

**Keystone Knows:**  
*A Gossip Column*



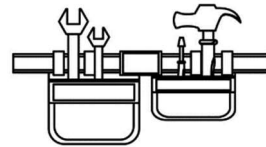
Who added more fertilizer to the vegetable garden late at night last month? Hmmm ... the plot thickens!!

She was seen exercising on her balcony late at night. Were the lights on?

**Maintenance Reminder**

Any and all work that you would like done must have a completed work order filled out with the front desk. No work will be done without a completed work order. Work will be done in order of urgency. Please expect a two-week window to have work completed and longer if materials are required to be purchased. We appreciate your full cooperation in working with your Maintenance Department.

Thank you,  
Mike DeSiervi, *Director of Maintenance*



- 1<sup>st</sup> – Ruthann Platz
- 8<sup>th</sup> – Mary Lou Staffieri
- 10<sup>th</sup> – Mary Duffy
- 12<sup>th</sup> – Kevin Sheil
- 19<sup>th</sup> – Rocco Alfonzetti
- 20<sup>th</sup> – Theresa Cerasoli
- 20<sup>th</sup> – Frank Short
- 20<sup>th</sup> – Beth Ault
- 23<sup>rd</sup> – Julia Heering
- 26<sup>th</sup> – Betty Ford
- 28<sup>th</sup> – Pat Curtice



**Spelling Bee!**



October is here! Spooky season is upon us and the autumn leaves are falling rapidly in preparation for those colder months. I hope everyone is enjoying the apple cider donuts and pumpkin picking because I know I sure am. Make sure to keep in touch with your family during the upcoming holiday season, and enjoy your October!

~ Joel Vega  
*Memory Care Coordinator*

**In this issue**

- Nursing News*
- Maintenance Reminder*
- Welcome New Neighbors*
- Marketing Memo*
- Puzzles & Trivia*

Edited by Darlene Anderson-Alexander

**October 2023**



**Keystone Place**  
*at Wooster Heights*

*A Life Fulfilling Retirement Community*



**Notes From the Administrators**

**Happy October from the Executive Director!**

October is here, which means beautiful leaves, cooler days and lots to celebrate from Oktoberfest to Halloween. The second week of October is going to be a busy week. We will have our full heat changeover – date TBD. Our Oktoberfest celebration will take place on the 13th, with festivities in the Pub and a special dinner in the dining room. Our third annual Pumpkin Carving Contest will start on Monday, October 23rd. Winners will be announced at our Halloween party on Friday October 27th. Yes, we will be having our dress up day for Halloween on Friday the 27th! We will have prizes for best costumes, both staff and residents. We will have a Flu Clinic on October 4th with a COVID Booster clinic to follow, date TBD.

Thank you for making Wooster Heights your home,

Elizabeth DaSilveira  
*Executive Director*

**Keystone Supports Our Local Alzheimer's Association Chapter**

Did you know that the Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research? Founded in 1980 by a group of family caregivers and individuals interested in research, the Association includes a home office in Chicago, a public policy office in Washington, D.C., and a presence in communities across the country – like ours in Southwestern CT. The Alzheimer's Association leads the way to end Alzheimer's — and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Keystone raises money to support these efforts in a variety of ways throughout the year. This past year, we held Bake Sales, a Silent Auction, “Wear Jeans for Alzheimer's Week”, a 50/50 Raffle during Assisted Living Week, and much more!



Keystone presents \$1,068.25 to the Alzheimer's Association!



**Famous October Birthdays**

The following people were born in October. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Julie **ANDREWS**
- B. Johnny **CARSON**
- C. Richard **DREYFUSS**
- D. Mahatma **GANDHI**
- E. Bill **GATES**
- F. John **GOTTI**
- G. John **KEATS**
- H. Timothy **LEARY**
- I. John **LITHGOW**
- J. Mickey **MANTLE**
- K. William **PENN**
- L. Paul **SIMON**

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

## Upcoming October Events

- 4<sup>th</sup> – **Flu Shots** – AL Activity Room
- 4<sup>th</sup> – *White House Butler*
- 9<sup>th</sup> – Indigenous Peoples' Day
- 13<sup>th</sup> – **Oktoberfest** beginning at 3:00
- 15<sup>th</sup> – **Drum Circle with Guest Drummer**
- 18<sup>th</sup> – **Sharing with Sharon & Kevin**
- 23<sup>rd</sup> – *Heidi Starr Sings with her Ukulele*
- 23<sup>rd</sup> – 27<sup>th</sup> – **Pumpkin Decorating Contest**
- 26<sup>th</sup> – *The Matinees Singers*
- 27<sup>th</sup> – **Halloween Costume Party Happy Hour!**
- 31<sup>st</sup> – *James Michael Broadway Show*

