



November Resident Birthdays

Maureen J. 2nd Betty C. 10th Peggy S. 19th Phil H. 25th

Mary K. 28th

November Staff Birthdays

Sue E. 2nd Kennedy H. 4th Gena B. 14th Nicole M. 17th

Mel S. 22nd Kris V. 30th

November Entertainers

Friday, Nov. 4th – Happy Hour with **Monroe Wright III**

Friday, Nov. 11th – Happy Hour with **Phil Kitze**

Friday, Nov. 18th – Happy Hour with **Charles Kemper**

Saturday Movies

5th – The Hangover

12th- Bucket List

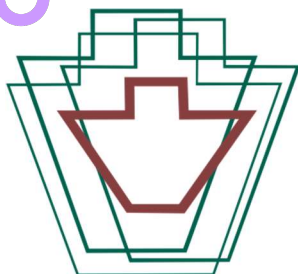
19th- Casablanca

26th- City Slickers

Monthly Guest

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

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

Special Activities



November 1st– Passport to New England– Hop on the plane with us to fly to New England, where you will learn about their culture. Don't forget your passport!

November 4th–Outing to Rudy's Redeye Gril for lunch. Sign up at the front desk.

November 8th– Chili Cook Off – Join Bill and a few others for a chili cook off! You get to choose the winner!

November 15th – Wine Tasting with Becky in the Pub.

November 16th - Bean Bag Toss Tournament with Good Life in the Pub.

November 18th– Outing to Turtle Lake Casino. Sign up at the front desk.

November 27th- Katie and Reuben's 70th Wedding Anniversary! Congratulations!

November 28th– Resident Council- All residents are welcome to attend in the Northstar room.

November 29th– Alan Anderson-He will be talking about a comparison between General Grant and General Lee.



On October 18th, the very talented son-in-law of Maureen J. came to carve pumpkins for us. Ken did a fabulous job and made all of us smile with his creativity and talent! We appreciate him and Maureen for sharing him with us!

Notes and Reminders

Theme Day for November is Wednesday, November 30th. Feel free to dress Western on this day!

Channel 990: Remember to check channel 990 on your television for important community updates! You will find some very important information there!

Friends Make the Best Neighbors: Stacy 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 Stacy if you have someone in mind and you could get \$1000 off one month's rent if your friend moves in!

Osteoarthritis

Osteoarthritis is the most common form of arthritis and the one most of us probably think of first when we hear the term arthritis. Dr. David Pugliese, a rheumatologist at Geisinger in Danville, Pennsylvania says that "osteoarthritis is essentially a wear-and-tear phenomenon" that gets worse over time. "It's a structural problem. Every joint is made of two bones that come together with an interface of cartilage and fluid that makes a cushion and keeps (the joint) free of infection. With osteoarthritis, over time that cartilage wears away. When the cartilage wears away, the bones start to bang on each other and start to create pain from the direct contact." This loss of lubrication in the joint makes movement more difficult "and it's a progressive problem." Osteoarthritis tends to get worse with activity, so Pugliese says most osteoarthritis patients will usually feel fairly good upon waking but often develop more pain and stiffness as the day progresses and they move their joints more.

Osteoarthritis is also essentially unavoidable if you live long enough – it's just part of the natural aging process. "Everybody gets some osteoarthritis," Pugliese says, although some people may develop more severe cases or be more prone to pain from it sooner than other people. Why exactly isn't entirely clear. "There are some genetic determinants – different people have different amounts of it, but everyone is going to get some of it because it's a function of this wear and tear."

Naturally, osteoarthritis tends to impact older adults more. People who lead active lifestyles or engage in a lot of manual labor, such as construction workers, may experience the effects of wear on joints sooner than their more sedentary counterparts. If you've suffered a trauma to a joint, such as a bone fracture or other injury, that can also increase your chances of developing arthritis in a specific joint.

Key Associate of the Month

November Key Associate of Month

November's Key Associate of the Month is Roxanne O. She was nominated by Bonnie W. She wrote, "She is a very friendly resident assistant, and does a great job!"

Congratulations Roxanne! If you would like to nominate a deserving associate, please contact 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 1st floor

P = Pub on the 1st Floor

E = Ed Sullivan movie theater on the 2nd floor

S = Southshore on the 3rd floor

SC = Sunny Cove on the 1st floor