BITS 'N PIECES

Answers:
The Original
13 Colonies

Massachusetts
Rhode Island
Connecticut
New Hampshire
New York
New Jersey
Pennsylvania
Delaware
Maryland
Virginia
North Carolina
South Carolina
Georgia

Answers:
Word
Scramble
independence
liberty
justice
freedom
patriotic
states
rights
colonies

nation

Happy Birthday to...

Residents

Helen I-O- 1st Pat S- 12th Gerry K- 19th Sandy S- 21st Loretta L- 24th Pat B- 31st

Staff

Will H-5th Annie G- 7th Caden Z- 8th Elen G- 8th Ashley M- 11th Dakota F- 13th Brennan B- 16th Abby C- 18th Becky C- 24th Jeff R- 27th

Now Showing

6th- Butch Cassidy and the Sundance Kid

13th- Chitty Chitty Bang Bang

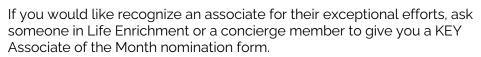
20th- Hidden Figures

27th- It's a Wonderful Life

Associate of the

Jennifer, Memory Care Coordinator, was nominated by Gary, whose wife lives in Sunny Cove. Gary wrote"Jennifer is great with residents, smart, and a masterful multi-tasker; quite capable of handling any situation with a soft voice filled with a kindly authority; willing to take on difficult tasks such as the White Bear ice cream tour.

Jennifer- SHE'S THE ONE!"





RESIDENT ROUNDUP

The newly formed Resident Committee held its second All-Resident meeting on June 20th to review positive changes that have been enacted. In addition to the restrooms near the Pub being changed to unisex to better meet urgent needs, encroachment branches over our small evergreens are scheduled to be trimmed and clocks have been installed in both dining rooms, it was announced that the movies in the theater have been inventoried and placed alphabetically in new storage shelves in the theater along with a list of all our out movies. Residents can now peruse the list and request a movie using one of the suggestion forms on the counter outside the Trailway dining room. In addition, if a favorite movie does not appear on the list, residents can request that it be added to our inventory using a suggestion form.

Results of the recent Resident Questionnaire will be presented at the July meeting.

<u>Helpful hint:</u> To keep celery fresh and crisp, wrap it in aluminum foil before putting it in the refrigerator. If you have a helpful hint to share, let Lowell, Jan, Kathy, or Keith know about it.

<u>Request:</u> It has been brought to the attention of the committee that a number of residents have severe allergies to cat dander. It is requested that animals not be taken into the dining rooms or the Pub in order for residents with animal allergies to have an animal free sanctuary.

July 2024

Keystone Chronicle



Keystone Place at LaValle Fields | 14602 Finale Ave., Hugo MN 55038 | 651-888-6557 |

Fun Facts of July 4th

*President Zachary Taylor died in 1850 after eating spoiled fruit following 4th of July speeches.
*The Liberty Bell is tapped 13 times by descendants of the signers of the Declaration of Independence every July 4th in honor of the original 13 colonies.
*Americans spend more than \$1 billion on fireworks annually.
*George Washington celebrated the July 4th holiday by giving his soldiers a double ration of rum.
*There have been 27 versions of the US flag.

*Americans consume approximately 150 million hot dogs every July 4th- enough to stretch from D.C. to Los Angeles more than 5 times.

*There are more than 341 million people living in the US today; in 1776, there were just 2.5 million. *The Continental Congress actually completed and voted for the Declaration of Independence on July 2. It was adopted on the 4th but not signed by all 56 signers until August 2nd.

*Thomas Jefferson believed Independence Day should be July 2nd, the initial date of signing, not the 4th and subsequently turned down all July 4th celebration invitations throughout his life.

ACTIVITIES

<u>Tues 2nd 2:00</u>- Lemonade Social out in the Trailway Courtyard

Fri 5th 10:30- Catch a ride on the bus to Stillwater for lunch. Sign up at the concierge desk.

Mon 15th 2:00- Scoops Ice Cream Truck out front Wed 17th 12:30- Take a boat ride on White Bear

Lake- sign up at the concierge desk Thurs 18th 2:30- All-Residents' Meeting

Tues 23rd 5:00-7:00- Car Show out front

Wed 24th 3:30-Summer Luau Special Guest Happy

Hour in the Trailways Dining Room

<u>Thurs 25th 2:00</u>- Painting and Mimosas- P Fri 28th 9:30- Win big money at Treasure Island

Casino- sign up at the concierge desk Fri 28th 3:30- July Birthday Happy Hour

Tues 30th 4:00- Caregiver Support Group

Check out the monthly calendar for some new happenings such as The Weekly Chronicle, Dominos, 500 Club, and an additional Blackjack! Also, please note that the time of some events have been changed.

