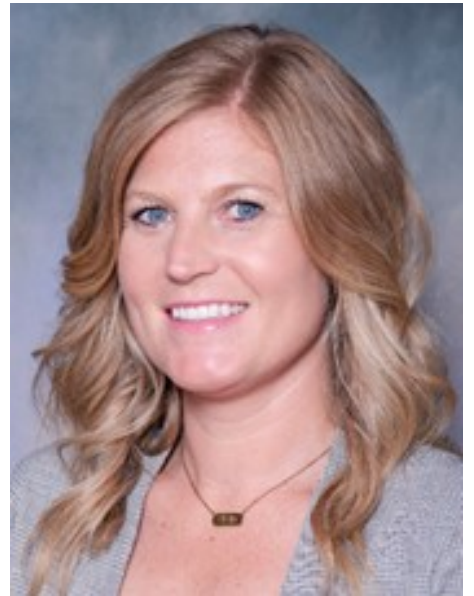
This month we celebrate Mother's Day. What an opportunity for us to take the time to honor our Mother's and other women in our life that have helped shape us to who we are today. Mother's Day became recognized as a US Holiday in 1914. Did you know that the founder of Mother's Day tried to have it removed from the calendar as a holiday due to the commercialization that occurred after it began? I

am glad that this Holiday tradition continues and that we take a moment each year to celebrate our Moms! I am sure each of you have a traditional way that you have always celebrated. My personal favorite is to have a family brunch on this day.

This year at Keelson Harbour, we will be celebrating with a Mother's Day Tea. We invite each of you to gift your loved one their very own tea cup for this event that they can keep and cherish after. Since we are still unable to have a group event with all of you in attendance, we hope this can be a way to involve you. Please have this to myself or Cari by Friday, May 7<sup>th</sup> so we have time to organize before the celebration.

Warm Regards,

*Amber Raveling, Community Director*



## May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**

Birthstone: **Emerald**

Flower: **Lily of the Valley**

## Quote of the Day

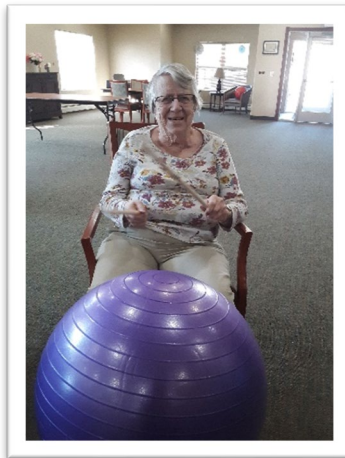
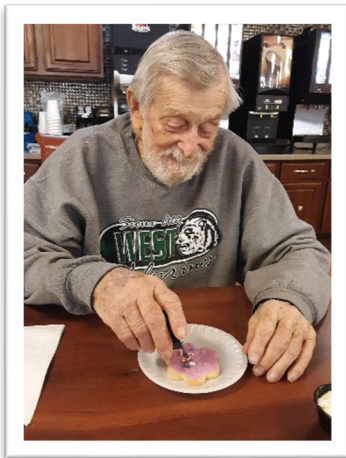
*Act as if what you do  
makes a difference.  
It Does.*

– William James

# Indoor Antics

## Fruit Salsa

We are ready for warmer weather and summer treats. We decided to get a head start with this fruit salsa recipe. It really hit the spot!

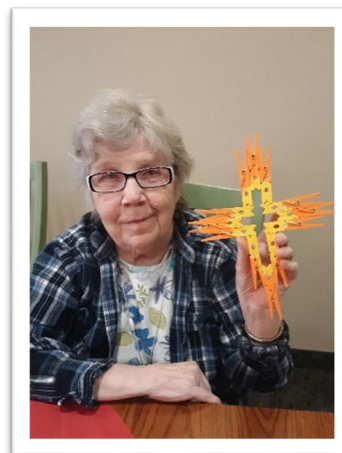


## Activity Spotlight 2

Irel adding sprinkles to his Spring cookie that he decorated. Phyllis not missing a beat as we do our drumming exercise!

