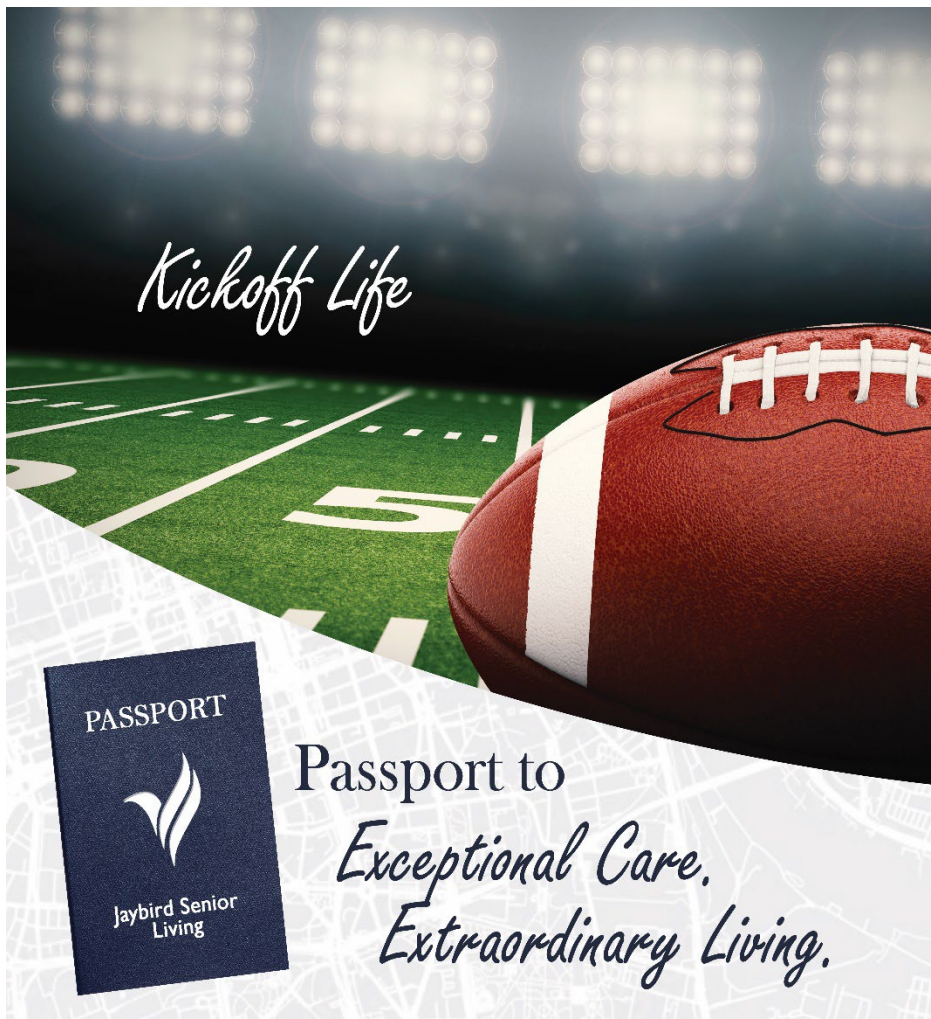


NEWSLETTER

September 2022

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



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Editor's Desk

Hello! I'm Kelsey Mergen and I am the new Community Director here at Keelson Harbour. I have been working in the long-term care industry since I was 14 years old. I started as dietary aid at the local nursing home and most recently was the Administrator at Good Samaritan Society – George.

I grew up in Dell Rapids, SD and then attended the University of South Dakota where I earned my Bachelors in Business with an emphasis on Health Care Administration. After graduating I moved to Milford, IA and started working at Good Samaritan Society - Heritage Landing in West Okoboji. I spent 9 years with Good Samaritan and enjoyed my time but very excited for this new opportunity at Keelson Harbour with Jaybird Senior living.



When I am not working I enjoy spending time with my family and friends. I love to travel and spend time outdoors whether it's going for walks, biking, boating or playing a round of golf. My parents and my sister and her family live just north of Sioux Falls and are pictured below. Starting from left to right: My Dad (Duane), Mom (Karen), myself, my sister (Amanda) and brother-in-law (Riley) with my niece (Kinley). I look forward to getting to know all of our residents and their families.

