



## Resident Birthdays

Allan O. May 2nd    Carol J. May 7th  
Bev W. May 8<sup>th</sup>    Sharon C. May 9<sup>th</sup>  
Audrey W. May 16<sup>th</sup>    Jerry W. May 16<sup>th</sup>  
Cheryl F. May 19<sup>th</sup>    Dolores S. May 27<sup>th</sup>

## Staff Birthdays

Megan L. May 2<sup>nd</sup>    Bill C. May 15<sup>th</sup>

## April Entertainers:

**Friday, May 5<sup>th</sup>**– Happy Hour with **Wes Miller**

**Friday, May 13<sup>th</sup>**– Happy Hour with **Steve Poynter**

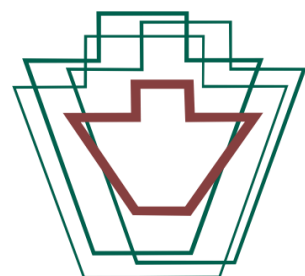
**Friday, May 20<sup>th</sup>**– Happy Hour with **Charles Kemper**

**Friday, May 27<sup>th</sup>**– Happy Hour with **Ross McLeod**

## Special Guests

**Toenails:** Do you need your toenails clipped? If so, Mary Adrian, our designated "Toenail Fairy", will be coming to do just that in May. She does charge \$35, but hey, it's worth it! Please sign up at the front desk.

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**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

## Special Activities



**May 3<sup>rd</sup>** – Cooking with Bill – Join Bill for some food from Taiwan and entertainment.

**May 4<sup>th</sup>** – Chef Talk – Join Jeff and his team to talk about Dining Services, in Northstar room.

**May 5<sup>th</sup>** – Alan Anderson – Alan has a PhD in Military History. He will be talking about James J. Hill, railroad tycoon on this day.

**May 6<sup>th</sup>**– Outing to the Lake Elmo Inn for lunch. Sign up at the front desk.

**May 10<sup>th</sup>** – Passport to Taiwan– Hop on the plane with us to fly to Amsterdam and the Netherlands, where you will learn about their culture. Don't forget your passport!

**May 17<sup>th</sup>** – Wine Tasting with Becky in the pub.

**May 13<sup>th</sup> and May 27<sup>th</sup>** – Outing to Grand Casino Hinckley. Sign up at the front desk.

**May 23<sup>rd</sup>** – Resident Council- All residents are welcome to attend. In Northstar.

**May 31<sup>st</sup>** – Painting and Mimosas with Rachel in the pub.





On April 21, we had a very successful Festival of Tables. Sixteen residents and employees brought their collections to the pub for display and all enjoyed looking at the various collections. Kris, the bus driver, showed off his homemade pens and miniatures collection. Betty P. showed off her paintings. Joan showed off her antique lamps. A big thank you to everyone who participated in showing off their collections!

### Notes and Reminders

**Housekeeping:** When they are on vacation or really busy, your rooms may not be done at the same time they usually are. Please be patient, they will get to you as soon as possible 😊

**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!

## 8 Personal Hygiene Practices for Seniors

Personal hygiene plays a huge role in how you feel and act every day, so make sure you are taking care of yourself. These 8 hygiene tips can help you maintain good personal hygiene, so you can feel your best.

- Eating healthy is a key component to maintaining good hygiene. Consuming high-fiber fruits, vegetables and whole grains are a great way to help your digestive system and keep you energized.
- Staying hydrated is another way to work towards having good hygiene. Seniors are prone to dehydration, so make sure you drink plenty of water every day to avoid becoming dehydrated.
- To make sure you get enough sleep every night, you should aim for 6 to 8 hours of sleep every night. Getting enough sleep every night can help boost your mood and lower your blood pressure. Lack of sleep can leave you feeling run down and compromise your immune system.
- Trimming your nails often is a great way to eliminate the bacteria that live under your nail beds. Keeping your fingernails and toenails clean will help you avoid infections.
- You should also brush your teeth twice a day to maintain strong gums and prevent gum disease. By brushing twice a day, you will reduce your risk of illnesses associated with poor oral hygiene.
- Wash your hands often to avoid the spread of viruses and bacteria. Make sure to wash your hands with soap and water for at least 20 seconds any time you come into contact with surfaces that haven't just been cleaned.
- Changing into clean clothes daily is also a good way to maintain personal hygiene and will help you prevent skin infections. Clothes capture bacteria, which makes changing them every day essential to avoiding the spread of germs.
- Wear deodorant daily to control excessive sweat, eliminate body odor and to smell fresh.
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## Key Associate of the Month

May's Key Associate of the Month is Zuleyha Y. LPN on the Night Shift. Zuleyha was nominated by Carolyn and Joe M. Carolyn wrote, "She is so very kind and caring to all residents. She takes extra time to ask us how we are feeling and if there is anything she can do for us."

Congratulations Zuleyha! If you would like to nominate a deserving associate, please see someone in Life Enrichment for a nomination form.



Wondering what the letters mean after an activity in the calendar. They designate what room the activity is in.

**N = Northstar on the 1<sup>st</sup> floor**

**P = Pub on the 1<sup>st</sup> Floor**

**E = Ed Sullivan movie theater on the 2<sup>nd</sup> floor**

**S = Southshore on the 3<sup>rd</sup> floor**

**SC = Sunny Cove on the 1<sup>st</sup> floor**