

NEWSLETTER

June 2021

Keelson Harbour Senior Living, 2810 Aurora Ave. Spirit Lake, Iowa 51360
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A NOTE FROM LIFE ENRICHMENT



Hello Residents, Families and Friends!

In every publication of our monthly newsletter, all of you read how we make one resident's dream come true during that month. These ideas come about through conversation with residents, families, and/or staff. Our goal is to make one resident's dream come true every month and feature it in our newsletter and Facebook.

This can be something they have never done that they would love to do, something they have done in the past and would do again, or something with a loved one that would make cherished memories. If you have an idea for your loved one and their Dare To Dream, please contact lifeenrichment@keelsonharbour.com.

Many Blessings,

Cari Jack, Life Enrichment Coordinator

June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**
Birthstone: **Moonstone or Pearl**
Flower: **Rose or Honeysuckle**

Quote of the Day

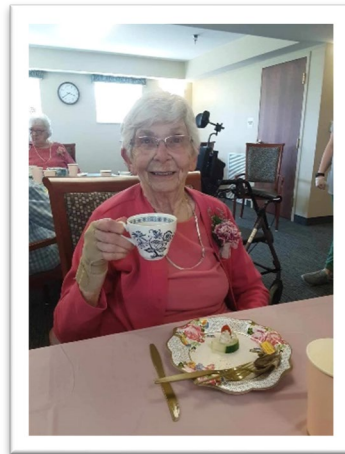
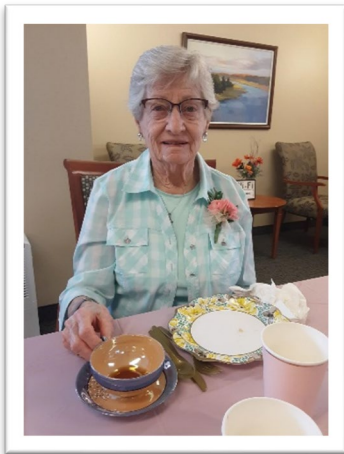
*Be yourself;
everyone else is
already taken.*

– Oscar Wilde

Reasons to Celebrate!

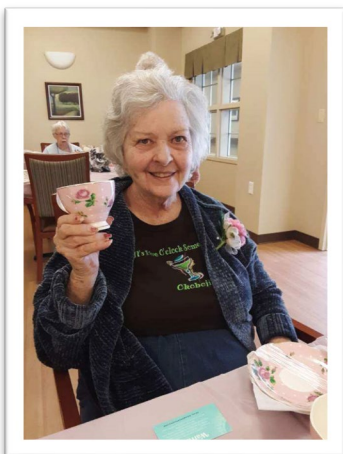
Cinco de Mayo!

We enjoyed a Cinco de Mayo celebration in both memory care and assisted living! Chips, salsa, margaritas, sombreros and we even made a new friend!



Mother's Day Tea

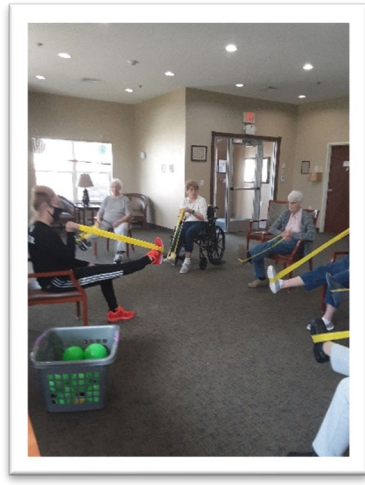
A special thank you to everyone that sent their special lady a teacup to enjoy during our Mother's Day Tea. They provided a lot of smiles and fun stories. We had a beautiful afternoon together!



Month in Review (layout2)



Women's gift shop bus tour!



Live 2B Healthy class in Memory Care



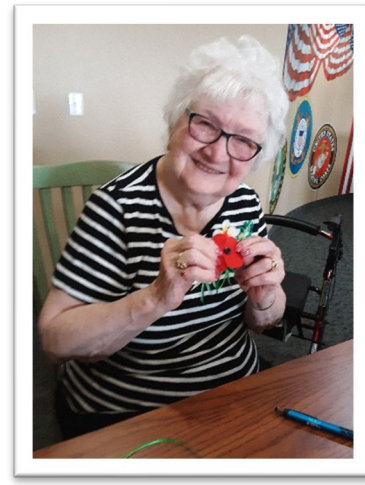
Cheers!



Enjoying a wine tasting



Making Poppy pins for Memorial Day



Remembering our loved ones who served

Upcoming Events

Mystery Bus Trip!

Wednesday, 2nd of June 1:00pm

Dickinson County Museum

Wednesday, 9th of June 9:00am

GLOW Party!