### Regular Events

- Walking Group** Tuesday 10:30 am
- Mass and Rosary** Tuesday & Thursday 9:45am
- Group Exercise Opportunities** Every day!
- NY Times Crosswords** Monday, Tuesday, Thursday, Friday 11am
- Deep Dive with Patrick** Friday 11:30 am
- Pub BINGO!** Tuesday & Thursday 3pm and Saturday 1pm
- Trivia** Wednesday 1pm
- Guided Meditation** Thursday 2pm
- Friday Afternoon Games** 1:30 pm
- Happy Hour** Friday 3pm
- Straight Line Bingo** Monday & Thursday 2pm

### A big Keystone Welcome to:

- 🌿 Rosemarie Ross
- 🌿 Al Kartel
- 🌿 Marge Hapke
- 🌿 John Peters
- 🌿 Frank Pisante



In Memoriam

Peggy Goetschkes

## TIPS TO STAY HELATHY DURING COLD AND FLU SEASON

- Avoid crowds and unnecessary travel
- Do not touch your face
- Drink plenty of liquids
- Exercise regularly
- Get a flu shot
- Get a pneumonia vaccine, too
- Mask up
- Keep your surroundings clean
- Stay away from people who are sick
- Stay away if you are sick, too
- Take in more vitamin C
- Wash your hands!

If you have been exposed to cold or flu, keep on the lookout for symptoms. Here are some signs that you should get medical care right away:

- Body aches, headache, chills, and fatigue
- Difficulty breathing or shortness of breath
- Fever or cough that improve but then return or worsen
- Not urinating
- Persistent dizziness, confusion, or inability to waken
- Persistent pain or pressure in the chest or abdomen
- Seizures
- Severe muscle pain
- Severe weakness or unsteadiness
- Vomiting and diarrhea
- Worsening of chronic medical conditions
- any other symptom that is severe or concerning

~ Lisbetty Y. Quiroz-Doghudje, MSN, RN, AAA, EMT, CPC., Director of Health & Wellness

## October: The Month of Unity

As you know, my articles are usually based on what each month brings us for individual highlights. This month I'm giving October a new highlight - "Unity." If you look up the meaning of the word "unity" you will find many ways of saying the same thing. I chose my favorite from the Oxford's Learner's Dictionary: *Unity, the state of being in agreement and working together.*

Having a conversation recently with a work colleague, she spoke words that settled deeply in my heart and stayed with me so much so it prompted this month's article. Her words of wisdom were "there's no room in this world for 'us' and 'them'". What a powerful statement. Why is there that mindset of "us" and "them" in our Community? Who is "us" and "them"; aren't we all one? Aren't we all living under one roof, sharing moments of happiness and sorrow, love and gratitude? Are we so different in the things that bring us joy or cause us pain? We are all here for the same reasons. We are all experiencing the same fears about life, none of us knowing what's next in the playbook. One thing is for sure and that is our lives are unfolding before us every second of every day with people around that breathe, eat, and sleep just like us - our Community. We all want to be treated with respect, compassion and kindness.

In closing, that leads me to ask again who are "they?" Aren't we all "they" or "them"? Could we take a minute to be more mindful of the words we use to describe fellow residents? Aren't we all the same even though some of us may move slower or think differently or need a little more assistance? My favorite saying is, "There by the Grace of God go I". We are "them", they are "us" and in the end, *we are all simply humans.*



In Unity,  
The Marketing Department

Sharon Cataldo

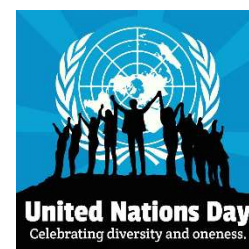
Kevin Baird



Libra  
*The Scales*



Scorpio  
*The Scorpion*



Celebrate the international organization that promotes peace and unity on **United Nations Day**, Oct. 24! This day marks the anniversary of when the United Nations Charter came into effect in 1945 and it is an opportunity to recognize how far we have come as a global community. It is also a chance to celebrate all of our differences by celebrating our common humanity.