

NEWSLETTER

September 2021

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



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Editor's Desk

Hello Residents, Families and Friends!

What a strange year 2021 has been so far!

At times like this, we are reminded of the importance of resilience and community spirit.

I wanted to thank you all for your continued support and involvement in your loved one's lives. The donations we received for the auction were amazing and I can't thank you enough for supporting us and trying new things. We will continue to participate in some great activities, trips, and games and I still look forward to the day that we can all do a family event together.

Stay safe!

Cari Jack- Life Enrichment Coordinator



September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

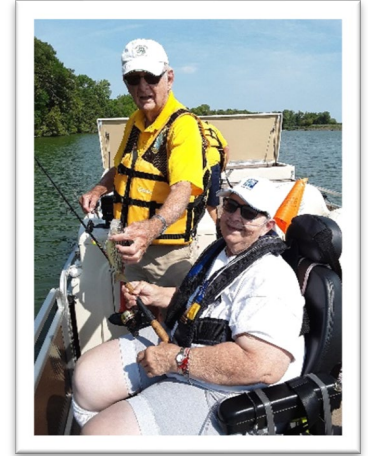
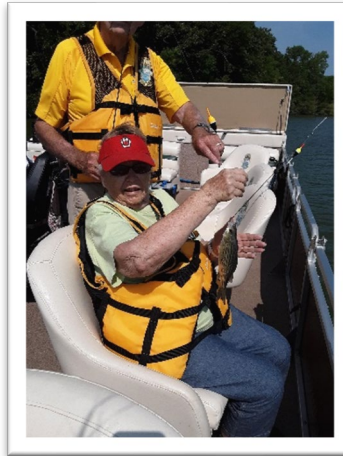
*Tough times never last
but tough people do*

- Robert H. Schuller

Summer Breeze.....

Fisherwoman Tales

June and Bonnie have plenty of water stories to tell with these great catches!



West O Beer Tour

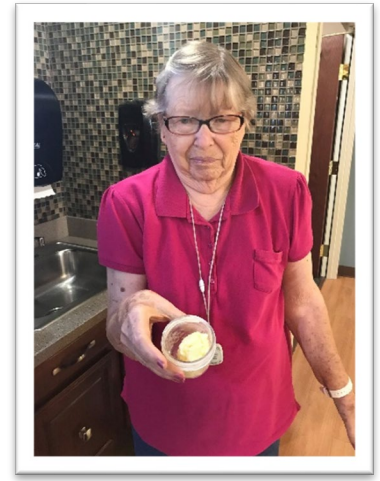
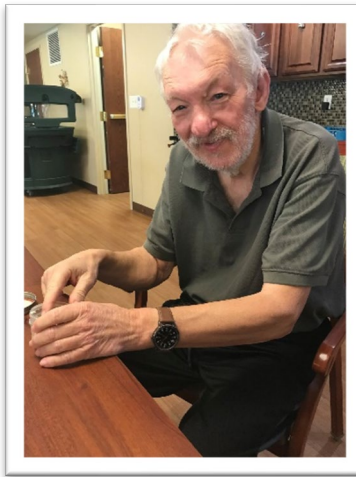
West O Beer showed up their entire canning process! It was so fascinating, and we learned so much about brewing.

Samples Galore!

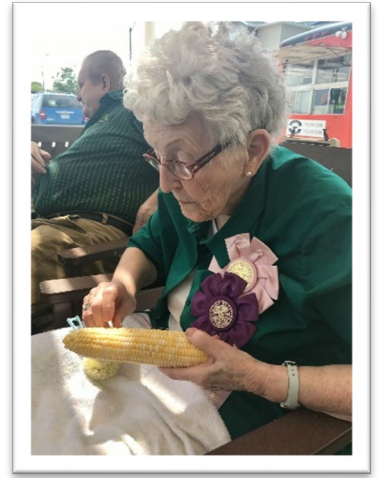
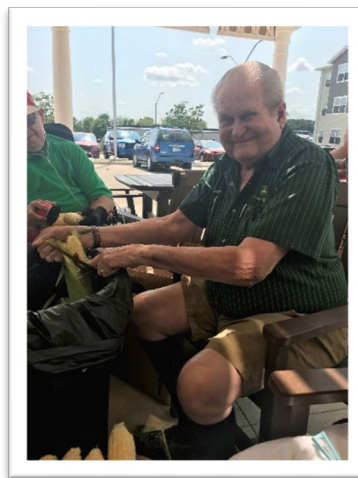
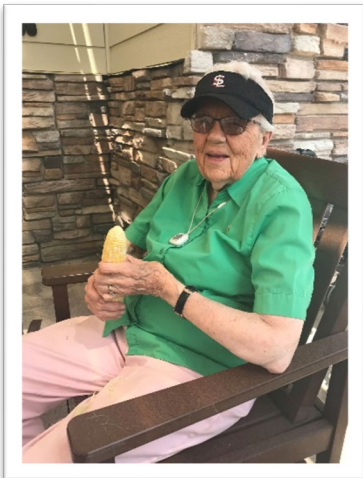
Of course, after our tour, Matt hooked us up with some amazing samples of their many delicious beers. We even got to take some back for our Happy Hour gatherings!



