

NEWSLETTER

November 2022

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



Passport to
*Exceptional Care.
Extraordinary Living.*

IN THIS ISSUE

| | |
|-------------------------|----|
| Health Corner | 2 |
| Month in Review | 3 |
| Upcoming Events | 5 |
| November Birthdays | 6 |
| A Poem to Share | 7 |
| Noticeboard | 8 |
| Laughing Matters | 10 |
| Veterans..... | 11 |
| Tongue Twisters | 12 |

Health Corner

HIPAA What does it mean to me? What is HIPAA?

HIPAA stands for the Health Insurance Portability and Accountability Act. It's a United States law devoted to protecting patients' medical records and additional health information through strict privacy standards. Some of the benefits include giving patients control over their own health information. Setting boundaries for health record use and distribution. Establishing safeguards that force health care providers to achieve certain levels of privacy for their patients' health information. Holding violators accountable for violating patient privacy rights.



As health care professionals we take pride in keeping your information confidential. We are asking you do that same for your friends and other residents. We know you may have the best intentions when you come to the dining room and say, "They just took Miranda in the ambulance." I know I appreciate the prayers and thoughts that may go with this, but it also has negative effects. I may not want the facility to know I am gone. I might not want to answer questions to everyone when I get back. It might have been that a nurse was worried, and it was nothing. We ask that you take into consideration the person who is sick or injured and keep it to yourself. I know we are a small community and know everyone, but we are asking you as residents to help us keep private stuff private. If you have concerns of HIPAA violations of any staff, please feel free to reach out to Kelsey or any of the nurses. Also remember when you ask, and I can't share, that it isn't that I don't want you to know. I am protecting that person's information as I will do for you as well.

Miranda DePyper- RN

November Trivia

As part of the seasonal calendar, November is the time of the 'Snow Moon' according to Pagan beliefs.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

You only live once but if you do it right, once is enough.

-- Mae West

Fall is in the air....

Solsma's Punkin Patch!

We had a great fall day full of pumpkins, gourds, gifts and of course, strawberry smoothies!



Little Sioux Orchard

Another fun fall day with apples, apple pie, and apple cider!

Spirit Lake Homecoming

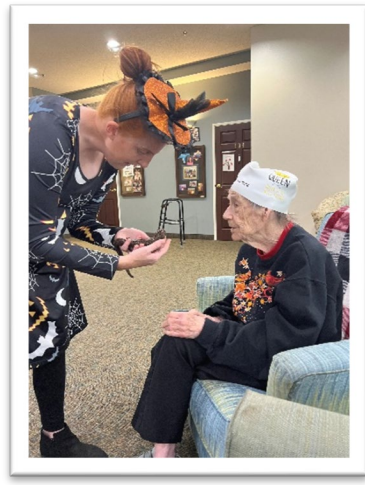
We enjoyed throwing out candy and gifts to the community at the Indians homecoming parade!



