

NEWSLETTER

October 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
October Birthdays...	6
A Poem to Share	7
Noticeboard	8
Laughing Matters	10
Dare To Dream	11
Word Search	12

Life Enrichment

Hello Residents, Families and Friends!

On September 22nd and 23rd I attended the Iowa Assisted Living Association Conference in Des Moines, Iowa where I was presented with the Frank Takes Dare To Dream Award. This award was given for my work on the Dare To Dream program at Keelson Harbour. I must say that we have had some really great experiences and memorable events. I have been lucky enough to get to be a part of these amazing memories and have learned so much about our residents and some of their family members.



I am honored to get to care for these very special residents. When speaking and planning for these special moments I have never once thought about an award for doing so. I am humbled by being nominated by our Community Director Amber Raveling and want to personally thank her for the support she has given for all of the dreams we have done so far. I am looking forward to planning more dreams for our residents in the months to come. Please feel free to reach out to me with any ideas or questions about your loved ones and possible Dare To Dream ideas.

Blessings,

Cari Jack- Life Enrichment Coordinator

October Trivia

October derives its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

*Happiness is not
by chance, but
by choice.*

- Jim Rohn

Month in Review

Walk to End Alzheimer's

Thank you to everyone that donated to this ever so important cause! We had a great day for a walk and I would say that Keelson Harbour was greatly represented.



Oh Baby!

We had a great time celebrating our Community Relations Coordinator, Alexa, on her fast approaching due date! Congratulations Alexa and family on the anticipation of baby BOY arriving soon!

Roof Garden Reminiscing

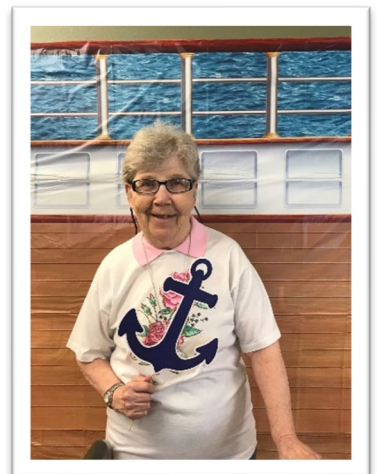
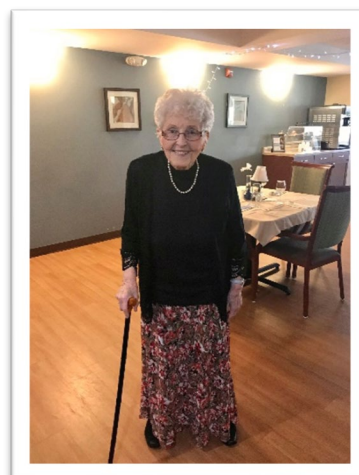
A BIG thank you to Rebecca Peters of Okoboji Tourism for coming and speaking on her series of books about the Roof Garden Ballroom. We had so much fun reliving the days spent and dances danced!



National Assisted Living Week



Our teams for the 1940's Scavenger Hunt battled to find the most items!



Lynda, Ruth, and Millie looking their best at the Cruise Ship Dinner Night!



Joe and Linda enjoying the lighting and music!



Bobbie, June and Dorene pretending they are on an actual cruise!

Upcoming Events

Halloween Jewelry Craft

Tuesday 5th of October 3:00pm, Loft

Little Sioux Orchard Trip!

Wednesday 6th of October 1:00pm

Drive Through Cider Tasting Event

Thursday 7th of October 2:00pm

Nature Center Animal Presentation

Wednesday 20th of October 2:00pm, Community Room

Flannel & Flapjacks

Friday 22nd of October 12:00pm, Dining Room

Halloween Party

Wednesday 27th of October 2:00pm, Community Room



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

Special Days

1 st	Intl. Day of Older Persons
1 st	Intl. Music Day
1 st	Residents' Rights Month
1 st	World Ballet Day
4 th	World Animal Day
4 th	World Space Week
5 th	World Teachers Day
11 th	Columbus Day
11 th	Thanksgiving (Canada)
25 th	Pablo Picasso's Birthday
31 st	Halloween

October Birthdays

In October, we celebrate birthdays with:

- **Deb Mueller**
- **Mary Etta Baxter**
- **Monica Beemer**
- **Katherine Branstetter**
- **Waneta Clague**
- **Theresa Grosvenor**
- **Karen Jackson**
- **Betty Millberger**
- **Richard Miller**
- **Marvel Wiemers**



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

Julie Andrews, Actor, 1st October 1935
Chevy Chase, Actor, 8th October 1943
John Lennon, Musician, 9th October 1940
Hugh Jackman, Actor, 12th October 1968
Margaret Thatcher, Prime Minister, 13th October 1925
Rita Hayworth, Actress, 17th October 1918
Joan Fontaine, Actress, 22nd October 1917
Pablo Picasso, Painter, 25th October 1881
Carrie Fisher, Actress, 21st October 1956
Bill Gates, Philanthropist, 28th October 1965

Libra (Oct 23 - Oct 22)

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

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

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:

- **Joe & Linda Weir**
- **John Van Olst**
- **Ben & Patricia Grafton**
- **Janice Rasmussen**
- **Gus Kopsas**

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!

