

NEWSLETTER

July 2021

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



IN THIS ISSUE

Note from Life	
Enrichment	2
Month in Review	3
Upcoming Events	5
July Birthdays	6
A Poem to Share	7
Noticeboard	8
Laughing Matters	10
Dare To Dream	11
Word Search	12

Life Enrichment

Greetings and Happy Summer!

At Keelson Harbour we strive to come up with activities for our residents that do indeed enrich their lives and to truly have fun! We have many fun things planned for July and August but we need your help to make it happen!

My team and I are planning a fun-money auction to be held in August. Items will include toiletries, games, snacks, apparel, etc. Some items will be purchased by Life Enrichment but we are looking for donations from friends and family to make our auction great.

If you would like to donate any items that you think our residents would enjoy, please contact lifeenrichment@keelsonharbour.com or 712-339-0599.

Have a safe and fun summer!

Cari Jack- Life Enrichment Coordinator



July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

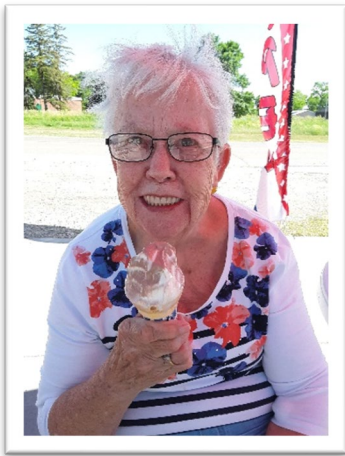
Not all those who wander are lost.

– J.R.R. Tolkien

In the good old Summer time...

Antique Show & Tell

One of our residents had suggested a great activity! Many came and shared stories about special pieces they have kept for many years.



You scream, I scream, we ALL scream for ICE CREAM!

Our Memory Care residents enjoyed an outing to the Spillway Drive In for a nice cold and sweet treat on a hot day!

History Lessons

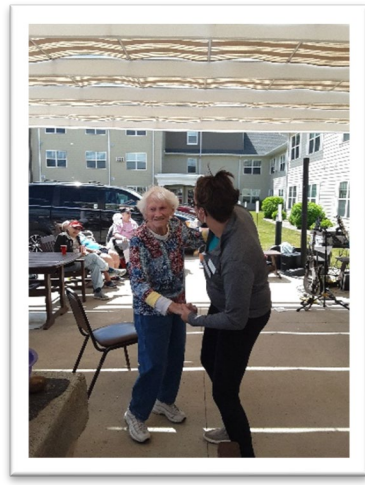
Some of our residents took a trip down memory lane and learned a few new things at the Dickinson County Museum. Thank you to Mary Dreier for her enthusiasm and guidance!



In the good old Summer time!



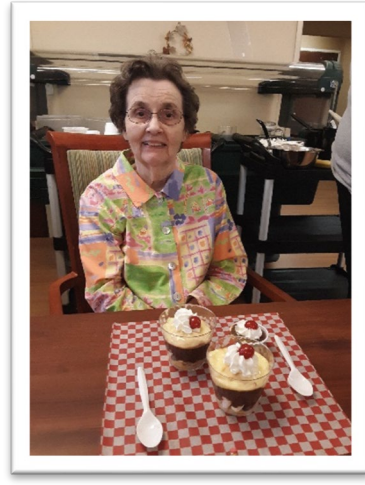
Summer Solstice Party with St. Croix Hospice



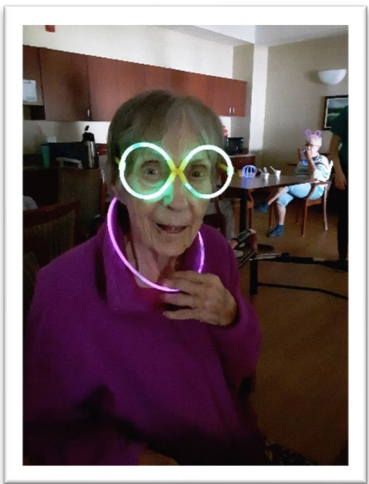
Dancing to Bill & Jackie Carpenter's music!



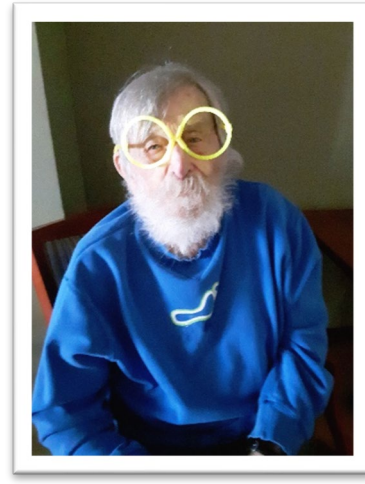
Making pudding parfaits for a treat!



Look at that whipped cream- yummmmm!



GLOW party fun in Memory Care!



Looking glowtastic!!

