

July 2021

*Keystone Place at LaValle Fields
14602 Finale Ave N
Hugo, MN 55038
651-888-6557
www.keystonesenior.com*



Keystone Chronicle

current topics >>>

Changes in Van Schedule:

Due to the Fourth of July holiday, the bus trip to Super Target will be on Tuesday, July 6th instead of Monday, July 5th. The bus will leave at 9:30 as usual. Please sign up ahead of time at the Front Desk.

Happy Independence Day!

From the Nurses

I remember being able to stand up without making sound effects...

Why is it as we get older it gets painful to stand up?

OSTEOARTHRITIS could be the culprit.

Osteoarthritis is a degenerative joint disease that causes joint inflammation, swelling, and stiffness. It can affect our hands, feet, spine, hips, and knees.

Osteoarthritis can be caused by AGING, heredity, and injury. Unfortunately, there is no cure.

Remedies that can help make standing up easier are:

- REST
- EXERCISE
- PHYSICAL THERAPY/OCCUPATIONAL THERAPY
- SUPPORT DEVICES, LIKE KNEE BRACES
- ACETAMINOPHEN (TYLENOL)
- PAIN RELIEVING CREAMS

Updates and Reminders

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

COVID Testing

COVID testing will now be done monthly, instead of weekly. However, if someone tests positive, we will have to go back to weekly testing.

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.

Entertainers for

June:

July 2nd Steve

Rosa

July 9th Phil Kitze

July 16th Charles

Kemper, the Piano Man

July 23rd Phil Berbig

July 30th Ross McLeod

Key Associates of the Month

July's Key Associate(s) of the Month

July's Key Associates are the Life Enrichment Team of Laura Doty, Amanda Stanko and Jennifer Spring

The Team was nominated by Jan Barnes and Elfriede Zimmer.

They wrote: All three are vital to the community and they all work hard and keep the entertainment going.

Nomination forms can be picked up at the front desk or in Life Enrichment. Thank You!

The Birthdays of July

Resident Birthdays

Mary P. - July 17th

Loretta L.- July 24th

Gene H.- July 27th

Nancy W.- July 29th

Pat B- July 31st

Staff Birthdays

Bre M. - July 9th

Abigial C. - July 18th

Becky C. - July 24th

Holly K. - July 24th





In June we visited Jamaica!



Join Amanda every month for Passport to Adventure in the Northstar room!

In July, we are going to visit the National Parks!

A Reminder from Joe: Please refrain from opening your windows or patio door when the air conditioning is on and/or it is hot outside. Then our A/C doesn't have to work so hard. Thank you.

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 continue to utilize them.

Requests from Lisa: Please don't set your garbage or recycling in the hallways on Thursdays. Keep it inside your door and we will grab it from there. Also, please don't flush wet wipes down the toilet (they clog it up), throw them in the trash. Thank you.

Becky Says: Join me for wine tasting on Tuesday, July 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!

What the abbreviations on the calendar mean:

P- Pub
S- Southshore
N- Northstar
SC- Sunny Cove
E- Ed Sullivan
Movie Theater



*We are having a **Car Show** on July 6th from 5 to 8 pm! Come enjoy some lemonade while reliving the glory days!*



coming soon >>>

July Highlights

*Passport to Adventure-
National Parks- July 6th*

Chef Talk- July 7th

*Cooking with Bill - July
20th*

*Wine tasting with Becky -
July 27th*

A Note from Joe Valento

You may be noticing that the air filters in your apartment are being changed more frequently. Effective March 2020, we began changing our air filters every 90 days, even though it is recommended to do so twice a year. Keep in mind our units are only required to exchange minimal amounts of air versus a house. I have been entering the dates the filters have been replaced right on the air filter to ensure nothing is missed and you have a fresh filter in your apartment. Why so often? And what are the benefits? We are glad you asked!

1. Extend the Life of Your System: Dirt and neglect are one of the leading causes of failure for heating and cooling systems and a clogged air filter can cause extensive damage to your system. When the air filter gets clogged with dirt, it prevents the air from flowing properly throughout the system and left clogged long enough will lead to overheating. Replacing the filter is an easy way to lengthen the life of your system.

2. Indoor Air Quality: A clean air filter will remove most of the dust and pollen particles that would otherwise be in the air. This is particularly important for children, elderly and anyone in your family suffering from allergies or asthma. With a new filter, your system will be able to purify the air, leaving it clean and healthy.

3. Energy Cost Savings: With a clogged filter, your system must work harder to pump the same amount of air around your home. More energy is then required to make your heating and air conditioning work which can cause your energy bill to skyrocket. It is estimated you can save up to 15% on utility costs by keeping your air filter clean and in good condition.

4. The Environment: Failing to clean and replace your air filter on a regular basis is failing the environment. As mentioned above, an air filter that is clogged means a harder working HVAC system. This can lead to more carbon monoxide and other greenhouse gasses being released than is necessary.

