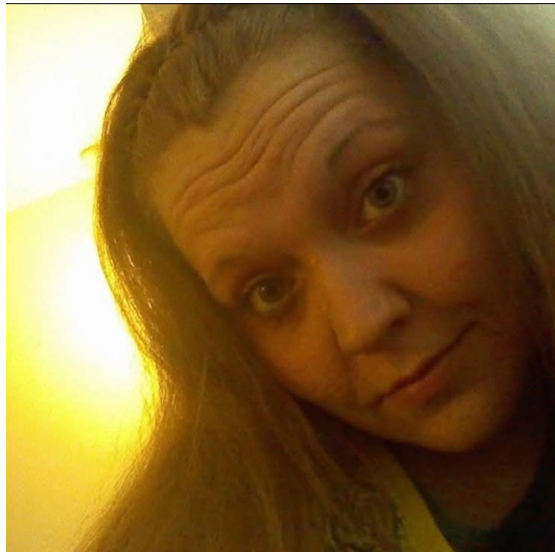


**This month's Key Associate Award goes to Danielle!**

Danny is the epitome of chill. She is fantastic on any floor in the community, and there is never a doubt that our residents are receiving the best care. She is a great teammate & a great chuckle just waiting to happen. Thank you for your dedication to our residents! We are so thankful to have you as a part of our community!



**Welcome to our new neighbors..**



**Margaret M – 305**  
**Dorothea Z - 309**

Want to get more **exercise** in? Come try our new exercise schedule!

**Monday 10:15** – Group chair exercise with weights

**Tuesday 10:00** – Yoga and mindfulness

**Thursday 10:15** – Group chair exercise with standing for balance.

**Wednesday 2:30-** Walking club (indoor and outdoor weather depending)

**Friday 10:15** – Music based exercise

**Saturday 9:30** – Group chair exercise with weights

Group exercise not your thing? Give our fitness room a try! Located just off the Oneka elevator on the first floor. For more information on how to use machines or for a one-on-one machine lesson, please contact a member of the Life Enrichment team!

**Happy Birthday to....**

**Residents**

**Sally C- 1<sup>st</sup>**  
**Darlene K- 2<sup>nd</sup>**  
**Judy S- 2<sup>nd</sup>**  
**Janet J- 5<sup>th</sup>**  
**Sheila P- 5<sup>th</sup>**  
**Maureen F-D- 14<sup>th</sup>**  
**Mary Ann V- 15<sup>th</sup>**  
**Velda B- 23<sup>rd</sup>**  
**Frances S- 28<sup>th</sup>**  
**Kathy E- 28<sup>th</sup>**

**Staff**

**Freweini H- 1<sup>st</sup>**  
**Stacie C- 7<sup>th</sup>**  
**Maddie R- 11<sup>th</sup>**  
**Floyd P- 13<sup>th</sup>**  
**Cindy P- 16<sup>th</sup>**  
**Samantha E- 26<sup>th</sup>**  
**Maisi L- 28<sup>th</sup>**

**January 2026**

# Keystone Chronicle

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



**Activity Highlights**

**2<sup>nd</sup>** – 10:30 Lunch at Cornerstone and bowling at Splitrocks outing  
**2<sup>nd</sup>** – 3:30 Happy Hour with Wyoming Wanderers  
**5<sup>th</sup>** – 8:30 Bus to Festival Foods  
**5<sup>th</sup>** – **Pajamas Dress-Up Day**  
**6<sup>th</sup>** – 2:00 Coffee with Joe  
**7<sup>th</sup>** – 2:00 Chef Talk  
**7<sup>th</sup>** – 3:30 Happy Hour with Hal Skogquist  
**8<sup>th</sup>** – 2:00 Cooking Demonstration  
**9<sup>th</sup>** – 9:00 Mystic Lake Casino and lunch outing  
**9<sup>th</sup>** – 3:30 Happy Hour with Steve Rosa  
**12<sup>th</sup>** – 8:30 Bus to Walmart  
**13<sup>th</sup>** – 2:00 Wine Tasting with Terese  
**14<sup>th</sup>** – 3:30 Happy Hour with Gary Growden  
**15<sup>th</sup>** – 2:15 Passport to Alaska  
**16<sup>th</sup>** – 3:30 Fire and Ice Winter Carnival  
**16<sup>th</sup>** – **Fire and Ice Dress-Up Day (blue or red)**  
**19<sup>th</sup>** – 8:30 Bus to Aldi  
**20<sup>th</sup>** – 2:00 All-Resident meeting  
**21<sup>st</sup>** – 3:30 Happy Hour with Joe Aherns  
**22<sup>nd</sup>** – 2:15 Alan Anderson history presentation  
**23<sup>rd</sup>** – 10:45 Foxhole Bingo and lunch at Crooked Pint outing  
**23<sup>rd</sup>** – 3:30 Happy Hour with Phil Kitze  
**26<sup>th</sup>** – 8:30 Bus to Target  
**26<sup>th</sup>** – 4:30 pm Yellow Ribbon Dinner  
**27<sup>th</sup>** – 11:00 Bosco the dog visits  
**27<sup>th</sup>** – 2:00 Pain and Sip  
**27<sup>th</sup>** – 4:00 pm Caregiver Support Group  
**28<sup>th</sup>** – 3:30 Happy Hour with Steve Cassavant  
**29<sup>th</sup>** – 1:00 High Tea Party  
**29<sup>th</sup>** – **High Tea Dress-Up Day**  
**30<sup>th</sup>** – 10:45 Lunch at The Tavern On Main and shopping at Humble Roots Boutique outing  
**30<sup>th</sup>** – 3:30 Happy Hour with Amy & Adams Hot Apps and Bloody Mary Bar



