BITS 'N PIECES

RESIDENT ROUNDUP

Residents are becoming more aware of how they can have a voice in what happens at Keystone Place and how they can be instrumental in bringing about positive changes. Recent improvements include 1) additional message boards that relieve overcrowding as well as improved accessibility- especially for first floor residents and 2) publication of resident directories for both Oneka and Trailways residents for improved familiarity among residents.

Resident Recipe Roundup Kaaren Harris' pasta salad which won the pasta competition: Ingredients: 10 oz bow tie pasta (4 c); 2 c cooked/cooled diced chicken breast; 12 oz red grapes, halved (2 c); 1 c diced celery; ³/₄ c sliced almonds; ¹/₂ c sliced green onion tops; 1/3 c dried cranberries (optional). Dressing: ½ c fat free plain Greek yogurt; ½ full fat mayonnaise; 3 T white or apple cider vinegar; 3 T honey; 2 T granulated sugar; 1 ½ T poppy seeds; ½ t salt (or more to taste). Instructions: 1) Cook pasta to al dente in salted, boiling water as per package directions. 3) Drain; rinse with cold water; drain; set aside to cool. 4) In mixing bowl, whisk together yogurt, mayonnaise, vinegar, honey, poppy seeds and salt. 3) Into a salad bowl, add pasta, chicken and other ingredients. 4) Pour dressing over top and toss to coat; season with more salt to taste and toss. 6) Chill at least 30 minutes (up to 1 day) to allow pasta to absorb the dressing flavor. 7) Serve chilled.

Keith Forstrom's "Flagstaff Mountain French Toast" which he introduced at his "Cooking with Keith" presentation: 1) bread (Master English Muffin recommended); 2) egg batter for dipping bread; 3) seasoning sprinkled on the bread consisting of 5 parts cinnamon, 2 parts ginger and 1 part nutmeg; 4) top with a handful of chopped pecans (press into bread for easier turning); 5) maple syrup.



HUGO Good Neighbors FOOD SHELF

When donating food items to the Food Shelf, please make sure it is not expired. All food items MUST be unopened, non-perishable, and nonexpired. They cannot accept any expired items. Thank you!

Word Scramble Key

witch	ghost	cowboy
princess	vampire	scarecrow
skeleton	pirate	clown
angel	fireman	pumpkin



Tom R- 21st Dee N- 21st Marilyn W- 29th Keith F- 25th

Staff Birthdays

Maddie T- 2nd Caitlin M- 3rd Tina J- 10th Lisa K- 14th Monica N- 23rd Alyssa I- 29th

Tuesday, November 5th is election day. If vou would like to vote in person, our van will be available during the day to bring people to the local polling place.



October 2024

Keystone Chronicle

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

Activities

1st at 2:00- Apple Cider & Treat Social 2nd at 3:30- Oktoberfest Guest Happy Hour 4th- Fall colors dress up day 4th at 9:30- Como Zoo Conservatory and lunch at Zobota Café 8th at 2:00- Fall Paint and Sip 11th at 11:15- Bonfire and S'mores in the Park 12th at 9:00- Fall Colors Train Ride in Osceola 15th starting at 9:00- Flu shot and COVID boosters 17th at 2:30- All Residents' Meeting 18th at 12:15- History and Mystery Ghost Tour of Anoka 21st at 1:30- Pumpkin Carving with Ken 23rd at 8:30- Aldrich Arena Farmer's Market 23rd at 1:30- Sing Along 24th at 2:30- Alan Anderson talk of the History of the Dakota War of 1862 25th at 11:30- Lunch outing to Fiesta Cancun 30th- Halloween Costume Day, face painting at 2:00 and Halloween Bash at 3:30 31st- Halloween Costume Day #2 with a Halloween Parade at 1:30 Movies are now being shown on Saturdays and Sundays-2:00 in the theater on 2nd floor.

Pumpkins are a fruit, not a vegetable because they come from the flowers of their plants.

Each pumpkin contains about 500 seeds.

There are more than 45 different types of pumpkins. The largest of all is the Atlantic Giant which can grow as much as 50 pounds per day!

Illinois wins the pumpkin production battle, growing over 12,000 acres each year- twice as many as any other state.

Morton, Illinois, is considered the "Pumpkin Capital of the World". Morton is home to Libby's, the producer of 85% of the world's canned pumpkin.

The current world record for the World's heaviest pumpkin is held by Travis Gienger, a horticulture teacher from MN. This whopper weighed in at 2,749 pounds!

The largest pumpkin pie was made at the New Bremen Pumpkinfest in Ohio. The pie had a 20 ft diameter and weighed 3,699 pounds.





October means all things pumpkin!

