

ON THIS DAY IN MAY...

- 1, 1941** – The cereal “Cheerios” hits store shelves.
- 2, 1939** – Lou Gehrig plays in his 2,130th game, a baseball record that will last for 57 years until Cal Ripken comes along.
- 4, 1932** – Atlanta Penitentiary has a new resident after Al Capone is convicted of income tax evasion.
- 6, 1833** – John Deere produces the first steel plow.
- 7, 1945** – Germany signs an unconditional surrender at Rheims, France, ending WWII in Europe.
- 12, 1792** – The flush toilet is patented. 3 cheers for that!!!
- 14, 1878** – Vaseline petroleum jelly slides onto store shelves for the first time.
- 15, 1940** – Nylon stockings hit the market for the first time.
- 22, 1931** – Canned rattlesnake meat goes on sale in Florida.
- 24, 1830** – The nursery rhyme “Mary Had a Little Lamb” was written by Mary Hale of Boston.
- 27, 1647** – Achsah Young is the first woman to be executed as a witch in Massachusetts.
- 29, 1953** – Sir Edmund Hillary is on top of the world. He is the first person to reach the summit of Mt. Everest.
- 31, 1977** – The Trans-Alaska pipeline is completed.

Welcome to our newest friends and residents who joined us in April-

209- Barb C 13- Bob N 307- David S

311- Merle & Judy M 106- Joan

320- Marlene S 113- Wayne S



Independent Living Residents

Do you have a **RED FOLDER** on top of your refrigerator? Do you know the purpose of that **RED FOLDER**? This folder should contain emergency contact information, a current mediation list, a POLST, and your hospital preference. We ask that you keep this on top of your refrigerator so that in case of emergency, it can be easily found and information can be shared with emergency personnel and that your wishes are met. We also keep a copy of this information in a binder at the front desk. If you do not have a folder or you need new forms, please see Terese at the front desk. Also, make sure to give her any copies of all forms, updated forms as well.

Word Scramble Key

garden	seeds
planting	dirt
growth	bloom
blossom	sprout
petals	leaves
water	pollen

Riddle Key

- *Spring rolls
- *The rain
- *It lost its petals
- *With a honeycomb
- *Garden hose
- *In case he got a hole in one

HOUSEKEEPING CORNER

Your housekeeping day and/or time and housekeeper are subject to change due to unforeseen circumstances. If you have any questions or concerns, please contact the front desk.

May 2024

Keystone Chronicle

Keystone Place at LaValle Fields – 14602 Finale Ave N, Hugo MN 55038 - 651.888.6557



ACTIVITIES

Get ready for the Kentucky Derby, Keystone Style

Wed. 1st, 3:30- “Derby Day” Special Guest Happy Hour

Sat. 4th, 1:30 Watch the Kentucky Derby in the Pub

Fri. 17th, 2:30- Keystone Place Horserace followed by Bill’s Mint Juleps at Happy Hour

Fri. 3rd, 10:30- Take the van to Bear Town for lunch. Sign up at the concierge desk.

Fri. 17th, 9:30- 2nd graders from Northstar Elementary will be here to sing, color, and read.

Thurs. 23rd, 1:30- Memorial Day presentation by Alan Anderson

Fri. 24th, 3:30- May Happy Birthday Happy Hour- Come and eat some cake!

Tues. 28th, 1:30 Come down to the pub and enjoy a cup of Ethiopian coffee

Tues. 28th, 4:00- Caregiver Support Group

Thurs. 30th, 2:00- Attend the All-Residents’ Meeting

Fri. 31, 10:30- Treasure Island Casino- sign up at the front desk to win big money

In honor of Mother’s Day, some mom wisdom-

“Why?” Because I said so.

“I don’t know” is not an excuse.

Your face is going to freeze like that!

I don’t care who started it!

No one said life was fair.

What part of “NO” don’t you understand?

Beds are for sleeping, not for jumping.

Bob. Sue. Joe. Fido. Whatever you name is...

It’s all fun and games until someone pokes an eye out.



IT'S ALL FUN & GAMES

MAY Scattergories- write down a word under each category that starts with a letter in the word **SHINE**.

	Flower	Insect	Bird
S			
H			
I			
N			
E			

All About Flowers Word Scramble

rnedga	deses
npiatngl	rtdi
wghort	omlob
somolsb	utrps
tlpaes	vaeels
aerwt	llpone

A Little Chuckle

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"

What does winter fat turn into?

What falls but never gets hurt?

Why couldn't the flower ride its bike?

How do bees brush their hair?

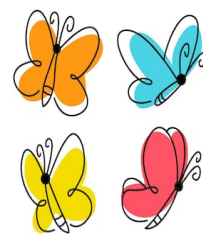
What do gardeners wear on their legs?

Why did the golfer bring an extra pair of pants?

The Joys of May

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

FLOWER
MEMORIAL DAY
CATERPILLAR
RAINBOW
BUGS
RAINDROPS
WORM
GREEN
SUNSHINE
BUTTERFLY
MOTHERS DAY
GRASS
BASEBALL
LAWNMOWER



Happy Birthday to...

Residents

Bev W- 8th Audrey W- 16th
John S- 19th Kaaren H- 23rd
Dolores S- 27th Penny M- 29th
Sheila S- 31st

Staff

Abby H- 2nd Megan L- 2nd
Kylie C- 5th Alaina F- 9th
Katie S- 12th Renee C- 17th
Lacey F- 18th Maddie L- 18th
Britany M- 18th Leticia S- 30th

NOW SHOWING

5/4- As Good as It Gets
5/11- The Quick & the Dead
5/18- Dial M for Murder
5/25- Fiddler on the Roof
5/27- Tora! Tora! Tora!

THE NURSES' OFFICE

Preventing Osteoporosis

Osteoporosis is a condition that weakens bones to a point of making them brittle. Johns Hopkins Medicine says that 50% of women in the U.S. age 50 or older will break a bone due to osteoporosis. It affects more women than men as women have lower bone density. If you are concerned about osteoporosis you should talk to your doctor about prevention and treatment.

Steps to prevent osteoporosis include:

- o Sufficient calcium intake. Women over 50 should have 1200 mg of calcium each day. Calcium can come from food, beverages, and supplements.
- o Proper protein intake. Choose lean protein sources.
- o Get enough Vitamin D. Vitamin D is made in the skin after exposure to sun. Supplementation often is the answer to ensure healthy levels. Eat foods rich in Vitamin D such as eggs and fortified dairy foods or juices.
- o Keep active. It is important to engage in regular weight-bearing and muscle strengthening activities.
- o Maintain a healthy weight. Being too thin or having a BMI under 19 is harmful to bone health.
- o Prevent falls. Take steps to prevent falls.
- o Get screened for bone density. A bone density test is a special x-ray capable of detecting bone loss.

SUNNY COVE CORNER



An extra dose of happiness down in Sunny Cove when our residents enjoyed McDonald's Happy Meals.