

## ON THIS DAY IN OCTOBER

- 1, 1962- The first broadcast of the *Tonight Show with Johnny Carson*.  
2, 1968- California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet during a lifetime that can 2,000 years.  
4, 1957- The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.  
5, 1921- The World Series was broadcast on the radio for the first time.  
9, 1936- The Hoover Dam starts producing electricity.  
10, 1973- Spiro Agnew becomes the second person to resign as Vice President of the United States after pleading "no contest" to tax evasion.  
15, 1951- *I Love Lucy Show* premiers on TV.  
16, 1962- Cuban Missile Crisis begins.  
17, 1931- Scarface, Al Capone, is found guilty of income tax evasion.  
18, 1867- The United States purchased the territory of Alaska from Russia for \$7.2M.  
21, 1797 "Old Ironsides", the USS Constitution was launched in Boston, Massachusetts.  
23, 1915- 25,000 women marched in New York City demanding the right to vote.  
24, 1929- "Black Thursday" occurred in the NY Stock Exchange as nearly 13 million shares were sold in panic selling. Five days later "Black Tuesday" saw 16 million shares sold.  
27, 1969- In honor of President Theodore Roosevelt's birthday, the Teddy Bear was named after him.  
30, 1974- "Rumble in the Jungle"- Mohammed Ali Vs George Foreman. Ali wins!

### Welcome to our newest residents and friends

Paul M.- 106      Ken E.- 321  
Penny M.- 18      Ginny W.- 14  
Bernice C.- 311      Anna C.- 114  
John P.- 202  
Kevin & Kathy G.-227  
Ray & Claudette Z.- 213



### Keystone Place, A Great Place to Call Home

Do you know someone who is looking for their next home? If you send them in Monica's direction and they sign on to become a resident here with us, you will receive a \$1000 rent credit as a thank you. Have them contact Monica Nelson at 651-888-6557 or SLC-LF@keystonesenior.com.

### TRIVIA KEY

- \*Cabbage
- \*Candy corn (originally known as "Chicken Feed") followed by Circus Peanuts
- \*Maime Eisenhower in 1958 for a luncheon

### WORD SCRAMBLE KEY

pumpkins	hay ride
Halloween	scarecrow
corn maze	cider
orange	apple orchard
bonfire	pinecone

# Keystone Chronicle

October 2023

## The history of Halloween

The Halloween holiday has its roots in the ancient Celtic festival of Samhain, a pagan religious celebration to welcome the harvest at the end of summer, when people would light bonfires and wear costumes to ward off ghosts.

The earliest recorded examples of the "trick or treat" phrase come from Canadian newspapers in the 1920's. The phrase appears to be a reference to tricking - or disguising yourself - and treating, getting a treat at people's door.

Keystone Place at LaValle Fields  
14602 Finale Ave. N., Hugo MN 55038  
615-888-6557

## ACTIVITIES

- \*\*Friday 6<sup>th</sup>- Outing to Sunrise River Apple Farm- Go on a hayride, pick an apple, enjoy lunch on the patio, shop in their gift shop and visit with their animals. \$19/person. Sign up and pay at the front desk. Van leaves at 9:30.
- \*\*Saturday 7<sup>th</sup>- Trunk & Treat/Car Show at New Life Church- 9:45-12:00. Sign up at the front desk.
- \*\*Tuesday 17<sup>th</sup>- 1:30 in the NorthStar room- Pumpkin carving with Ken- be entertained by his amazing knife skills.
- \*\*Friday 20<sup>th</sup>-12:30-3:00- Fall Leaf Drive- Sign up at the desk
- \*\*Friday 27<sup>th</sup>- Wanna win big bucks? Outing to Grand Casino Hinkley- sign up at the front desk. Van leaves at 9:00.
- \*\* Tuesday 31<sup>st</sup>- Halloween! Wear a costume.

## SUNNY COVE CORNER

We had two new residents move into Sunny Cove in September. Welcome Ginny and Penny!

Sunny Cove families, please check to see if your loved one has a fall jacket or coat, as I would like to continue to take residents outside for walks or rides.



September's Apple Theme was a huge hit, thank you for everyone's participation! Look for pumpkin/fall related activities on the October Sunny Cove Activity Calendar.





**October Theme Day**

Wednesday,  
October 18<sup>th</sup>-

Wear **BLACK**  
and **ORANGE**



Tuesday, October  
31<sup>st</sup>- Wear a  
costume.

