

## Happy Birthday

Residents  
 Lolly M- 2<sup>nd</sup>  
 Berta V- 9<sup>th</sup>  
 Helen Z- 11<sup>th</sup>  
 Helen S- 15<sup>th</sup>  
 Bobbi K- 19<sup>th</sup>  
 Susan Q- 28<sup>th</sup>

Staff  
 Sophie G- 4<sup>th</sup>  
 Monique K- 6<sup>th</sup>  
 Andrea W- 9<sup>th</sup>  
 Grace S- 11<sup>th</sup>  
 Zach W- 18<sup>th</sup>  
 Jill N- 19<sup>th</sup>  
 Lyubov K- 28<sup>th</sup>

## Now Showing

Ed Sullivan  
 Theater on 2<sup>nd</sup> floor  
 3<sup>rd</sup>- Jurassic World  
 10<sup>th</sup>- Marley & Me  
 17<sup>th</sup>- Mrs. Doubtfire  
 24<sup>th</sup>- Hunt for Red October  
 31<sup>st</sup>- Fried Green Tomatoes

Welcome to our newest friends and residents who joined us in July  
 Jack & Dianne 325  
 Don and Rose 211  
 Peaches 103  
 George 216



## BITS 'N PIECES

### Word Scramble Key

Sunburn Humidity Boating  
 Fishing State Fair Vacation  
 Tornado Thunderstorm Mosquitos  
 Camping Swimming Lemonade

### KEY Associate of the Month

Tina J, overnight RA, was nominated by Carolyn because- "You press your button and she's there, lickety split. She's quick, a johnny-on-the-spot, kind, and pleasant. She's like a fairy godmother."



If you know an associate who goes above and beyond, get a nomination form from someone in activities or at the front desk.

The St. Andrew's Homeless Shelter here in Hugo recently turned in 1000 pounds of aluminum cans and received \$767! Some of those cans were collected by Pastor John from our happy hours. If you have cans you would like to donate, please drop them off with John in apartment 115. One can does not seem like much but as you can tell, they certainly add up!

Hello August.  
 Please be kind. I'm still recovering from July.  
 -Author Unknown



## RESIDENT ROUND UP

The concept of positive interaction with others seems to be catching on more and more. Several people have received anonymous good will benefactor.

The idea of All Resident action took a new turn in July with the first All Resident ecumenical church service. Participants include Pastor John Schildwacher giving communion, Phil Holmes serving as lector, Judy Miller providing the music and Keith Forstrom giving the sermon. Future services will depend on resident response and participation.

There were complaints made about excessive audience noise at the July 3<sup>rd</sup> Happy Hour. A letter of apology was sent to Phil Berbig who was appreciative of the gesture and looks forward to his next appearance at Keystone Place. The Resident Committee regards the matter resolved.



We have a collection basket in the lobby where you can leave donations for the Hugo Food Shelf. They accept non-perishable, unopened, not expired food items as well as personal care items.

# Keystone Chronicle

August 2024

Keystone Place at LaValle Fields  
 14602 Finale Ave N, Hugo MN  
 651-888-6557



## ACTIVITIES

- 2<sup>nd</sup> 10:30- Lunch outing to Orchid restaurant- sign up at the concierge desk
- 8<sup>th</sup> 2:00- Pasta Salad Cook-Off
- 15<sup>th</sup> 2:30- All-Residents' Meeting in the Northstar room
- 16<sup>th</sup> 10:45- Padleford Cruise- sign up at the concierge desk
- 23<sup>rd</sup> 3:30- Special Guest Happy Hour- COMMUNITY FAIR!
- 30<sup>th</sup> 3:30- August Birthday Happy Hour
- 30<sup>th</sup> 9:30- Casino trip- sign up at the concierge desk



**We were able to cool down a bit on a hot summer day with an ice cream treat from Scoops!**

World Mosquito Day! Aug. 20th  
 Why? I don't know but here are a few facts about these pesky little bugs-  
 \*Over 3,700 types of mosquitos can be found worldwide.  
 \*Only female mosquitoes bite people & animals to get blood meal which is needed to produce eggs.  
 \*Adult mosquitoes live for 2-4 weeks depending upon species, humidity, & temperature.  
 \*They can fly up to 1.5 miles per hour.  
 \*They can detect prey from 100 ft away.

\*Mosquitoes are attracted to the carbon dioxide we exhale and the heat & moisture we emit.  
 \*Mosquitoes are found on every continent except Antarctica.  
 \*They are responsible for more human deaths than any other animal as they transmit dengue fever, Zika virus and malaria.  
**WHY** do they get their own day?