- **Esmerelda Hernandez-
Resident Assistant**

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.

- **Marvin Stockdale**

WORK ANNIVERSARIES

Thank you to the following employees for their continued service and care at Keelson Harbour.

We are blessed to have you!

- **Deb Mueller- 9 years**
- **Tom Rueland- 3 years**
- **Shana Zitterich- 2 years**
- **Mackenzie Scott- 1 year**
- **Vivian Walker- 1 year**
- **Emily Spangler- 1 year**
- **Mariah Hatch- 1 year**

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

lifenrichment@keelsonharbour.com

HELP WANTED!

Looking for a fulfilling career? Inquire about our available positions or check out our Facebook page:

[Facebook.com/KeelsonHarbour/](https://www.facebook.com/KeelsonHarbour/)

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



The Hunters

Two hunters are out in the woods when one of them collapses. He's not breathing and his eyes are glazed. The other guy whips out his cell phone and calls 911.

"I think my friend is dead!" he yells. "What can I do?"

The operator says, "Calm down. First, let's make sure he's dead."

There's a silence, then a shot. Back on the phone, the guy says, "OK, now what?"

Laugh

If your face wants to laugh, well let it
If a smile you can get, well get it
Never look down, don't wear a frown
Or everyone will hear all about it.

If you have got quite a lot of trouble
Don't forget someone else has double
So just laugh and grow fat and forget it
If your face wants to laugh, well let it.

The Inlaws

A couple were driving along a country road in silence. They had earlier had a discussion, which in turn led to an argument, and neither one wanted to concede their position.

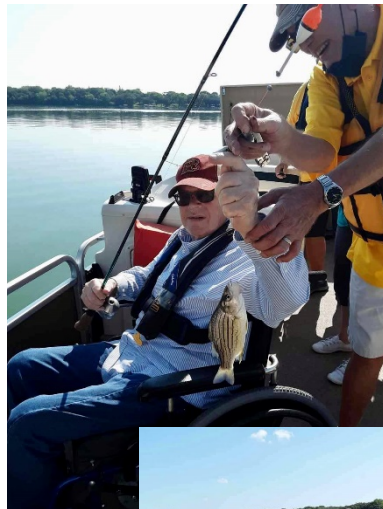
As they passed a farmyard, they noticed several pigs, mules and goats.
"Relatives of Yours?" the husband asked sarcastically.
"Yes," said his wife "-IN - LAWS."

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.

Bob, a resident in our Memory Care, has a photo in his apartment of him holding an impressive fish. This photo happened to catch the eye of our Life Enrichment Coordinator, Cari. Cari reached out to Bob's children with the idea of taking all of them out fishing on the boat. It was agreed that this would be a great idea to not only get to spend time with their dad, but spend time with their dad doing something he has always loved. So, Cari reached out to Let's Go Fishing - Fairmont Area Chapter, explained what her plan was, and scheduled the fishing trip. Bright and early yesterday morning they all loaded onto our Keelson Harbour bus and made their way up to Fairmont, MN. Bob's children, Troy, Todd and Tricia, were all able to come on the fishing trip and spend a day in the boat with their dad – just like they used to. The four of them reminisced all day. Their family had an annual fishing trip up to Lake of the Woods. It was said that Bob would always grab a map and pick out the best fishing hot spots, no matter how deep and off course it would take them. Bob's late wife, Sherry, was the "net lady" as she would never fish. She would read her books and encourage others as they tried to catch the fish. Upon their return to shore, the family would always end the day with a fish fry, and of course their mom's special potatoes to go along with it.

We cannot thank [Let's Go Fishing-Fairmont Area Chapter](#)



Word Search

MUSIC



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

Treble
Sharp
Staccato
Cadenza
Baroque

Allegro
Piccolo
Tempo
Legato
Concerto

Musette
Percussion
Pitch
Soprano
Chorus

Maestro
Forte
Minor
Adagio
Duet