Kelsey Mergen- Community Director

September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

If the wind will not serve, take to the oars

- Latin proverb

Destination State Fair!

Milking Mabel

Judy had a great time milking our homemade cow Mabel! This brought back many memories for our residents.



Rubber Duck Races

Our ducks raced as hard as they could but Max's duck was the overall fastest!



Bright Star

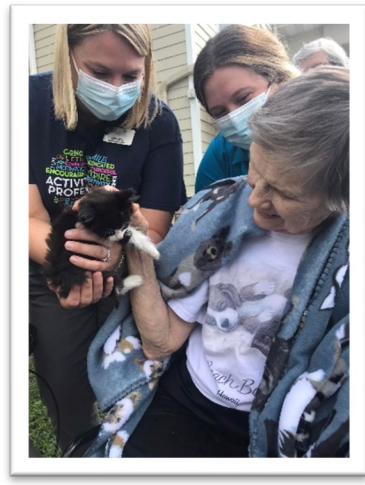
We had a beautiful evening at the Okoboji Summer Theatre for the new musical Bright Star.



Fair Week!



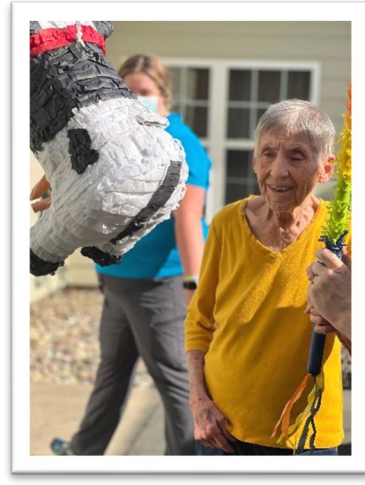
Monica snuggling one of the cute kittens!



Betty enjoying one the kittens as well!



Rodney says it's not a fair without a giant turkey leg!



Karen taking a swing at the cow pinata!



Janice and Don showing us how to husk the sweet corn like a professional!

Upcoming Events

Horse & Buggy Rides

Thursday, 1st of September @9:00am

Labor Day Picnic

Monday, 5th of September @12:00pm

IA/ISU Tailgate Party

Friday, 9th of September @3:00pm, Dining Room

Oktoberfest with West O Beer

Monday, 19th of September @2:00pm, Dining Room

Arnolds Park Games Trip

Wednesday, 21st of September @1:30pm

Walk to End Alzheimer's

Saturday, 24th of September @11:00am



Regular Events

Happy Hour every Friday 3:00pm

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

7 th	Brazilian Independence
11 th	Assisted Living Week
12 th	Chocolate Milkshake Day
16 th	Mexican Independence
17 th	Oktoberfest
19 th	Talk Like a Pirate Day
21 st	International Peace Day
21 st	World Gratitude Day
24 th	Native American Day
25 th	Comic Book Day
25 th	Rosh HaShanah
28 th	Confucius' Birthday
30 th	World Maritime Day

September Birthdays

In September, we celebrate birthdays with:

- **Kiahna Seaman**
- **Taylor Spiegeler**
- **Beverly Bergquist**
- **Maxine Bartels**
- **Chloe Carlson**
- **Tracie Schnell**
- **Joan Lindholm**
- **Jess Meyer**
- **Norma Andresen**
- **Phyllis Van Kleek**
- **Hannah Schacherer**
- **Joyce Schwartz**



Please join us in the dining room to celebrate with cake and ice cream on Wednesday, September 7th @3:30pm

Freddie Mercury, Musician, 5th September, 1946
Buddy Holly, Musician, 7th September 1936
Peter Sellers, Actor, 8th September 1925
Agatha Christie, Writer, 15th September 1890
Lauren Bacall, Actor, 16^h September 1924
Lance Armstrong, Cyclist, 18th September 1971
Stephen King, Author, 21st September 1947
Andrea Bocelli, Singer, 22nd September, 1958
Bruce Springsteen, Singer, 23rd September 1949
Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Libra (Sep 23 - Oct 22)

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

Poem to Share



“Hope” is the thing with feathers

“Hope” is the thing with feathers –

That perches in the soul –

And sings the tune without the words –

And never stops – at all –

And sweetest – in the Gale – is heard –

And sore must be the storm –

That could abash the little Bird

That kept so many warm –

I’ve heard it in the chilliest land –

And on the strangest Sea –

Yet – never – in Extremity,

It asked a crumb – of me.

