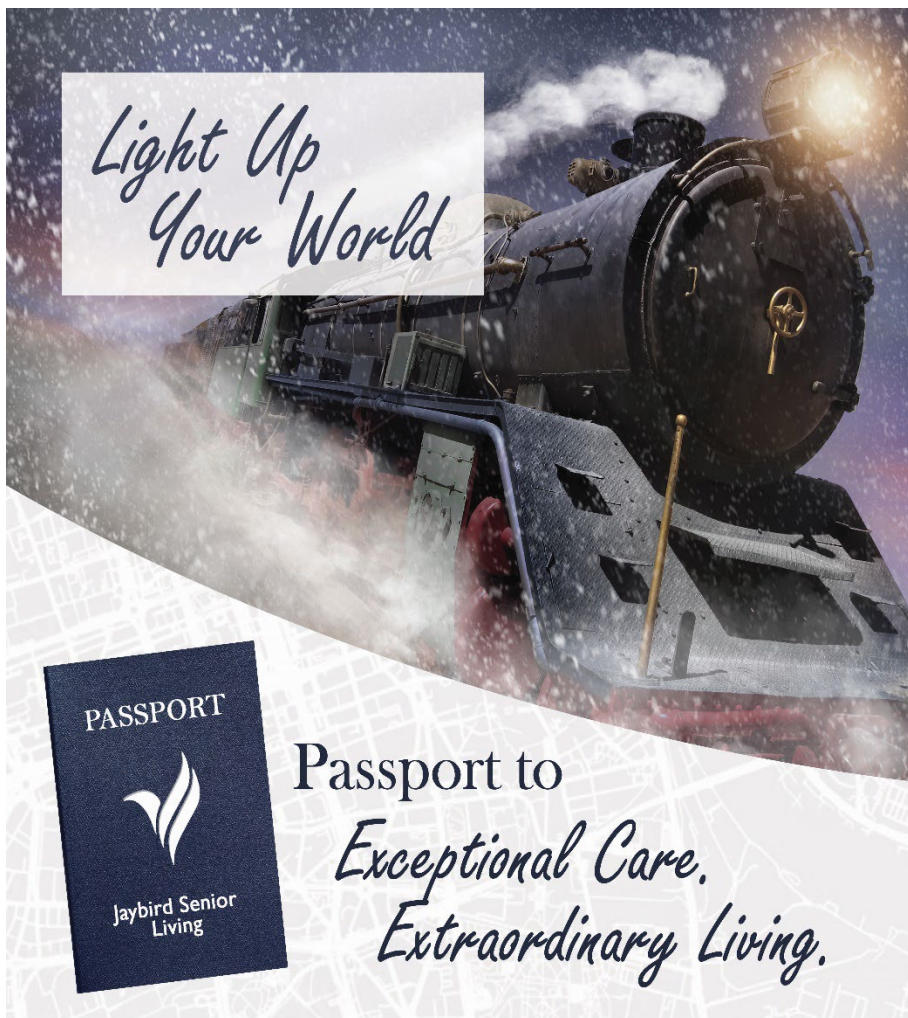


NEWSLETTER

December 2022

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



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Editor's Desk

Merry Christmas residents and families!

As we embark on the crazy season of holidays, I am reminded that there are days we need to slow down and enjoy being in the moment. There are so many fleeting moments in life and if we aren't careful, we will miss them.

With that in mind, I hope you enjoy all of the fun activities we have planned in December. Along with traditional Christmas events, I tried to put in some lighthearted fun and some giving back. You will notice that we are doing a 12 Days of Christmas Food Drive and all donations will be taken to Upper Des Moines Opportunity. There is no season in life where giving back doesn't matter. I hope you can help us on our mission to do so.

I hope you all have a very safe, healthy, and memorable holiday season!

Cari Jack- Life Enrichment Coordinator



December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**

Birthstone: **Turquoise**

Flower: **Holly**

Quote of the Day

Just one small positive thought in the morning can change your whole day.

– Dalai Lama

Thankful for you!

First Annual Staff Parade

Residents and staff all enjoyed the staff parade. We saw many faces and learned more about them. Here are Don, Ruth, and Marvel with the gifts they gave staff to show their appreciation!



Thanksgiving Dinner

Mary enjoying her role as the wine distributor at our Formal Thanksgiving Dinner!

Chuck & Dorothy

Waiting to be served at our Formal Thanksgiving Dinner. Nobody left with an empty stomach!



Christmas

AT KEELSON
HARBOUR

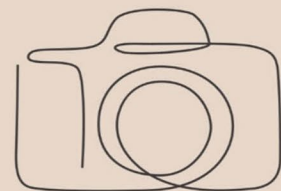
Wednesday, December 21st
6:30pm - 8:00pm

AT THE KEELSON HARBOUR LOFT

- Photos with Santa featuring Whitney Nicole Photography (Support a Local Small Business!)
- Hot cocoa station
- Holiday games, crafts & more!



