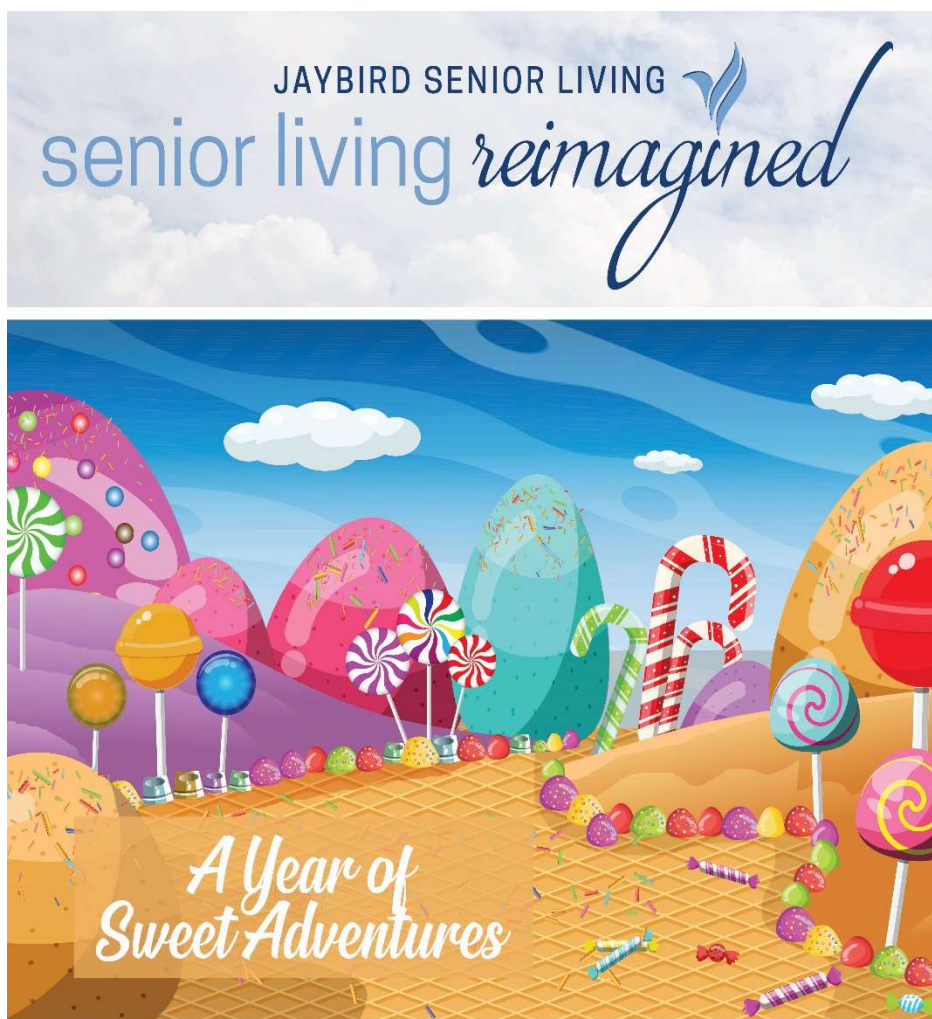


NEWSLETTER

February 2023

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



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Editor's Desk

Family and Friends-

Hard to believe we are already one month into the New Year! January was cold and snowy, but we made the best of it. We celebrated the New Year twice, Elvis came and sang to us, and ending it with a Chocolate and Chili cook off! We are looking forward to our Valentine's Day party and our new cooks starting! Starting in March we are going to be hosting a quarterly family meeting. This meeting will give families an opportunity to come and meet with the leadership team and hear what is going on along with voice and suggestions or concerns. Invites will come via email communication so please make sure email addresses are up to date. First meeting details will come shortly with a date and time. Talk to you all soon!



Kelsey Mergen- Community Director

February Trivia

February has 28 or 29 days. The 29th day is every 4 years during a leap year. February is named for the Latin word februum which means purification

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Quote of the Day

*Act as if what you
do makes a
difference.
It does.*

– William James

Our future is BRIGHT!

Starting the year off right!

Our memory care unit starting the year off right with our new classes/partnership with the YMCA!



National Hot Tea Day

Residents enjoying hot tea and Danish for National Hot Tea Day!



