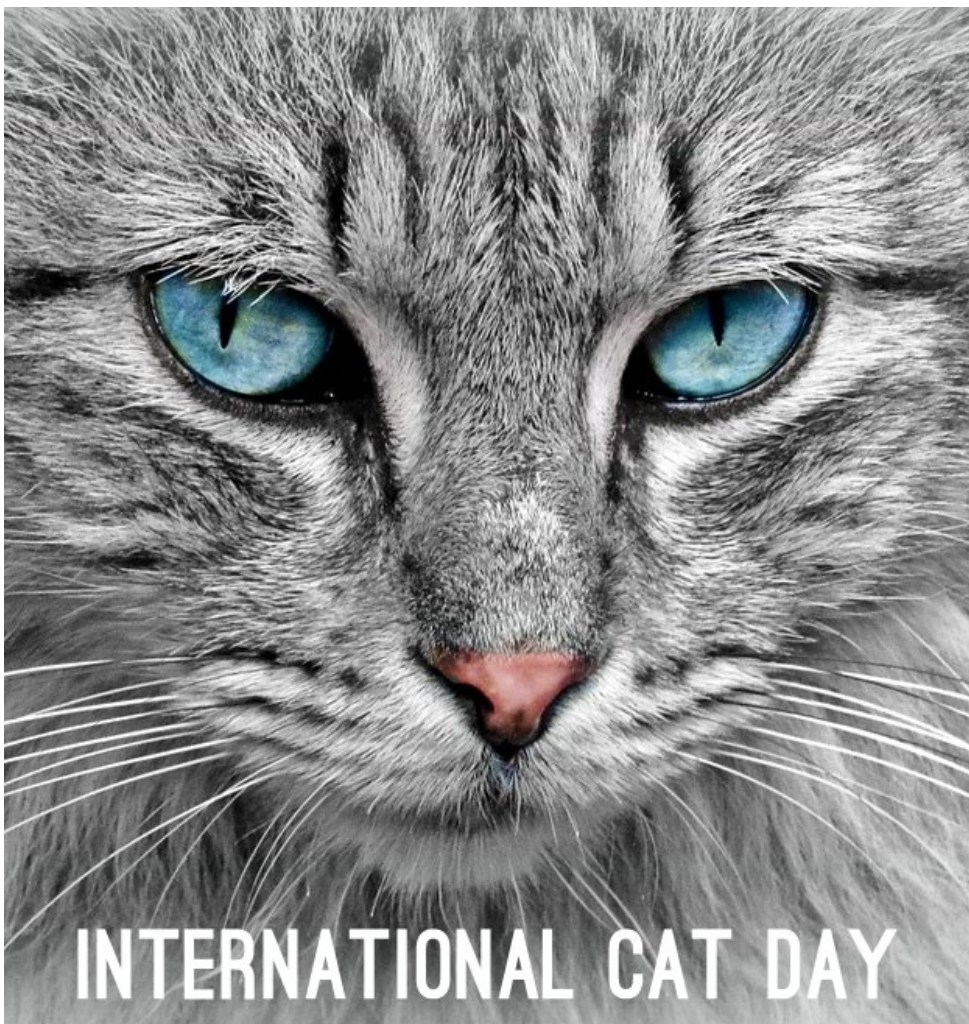


NEWSLETTER

August 2021

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



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Life Enrichment

I am Mackenzie Scott and an Activity Assistant at Keelson Harbour. I spend a significant amount of time in memory care doing activities and I will talk about some of the activities that take place.

First, if you walk into memory care there is more than likely music playing in the background when an activity is not going on. Music is a great way to boost overall mood, memory, and socialization for the residents. There are two music programs that are incorporated in the memory care activities regularly, which are Music Speaks and SingFit. Music Speaks is done on the computer with a music therapist with three of our residents. Each resident participates in 20-minute session individually twice a week, where singing and lyric recall take place. SingFit is another program that is incorporated on a regular basis and lead by an activities staff member. The program provides a list of songs about a certain topic along with a dance move that takes place during a song break. Trivia and reminiscing questions are included before and after each song to assist with increased socialization along with memory. Another way to incorporate music into the resident's day is by doing a Sing-alongs, which includes a variety of music. It's fun to see the reaction to a song that I select for them and sometimes they even get up to dance.

Exercise is included in part of the activities daily to assist in overall mood, muscle strength, and motor skills just to name a few. Live 2B Healthy is a program that takes place three times a week in a group setting and lead by a trainer doing chair exercises. There are other opportunities outside that program for residents to get exercise by attending activities such as walking group, chair yoga, balloon volleyball, and playing catch.

The last activity, I will discuss that our residents can attend on a weekly basis is Bingo. Some of the positive impacts are increased hand-eye coordination, concentration, and socialization that take place when playing Bingo. There is the chance of winning a piece of candy, which is a bonus for them. Visual and verbal cues along with hand over hand is needed for some of the residents, but that is a great way to ensure everyone gets to join the fun.

These are just a few of the activities that take place in memory care and in all activities, we do our best to try including laughter, fun, along with smiles.

August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

If you tell the truth you don't have to remember anything.
- Mark Twain

Yankee Doodle Dandy!

4th of July Picnic!

Marvin and Bobbie enjoying the heat and the grilled food we had for all of the residents and staff for the 4th of July!



Yankee Doodle Sweethearts

Theresa, Mary and Kieth enjoying the fun hats we had at our picnic!

Behind the Scenes

Our amazing kitchen crew that prepped and grilled the tasty food for our picnic. It would not have happened without these ladies!



Miles of Smiles!



Dee making delicious cookies!



Sue scooping the goodies!



Phyllis gettin' her mix on 😊



Richard with his first catch!