## Arts & Crafts

Millie and Jean showing off their artistic talent with their clothespin cross craft before Easter.

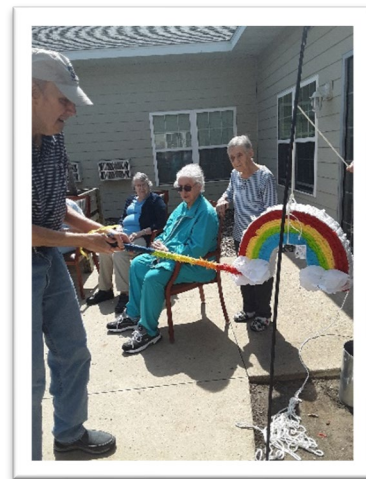




# Fun in the Sun



**Joyful Journeys Preschool Easter Egg Hunt with the Keelson Harbour Easter Bunny!**



**Judd taking his shot on Pinata Day!**



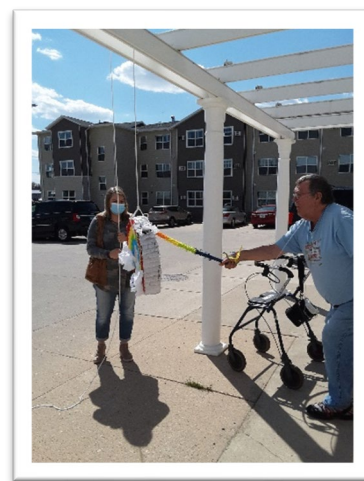
**Betty in action on Pinata Day!**



**Bus ride to Spencer for some shopping!**



**Gladys swinging high on Pinata Day!**



**Larry bustin' a move on Pinata Day!**

# Upcoming Events

## **Antoine Family Virtual Concert**

Tuesday, 4th of May 6:30pm, Theatre Room

## **Cinco de Mayo Celebration**

Wednesday, 5th of May 3:30pm, Dining Room

## **Mother's Day Tea**

Monday, 10th of May 3:00pm, Community Room

## **Virtual Wine Tasting**

Tuesday, 18th of May 6:30pm, Theatre Room

## **Armchair Travel**

Tuesday, 18th of May 10:00am, Memory Care

## **Freedom Rock Bus Trip**

Sunday, 30th of May 2:00pm, Lake Park



# Regular Events

Happy Hour every Friday 3:30pm

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**

4<sup>th</sup> Space Day

5<sup>th</sup> Cinco de Mayo

9<sup>th</sup> Migratory Bird Day

9<sup>rd</sup> Mother's Day

12<sup>th</sup> Intl. Nurses Day

22<sup>nd</sup> Cannes Film Festival

22<sup>nd</sup> Biological Diversity Day

23<sup>rd</sup> World Turtle Day

21<sup>st</sup> Memorial Day

# May Birthdays

In May, we celebrate birthdays with:

- **Tom Reuland**
- **Dorene Westergard**
- **Bonnie Pelzer**
- **Melissa Sewell**
- **Maxine Stegeman**
- **Elaine Creasey**
- **Xaviere Klein**
- **Judd Huffman**
- **Dorothy Seibold**
- **Joy Lauver**
- **Judy Hodnefield**
- **Shana Zitterich**
- **Joan McKnight**
- **Beulah Kephart**



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

Glenn Ford, Actor, 1st May 1916

Bing Crosby, Singer, 2nd May 1904

Lesley Gore, Singer, 2nd May 1946

Audrey Hepburn, Actress, 4th May 1929

Karl Marx, Philosopher, 5th May 1818

Sigmund Freud, Psychiatrist, 6th May 1856

Orson Welles, Actor, 6th May 1915

Stevie Wonder, Singer, 13th May 1950

Peggy Lee, Singer, 26th May 1920

Clint Eastwood, Actor, 31st May 1930

## **Pisces (Apr 20 – May 20)**

Taureans are dependable, logical, and overall peaceful beings

## **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained



WOW!