KEY Associate of the Month

Isabelle. Director of Life Enrichment, was nominated by Kaaren and Mary Ann becauseof all the extra things she does to make sure we have the best possible experience when participating in group activities: decorating with flowers, games for all ages at the fair, being a good sport in the dunk tank, setting up trips to the State Capitol, Kohl's, & the Anoka Halloween trip, taking minutes at the All-Residents' meeting and most of all her creativity- making trophies. SHE DOES IT ALL!

ALL FUN & GAMES

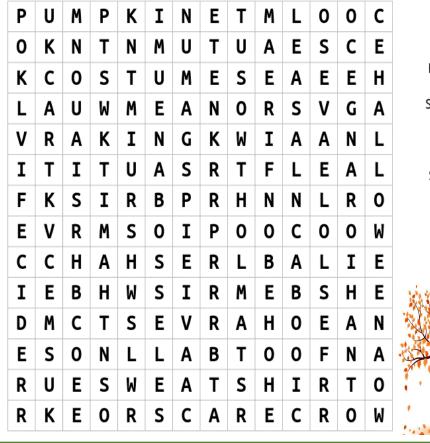
"Halloween Costumes" Word Scramble

hictw	sohtg	wyobco	
meew	Joneg	wyobeo	
<u>cpsisrne</u>	peavmir	wcsoecrar	
<u>lteekons</u>	erpati	ncowl	trick
anala	morfina		trick treat
gnela	merfina	nppumik	

Scattergories- Write down a word under each category that starts with each letter in the word TEAM

Professional	Ductorstand	
rioressionar	Professional	Professional
Football Team	Hockey Team	Basketball Team
	Football Team	Football Team Hockey Team

Everything October



BONFIRE BRISK RAKING HALLOWEEN HARVEST SWEATSHIRT ORANGE PUMPKIN APPLE SCARECROW FOOTBALL COSTUMES LEAVES AUTUMN CIDER



Where does a ghost go on vacation? Mali-boo

Tickle your funny bone

How many words can you

make with the letters in the

words "APPLE CIDER"?

What's a ghoul's favorite drink?

Anything with boos

When is it bad luck to be followed by a black cat?

When you're a mouse

Why didn't the scarecrow eat dinner? He was already stuffed

Why did the vampire fail art class? He only knew how to draw blood

Why didn't the zombie ao to school? He felt rotten

HealthyY

Please Remain Seated

Even if injuries have you chairbound, you can still improve VOUR fitness BY NICOLE PAJER

OR THOSE of us who love staying active, lower body discomforts-foot pain, achy knees, a sore hip-can be frustrating. But you can still stay mobile and keep your muscles strong by turning a chair-the natural enemy of fitnessinto your own personal gym. A 2021 review of studies found that chair exercises can improve balance, gait speed and grip strength.

"Chair exercises are an excellent option for beginners and those with mobility issues," says Richard Dupee, M.D., chief of geriatrics at Tufts Medical Center. Use a sturdy chair with a firm back. Exercises should be challenging enough that you feel like you need to take a break after 8 to 10 repetitions, says physical therapist Rachel Prusynski. (Ask your doctor before starting any exercise program.)

with arm-

90 degrees. Lean forward

and push with your arms

and legs until your hips lift

off the seat. Now use your

arm and leg strength to

lower yourself back down

as slowly as you can-try

for a count of 3.

Push-Ups Sit in a chair rests, knees bent at a little more than

to the front edge of your seat and spread your feet wider than hip distance apart. With both arms, reach down between your knees as far as you can and try to touch the floor. Then quickly bring your arms back up and sit up all the way, reaching overhead as high as you can.

Floor to Sky



over your toes, then stand up all the way to your full height. Sit back down slowly, with good control; try not to flop down into your seat. Repeat. You can cross your arms to try to avoid using them for help. -> Make it harder: Wear a weighted backpack.

A A

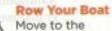
an elastic band with your hands shoulder-width apart. Lift your arms overhead. Keep-

ing your arms straight, move your hands away from each other as far as you can until the band touches the top of your head. Slowly return.

Band Puli-Downs Sit up tall and hold

NURSES' OFFICE

Move your butt



front edge of your seat and sit up tall. Hold a broomstick or other dowel in front of you at shoulder height. Now twist and drop one arm to bring the dowel down next to your hip as far as you can, like you are paddling a



back up to the middle, then row on the other side.

kayak. Bring the dowel

TRAINER TIP Always exercise on a firm

chair, such as a dining chair, instead of a folding chair or recliner.

Seated Marching

Sit up straight and tall. Lift your knees quickly, one at a time, as fast as you can while pumping your arms. Try to march for 20 to 30 seconds before taking a quick 10- to 15-second break. Repeat 8 to 10 times.

-> Make it easier: Lean back against the chair for support.

Nicole Pajer writes on health for The New York Times and other publications.

