

Keystone Key Associate of The Month

Annashia has been a part of the Keystone family since Feb of 2022! She started out in Sunny Cove. Over the years she has mastered every floor in the building, whether meds or cares. She goes above & beyond for the residents & the community. She has blossomed from a quiet, seemingly shy young lady to a young woman who has found her voice. Thank you Annashia for being a part of our community and for your outstanding work!



Keystone Place, A Great Place to Call Home

Do you know someone who is looking for their next home? If you send them in Monica's direction and they sign on to become a resident here with us, you will receive a \$1000 rent credit as a thank you. Have them contact Monica Nelson at 651-888-6557 or SLC-LF@keystonesenior.com.

Welcome our new neighbors!



Rebecca Boatman 303

Sandy Long 201

Marilyn Domeier 215

HAPPY BIRTHDAY TO....

Residents

Jack B – 3rd

Bob H – 8th

Peaches S – 10th

Merle M – 21st

Keith F – 25th

Marilyn W – 29th

Staff

Maddie T – 2nd

Caitlin M – 3rd

Tina J – 10th

Lisa K – 14th

Monica N – 23rd

Alyssa I – 29th

October 2025

Keystone Chronicle

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

Activity Highlights

October 2nd- Apple cider and pumpkin pie social

October 2nd- Sound bath relaxation meditation

October 3rd- Apple orchard outing and lunch

October 6th- Bus to Target

October 7th- Fall paint and sip

October 8th- Vaccine Clinic

October 9th- Fall color train ride and lunch at Brookside

October 10th- Lunch at Don Julio's

October 13th- Bus to Cub

October 14th- Wine tasting with Terese

October 16th Shuffleboard

October 17th- Ten-year anniversary party!

October 17th- Formal dress-up day!

October 20th- Bus to Walmart

October 21st- All-Resident Meeting

October 22nd- Great Pumpkin Trail outing

October 23rd- Pumpkin painting

October 24th- Thrift store shopping and lunch at Village Inn

October 27th- Pumpkin Carving with Ken

October 28th- Staff and resident pumpkin painting/carving contest

October 30th- Minnesota Haunts and History Presentation

October 31st- Halloween Costume day!!

October 31st- Halloween Happy Hour!!

Covid Booster & Flu Shot Vaccine Clinic

Wednesday, October 15th at 9 am

Clinic will be held in the 3rd floor Southshore room!

Please complete the consent form and return it to the front desk by Friday October 10th!

Stop by the front desk if you need a form.

Please make sure to wear a short-sleeved shirt! Thank you!





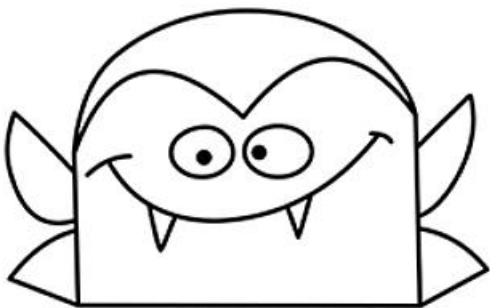
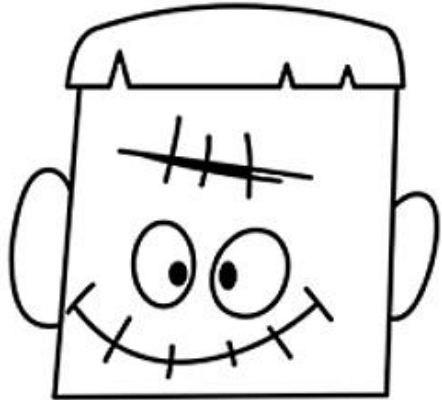
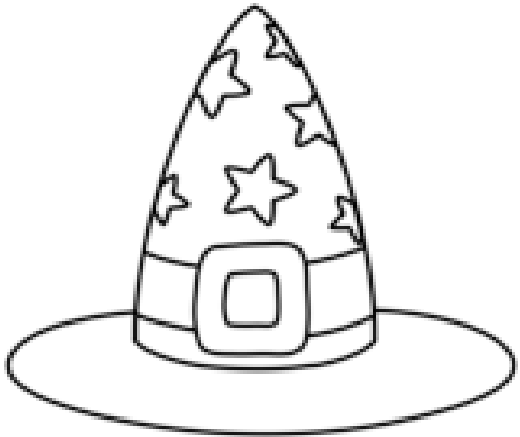


HALLOWEEN WORD SEARCH



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GHHBMEODMACXCRQZTJQF
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ATNWMSRCZCAKWSMEENPN
ZEIDMBAACMRXNPWPGZKF
QQKDOCMUORZAPITVIHLR
CVEGNOBLS SOAABDCFRBV
YBIRSUGDTVUIFBQDDKEB
SLNETVLRUVJIMVXOOINV
KUYXEGSOMGHOSTXAAEYY
NANTRKVN EPPUMPKINDAN

PUMPKIN	CANDY	BLACK	HAUNTED
WITCH	MASK	SKELETON	MUMMY
GHOST	ZOMBIE	SCARE	VAMPIRE
COSTUME	ORANGE	MONSTER	CAULDRON



NURSES OFFICE- HAND HYGENE

It is that time of year again when fall illness is ramped! One of the best ways to protect yourself from illness is with good hand hygiene!

Good hand hygiene protects you from illness by physically removing and killing germs like viruses and bacteria from your hands, preventing them from entering your body through your eyes, nose, or mouth. By washing or sanitizing your hands, you break the chain of infection, reducing the spread of illnesses such as colds, the flu, and gastrointestinal diseases from person to person and from surfaces to yourself.

To wash hands properly, wet them under clean, running water, apply soap, and scrub for at least 20 seconds, making sure to cover all surfaces including palms, backs of hands, between fingers, under nails, and wrists. Rinse them well under clean, running water, and dry them with a clean towel or air dryer. Use a towel to turn off the faucet if possible.

Sing the "Happy Birthday" song: from beginning to end twice to time your 20-second scrub.

FUN FACT* Handwashing helps battle the rise in antibiotic resistance

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds). Antibiotics often are prescribed unnecessarily for these health issues. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

**How do you
repair a broken
jack-o'-lantern?**
Use a pumpkin patch.





**What do you call a
pumpkin that works
at the beach?**
A life gourd.

**What do you
call a bear in the
autumn rain?**
A drizzly bear.