Congratulations to Isabelle, our new Director of Life Enrichment!



ALL FUN & GAMES NURSES' OFFICE

<u>July Scattergories</u>- write down a word under each category that starts with a letter in the word **FLAG**.

	Summer Activity	Picnic Food	Vacation Spot
F			
L			
Α			
G			

4 th of July Word Scramble
eeennidcnd
irmacae
yltireb
tucjise
droemfe
<u>rtcipoait</u>
ttssea
stihrg
neslooic
otanni

Tickle your funny bone

Why aren't there any knock-knock iokes about America?

Because freedom rings

What kind of tea did the American colonist want?

Liber-tea

If you crossed a Patriot with a curlyhaired dog, what would you get? A Yankee Poodle

Was the Declaration of Independence written in Philadelphia?

No, it was written in ink

What did one flag say to the other flag? Nothing, it just waved

What is red, white, blue, and green?
A seasick Uncle Sam

Which flag is the most highly rated?

The American flag; it has 50 stars!

4th of July

S	S	R	R	Α	С	Ε	L	Ε	В	R	Α	T	Ε
G	Α	Н	E	U	S	T	Α	R	S	S	Α	Α	I
Q	Т	R	L	S	Р	Α	R	Κ	L	Ε	R	S	Ε
W	Н	I	Т	Ε	G	S	D	В	I	Ε	S	R	Α
Ε	J	U	L	Υ	Α	Р	Т	L	Α	Ε	L	Р	Α
R	Р	Ε	Т	В	L	I	S	R	L	Р	Υ	В	S
S	L	R	R	R	F	R	L	I	I	Ε	Н	С	L
Ε	Р	N	Ε	U	L	В	S	В	U	Р	Р	R	W
F	С	Р	В	R	Р	I	С	N	I	С	E	Н	R
Υ	R	F	I	R	E	W	0	R	K	S	S	S	Υ
R	В	Α	D	L	Р	S	R	R	R	W	R	R	Т
L	Α	S	Ε	U	Q	Ε	В	R	Α	В	W	L	D
U	Ε	Υ	R	S	Υ	Α	D	Ι	L	0	Н	Ε	S
Y	Ε	Н	P	Α	R	Α	D	Ε	N	В	Ε	Ι	Р



Do you know the original 13 colonies?

Promising New Treatments for Alzheimer's

New drugs are being developed to treat Alzheimer's disease. So far, they show some promise, but not a cure. As studies are done on these drugs and their results, hopefully it will lead to development of additional drugs.

Lecanemab (Leqembi) is one drug that has been shown in headlines. It is administered in twice monthly infusions. It removes Alzheimer's hallmark plaques from the brain and slows down memory loss. It is not a miracle drug. It does not stop, reverse, or cure this disorder. On average it can slow mental decline by a mere five months over an 18-month treatment period. Studies are ongoing, but it represents a foundation on which the medical community can begin to build. Only patients with early-stage symptomatic Alzheimer's disease and confirmed high levels of amyloid proteins in the brain are candidates for Lecanemab. The cost of this medication is prohibitive at this time; it is estimated at \$6636 annually with Medicare coverage.

Over the next 5 years, scientists anticipate more breakthroughs such as: convenient blood tests to diagnosis Alzheimer's in the doctor's office, a variety of drugs to combat the disease on many different fronts, and customized lifestyle strategies that will likely become standards of care. In 10 years, Alzheimer's may be treated in your doctor's office the way heart disease is now: diagnosed via blood tests, treated with a combination of drugs, and lifestyle strategies.

Instead of a terminal disease, Alzheimer's could become treatable, preventable and even reversible.

SUNNY COVE CORNER

Holistic Harbors Programming for Sunny Cove

Starting this month the Sunny Cove Activity Calendar will look a little different. The calendar will include the Holistic Harbors Memory Preservation Enrichment Program categories. The Holistic Harbors Program recommends certain activities be a part of the memory care activity calendar and then places them into categories, these categories include: Physical Exercise (PE), Cognitive Exercise (CE), Stress Management (SM), Mediation and Yoga (YM), Art (ART), Music Prorams (MP) and Multisensory Activities (MA). Holistic Harbors based programming has been shown to improve both brain fitness and health, and general well-being as we age.







en da

A beautiful day to enjoy a treat from Cup-n-Cone down by the lake.





