

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; ¾ c sliced almonds; ½ 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. 2) Drain; rinse with cold water; drain; set aside to cool. 3) In mixing bowl, whisk together yogurt, mayonnaise, vinegar, honey, poppy seeds and salt. 4) Into a salad bowl, add pasta, chicken and other ingredients. 5) 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.



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

Word Scramble Key

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

Happy Birthday to... Resident Birthdays

- Peaches S- 1st Jack B- 3rd
- Bob H- 8th Merle M- 21st
- Dee N- 21st Tom R- 21st
- Keith F- 25th Marilyn W- 29th

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 you would like to vote in person, our van will be available during the day to bring people to the local polling place.



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.

October means all things pumpkin!

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.



KEY Associate of the Month

Isabelle, Director of Life Enrichment, was nominated by Kaaren and Mary Ann because of 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!

"Halloween Costumes" Word Scramble

hictw sohtg wyobco
 cpsirne peavmir wcsoecrar
 lteekons erpati ncowl
 gnela merfina nppumik



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

| | Professional Football Team | Professional Hockey Team | Professional Basketball Team |
|----------|----------------------------|--------------------------|------------------------------|
| T | | | |
| E | | | |
| A | | | |
| M | | | |

How many words can you make with the letters in the words "APPLE CIDER"?

Everything October

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | U | M | P | K | I | N | E | T | M | L | O | O | C |
| O | K | N | T | N | M | U | T | U | A | E | S | C | E |
| K | C | O | S | T | U | M | E | S | E | A | E | E | H |
| L | A | U | W | M | E | A | N | O | R | S | V | G | A |
| V | R | A | K | I | N | G | K | W | I | A | A | N | L |
| I | T | I | T | U | A | S | R | T | F | L | E | A | L |
| F | K | S | I | R | B | P | R | H | N | N | L | R | O |
| E | V | R | M | S | O | I | P | O | O | C | O | O | W |
| C | C | H | A | H | S | E | R | L | B | A | L | I | E |
| I | E | B | H | W | S | I | R | M | E | B | S | H | E |
| D | M | C | T | S | E | V | R | A | H | O | E | A | N |
| E | S | O | N | L | L | A | B | T | O | O | F | N | A |
| R | U | E | S | W | E | A | T | S | H | I | R | T | O |
| R | K | E | O | R | S | C | A | R | E | C | R | O | W |

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



Tickle your funny bone

Where does a ghost go on vacation?
 Mali-boo

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 go to school?
 He felt rotten

Healthy You

Please Remain Seated

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

FOR 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 fitness—into 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.)



TRAINER TIP
 Always exercise on a firm chair, such as a dining chair, instead of a folding chair or recliner.



Chair Push-Ups

Sit in a chair with armrests, knees bent at a little more than 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.



Floor to Sky

Move your butt 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.



Sit to Stand

Start by leaning forward to get your nose 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.



Band Pull-Downs

Sit up tall and hold an elastic band with your hands shoulder-width apart. Lift your arms overhead. Keeping 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.



Row Your Boat

Move to the 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 kayak. Bring the dowel back up to the middle, then row on the other side.

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.

For a variety of fitness and workout videos, including chair exercises, scan this code, or check out aarp.org/stayfit.

