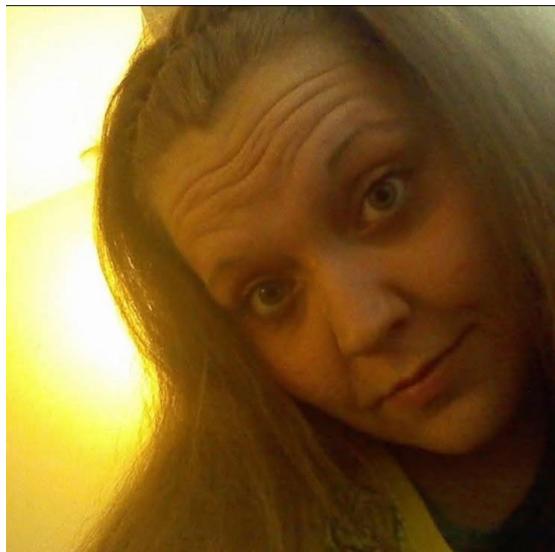


This month's Key Associate Award goes to Danielle!

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- 1st

Darlene K- 2nd

Judy S- 2nd

Janet J- 5th

Sheila P- 5th

Maureen F-D- 14th

Mary Ann V- 15th

Velda B- 23rd

Frances S- 28th

Kathy E- 28th

Staff

Freweini H- 1st

Stacie C- 7th

Maddie R- 11th

Floyd P- 13th

Cindy P- 16th

Samantha E- 26th

Maisi L- 28th

January 2026

Keystone Chronicle

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

Activity Highlights

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