**Product Birthday Spotlight: Barbie Doll**

On May 9 1958, Mattel's Barbie doll was registered. The Barbie doll was invented in 1959 by Ruth Handler (co-founder of Mattel), whose own daughter was called Barbara.

# Poem to Share

## The Computer Swallowed Grandma

Anon

The computer swallowed grandma!  
Yes, honestly it's true  
She pressed "control and enter"  
And disappeared from view.

It devoured her completely  
The thought just makes me squirm  
She must have caught a "virus"  
Or eaten by a worm.

I've searched through the "recycle bin"  
And files of every kind  
I've even used the "Internet"  
But nothing did I find.

In desperation I asked "Jeeves"  
My searches to refine  
The reply from him was negative  
Not a thing was found "on line"

So if inside your "in box"  
My grandma you should see  
Please "copy" "scan" and "paste" her  
And send her back to me

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Susan Triggs**
- **James Kocak**

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 month!

- **Sara Fenske- Cook**

We hope that you enjoy your time here!

## CAUGHT RED HANDED

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Congratulations to Bethany Mueller in our housekeeping department for going above and beyond her position to enrich the lives of everyone at Keelson Harbour.

We are lucky to have you on our team!

## SPRING CLEANING

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In May we will be transporting any donations from residents to Thee Garage Sale and/or St. Joseph's Catholic Church. Let Life Enrichment know if you have some items to donate.

Happy Spring Cleaning!

## 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 email your submission to

[lifenrichment@keelsonharbour.com](mailto: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](mailto:lifenrichment@keelsonharbour.com) or call 712-336-4501.

## **ARMCHAIR TRAVEL**

In April our Memory Care residents traveled to Egypt! We colored Egyptian flags, read some hieroglyphics, and learned that the Nile River is the longest river in the world!

## **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 hear that?

An old man decided his old wife was getting hard of hearing. He called her Doctor to make an appointment to have her hearing checked.

The Doctor said he could see her in 2 weeks, and meanwhile, there's a simple informal test the husband could do to give the Doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening when she was in the kitchen cooking dinner, and he was in the living room, he thought to himself, "I'm about 40 feet away, let's see what happens".

"HONEY, WHAT'S FOR SUPPER?"

No response.

So he moves to the other end of the room , about 30 feet away - "HONEY, WHAT'S FOR SUPPER'?"

No response.

So he moves into the dining room, about 20 feet away - "HONEY, WHAT'S FOR SUPPER'?"

No response.

So he walks right up behind her - "HONEY, WHAT'S FOR SUPPER'?"

The wife shouts out loud:

"ARE YOU DEAF HONEY? FOR THE FIFTH TIME I'VE TOLD YOU IT'S CHICKEN".

# 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.

Last summer, Marian and her feline companion, Murphy, moved into our community. Marion had him for 16 years, and he was adored by everyone here at Keelson Harbour. Unfortunately, about three weeks after the two of them moved in, Murphy passed away. Since that moment, we knew Marian needed another feline friend. So, for quite some time, our team has been on the hunt for an orange kitten. We made sure Marian was included in every step of the process, to ensure she found the perfect match. Knowing of our search for the perfect kitten, Jes Meyer, a team member here at Keelson Harbour, let us know that her friend Ashley Ellis had some farm kittens available, more specifically, orange kittens. We took Marian to the farm she fell in love instantly! She brought Finn home and they have been inseparable ever since. Marian and Finn have gotten a lot of visits from the staff here, as everyone was so excited to meet the newest member of Keelson Harbour. A huge thank you goes out to Jes Meyer and especially Ashley Ellis, for making Marian's Dream Come True! 🐱



# Word Search

## NURSES



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

Challenge  
Confident  
Surgical  
Tolerant  
Research

Options  
Creative  
Professional  
Forensic  
Critical

Satisfying  
Technology  
Stressful  
Temperature  
Bandage

Emergency  
Compassionate  
Treatment  
Career  
Caring