

Keystone Knows:
A Gossip Column

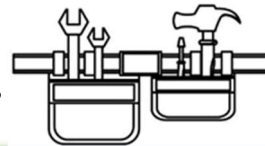


What couple was seen in the corner of the dining room sharing a bottle of wine? The dining room closes at 6:30, doesn't it?!?

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*



- 3rd – Marj Hapke
- 10th – Marlene Monaghan
- 14th – Edith Liefrieri
- 15th – Philetta Clifford
- 23rd – Ginny Chiaramonte
- 23rd – Claudia Anderson
- 24th – Joan Eddy
- 25th – Bernie Brunese
- 27th – Paulette Reda



In this issue

- Maintenance Reminder
- Resident Reflections
- Save-the-Date for CRUISE WEEK '24
- Welcome New Neighbors
- Puzzles, Jokes, and Trivia!

Edited by Darlene Anderson-Alexander

January 2024



Keystone Place
at Wooster Heights
A Life Fulfilling Retirement Community



Notes From the Administrators

Happy New Year!

We have so many things to look forward to as we start the New Year at Keystone Place at Wooster Heights. I don't know about you, but it will take me a bit to get used to penning 2024.

As we move into 2024, I would like to thank all of you who generously contributed to the Employee Appreciation Fund. Thank you so much for recognizing and celebrating how diligently our staff works throughout the year to ensure you enjoy the finest care and experience possible. Each team member here at Wooster cherishes the chance to enrich your days and we work together to do just that.

As for 2024, we kick it off with a few changes right out of the gate. One noticeable change is our Dining staff wearing all black. The Maintenance team will be wearing green polos and you will also notice that, while our RCAs are wearing the royal blue polos, our LPNs and our RNs will be wearing gray polos.

Activities has been working hard and will continue to bring meaningful and fun activities and entertainers into our Community for our residents to enjoy. We encourage our residents to use the common areas and invite your family and friends to participate in activities and enjoy our amazing entertainment.

We thank each one of you for making our days brighter and we look forward to enjoying another amazing year together. Thank you for making Keystone your home and for being part of our family.

Elizabeth DaSilveira
Executive Director



"Write it on your heart that every day is the best day in the year."
~ Ralph Waldo Emerson

Happy New Year to all my new Keystone Place friends. It is hard to believe that just about a month ago I stepped through the front doors of this beautiful community because it feels like (in a great way!) that I have been here forever! There are no words to express the joy I have felt getting to know each one of you and how grateful I am for the kindness and warmth I have been blessed to receive. Please stop by to meet me and chat and always feel free to let me know how I can help! I look forward to growing our amazing community and promise to work hard every day to make that happen.

Warmest regards,
Jennifer Zinzi
Senior Living Counselor

"January, the first month of the year. A perfect time to start all over again, changing energies and deserting old moods, new beginnings, new attitudes."

- Charmaine J. Forde

Take this moment to make a fresh start for the year! Make new friendships, try new things, and learn about something you've never heard of! I hope for you, the best year yet!

~ Joel Vega



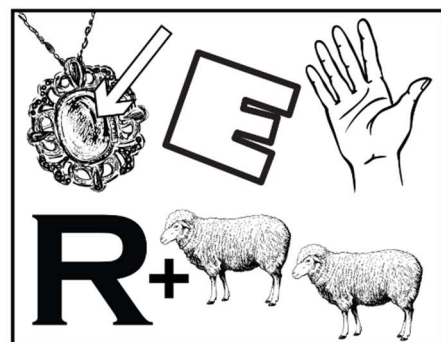
Memory Care Coordinator

New Year Greetings from
Carla Hernandez
Director of Operations



I hope that the coming year will be a wonderful and fortunate year for everyone.

HAPPY NEW YEAR



I am an 88-year-old English actress, singer, and author. Who am I?

Upcoming January Events

- 1st – **New Year's Day**
- 3rd – Music with Billy Michael
- 9th – Music with Nancy Wildman
- 10th – **National Houseplant Appreciation Day**
- 15th – **Martin Luther King, Jr. Day**
- 19th – Happy Hour with Stan Kishner
- 21st – **Grandma Day!**
- 21st – *Activity Professionals Week begins*
- 22nd – Book Club
- 26th – Celebration of January Birthdays at Happy Hour
- 29th – **National Puzzle Day**

Regular Events

- 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:

- 🦋 Dan and Geri Genovese
- 🦋 Thomas Daly
- 🦋 Elaine Hennessey



In Memoriam

Louis Carrafiello



Baby, It's Cold Outside!

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Here are a few precautions everyone should take, especially older adults, during the winter.

- * Stay indoors (or don't stay outside for very long)
- * Keep indoor temperature at 65 degrees or warmer
- * Stay dry because wet clothing chills your body more quickly
- * Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- * Essential winter wear: hats, gloves, winter coat, boots, and a scarf to cover your mouth and nose
- * Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over
- * Clear away snow and salt your walkways at home
- * Wear boots with non-skid soles – this will prevent you from slipping
- * If you use a cane, replace the rubber tip before it is worn smooth

Sara Krempel, RN
Assistant Director of Nursing

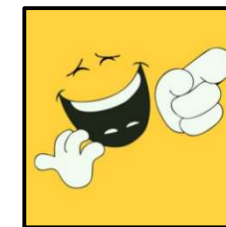


SAVE THE DATES! Keystone Cruise Week '24

February 19th-23rd

London * Alaska * Puerto Rico * Boston * Monaco

A Look Back at Last Year!



- Never date a tennis player ... love means nothing to them!
- I accidentally drank some invisible ink. Now I'm at the hospital waiting to be seen!

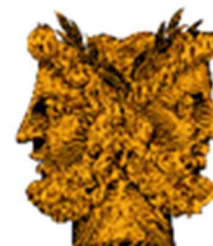
~ Contributed by Chris Miller



Capricorn
The Goat



Aquarius
The Water Bearer



January is named for the ancient Roman god Janus who is thought to have presided over the dawning of each new year. He was often referred to as the “god of beginnings.” The image of Janus is often symbolized by a face that looks both backward and forward at the same time— a reminder to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead. Happy New Year!