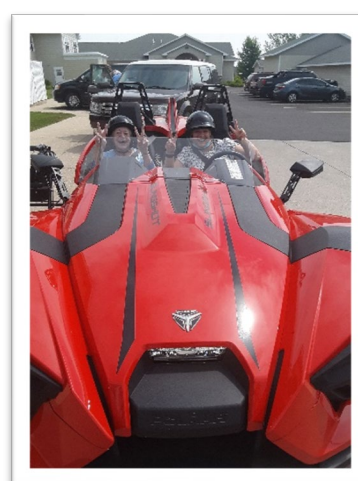
Fair Week Celebration!



We made our own butter shaking cream in a jar!



Corn shucking is much more fun with a group of friends!



Slingshot rides to end the week with a bang!

Upcoming Events

Culinary Meeting

Wednesday, 1st of September 3:00pm, Dining Room

Past Times Group with Mary Dreier

Thursday, 2nd of September 1:00pm, Theatre Room

Labor Day Grill Out!

Monday, 6th of September 12:00pm, Dining Room

National Assisted Living Week!

September 12th-18th

Walk to End Alzheimers

Sunday, 19th of September, 2:00pm, Outside

Little Sioux Orchard Trip

Monday, 20th of September, 1:00pm



Special Days

- 6th Rosh Hashanah
- 7th Brazilian Independence
- 12th Chocolate Milkshake Day
- 12th Assisted Living Week
- 16th Mexican Independence
- 18th Oktoberfest
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 24th Native American Day
- 25th Comic Book Day
- 28th Confucius' Birthday
- 30th World Maritime Day

Regular Events

Happy Hour every Friday 3:30pm

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

Beautician every Tuesday & Wednesday

Bible Study every Tuesday at 2pm

BINGO! Every Sunday and Thursday at 2:00pm

September Birthdays

In September, we celebrate birthdays with:

- **Beverly Bergquist**
- **Maxine Bartels**
- **Chloe Carlson**
- **Kirsten Maxwell**
- **Joan Lindholm**
- **Sara Murphy**
- **Phyllis Van Kleek**
- **Norma Andresen**
- **Bob Ahrenstorff**



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

Freddie Mercury, Musician, 5th September, 1946

Buddy Holly, Musician, 7th September 1936

Peter Sellers, Actor, 8th September 1925

Agatha Christie, Writer, 15th September 1890

Lauren Bacall, Actor, 16^h September 1924

Lance Armstrong, Cyclist, 18th September 1971

Stephen King, Author, 21st September 1947

Andrea Bocelli, Singer, 22nd September, 1958

Bruce Springsteen, Singer, 23rd September 1949

Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

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

Libra (Sep 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Poem to Share



How Do I Love Thee?

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of every day's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love with a passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints, — I love thee with the breath,
Smiles, tears, of all my life! — and, if God choose,
I shall but love thee better after death.

- Elizabeth Barrett Browning



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Myrtle Swanson**

We hope that you enjoy your time here!

NEW STAFF

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

- **Heather Hansgaard-Housekeeping**

We hope that you enjoy your time here!

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.

- **John Pas**
- **Mildred Eggimann**

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Recreation Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

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

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

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



Computers

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.

Women

Women are like telephones.

They love to be held.

They love to be talked to.

But, if you press the wrong button, you're disconnected.

DARE TO Dream

✨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.

Waneta, a resident in our Memory Care, was widely known for her fudge. Waneta and her daughter Carolyn have always told our staff how great it was, stating it was the best fudge around. She even got a blue ribbon for it at the Dickinson County Fair! Cari, our Life Enrichment Coordinator, thought it would be special to invite Waneta's daughter to our community to make the fudge together. Carolyn brought a special kettle Waneta always used, as well as Waneta's mother's old coffee cup she used as a measuring cup. We had the recipe printed for Waneta to follow and reference, but she did not need it. She knew exactly what she was doing and was so patient as it cooked, getting it exactly as she always made it. To make it even more special, we decided to would have been their 74th wedding anniversary. We had a great afternoon of fudge making and reminiscing!



Word Search

COMIC BOOK CHARACTERS



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

Wolverine
Phantom
Tintin
Phantom
Felix
Ironman

Batman
Peanuts
Superman
Peanuts
Joker
Archie r

Asterix
Popeye
Hulk
Popeye
Scrooge
Blondie

Mandrake
Caspar
Spiderman
Caspar
Thor
Storm