- Emily Dickinson



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Jim Youde**

We hope that you enjoy your time here!

WALK TO END ALZHEIMER'S

We will be walking to end Alzheimer's again this year as a Keelson Harbour Team. The event is on Saturday, Sept. 24th. If you are interested in joining our team or donating, please visit:

https://act.alz.org/site/TR/Walk2022/IA-Iowa?pg=team&fr_id=15531&team_id=749376&skip_login_page=true

ART GALLERY NIGHT

For National Assisted Living Week, we are hosting an art gallery night on Friday, Sept. 16th from 6-7pm. The gallery will feature photographs taken of life here at Keelson Harbour in an elegant setting. Families are invited to join us!

DONATIONS NEEDED

As you can imagine, with a building our size, we go through a lot of supplies. If you would ever like to donate items for activities, here are some ideas!

- **Candy!**
- **Sugar free snacks**
- **Toiletries for our BINGO store**
- **Bird Seed**

SALON CONTACTS

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: 712-330-4077

Alina: 712-339-1776

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.

THANK YOU!

We want to thank the businesses in our community that partner with us to enrich the lives of our residents. In September we especially want to thank: Dickinson County Museum, Dickinson County Nature Center, West O Beer, NW IA Humane Society, Arnolds Park Amusement Park, and the Clay County Fair.

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: lifeenrichment@keelsonharbour.com

VOLUNTEER!

We are looking for 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 lifeenrichment@keelsonharbour.com

CHAPEL SERVICES

1st Sunday @10:15- Presbyterian Communion
1st Monday @10:30- Lutheran Chapel
2nd Friday @10:00- Catholic Chapel
2nd Friday @11:00- Methodist Chapel
3rd Tuesday @11:00- Presbyterian Chapel
1st & 3rd Wednesdays @1:00- Chapel with Norm Erickson

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



MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next I tried working in a muffler factory but that was too exhausting.

Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

SO I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!



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 back stories of each individual resident. Everyone in our care is like family. We know their stories, their hopes, and their dreams. This is what drives us together, and we believe each person is unique and vibrant, with a dream or two up their sleeve.

June and Irel have lived with us at Keelson Harbour since November of 2017. We have had the privilege of getting to know both of them during their time here. As we were saddened to lose Irel earlier this year, we are still grateful to have June with us.

As we look back at the wonderful story of June and Irel, we like to think the two were the life of the party everywhere they went. June has so many fond memories throughout the years that she and Irel made – their daughters, times on their family farm, the farmers market and Square Dancing. June and Irel began square dancing in 1988. They belonged to the Spencer Squares, Estherville Bustle Rustlers and the Minowa Plus. Throughout their time dancing they made many wonderful friends and memories. June's daughters, along with our Life Enrichment Team, came up with a plan to surprise June. We invited some square dancing groups into our community and gave June the opportunity to dust off her boots! June, her daughters and our staff got to enjoy an afternoon of square dancing and reminiscing about the good old days.

We are very thankful for the Sioux Falls Spairs and Pairs and the Square Dance friends from Minnesota that made the trip for this special occasion, as well as June's daughters who traveled to be here with us, too.



Word Search

TREASURE ISLAND



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

Shark
Buccaneer
Spyglass
Octopus
Shipwreck

Skeleton
Captain
Island
Jewellery
Clipper

Treasure
Marooned
Mystery
Diving
Galleon

Ashore
Schooner
Cargo
Flotsam
Gold



joyful moments

NATIONAL ASSISTED LIVING WEEK
SEPTEMBER 11-17, 2022

NALW.org | [#NALW](https://twitter.com/NALW)

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How we are celebrating at
Keelson Harbour!

September 11th:
National Milkshake Day &
Clay County Fair Trip

September 12th:
Graduation Day-
Decorate your own
graduation cap & march

September 13th:
Wedding Day-
Wedding cake decorating

September 14th:
Family Pet Day-
NW IA Human Society Visit

September 15th:
First Home Day-
Realtor Visit

September 16th:
Family Day-
Art Gallery Night