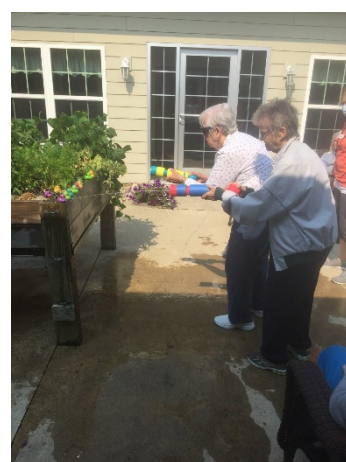
Let's Go Fishing Crew!



Marvin and Cari's catch!



Mini Gold at Treasure Village



Memory Care having a Duck shootout!

Upcoming Events

Fairmont Fishing Trip

Wednesday, 4th August 8:00am

Past Times Group with Mary Dreier

Thursday, 5th August 1:00pm, Theatre Room

West O Beer Tour

Friday, 6th August 10:00am

Fair Week Celebration

Monday, 16th through Friday, 20th of August

Keelson Harbour Auction

Wednesday, 25th August, 2:00pm, Community Room

Maritime Museum Trip

Friday, 27th August, 10:00am



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

1st Horses' Birthday

2nd Forgiveness Day

7th Beer Day

8th Cat Day

9th World Indigenous Day

12th International Youth Day

13th Left-Handers Day

15th Ferragosto Festival

15th Indian Independence Day

August Birthdays

In August, we celebrate birthdays with:

Roberta Holden

Cari Jack

Courtney Cohrs

Shania Christopherson

Rodney Dykstra

Ruth Peters

Carol Kettelkamp

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



Tony Bennett – Singer – 3rd of August, 1926
Dustin Hoffman, Actor, 8th August 1937
Melanie Griffith, Actor, 9th August, 1957
Magic Johnson, Basketball Player, 14th August, 1959
Madonna, singer, 16th August, 1958
Robert De Niro, Actor, 17th August, 1943
Patrick Swayze, Actor, 18th August 1952
Bill Clinton, 42nd President of the US, 19th August 1946
Sean Connery, Actor, 25th August, 1930
Michael Jackson, Singer, 29th August, 1958

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

A Poem to Share

I Wandered Lonely As A Cloud

By William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;

Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the milky way,

They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:

I gazed- and gazed- but little thought
What wealth the show to me had brought:
For oft, when on my couch I lie
In vacant or in pensive mood,

They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

1. **Nedra Keedy**
2. **Louise Hales**

We hope that you enjoy your time here!

ANNIVERSARIES

Congratulations and thank you for your years of service to our residents!

1. **Melissa Sewell- 5 years**

We appreciate you!

CAUGHT RED HANDED

Congratulations to the staff that went above and beyond their duties. The staff and residents appreciate you!

1. **Abby Pederson**
2. **Daniella Segura**
3. **Debbie Allen**

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

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.

IN MEMORIAM

Our thoughts and prayers are with the families of the following residents that have passed away in the last month.

- 1. Gary Tibbetts**
- 2. Pearl Trebbien**

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

lifenrichment@keelsonharbour.com

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!

WALK TO END ALZHEIMER'S

We here at Keelson Harbour know how important it is to support our residents and families during all times of life. That's why we are walking and fundraising for the 2021 Walk To End Alzheimer's on September 19th. If you would like to donate, please visit:

https://act.alz.org/site/TR?fr_id=14433&pg=team&team_id=682913

Laughing Matters



Exercise Class

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising....

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Making the Most of it

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside. "Will I die?" she asks.

God says, "No. You have 30 more years to live."

With 30 years to look forward to, she decides to make the best of it. Since she's in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great!

The day she's discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed.

Up in heaven, she sees God. "You said I had 30 more years to live," she complains.

"That's true," says God.

"So, what happened?" she asks.

God shrugs. "I didn't recognize you."

Husband & Wife

A husband is reading a newspaper article to his wife.

"Women use about 30,000 words to a man's 15,000," he reads.

"That's because we have to repeat everything we say to men," she replies.

Her husband puts down the paper and says "WHAT?"

Stuff A Bus at Keelson Harbour:

We need YOUR help!

What is “Stuff-A-Bus”

Stuff-A-Bus is a summer campaign that collects school supplies and small backpacks for children in need in our local schools. The supplies are delivered to local schools in late August for distribution when they return to school.

How You Can Help

The Stuff-A-Bus campaign depends on personal involvement from awesome people like you. Here are some ways you can help:

- Donate new school supplies at our designated collection site.
- Spread the word! Tell others, share Facebook posts and forward emails!

School Supplies List

We can use a wide variety of new and surplus school supplies in the Stuff-A-Bus campaign. All donated materials must be safe for young children and use only non-toxic materials. (Please do not donate broken, used or worn supplies.) Here is a sample of some of the supplies we need most:

- Small backpacks
- Pencils (#2 with eraser)
- Ballpoint pens
- Notebooks and notebook paper
- Rulers
- Crayons (in box)
- Pencil boxes
- 3-ring binders
- Highlighters
- Colored pencils and pens
- Erasers
- Hand sanitizer
- Glue sticks and white school glue

Where and When Do I Drop Off the Supplies?

A designated collection box will be located in the entryway of Keelson Harbour's main entrance into the building beginning August 1st and ending August 16th. Stop by any time to make your donations!

Word Search

CAT BREEDS



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

Siamese
Angora
Burmese
Chartreux
Burmilla

Ragdoll
Bengal
Bombay
Siberian
Tonkinese

Russian Blue
Himalayan
Toyger
Maine Coon
Bobtail

Sphynx
Birman
Manx
Snowshoe
Persian