

NEWSLETTER

January 2022

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



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Editor's Desk

Happy New Year!

Welcome to the year 2022 at Keelson Harbour! Wow, time flies when you are having fun! I wanted to update you all on some goals that I have for activities in this new year.

As some of you know, I started the position as Life Enrichment Coordinator in February of 2020. Shortly after I started, Covid 19 impacted our world and activities looked much different than they had in the past. It was a challenging year, but I do have to say that I learned a lot about our residents during that time.



We have been able to have more fieldtrips in the past 9 months and I want to continue to try to find fun, educational and meaningful activities for everyone. We continue to do the Dare To Dream program and I hope to make some great dreams come true in 2022. Continuing to improve on Memory Care programming is still on the top of my list. New life stations will be put into place that will better engage residents as they walk around their environment. I am excited for these improvements and hope to achieve even more this year.

Cheers to a new year and new ideas!

Cari Jack- Life Enrichment Coordinator

January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**
Birthstone: **Garnet**
Flower: **Carnations**

Quote of the Day

*Life is what happens
to us while we are
making other plans.*

– Allen Saunders

We had ourselves.....

It's not Christmas without Cookies!

Our very talented kitchen staff helped residents make sugar cutout cookies and decorate them! They got to make some for fellow residents and their families to enjoy over the holiday season.



Lefse Tradition

Ann Aalgaard was able to come and show us how to make a traditional Norwegian dessert called Lefse. Some of our residents used to make this for their families so it was also a great reminiscing activity. It was also very tasty!



White Elephant Gifts

We had a great time exchanging white elephant gifts between residents. We laughed and were very surprised at some of the super fun gifts that were given. Thank you to everyone that participated!

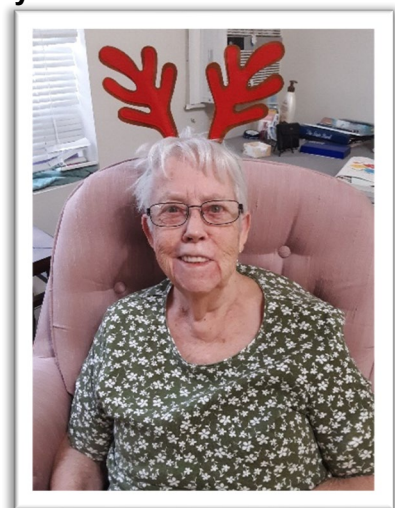
A Merry little Christmas



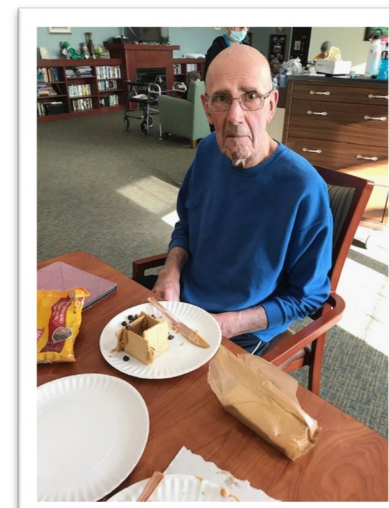
**Assisted Living residents wrapping presents
For memory care residents.**



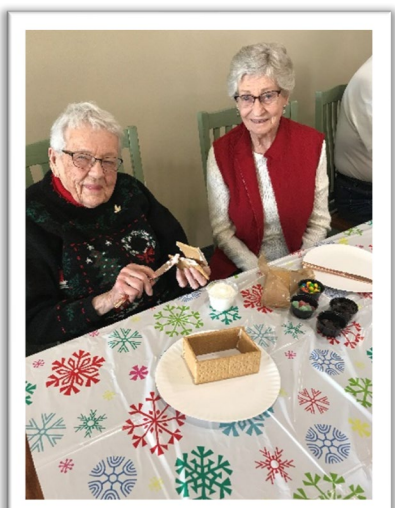
Kieth participating in Christmas shirt day!



Peggy having some Christmas fun!



Judd making a gingerbread house!



Dorene and Dorothy making a gingerbread house!



Joe “drawing in a snowstorm” without looking!