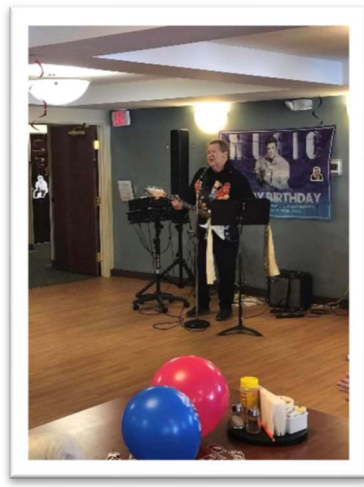
Snow Much Fun!

Pat sure is enjoying the piles of snow on either side of our walking trail!

Elvis was in the building!!



Joyce reminiscing about meeting another Elvis!



Terry Klein performing Elvis for us!



Marvel getting her picture with one of her favorites!



Pat K. and our friend Denise cutting a rug!



Our first ever Paint & Sip BEFORE.....



And AFTER!! What talent we have!

Upcoming Events

Resident Meeting

Tuesday, 7th of February @3:00pm, Dining Room

Resident Memorial Service

Wednesday, 8th of February @10:00am, Chapel

Candyland with Joyful Journeys

Friday, 10th of February @10:00am, Loft

Nature Center Program

Monday, 13th of February @3:00pm, Community Room

Valentine's Day Lunch

Tuesday, 14th of February @12:00pm, Dining Room

Bridal Fashion Show

Tuesday, 14th of February @2:00pm, Loft



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

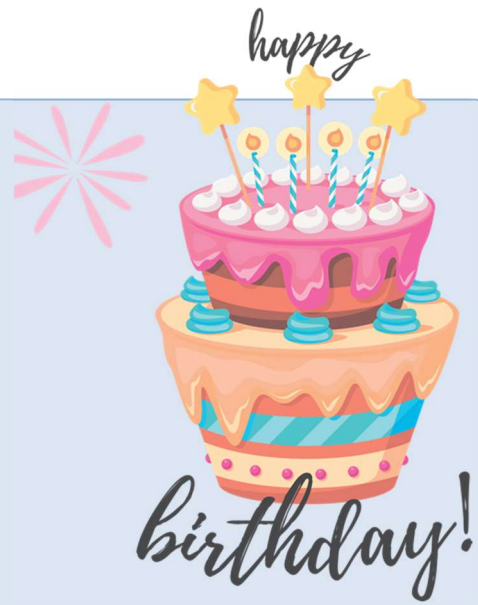
Special Days

1 st	Black History Month
3 rd	The Day the Music Died
5 th	World Read Aloud Day
6 th	Waitangi Day (NZ)
12 th	Abe Lincoln's Bday
13 th	World Radio Day
14 th	Valentine's Day
18 th	Drink Wine Day
21 st	Mother Language Day
22 nd	Baden-Powell's Bday

February Birthdays

In February, we celebrate birthdays with:

- **Patsy Hansen**
- **Myrtle Swanson**
- **Kieth Tadlock**
- **Sally Ingwersen**
- **Carl Ingwersen**
- **Amanda Wills**
- **Jean Still**
- **Kristina Gross**
- **Kelsey Mergen**
- **Irma Reiser**



Please join us in celebration on February 1st @3:30pm in the Dining Room for cake and ice cream!

Abraham Lincoln, U.S. President, 12th February 1809
Ronald Reagan, U.S. President, 6th February 1911
Michael Jordan, Basketball Player, 17th February 1963
Rosa Parks, Activist, 4th February 1913
Johnny Cash, Musician, 26th February 1932
John Travolta, Actor, 18th February 1954
George Harrison, Musician, 25th February 1943
Elizabeth Taylor, Actress, 27th February 1932
Yoko Ono, Artist, 18th February 1933
Steve Irwin, TV Personality, 22th February 1962

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

Poem to Share

Things you can control:

by Caleb LP Gunners

Your Beliefs
Your attitude
Your thoughts
Your perspective
How honest you are
Who your friends are
What books you read
How often you exercise
The type of food you eat
How many risks you take
How you interpret the situation
How kind you are to others
How kind you are to yourself
How often you say "I love you."
How often you say "thank you."
How you express your feelings
Whether or not you ask for help
How often you practice gratitude
How many times you smile today
The amount of effort you put forth
How you spend / invest your money
How much time you spend worrying
How often you think about your past
Whether or not you judge other people
Whether or not you try again after a setback
How much you appreciate the things you have.