Thursday, 10th of June 3:00pm, Memory Care

Armchair Travel to Hawaii

Thursday, 17th of June 1:30pm, Memory Care

Darla Henricksen Concert

Saturday, 19th of June 2:00pm, Outside

Summer Solstice Party with St. Croix

Monday, 21st of June 2:00pm, Outside



Regular Events

Happy Hour every Friday 3:30pm

Live 2B Healthy every Mon, Wed, Fri at 9:15am

Beautician every Tuesday & Wednesday

Bible Study every Tuesday at 2pm

BINGO! Every Sunday and Thursday at 2:00pm

Special Days

- | | |
|------------------|-------------------------------|
| 2 nd | Italian National Day |
| 5 th | World Environment Day |
| 6 th | D-Day |
| 8 th | World Oceans Day |
| 19 th | Emancipation Day (US) |
| 22 nd | Father's Day (US, Canada, UK) |
| 21 st | World Music Day |

June Birthdays

In June, we celebrate birthdays with:

- **Dorothy Burgeson**
- **Bernice Steele**
- **Nancy Akin**
- **Irel Bruns**
- **Larry Rozeboom**
- **Judy Hodnefield**
- **Ashlee Handeland**

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



Marilyn Monroe, Actress, 1st June 1926
Morgan Freeman, Actor, 1st June 1937
Johnny Depp, Actor, 9th June 1963
Judy Garland, Actress, 10th June 1922
Prince Philip, Duke of Edinburgh, 10th June 1921
Donald Trump, Former President, 14th June 1946
Boris Johnson, Prime Minister, 19th June 1964
Nicole Kidman, Actress, 20th June 1967
Elon Musk, Entrepreneur, 28th June 1971
Mike Tyson, Boxer, 30th June 1966

Gemini (May 21 – Jun 20)

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

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

Poem to Share

Love After Love

Derek Walcott

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Betty Millberger**
- **Bernice Steele**
- **Monica Beemer**
- **Bob Ahrenstorff**
- **Rodney Dykstra**

We hope that you enjoy your time here!

STAFF ANNIVERSARIES

Congratulations on celebrating 1 year at Keelson Harbour!

- **Shania Christopherson**

Thank you for the care that you give!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Gay Mann**
- **Lois Ihnen**

EXERCISE PROGRAM

We are happy to announce that we are now offering the Live 2B Healthy exercise program in our Memory Care Unit!

The instructor comes every Monday, Wednesday and Friday from 10:00-10:30am to do gentle chair exercise for our residents.

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

VOLUNTEERS NEEDED

We are looking for vaccinated volunteers to come and share some time with our residents. If you have something you would like to share with them, games you want to play, crafts, reading, etc., please contact

lifeenrichment@keelsonharbour.com

ARMCHAIR TRAVEL

In May our Memory Care residents travelled to India!

Did you know that the national sport of India is hockey? We would never have guessed that!

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



Sweet Grandma

A sweet grandmother telephoned St. Josephs Hospital.

GRANDMOTHER:

Is it possible to speak to someone who can tell me how a patient is doing?

OPERATOR:

I'll be glad to help, dear, What's the name and room number of the patient?

GRANDMOTHER:

Norma Findlay Room 302

OPERATOR:

Let me put you on hold while I check with the nurse's station for that room.

After a few minutes the operator returned to the phone

OPERATOR:

I have good news - Her nurse just told me that Noma is doing well. Her blood pressure is fine, her blood test just came back normal and her Physician Dr Cohen has scheduled her to be discharged tomorrow.

GRANDMOTHER

Thank you, that's wonderful. I was so worried. God bless you for the good news.

OPERATOR:

You're more than welcome. Is Norma your daughter?

GRANDMOTHER:

No, I'm Norma Findlay in Room 302 and no one tells me anything. Thanks again.

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.

Beulah has always loved stuffed animals, teddy bears, plushies – you name it! If you walk into her apartment you will be greeted by them right away. One day Cari, our Life Enrichment Coordinator, asked her why she loves stuffed animals so much. Beulah told Cari that she just finds them so comforting to her. Beulah has such a kind and gentle heart, so Cari took it upon herself to give Beulah a special day she will always remember. Fast forward a few days later and Beulah, Cari and Mackenzie, an activities assistant, all hopped into the Keelson Harbour bus and made a trip to the Sioux Empire Mall in Sioux Falls, SD. They went to a store called – you guessed it – Build-A-Bear-Workshop. Beulah got to make her very own fuzzy friend that she can cherish for many years to come! The smiles on her face were priceless and reminded us that we are all so special in our own way, and that it does not take too much to make someone's dream come true! 🧸
Thanks to Cari and Mackenzie for always making our residents a priority and ensuring their dreams come true, one resident at a time. ❤️



Word Search

TREES OF THE WORLD



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

Banyan
Mahogany
Maple
Eucalyptus
Spruce

Cypress
Wollemi
Ficus
Elm
Juniper

Hawthorn
Sycamore
Rosewood
Pine
Willow

Poplar
Magnolia
Sequoia
Banksia
Casuarina