



June Resident Birthdays

Lee Z. 2nd Katie W. 6th Shannon D. 7th
Audrey E. 9th Dave W. 11th Jan B. 13th
Diane N. 13th Toni H. 17th Mary Jo D. 23rd
June F. 24th Lowell M. 27th

June Staff Birthdays

Joe V. 3rd Vicki B. 17th
Bisrat G. 21st Clare G. 25th

June Entertainers

Friday, June 2nd – Happy Hour with **Steve Poynter**

Friday, June 9th – Happy Hour with **Wes Miller**

Friday, June 16th – Happy Hour with **Charles Kemper**

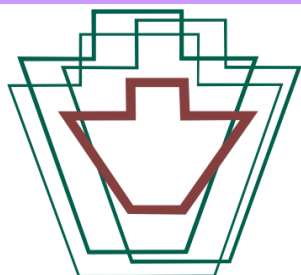
Friday, June 23rd - Happy Hour with **Phil Kitze**

Friday, June 30th- Happy Hour with **Scott Beaumont**

Monthly Guest

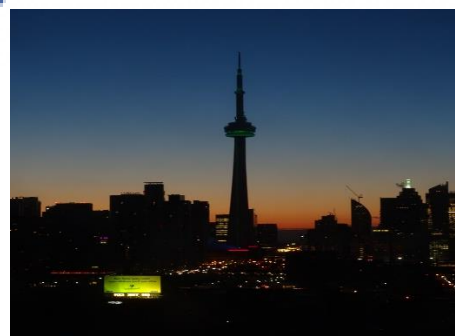
Toenails: Do you need your toenails clipped? If so, Mary Adrian, our designated "Toenail Fairy", will be coming to do just that on **June 13th**. She does charge \$45, but hey, it's worth it! Please sign up at the front desk.

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

June

June 1st -Carving with Ken!!! Come to Northstar and see what he is up to!

June 2nd - Outing to Rudy's Restaurant Patio! Sign up at the front desk!

June 6th-Passport to Ontario-Hop on the plane with us to fly to Ontario, Canada, where you will learn about their culture with Isabelle!

June 13th - Beer Tasting!!!! Located in the Pub!

June 13th- Corvette Car Show!!!! Come out front from 6 to 8 pm and check out the cool cars! You can even vote for your favorite!

June 14th – Chef Talk with Chef Jeff!! Located in the Pub.

June 21st –1:30 pm Resident Council- All residents are welcome to attend in the Northstar room. Please join us and learn about what is going on at Keystone!

June 22nd-Alan Anderson talking about Maria Theresa of Austria.

June 27th- Potato Salad Cookoff!! Whose will you vote for?

June 30th – Outing to Treasure Island Casino. Sign up at the front desk.



On May 25th, 3 2nd grade classes came to visit us from Northstar Elementary. They decorated our sidewalks, colored and read books to us. They all even sang us a song before they left! We had a wonderful time with them! We have a new therapy dog visiting us named Sammy.

Notes and Reminders

- Housekeeping days and times may be altered for the next month due to staffing issues, including an employee injury. Your patience and understanding are greatly appreciated.
- The kitchen is missing a lot of their dishes and silverware! Please check your apartments and return what is theirs! Thank you kindly.
- Theme Day for June is Car Day on Tuesday, June 13th. Feel free to wear your favorite car clothes 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: 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!

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear later in life. Estimates vary, but experts suggest that more than 6 million Americans, most of them age 65 or older, may have Alzheimer's.

Alzheimer's is currently ranked as the seventh leading cause of death in the United States and is the most common cause of dementia among older adults.

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for help with basic activities of daily living.

The causes of dementia can vary depending on the types of brain changes that may be taking place. Other forms of dementia include [Lewy body dementia](#), [frontotemporal disorders](#), and [vascular dementia](#). It is common for people to have [mixed dementia](#) — a combination of two or more types of dementia. For example, some people have both Alzheimer's and vascular dementia.

This article will be continued in the July newsletter.

Key Associate of the Month

June's Key Associate of the Month is Sue G. Resident Assistant. She was nominated by Lee Z. He wrote, "She checks in with us, she gives the best showers and is always attentive."

Congratulations Sue! If you would like to nominate a deserving associate, please contact Life Enrichment for a nomination form. Thank You!



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