

Resident Birthdays

Maureen J. Nov. 2nd

Donna V. Nov. 5th

Betty C. Nov. 10th

Phil H. Nov. 25th

Marv K. Nov. 28th

Staff Birthdays

Rachel N. Nov. 1st

Sue E. Nov. 2nd

Kennedy H. Nov. 4th

Nicole M. Nov. 17th

Mel "Yee-Haw" Shaw Nov. 22nd

Kris V. Nov. 30th



November Entertainers:

Friday, November 5th – Happy Hour with Charles Kemper and his Magic Piano Hands

Friday, November 12th – Happy Hour with Steve Poynter and his Acoustic Guitar

Friday, November 19th– Happy Hour with Steve Rosa and his Energetic Vibes

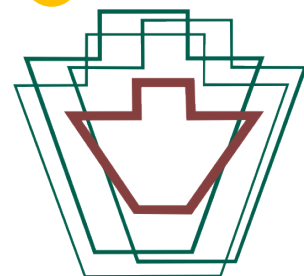
Sunday, November 28th at 1:30 pm-Joyful Heart Singers will entertain us.

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 November 16th. She does charge \$35, but hey, it's worth it! Please sign up at the front desk.

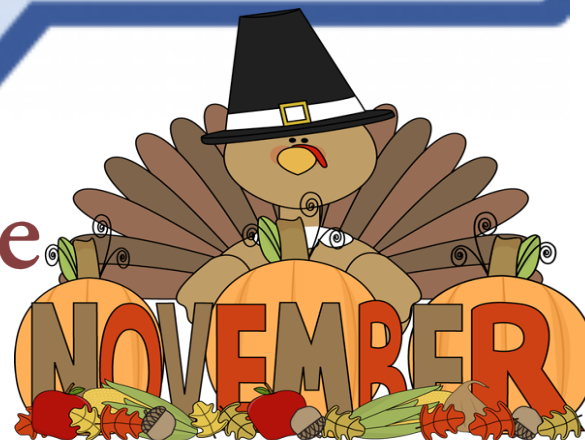
Therapeutic Massages: Free of charge, a massage therapist comes in on the first and third Thursday of every month. She will be here November 4th and 18th. Please see Jen, Laura, or Amanda from Life Enrichment to get on the list!

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



Keystone Place
at LaValle Fields

A Life Fulfilling Retirement Community



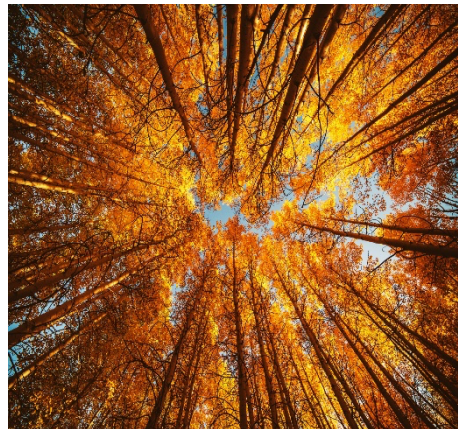
Keystone Chronicle

Keystone Place at LaValle Fields 14602 Finale Ave N, Hugo MN 55038 651-888-6557



When the trees their summer splendor
Change to raiment red and gold,
And the nights are getting cold;
When the squirrels hide their acorns,
Then we know that it is autumn,
Loveliest season of the year.

- Carol L. Riser, *Autumn*



Upcoming Special Events

November 2nd– Cooking with Bill – Bill will be making Costa Rica's National Dish: Gallo Pinto (beans and rice) to celebrate the upcoming Passport to Costa Rica.

November 3rd – Chef Talk – Join Jeff and his team to talk about Dining Services.

November 11th – 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!

November 9th – Passport to Costa Rica – Hop on the plane with us to fly to Costa Rica, where you will try some Costa Rican foods and learn about their culture. Don't forget your passport!

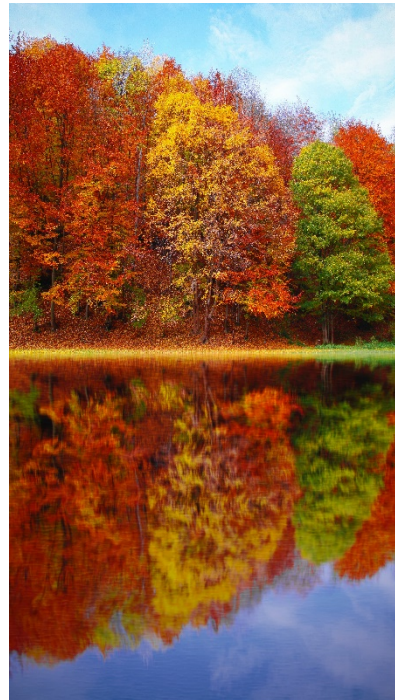
November 17th – Scenic Drive – Sign up at the front desk to hop on the van for a scenic drive.

November 16th- Cooking with Rachel

November 23rd – 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.



Daylight Savings Time Ends on Sunday, November 7th. Remember to set your clocks back an hour



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!

Note from Sue in Laundry: Please put your laundry basket by your front door the night before your laundry day.

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

November's Key Associate of the Month

This month's Key Associate is Breanna McCormick (Resident Assistant) Breanna was nominated by Betty E. Betty said "Breanna is very pleasant and organized when she does her job." Congratulations Brenna!

Nominations can be picked up at the front desk or in Life Enrichment

Hear it from a Nurse

Falls are a concern in older adults, because it can affect one's ability to maintain independence. Conditions that can increase one's risk for falls include: body weakness, low vitamin D, balance problems, certain medications, foot pain, improper footwear, and also environmental hazards like wet floors. On the bright side, there are many ways one can lower their risk of falls now and in the future. Some ways to prevent falls includes: strength and balance exercises, review medications with your doctor, have your eyes checked and wear glasses if needed, keep your home safer by using grab bars, not using rugs, and having proper lighting in your home.



Murphy the therapy dog comes to visit us once a month for some puppy love. These Sunny Cove residents sure enjoyed his latest visit.