Crawling Creatures with the Dickinson County Nature Center



Joe with the Madagascar Hissing Cockroaches



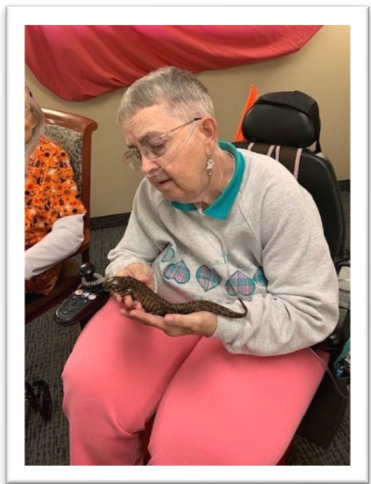
Barbara with Manny the Salamander



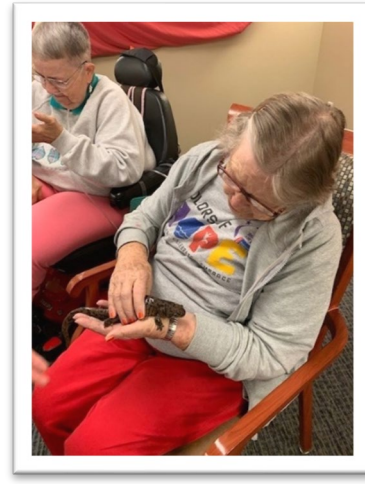
Pat K. with the Hissing Cockroaches



Pat H. with Manny the Salamander



Bonnie with Manny the Salamander



June with Manny the Salamander

Upcoming Events

Custom Creations Talk

Tuesday, 1st of November @3:00pm, Community Room

Megan & Co. Talk

Wednesday, 2nd of November @2:00pm, Dining Room

Absentee Ballot Voting

Thursday, November 3rd @10:30am, Conference Room

Ruthven Locker Talk

Tuesday, November 8th @3:00pm, Community Room

Okoboji Performing Arts Talk

Wednesday, November 9th @1:00pm, Community Room

Veterans Day Program

Friday, November 11th @1:45pm, Dining Room



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

| | |
|------------------|-------------------------|
| 1 st | All Saints Day |
| 1 st | World Vegan Day |
| 1 st | Melbourne Cup |
| 3 rd | Sandwich Day |
| 5 th | Guy Fawkes Night |
| 6 th | Adolphe Sax's Birthday |
| 8 th | Tongue Twister Day |
| 9 th | Inventors' Day |
| 11 th | Remembrance Day |
| 11 th | Veterans Day |
| 13 th | World Kindness Day |
| 14 th | Claude Monet's Birthday |
| 19 th | International Men's Day |
| 19 th | World Philosophy Day |
| 21 st | World Hello Day |
| 21 st | World TV Day |
| 24 th | Thanksgiving |
| 27 th | Advent |

November Birthdays

In November, we celebrate birthdays with:

- **Ashley Leal**
- **Marian Kyle**
- **Ashley Helget**
- **Mariah Hatch**
- **Mackenzie Scott**
- **Craig Zahrt**
- **June Bruns**
- **Max Pelzer**
- **Dorothy Weeks**



Please join us in the Dining Room on Wednesday, November 2nd @3:30 for cake!

Vivien Leigh, Actress, 5th November 1913

Richard Burton, Actor, 10th November 1925

Grace Kelly, Actress, 12th November 1929

Charles, Prince of Wales, 14th November 1948

Rock Hudson, Actor, 17th November 1925

Bo Derek, Actress, 20th November 1956

Goldie Hawn, Actress, 21st November 1945

Bruce Lee, Actor & Martial Artist, 27th November 1940

Winston Churchill, Prime Minister, 30th November 1874

Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Poem to Share

There Will Come Soft Rain

Sara Teasdale

There will come soft rain and the smell of the ground,
And swallows circling with their shimmering sound;
And frogs in the pools singing at night,
And wild plum trees in tremulous white;

Robins will wear their feathery fire,
Whistling their whims on a low fence-wire;
And not one will know of the war, not one
Will care at last when it is done.

Not one would mind, neither bird nor tree,
If mankind perished utterly;
And Spring herself, when she woke at dawn
Would scarcely know that we were gone.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Don Norris**
- **Scott & Carol Holmes**

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!

- **Katharine Greenway- RA**
- **Jayden Hollowell- RA**

We hope that you enjoy your time here!

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.

- **Katharina Johnson**

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**

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

Thank you to everyone that participated in our very first Trunk or Treat! It was great to see all the costumes and creativity with your decorations. Next year is going to be EPIC!

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



A child asked his father, "How were people born?" So his father said,
"Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

.....

Teacher: "Who can make a sentence with the word 'detail'?"

Little Johnny puts his hand up and goes to the front of the classroom.

He said: "When de rabbit jumps over de fence, de head goes before detail"

.....

A husband is reading a newspaper article to his wife.
"Women use about 30,000 words to a man 's 15,000 " he reads.
"That's because we have to repeat everything we say to men," she replies.
Her husband puts down the paper and says "WHAT?"

.....

Son: "Dad, will you help me find the lowest common denominator in this math problem?"

Dad: "Don't tell me that still hasn't been found, they've been looking for it since I was in school!"

.....



Veterans Day



THANK YOU FOR YOUR SERVICE

Kieth Tadlock- US Air Force

Carl Ingwersen- US Army

Wayne Feller- US Army

Max Pelzer- US Navy

Bob Whitmer- US Navy

Chloe Carlson- US Army Reserves

Ray Thompson- US Navy

Pat Kennedy- US National Guard

Jim Youde- US Navy

Mary Abrahamson- US Air Force

Barney Granstra- US Air Force

Owen Ensrud- US Navy

Don Norris- US Air Force

Tongue Twisters

Try saying each of these phrases at least 3 times as fast as possible. It won't take long before your tongue becomes twisted!

Red leather, yellow leather

Mother Mingle makes wax matches

At Mr. Smith's fresh fish shop, she's welcoming him in

*She sells sea shells on the sea shore
the shells she sells are sea shells I'm sure!*

*I went into a felt shop
and bought a piece of felt
the piece of felt I felt
doesn't feel like any piece of felt I felt before*

*Fuzzy wuzzy was a bear
Fuzzy wuzzy had no hair
Fuzzy wuzzy wasn't fuzzy was he?*

*1 1 was one racehorse.
and 2 2 was one too
1 1 won one race and
and 2 2 won one too*