Upcoming Events

January Birthday Celebration

Tuesday, 4th of January @3:00pm, Dining Room

Poker with Beth

Tuesday, 11th of January @10:30am, Loft

Bowling at Corner Lanes

Wednesday, 12th of January @2:00pm

Nature Center Program

Tuesday, 18th of January @1:00pm, Loft

Armchair Travel to Spain

Tuesday, 25th of January @3:00pm, Theatre Room

Rhythm Band with Julie Jones

Wednesday, 26th of January @2:00pm, Entry Way



Regular Events

Happy Hour every Friday 3:30pm

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

Beautician every Monday, Tuesday, & Wednesday

Bible Study every Tuesday at 2pm

BINGO! Every Sunday and Thursday at 2:00pm

Special Days

1 st	Hot Tea Day
3 rd	J.R.R. Tolkien's Birthday
6 th	Epiphany
8 th	Elvis Presley's Birthday
17 th	Martin Luther King Day
19 th	International Flower Day
20 th	Inauguration Day (US)
21 st	International Hug Day
23 rd	Sundance Film Festival
25 th	Robert Burns Day
26 th	Australia Day
27 th	Mozart's Birthday
28 th	Jackson Pollock's Bday

January Birthdays

In January, we celebrate birthdays with:

- **Gus Kopsas**
- **Tammie Timm**
- **Lynda Hatland**
- **Dwight Jacobs**

Please join us in the Dining Room to celebrate all of our January Birthdays on January 4th @3:00pm



Elvis Presley, Singer, 8th January 1935
Stephen Hawkins, Physicist, 8th January 1942
David Bowie, Singer, 8th January 1947
Martin Luther King Jr., Activist, 15th January 1929
Muhammad Ali, Boxer, 17th January 1942
Betty White, Actress, 17th January 1922
Michelle Obama, First Lady, 17th January 1964
Kevin Costner, Actor, 18th January 1955
Janis Joplin, Singer, 19th January 1943
Neil Diamond, Rock Singer, 24th January 1941
Virginia Woolf, Novelist, 25th January 1882

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

McDonald's once created bubblegum-flavored broccoli!

McDonald's is always introducing new items for their loyal customers. Their bubblegum-flavored broccoli, which the fast-food chain developed in 2014 as a tastier version of the leafy green for children, was a complete failure. McDonald's later admitted that kids were confused by the taste.

Poem to Share

Shall I Compare Thee To A Summer's Day?

by William Shakespeare

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate.
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date.

Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed;
And every fair from fair sometime declines,
By chance, or nature's changing course, untrimmed;

But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wand'rest in his shade,
When in eternal lines to Time thou grow'st.

So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Delores Fredericks**

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!

- **Ashley Leal- Activities Assistant**
- **Zoe Nieman- Laundry Aid**

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.

- **Dorothy Siebold**
- **Nancy Akin**
- **Elaine Creasey**
- **Susan Triggs**

HAPPY NEW YEAR!

We wish you many blessings in the coming year! We hope to bring more joy and exceptional care in 2022.

Thank you to families, friends, residents, volunteers and staff for your continued support. Let's make this the best year yet!

Cheers!

DARE TO DREAM

We try to make one resident's dream come true once a month. If you have an idea for your loved one or wish to be a part of their dream come true, please contact Life Enrichment.

C: 712-339-0599

E: lifenrichment@keelsonharbour.com

Noticeboard



LIBRARY SERVICE

We have a program with Spirit Lake Public Library where they bring 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.

DONATIONS

We are always looking for donations of candy as we use a lot for prizes for our games in both Memory Care and Assisted Living. If you would like to donate, you can drop off at the front desk. Thank you for your support!

BEAUTICIAN

We have three stylists who have hours in our salon. Arlene is available on Mondays, Emily is available on Tuesdays and Alina is on Wednesdays. Please call to make your appointments.

Emily: 605-789-1929

Arlene: 712-300-4077

Alina: 712-339-1776

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 Pearly Gates

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter.

She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

To which St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

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.



International Hug Day

Train your semantic memory, stay sharp, and stimulate your visual skills!

With a pencil, form words from the syllable fragments in each grid.
Cross out each grid as you use it!

All words are related to friendship!

Friendship Split Words

memo	ten	for	rous
ether	res	pect	gene
ever	lis	tog	ine
life	cere	faith	last
ful	ing	sin	long
sup	genu	port	ries

Words

Answers

Genuine, Forever, Together, Respect, Generous, Listen, Sincere, Faithful, Lasting, Lifelong, Support, Memories