Unlike "World Mosquito Day", here are some "National Days" celebrated in August which I can support:

- 2<sup>nd</sup>- Ice Cream Sandwich Day
- 4<sup>th</sup>- Chocolate Chip Cookie Day
- 16<sup>th</sup>- Rum Day
- 20<sup>th</sup>- Lemonade Day
- 26<sup>th</sup>- Cherry Popsicle Day
- 31<sup>st</sup>- Trail Mix Day

- 3<sup>rd</sup>- Watermelon Day
- 6<sup>th</sup>- Rootbeer Float Day
- 18<sup>th</sup>- Fajita Day
- 25<sup>th</sup>- Banana Split Day
- 30<sup>th</sup>- Toasted Marshmallow Day

## ALL FUN & GAMES

### The Great MN Get together

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

CHEESE CURDS  
PARADE  
COTTON CANDY  
RIDES  
STATE FAIR  
POLITICIANS  
GRAND STAND  
FOOD BUILDING  
BLUE RIBBON  
MACHINERY HILL  
HOT  
PRONTO PUP  
CONCERTS  
AUGUST  
CROWDS



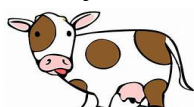
### It's a MN Summer - Word Scramble

uunnrsb	mhiuityd	ntabogi
inifhgs	ttaes iarf	ctiavano
dnaorot	mtrhousnrde	qtimssoou
gacimn	mimiwns	noelmda

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

	Fair Food	Animal at the Fair	Things to see at the Fair
F			
A			
I			
R			

In honor of the State Fair Cow Barn- Udderly amazing "dad" jokes-  
What is a cow's favorite party game? Moo-sical chairs  
What does a cow like to wear? A moo-moo  
What don't cows do? Horse around



### State Fair Food Trivia

During a typical year, how many gallons of milk are served at the All You Can Drink Milk booth?

26,000 gallons

At what temperature is the corn at the Corn Roast booth roasted?

575 degrees

How many pounds of ketchup do the Fresh French Fries stands go through each fair?

250,000

How many tons of batter do Pronto Pups use each fair?

About 70 tons

How many cookies can Sweet Martha's Cookie Jar produce in one day?

3 million cookies

If measured end to end, how many miles of foot-long hot dogs are sold at the State Fair each year?

35 miles of hot dogs

How many dozens of mini-donuts are eaten each year at the fair?

Nearly 338,000 dozen- that's more than 4 million individual mini-donuts

What is the top food vendor each year?

Sweet Martha's Cookies- in 2022 they had 4.5 million dollars in sales- more than double the next highest by Pronto Pups at 1.9 million.



## NURSES' OFFICE

### Cochlear Implants- Are They for You?

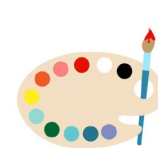
Hearing loss can affect you physically and emotionally. Being unable to hear impacts your ability to communicate with your loved ones, hear in noisy environment, talk on the phone, and may force you to become more reliant on your family members.

Cochlear implants work differently than hearing aids. Rather than amplifying sound, they use state-of-the-art electronic components and software to help provide access to the sounds you've been missing. They are designed to help you hear better and understand speech in all situations, including noisy environments.

Cochlear implant technology is very reliable and has been around for more than 40 years. It is not major surgery, and is often done on an outpatient basis. It typically takes just a couple of hours. Medicare and most private insurance plans typically cover the cost of a cochlear implant.

## SUNNY COVE CORNER

Our residents did some summer time watercolor painting



# ART



The first modern Summer Olympic Games had just 14 participating countries. Teams 11 European countries, Chile, Australia, and the USA. Now, more than 200 countries have athletes competing.

Here are some fun facts about Olympic events and medals-

Motor boat sailing, hot air ballooning, and tug of war all used to be Olympic sports. Over time, different sports and events are voted into or out of the Games. Some disappear, then return, like golf or rugby, while others like running deer shooting or dueling pistols, go out of fashion forever.

New events for the 2024 Olympics include skateboarding, surfing, sport climbing, and breakdancing!

Until 1912, first-place medals were made of solid gold. Now they are required to be made from at least 92.5% silver and must contain a minimum of 6 grams of gold as a coating. All medals must be a minimum of 17mm in diameter and 3mm thick. Minting of the medals is the responsibility of the host nation.

At the Paris 2024 Olympics, medals will contain a piece of original iron from the Eiffel Tower.