

Resident Birthdays

Judy H Oct. 8th
Valdi V Oct. 16th

Ruby S Oct. 10th
Dee N Oct. 21st

Stew L Oct. 15th

Staff Birthdays

Savannah S Oct. 1st
Amanda S Oct. 20th

Lisa K Oct. 14th
Jaamie S Oct. 23rd

Abeba G Oct. 20th
Alyssa I Oct. 29th



October Entertainers:

Friday, October 1st – Happy Hour with Charles Kemper and his Magic Piano Hands

Friday, October 8th – Happy Hour with Ross McLeod and his Musical Variety

Friday, October 15th – Happy Hour with Joe Aherns and his Energetic Vibes

Friday, October 22nd – Happy Hour with Bandanahhh! and their Harmonic Voices

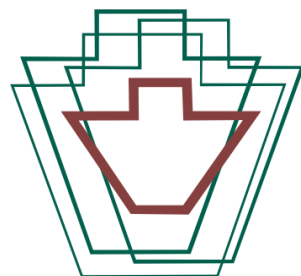
Friday, October 29th – Happy Hour with Steve Poynter and his Acoustic Guitar

Special Guests

Toenails: Do you need your toenails clipped? If so, Mary Adrian, our designated “Toenail Gal”, will be coming to do just that on October 19th. She does charge \$35, but hey, it’s worth it! Please sign up at the front desk.

Therapeutic Massages: Free of charge, a massage therapist comes in on the first and third Thursday of every month. She will be here October 7th and 21st. Please see Jen, Laura, or Amanda from Life Enrichment to get on the list!

Leave a positive review for
Keystone Place at LaValle
Fields on Caring.com!



Keystone Place
at LaValle Fields

A Life Fulfilling Retirement Community



Keystone Chronicle

Keystone Place at LaValle Fields

14602 Finale Ave N, Hugo MN 55038 651-888-6557

It is officially autumn, with fallen leaves galore, time to enjoy the crisp weather and go outside to explore. Tis the season to be spooky, it’s the month of Halloween, come see what we have planned, it’s sure to be a scream.



Upcoming Special Events



October 5th – Cooking with Bill – Bill will be making stegt flæsk med persillesovs, Danish for “crispy pork with parsley sauce”, to celebrate the upcoming Passport to Denmark

October 6th – Chef Talk – Join Jeff and his team to talk about Dining Services

October 7th and 28th – Alan Anderson – Alan has a PhD in Military History, and every month he comes in to share his knowledge with us. It is quite fascinating!

October 12th – Passport to Denmark – Hop on the plane with us to fly to Denmark, where you will try some Danish foods and learn about their culture. Don’t forget your passport!

October 13th – Scenic Drive – Sign up at the front desk to hop on the van for an autumn scenic drive to Stillwater

October 19th – Pumpkin Carving with Ken McDonald – One of our volunteers is an expert food carver, and he is going to show us what a master carver can do with a Halloween Pumpkin

October 26th – Wine Tasting with Becky – Becky is a wine connoisseur and will turn you into one too if you hang out in the Pub for some tasty treats

October 29th – Halloween Happy Hour and Costume Party – Come to happy hour dressed in your best costume and you just might win a prize!



Puppy Party:

The daughter of some residents brought her litter of English Cream Golden Retriever puppies to visit Keystone. They were only 8 weeks old, as calm as can be, and so happy to be held. Just look at those fluffy faces! It looks like our residents enjoyed the interaction A LOT!

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!

COVID Testing: We have been trying to do covid testing once a week just to make sure our I's are dotted and T's are crossed. It is appreciated that everyone has been so willing to participate and help us keep our building as COVID free as possible. We intend to continue to do these rapid tests weekly. Thank you.

Silverware and Dishware: If you happen to have any of the silverware or dining ware from our kitchen, we would appreciate if you would return it to the dining room so we can continue to use them during meal times. Thank you.

Feeling Sick? If you are not feeling well, please let a staff member know. We want to make sure everyone is happy, healthy, and COVID/Influenza free 😊



Key Associate of the Month

This month's Key Associate is Bailey Hinds, one of our fabulous Resident Assistants. Bailey was nominated by Bonnie W. Bonnie said, "Bailey knows her job and is very sweet. She is so good with the residents that she works with." Bailey, thank you so much for doing what you do best, taking GREAT care of our family. Congratulations! If you see Bailey around, please thank her for her hard work 😊

To nominate an associate for November, please visit the front desk or one of the Life Enrichment Coordinators.



Hear it from a Nurse

Urinary Tract Infections:

A urinary tract infection (UTI) is an infection in any part of your urinary system. Women are more susceptible to UTIs than men. UTIs are treated with antibiotics and when caught in time they can be treated from home. If they are not treated, they can spread to the kidneys and may need to be treated in the hospital.

Signs of a UTI include the following:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Urine that appears cloudy
- Urine that appears red, bright pink or cola-colored
- Strong-smelling urine
- Pelvic pain in women, especially in the center of the pelvis and around the area of the pubic bone

In older adults, another sign that is very common is increased confusion or decreased ability to perform activities of daily living.

Prevention methods include:

Drinking plenty of liquids, especially water
Drinking cranberry juice
Wiping from front to back



As you can see, our Sunny Cove residents and staff had way too much fun Apple Spearing! Hello Autumn!