**Tickle your funny bone**

Why shouldn't  
you tell a secret  
in a cornfield?  
*Because the corn  
has ears*

How do you fix a  
broken jack-o-  
lantern?  
*With a pumpkin  
patch*

Why did the  
scarecrow win a  
Nobel Prize?  
*He was  
outstanding in  
his field*

**OCTOBER WORD SCRAMBLE**

smuknpipi\_\_\_\_\_ yha edir\_\_\_\_\_

eolhawnel\_\_\_\_\_ woccraser\_\_\_\_\_

rocn zeam\_\_\_\_\_ dcire\_\_\_\_\_

rngoea\_\_\_\_\_ pelpa croradh\_\_\_\_\_

nfberoi\_\_\_\_\_ eepnnoci\_\_\_\_\_

**HALLOWEEN TRIVIA**

What vegetable was once thought to have supernatural powers on Halloween?

Which Halloween candy is considered the worst by 17,000 Candy.com customers?

Which first lady was the first to decorate the White House for Halloween?

**October on My Mind**

S	G	O	U	R	D	K	O	A	O	P	S	S	R
T	E	I	N	P	C	H	L	E	A	V	E	S	R
S	T	R	N	I	S	R	S	O	C	R	T	U	L
O	N	A	O	U	K	I	I	A	O	R	I	A	N
H	O	R	D	L	I	P	I	S	I	C	S	E	E
G	R	M	O	E	T	S	M	C	P	E	R	I	E
N	C	T	E	C	W	G	K	U	M	W	R	P	W
I	H	R	C	L	Y	O	N	U	P	E	R	E	O
K	A	L	D	E	R	D	T	M	I	T	U	L	L
A	R	R	O	T	N	S	N	G	U	G	E	P	L
R	D	O	R	S	O	H	C	A	C	T	W	P	A
O	S	E	I	C	R	C	M	C	S	U	A	H	
H	A	D	A	A	R	E	T	A	E	W	S	A	R
T	S	C	A	R	E	C	R	O	W	R	O	E	I

TRICK OR TREAT  
SWEATER  
CANDY CORN  
PUMPKIN  
LEAVES  
RAKING  
CRISP  
HALLOWEEN  
SCARECROW  
GHOSTS  
GOURD  
AUTUMN  
ORCHARD  
COSTUMES  
APPLE PIE

**THE NURSES' OFFICE****SAFETY TIPS FOR SENIORS**

**Bathroom:** The bathroom is a very dangerous place for seniors. Here are some ways to make it safer:

- Remove all throw rugs; use a non-skid mat outside of shower if needed
- Put anti-skid pads on the bottom of the tub or shower
- Get a shower chair
- Add a "booster seat" to the toilet so it's easier to get up and down

**Kitchen:** A lot of seniors fall in the kitchen so make yours safer by:

- Moving the table and chairs to one side of the room
- Placing rungs with non-skid backing near the sink and stove
- Making sure all cooking and eating items are within arm's reach

**Other Safety Tips:**

- Removing any electrical cords that could trip you
- Make sure the room is well lit
- Remove or repair any chairs that are wobbly
- Move small furniture items out of walkways
- Eliminate throw rugs that "bunch up" when walked on
- Reduce clutter throughout the home
- Stay off stepstools and ladders
- Get your vision checked- new glasses can make a world of difference
- Get your balance checked- it may be time for a cane or a walker
- Buy shoes with non-skid soles

**FLU & COVID CLINIC**

Thrifty White Pharmacy  
will be here Tuesday,  
October 24<sup>th</sup> starting at  
9:00 in the Northstar room  
giving Flu and Covid  
vaccinations.

Do you need your  
toenails clipped?  
Mary Adrian, the  
"Toenail Fairy"  
will be here to clip  
those nails on  
October 17<sup>th</sup>. The  
cost is \$45, sign  
up at the front  
desk.

**NOW PLAYING**

Ed Sullivan Theater  
on second floor at  
2:00-

October 7-  
The Judge

October 14-  
First Wives Club

October 21-  
Death Becomes  
Her

October 28-  
Good Will  
Hunting

**Happy Birthday to...**

Residents  
Paul S.- 1<sup>st</sup>  
Dee N.- 21<sup>st</sup>  
Keith F.- 25<sup>th</sup>  
Marilyn W.- 29<sup>th</sup>

Staff  
Caitlin- 3<sup>rd</sup>  
Paustina- 10<sup>th</sup>  
Ross- 10<sup>th</sup>  
Lisa- 14<sup>th</sup>  
Elsie- 21<sup>st</sup>  
Monica- 23<sup>rd</sup>  
Xiaoyun- 23<sup>rd</sup>  
Alyssa- 29<sup>th</sup>