

March Resident Birthdays

Bonnie W. 8th Carolyn M. 14th Pat W. 14th
Ellie F. 15th Shirley S. 15th Phyllis H. 18th
Dorothy J. 18th

March Staff Birthdays

Laura D. 2nd Melissa H. 4th Brennah H. 6th
Victoria A. 6th Isabelle I. 22nd
Christina S. 27th

March Entertainers

Friday, Mar. 3rd– Happy Hour with **Steve Poynter**

Friday, Mar. 10th – Happy Hour with **Wes Miller**

Friday, Mar. 17th – Happy Hour with **Steve Rosa**

Friday, Mar. 24th - Happy Hour with **Phil Kitze**

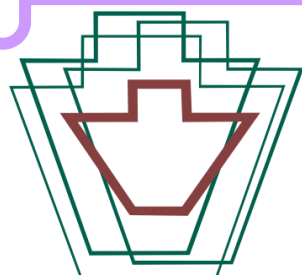
Friday, Mar. 31st- Happy Hour with **Charles Kemper**

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 March. She does charge \$35, but hey, it’s worth it! Please sign up at the front desk.

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Keystone Place at LaValle
Fields on **Caring.com!**

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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

MARCH

March 1st – Chef Talk with Chef Jeff!! Located in the Pub.

March 9th –Coffee with Joe!!! Located in the Pub.

March 10th -Outing to Outback Steakhouse for lunch. Sign up at the front desk.

March 14th - Passport to Spain –Hop on the plane with us to fly to Spain, where you will learn about their culture with Isabelle!

March 16th – Alan Anderson talking about an interesting topic in history located in the Northstar room.

March 17th -Happy St. Patrick’s Day!!! Happy Hour with Steve Rosa!!! Located in the Pub.

March 21st- Wine Tasting with Becky!!!! Located in the Pub!

March 27th– Resident Council- All residents are welcome to attend in the Northstar room. Please join us and learn about what is going on at Keystone!

March 28th- Cooking with Bill-Join Bill for some food from Spain and entertainment!

March 31st – Outing to Treasure Island Casino. Sign up at the front desk.



Here a couple pictures from our lovely Valentine's Day dinner put on successfully by our great dining staff under the leadership of Kimberly and Jeff. You can see Bev, Carol and Betty enjoying themselves. We would like to welcome our newest residents, John and Helen, who celebrated 63 years of marital bliss on the 13th of February. Jeff made them a lovely dinner with linens and flowers.

Notes and Reminders

The kitchen is missing a lot of their dishes and silverware! Please check your apartments and return what is theirs! Thank you kindly.

Theme Days for March are Friday, March 17th, Green Day and Wednesday, March 22nd, Tacky Day. Feel free to wear your favorite green or tacky clothes on these days!

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: Monica is wondering if you have friends that might be ready for that next step in their lives? Maybe you really want them to come live here with you! Go see Monica if you have someone in mind and you could get \$1000 off one month's rent if your friend moves in!

Eat your veggies: 9 healthy greens for active aging adult

(Part One of Two)

Studies show that eating leafy greens may help slow cognitive decline, and some varieties may even help prevent heart disease, inflammation, cancer and osteoporosis.

Kale is a dark, leafy green that rules the nutrient-dense roost.

Benefits:

1. Research suggests that kale supports brain health and may help prevent heart disease, lowers cancer risks, contains anti-inflammatory agents and promotes bone health.

Spinach is a dark, leafy green that's popular in dips, salads and wraps.

Benefits:

1. It has cancer-fighting antioxidants, lowers risk for macular degeneration, promotes heart disease prevention and helps with blood pressure stabilization.

Arugula hails from the Mediterranean and is a dark, leafy green known for its sharp, peppery taste.

Benefits:

1. Promotes bone health, muscle and nerve function, heart health/function, immune system support and iron absorption.

Asparagus This tasty green veggie is especially delicious when grilled.

Benefits:

1. It may help lower the risk of chronic diseases such as cancer, promotes bone and heart health and has anti-inflammatory properties.

The other five healthy greens will be listed in the April newsletter. Thanks to Alexa for the great idea to do this topic!

Key Associate of the Month

March's Key Associate of the Month is Katie A. who works as dining room server. She was nominated by Kathy E. and Jan B. They wrote, "Katie is attentive and helpful and comes in prepared for each resident's dietary needs." "She is always cheerful and happy, even when she is super busy."

Congratulations Katie! 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