**To our residents and families:**

We want to extend our deepest gratitude to those who so generously donated to the employee holiday fund. Thanks to you we were able to give back to our staff who serve our community every day, and make their holiday a little brighter! Your donations to the holiday fund were greatly appreciated by all!

**Thank you! Thank you! Thank you!**



FUNNIES

“Grouchy”

Doctor says to the female patient “Did you wake up Grouchy this morning” “No” she said “I let him sleep!”

“The Fly”

Three men are drinking their sixth round of beer. A fly, lands in each of their beers’, for a moment before flying to the next glass of beer. As the fly lands in Harrys’ beer, Harry says to the fly “Now You Spit That Out”.

The Farmer and his Amazing Cow.

A farmer had a favorite cow named Daisy of course. Daisy went everywhere the farmer went, even on shopping trips.

So one summer’s day the farmer and Daisy were walking to town to do some shopping.

After a while a young man in a sports car stopped and said “Sir, can I give you a lift to town?” “Why yes, that is very kind of you” said the farmer and he got in the small car.

Then the young man said “Sir, but what about your cow?” “Oh, don’t worry about Daisy, she’ll follow us.”

The young man was concerned about Daisy’s ability to keep up with his car so he kept an eye on her in his rear-view mirror as he drove slowly to town.

After a few minutes passed the young man said “Daisy is one amazing cow, we are doing 30 KM an hour and she is still right behind us. But I think she is getting tired.”

“Oh, why do you say that son?” “Well her tongue is hanging out, sir”

“What side is her tongue hanging out on?” said the farmer “Why, the left side sir.”

“OH Good Lord, son!” said the farmer “Move over, Daisy is signaling she wants to PASS you!”



NURSES’ OFFICE- Why Hydration Matters

Staying hydrated is crucial because water is essential for virtually every bodily function, from regulating temperature and lubricating joints to transporting nutrients, flushing toxins, and supporting brain function, energy, and mood. Even mild dehydration can impair focus and performance, highlighting that water is a foundational element for overall physical and mental health, making it more vital than sugary drinks for wellness.

Why Hydration Matters

- **Body Function & Temperature:** Water regulates body temperature through sweat and keeps cells, tissues, and organs working correctly, from the brain to the kidneys.
- **Cognitive & Mental Health:** Proper hydration boosts concentration, memory, mood, and energy, while dehydration can cause fatigue, sluggishness, and poor focus.
- **Physical Performance:** Water lubricates joints, prevents muscle cramps, helps deliver oxygen, and supports endurance during activity.
- **Waste Removal & Digestion:** It's vital for flushing waste, preventing constipation, and ensuring proper digestive function.
- **Immune Support:** Hydration helps your immune system by carrying immune cells and nourishing mucous membranes that fight infection.

How to Stay Hydrated

- **Drink Water:** Make water your primary beverage, often choosing it over sugary sodas or juices.
- **Eat Water-Rich Foods:** Fruits and vegetables contribute to your fluid intake.
- **Listen to Your Body:** Drink more when it's hot or during physical activity, as you lose more fluids.

By making adequate hydration a priority, you support your physical performance, mental clarity, and long-term health.