712-344-2897



Whitney Nicole Photography

Upcoming Events

Fudge & Caramel Making

Tuesday, 6th of December: 2:00pm Community Room

Darla Henriksen Christmas Concert

Saturday, 10th of December: 2:00pm, Memory Care

Christmas Antique Show & Tell

Monday, 12th of December: 3:30pm, Loft

Candlelight Carol Sing with Julie Jones

Wednesday, 14th of December: 6:30pm Entry Way

Christmas Light Bus Ride

Thursday, 15th of December: 6:00pm

White Elephant Gift Exchange

Friday, 23rd of December: 2:30pm, Loft



Special Days

- 1st Summer (S. Hem)
- 4th National Cookie Day (US)
- 5th Intl. Volunteer Day
- 7th Intl. Civil Aviation Day
- 18th Hanukkah
- 18th Paul Klee's Birthday
- 21st Winter (N. Hem)
- 25th Christmas
- 26th Boxing Day
- 31st New Year's Eve

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

December Birthdays

In December, we celebrate birthdays with:

- **Betty Fink**
- **Jennifer Whithaus**
- **Ellen Hales**
- **Shirley Housley**
- **Joe Weir**
- **Sharon Atherton**
- **Daena Morales**
- **Linda Weir**
- **Millie Phipps**
- **Marlys Scherlin**



Please join us in the dining room on December 7th @3:30 for cake and celebration!

Woody Allen, Filmmaker, 1st December 1935
Ozzy Osbourne, Singer, 3rd December 1948
Steven Spielberg, Filmmaker, 18th December 1946
Brad Pitt, Actor, 18th December 1963
Jane Fonda, Actor, 21st December 1937
Samuel L. Jackson, Actor, 21st December 1948
Denzel Washington, 28th December 1954
Tiger Woods, Golfer, 30th December 1975
Anthony Hopkins, Actor, 31st December 1937
Frank Sinatra, Singer & Actor, 30th December 1915

Sagittarius (Nov 23 - Dec 21)

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

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Poem to Share

My Shadow

by Robert Louis Stevenson

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me when I jump into my bed.

The funniest things about him is the way he likes to grow-
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an errant sleepy head,
Had stayed at home behind me and was fast asleep in bed.

Noticeboard



NEW RESIDENTS

We didn't have any new residents this month, but we can't wait to welcome you to your new home! For inquiries, please call 712-336-4501.

NEW STAFF

A warm welcome also goes to the people who joined our team in the past month!

- **Jennifer Whithaus- RA**
- **Erica Marquez- 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.

- **Norma Andresen**

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 everyone who participated in our first annual staff appreciation parade! It was great to get to know everyone better and see everyone's faces! Can't wait to do it again next year.

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

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 lifenrichment@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



The Bus Driver

A woman boarded a bus holding a baby.

The bus driver said, "That's the ugliest baby I've ever seen."

The woman slammed her fare into the box and took an aisle seat at the rear of the bus.

The man seated next to her noticed she was agitated and asked her what was wrong. "The bus driver insulted me," she fumed.

The man sympathized and said: "Why, he's a public servant and shouldn't say things to insult passengers."

"You're right" she said. "I think I'll go back up there and give him a piece of my mind."

"That's a good idea" the man said. "Here, let me hold your monkey".

Hunting

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed.

The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?"

The operator says "Calm down. I can help. First, let's make sure he's dead."

There is a silence, then a gun shot is heard.

Back on the phone, the guy says "OK, now what?"

The Minister

A minister, after listening to an impromptu campaign speech from a hopeful candidate for Mayor said.

"Before I vote for you, I'd like to know if you partake of intoxicating beverages."

Candidate: "Before I answer, tell me if it is an inquiry or an invitation."

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.

Judy and her late husband Don loved quartet music so much that they used to drive miles and miles to catch a performance. Being a pastor's daughter, a veteran's wife, a nurse and a mother, Judy loves old hymns, patriotic ballads and barbershop style songs. We called in Siouxland Discovery Chorus from Sioux City to come up and give her the performance she deserves. They brought a quartet that blew us away with their talent and threw a few jokes in as well. What joy it was to see the smiles, hear the laughter and all who sang along. Judy got to share this special day with her family and friends as she wished. We are grateful to be able to celebrate such a kind, warm, and loving woman. ❤️



Word Search

CHRISTMAS TREE DECORATIONS



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

Bows
Tinsel
Ribbons
Lights
Santa Claus

Wreath
Angel
Baubles
Bow
Presents

Bells
Snowflake
Snowman
Christmas
Garland

Decorations
Crib
Star
Reindeer
Tree



12 Days of Christmas

FOOD DRIVE

DROP OFF AT 2810 AURORA AVE

SPIRIT LAKE

DONATIONS WILL GO TO UDMO

Dec. 25th- Canned Vegetables

Dec. 26th- Canned Fruit

Dec. 27th- Canned Meat

Dec. 28th- Crackers

Dec. 29th- Pasta

Dec. 30th- Nuts

Dec. 31st- Applesauce

Jan. 1st- Soup

Jan. 2nd- Granola Bars

Jan. 3rd- Dried Herbs/Spices

Jan. 4th- Cooking Oil

Jan. 5th- Rice