Noticeboard



NEW PARTNERSHIP

The Life Enrichment team is very pleased to announce that we have a new partnership with the YMCA for our exercise program! They come in three days a week to lead 45 minute classes for our assisted living and memory care residents. We look forward to the potential this local partnership offers!

NEW STAFF

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

- **Michelle Kirgis- RA**
- **Jenna Frerichs- RA**
- **Jeri Bodle- HCC**

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.

- **Glenn “Wally” Reed**
- **Shirley Hansen**
- **Frank Kennedy**

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 donated good for our 12 Days of Christmas Food Drive! We were able to donate over 50 items to Upper Des Moines Opportunity. Way to make a difference!

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



Computers – Masculine or Feminine?

A class learning French and trying to get to grips with gender wondered if the word "computer" should be masculine or feminine. Split into two groups, men and women, they were asked to say which they considered a computer to be, and to give four reasons for their decision.

The men decided that computers are feminine because:

- No one but their creator understands their internal logic.
- The language they use to communicate with each other is totally incomprehensible.
- Even your smallest mistakes are stored in long-term memory for later retrieval.
- As soon as you commit to them, you spend half your disposable income buying accessories for them.
-

The women decided that computers are masculine because:

- In order to gain their attention, you have to turn them on.
- They are full of data, but are still clueless.
- They are supposed to help you solve your problems, but most of the time they are the problem.
- As soon as you commit to one, you realize that if you had waited a little longer, you could have had a better one.

Vanity

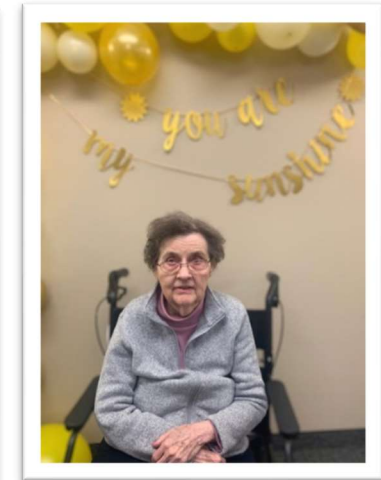
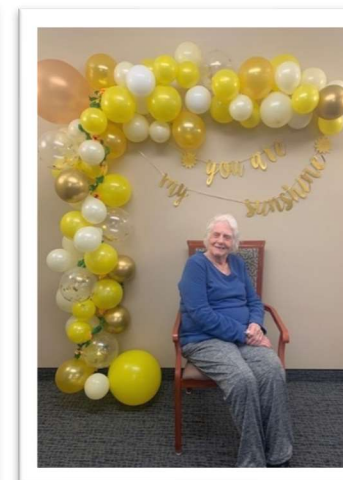
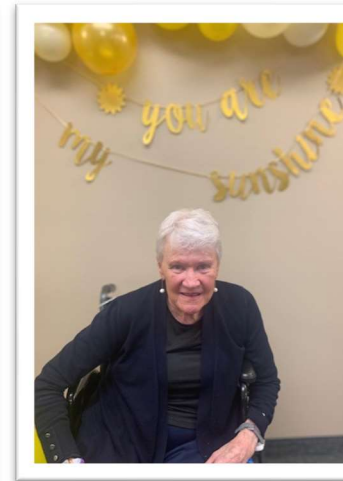
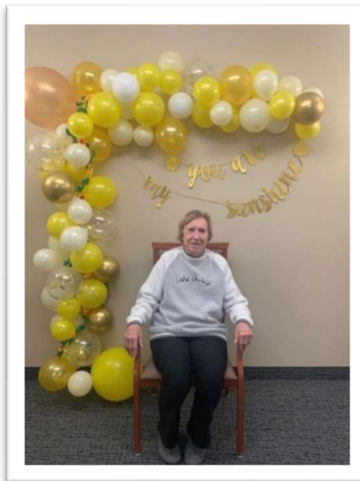
A woman knelt in the confessional and said: "Bless me, Father, for I have sinned."

"What is it you did, Marcy?"

"Father, I have committed the sin of vanity. Five times a day I gaze at myself in the mirror and tell myself how beautiful I am."

The priest turned, moved the little curtain in the confessional, took a good look at her, and said, "Martha, I have good news. That isn't a sin - it's only a mistake."

You Are My Sunshine





WOW!