Upcoming Events

4th of July BBQ

Friday, 2nd of July 12:00pm, Outside

Rhythm Band

Tuesday, 6th of July 3:00pm, Dining Room

Mini Golf Trip

Wednesday, 7th of July 1:00pm

Past Times Group Discussion

Thursday, 8th of July 1:00pm, Theatre Room

Fishing Trips

Monday, 12th & 26th of July 8:00am

Matuska Taxidermy Tour

Monday, 19th of July 2:00pm



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

- | | |
|------------------|------------------------|
| 1 st | Canada Day |
| 1 st | International Joke Day |
| 4 th | Independence Day US |
| 7 th | World Chocolate Day |
| 14 th | Bastille Day (France) |
| 23 rd | Olympic Games |
| 24 th | Cowboy Day |
| 30 th | Friendship Day |

July Birthdays

In July, we celebrate birthdays with:

- **Elaine Smith**
- **Ray Thompson**
- **Ethel Johnson**
- **Gladys Zweifel**
- **Bob Whitmer**

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



Princess Diana, 1st of July 1961

Olivia De Havilland, Actress, 1st July 1916

Tom Cruise, Actor, 3rd July 1962

Ringo Starr, Musician, 7th July 1940

Tom Hanks, Actor, 9th July 1956

Harrison Ford, Actor, 13th July 1942

Stanley Kubrick, 26th July 1928

Mick Jagger, 26th July 1943

Arnold Schwarzenegger, Actor, 30th July 1947

Cancer (June 21 – July 22)

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

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

WOW!

Product Birthday Spotlight: Monopoly

The Monopoly board game was copyright registered in July 1933. Charles Darrow, the inventor, became the first millionaire game designer after he sold his patent to Parker Brothers.

Poem to Share

Stopping by Woods On a Snowy Evening

Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.
My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.
He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.
The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Beulah Pingle**
- **Ray Thompson**
- **Theresa Grosvenor**
- **Ethel Johnson**
- **Deana Waldner**

We hope that you enjoy your time here!

AUCTION ITEMS NEEDED

Life Enrichment is planning an auction for our residents in August. This will consist of items purchased by their department as well as donated items from friends and family.

If you would like to donate some items you think the residents would enjoy, please contact:
lifenrichment@keelsonharbour.com

NEW STAFF

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

- **Daniella Segura- Resident Assistant**
- **Bonnie Lapinskas- Resident Assistant**

We hope that you enjoy your time here!

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

OKOBOJI OLYMPICS!

In July we will be celebrating the 2021 Summer Olympics by performing various events around the Okoboji area. Stay tuned for our August newsletter to see what events we took on and how well we did!

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



Are computers masculine or feminine?

A class learning French and trying to get to grips with gender wondered if the word "computer" should be masculine or feminine.

Split into two groups, men and women, they were asked to say which they considered a computer to be, and to give four reasons for their decision.

The men decided that computers are feminine because:

- No one but their creator understands their internal logic.
- The language they use to communicate with each other is totally incomprehensible.
- Even your smallest mistakes are stored in long-term memory for later retrieval.
- As soon as you commit to them, you spend half your disposable income buying accessories for them.

The women decided that computers are masculine because:

- In order to gain their attention, you have to turn them on.
- They are full of data, but are still clueless.
- They are supposed to help you solve your problems, but most of the time they are the problem.
- As soon as you commit to one, you realize that if you had waited a little longer, you could have had a better one.

Augustus Romero

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.

Growing up, Marvel's father bought wild horses from the west for Marvel and her sister to train and eventually sell. All of her younger life she was on the back of a horse. Whether it be standing or sitting, you name it – Marvel has probably done it. Our team approached Marvel with an idea she just couldn't turn down! We asked Marvel if she wanted to get back in the saddle. To add to this special event, Marvel's daughters, Karen and Karla, traveled from South Dakota and Alabama to make the day even more special. They brought memorabilia and even matching shirts! Marvel's daughters presented her with a shadow box that held a handful of her old ribbons from horse shows she won in. Marvel even tried on her western shirt she wore as a young girl. After the reunion and reminiscing of Marvel and her daughters, we hopped into the Keelson Harbour bus and made a trip over to Camp Foster's Ranch. We, along with Camp Foster's trained equestrian staff, got Marvel back in the saddle! Marvel, her daughters and a few of Keelson Harbour's team members, went for an afternoon trail ride. Marvel did wonderful, although no one was surprised based off of the many stories she had previously shared with the group.

We want to give a huge thank you to [Camp Foster YMCA](#) and our guides on the trail, Josh and Tammy Carr, for making Marvel's dream come true. It was such a special day that no one will forget! 🐾



Marvel on the far right





Summer Olympics Word Search

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

Football
Taekwondo
Handball
Basketball
Triathlon

Tennis
Rugby
Archery
Badminton
Diving

Trampoline
Sailing
Athletics
Equestrian
Judo

Volleyball
Shooting
Fencing
Gold
Swimming