

Keystone Knows:
A Gossip Column

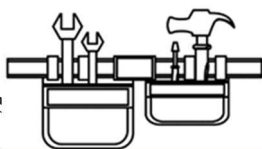


He was seen blowing bubbles in the library!
What!?!
She was seen cutting the crossword puzzle
from the lobby newspaper. Who was it?

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*



- 2nd – Pat Maguire
- 3rd – Edna Jordano
- 5th – Roger Mitchell
- 6th – Dottie Fitzsimmons
- 8th – Sandra Maser
- 16th – Donald Mundt
- 16th – Lucille Cleveland
- 19th – Lois Krafte
- 20th – Oscar Ohtsuka
- 24th – Marge Wilson
- 27th – Mary Lucchese



In this issue

- Nursing News
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- Coat Drive Update
- Welcome New Neighbors
- Marketing Memo

Edited by Darlene Anderson-Alexander

Notes From the Administrators

November 2023



Keystone Place
at Wooster Heights
A Life Fulfilling Retirement Community



Hello November!

Can you believe it? The year is almost over. Let the countdown begin. We are 24 days from Thanksgiving, 55 days from Christmas and 61 days until 2024!

We kick off November with gaining an hour on November 5th. I, for one, appreciate the “extra” hour to catch up on a little personal care, reading a book, or painting.

We will be celebrating our veterans on November 11th with a luncheon celebration. We have lots of fun activities planned with great entertainment for the month. Copies of the daily activities and monthly calendar can be picked up at our Information Station in the lobby.

We will start taking reservations for our Thanksgiving Dinner this week. The menu will be sent out this week as well. We will have two seatings that day. Please make your reservations early. We welcome guests for dinner; the cost is \$25 per guest. With Thanksgiving just around the corner, we start thinking about our time with our family, the warmth and togetherness, and most of all the thankfulness. Thank you all for Making Keystone Place at Wooster Heights your home!

Elizabeth DaSilveira
Executive Director

Thank You Colette!



Keystone would like to give a big thank you to Colette Riney for organizing our *Winter Coat Drive*. Through your kind donations, we were able to collect over 120 coats as well as gloves, hats, scarfs, and winter boots!

All items collected were donated to Catholic Charities for their winter coat outreach program.

~ Patrick McNamara
Director of Life Enrichment

Happy November!

Here is a poem by Adelaide Crapsey about November:

Listen...
With faint dry sound,
Like steps of passing ghosts,
The leaves, frost-crisp'd,
break from the trees
And fall.

This is a month to be thankful and
enjoy the company around you.
Stay warm!

~ Joel Vega
Memory Care Coordinator

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

ARCHER * AUTUMN * BLACK FRIDAY
CHILLY * CHRYSANTHEMUM * TOPAZ
DAYLIGHT SAVINGS * ELECTION DAY
ELEVENTH * NOVEMBER * SCORPION
THANKSGIVING * VETERANS DAY
REMEMBRANCE DAY * SAGITTARIUS



Upcoming November Events

4th – **Daylight Savings Time ends** tomorrow – change your clock back an hour tonight!
 6th – Book Club Meeting
 6th – *Heidi Star and Her Ukulele*
 7th – **Election Day**
 11th – **Veteran's Day**
 15th – *John Tench Plays Piano*
 21st – “*Frank Sinatra*” Show
 23rd – **Thanksgiving Day**
 27th – Cyber Monday (on-line deals)
 30th – *Larry Batter Dinnertime Entertainment*

Regular Events

***NEW* Wii Bowling** Wednesday 3:00 pm
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 & Saturday
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:

Barbara Bigelow
 Lynne & Paul Gilbert
 Rosemary Cannon



InMemoriam

Phil Raneri

Dolores Tierney

Follow Five Steps to Wash Your Hands the Right Way – Prevent the Spread of Germs!

Handwashing is one of the best ways to protect yourself and your family from getting sick.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands **for at least 20 seconds**. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

[CDC, Center for Disease Control and Infection, <https://www.cdc.gov/>]



Sara Krempel, RN
 Assistant Director
 of Nursing

November - The Month of Giving Thanks

So here we are getting ready to close out the year and begin the month that kicks off the holiday whirlwind. Before we start thinking ahead to all the things that need to be done, let us take time to appreciate and give some gratitude for all the wonderful things that happen throughout the year.

As you all know, Marketing has had a busy time of meeting families and filling rooms. Our Community has welcomed in some amazing new residents and in the last two months of the year we will see even more great additions to our family. Our staff has grown with some talented additions, and for all those new faces I am grateful. We all share the work load and, as we have grown, each department finds itself busier. Each new member is a gift.

Personally, every month is a time of reflection and “Thanksgiving” for me. Each day I look at my accomplishments with gratitude and set some great intentions to be better as I proceed. As we enter the ending of this year, I would love for each of you to take some time to say “thank you” for the little and big things in your life. I will start with being so grateful for this Community and the people I work with and the residents I encounter daily. Now it is your turn - write them down and take time to think about each reason you are so thankful for the listed, individual blessing.

I am sure we will enter December with a great flurry, but right now let us slow it down and show some gratitude. Happy Thankful November.

The Marketing Department

Sharon Cataldo
 Senior Living Counselor

Kevin Baird
 Move-in Coordinator



- ★ He said his dog ran 5 miles to the ball. *That seems a bit far-fetched to me!*
- ★ I hired a handyman and gave him a to-do list. When I got home only items #1, #3, and #5 were done. *Turns out, he only does odd jobs!*



Scorpio
 The Scorpion

November

Sagittarius
 The Archer



Tom Turkey, 1970's

The first **Macy's Thanksgiving Day Parade** took place in 1924 when store employees marched to Macy's Herald Square, the flagship store on 34th Street, dressed in vibrant costumes. There were floats, professional bands and live animals borrowed from the Central Park Zoo. With an audience of over 250,000 people, the parade was such a success that Macy's declared it would become an annual event, despite media reports only barely covering the first parade. The parade now draws 3 million spectators each year, with another 44 million viewing it on TV!