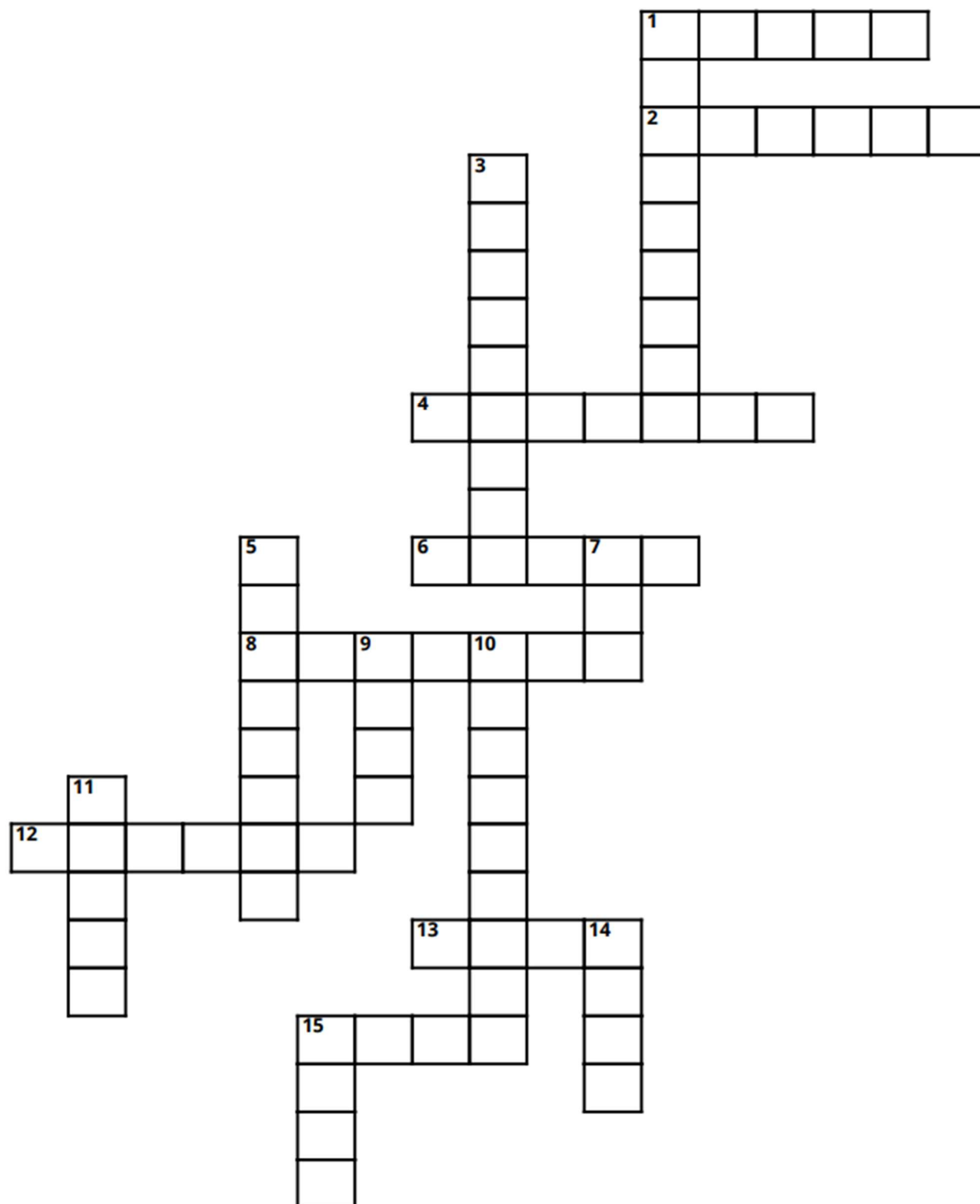
Fun February Facts

1 - Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

2- The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."

Crossword

VALENTINE'S DAY CROSSWORD



Across

1. The ancient Roman god of love
(5)
2. Cupid shoots these
(6)
4. Sometimes they come in bouquets
(7)
6. Symbol of love
(5)
8. A person who is greatly loved
(7)
12. St. Valentine is known as the patron saint of
(6)
13. White and red mixed
(4)
15. The flower of love
(4)

Down

1. A dry, white table wine produced in France
(9)
3. A popular gift on this day made from cocoa
(9)
5. The month of Valentine's Day
(8)
7. The color associated with this day
(3)
9. My true
(4)
10. Would you be my ?
(9)
11. Compositions in verse
(5)
14. Sealed with a ...
(4)
15. Something you wear on your finger
(4)

