

### This month's Key Associate is Amelia Kron!



Amelia is very kind and always makes it a point to put a smile on the residents' faces. She provides prompt and professional service, making sure everyone gets what they need, while going above and beyond! Amelia is always on top of maintaining the cleanliness of the dining rooms and ensuring that the tables are neatly set. Her contributions to our community do not go unnoticed and are greatly appreciated. Amelia, thank you for your dedication to detail, your warmth, and for always putting our residents first!

### Welcome our new neighbors...



**Beth Z – 215**

**Karen H - M1**

Friends and relatives make great neighbors! Do you have any who may have an interest in the Keystone Place lifestyle? There is no bigger compliment than a referral! Your confidence in Keystone Place at LaValle Fields means the world to us. Spread the word, help us make the connection, and we will take care of the rest!

**For more information or to make a referral, contact Monica Nelson at 651-300-4602**

**Receive a \$1,000 rent credit for each referral.**

### Happy Birthday to...

#### Residents

Richard D – 2<sup>nd</sup>     Dorothy J – 18<sup>th</sup>  
Shirley S – 3<sup>rd</sup>     Bev K – 19<sup>th</sup>  
Barb C – 9<sup>th</sup>     Joanne B – 24<sup>th</sup>  
LeRoy P – 17<sup>th</sup>

#### Staff

Melissa G – 4<sup>th</sup>     Megan A – 13<sup>th</sup>  
Gretchen H – 6<sup>th</sup>     Melissa O – 18<sup>th</sup>  
Victoria A-M – 6<sup>th</sup>     Brendan T – 22<sup>nd</sup>  
Samantha H – 7<sup>th</sup>     Isabelle F - 22<sup>nd</sup>  
Mikalah M – 8<sup>th</sup>     Amelia K – 24<sup>th</sup>  
Daltrice G – 9<sup>th</sup>     Christina S – 27<sup>th</sup>  
Patrice S – 9<sup>th</sup>     Nate L – 29<sup>th</sup>  
Angie M – 10<sup>th</sup>     Mitchell G – 30<sup>th</sup>  
Emily Anderson – 11<sup>th</sup>

# Keystone Chronicle

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



### Activity Highlights

- 2<sup>nd</sup> – 8:30 Bus to Festival Foods
- 3<sup>rd</sup> – 2:00 Irish Cheese Tasting
- 4<sup>th</sup> – 3:30 Happy Hour with Hal Skogquist
- 5<sup>th</sup> – 2:15 Irish Beer Tasting
- 6<sup>th</sup> – 9:30 Shopping at Kohl's & lunch at Mac Kitchen
- 6<sup>th</sup> – 3:30 Happy Hour with Gary Growden (wear cowboy hats!)
- 9<sup>th</sup> – 9:00 Bus to Aldi
- 10<sup>th</sup> – 2:00 Wine Tasting with Terese
- 11<sup>th</sup> – 3:30 Happy Hour with Amy & Adams
- 12<sup>th</sup> – 2:15 Passport to Ireland
- 13<sup>th</sup> – 3:30 St. Patrick's Happy Hour with Steve Poynter
- 13<sup>th</sup> – St. Patrick's Dress-Up Day
- 14<sup>th</sup> – 1:30 Pie in the Pub (for Pi Day)
- 16<sup>th</sup> – 8:30 Bus to Walmart
- 17<sup>th</sup> – 2:00 All-Resident Meeting
- 17<sup>th</sup> – St. Patrick's Dress-Up Day
- 18<sup>th</sup> – 3:30 Happy Hour with Steve Cassavant
- 19<sup>th</sup> – 2:30 Alan Anderson's Titanic History Presentation
- 20<sup>th</sup> – 9:00 Breakfast at the Swedish Inn and shopping in Lindstrom
- 20<sup>th</sup> – 3:30 Happy Hour with Wyoming Wanderers
- 20<sup>th</sup> – Spring Colors Dress-Up Day
- 23<sup>rd</sup> – 4:30 Yellow Ribbon Dinner
- 24<sup>th</sup> – 8:30 Bus to Target
- 24<sup>th</sup> – 2:00 Spring Sip and Paint
- 25<sup>th</sup> – 3:30 Happy Hour with Joe Aherns
- 26<sup>th</sup> – 2:15 Cooking Demonstration
- 26<sup>th</sup> – Purple Dress-Up Day
- 27<sup>th</sup> – 10:00 Brunch at Washington Square, shopping in White Bear Lake & stop at White Bear Meadery
- 27<sup>th</sup> – 3:30 Hot Apps Happy Hour with Steve Rosa
- 30<sup>th</sup> – 8:30 Bus to Lunds & Byerlys
- 31<sup>st</sup> – 2:00 Seedling Planting



## St. Patrick's Day - Tuesday, March 17<sup>th</sup>

### Join us for the following festivities

- Tuesday March 3<sup>rd</sup> 2:00- Irish Cheese Tasting in the Pub!
- Thursday March 5<sup>th</sup> 2:15- Irish Beer Tasting in the Pub!
- Friday March 6<sup>th</sup> 2:00 Craft- Pretzel Shamrocks in the Southshore Room!
- Thursday March 12<sup>th</sup> 2:15- Passport to Ireland in the Northstar Room!
- Friday March 13<sup>th</sup> 3:30- St. Patrick's Party and Happy Hour in the Pub!

**St. Patrick's Day Word Search**

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

**Word List:**

CLOVER	IRELAND	PARADE
COINS	IRISH	PATRICK
CORNED BEEF	LEPRECHAUN	POT OF GOLD
TRADITION	LUCK	RAINBOW
GREEN	MARCH	SHAMROCK

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ST. PATRICK'S DAY!



Welcome Spring

**Nurses' office- Exercise and Alzheimer's**

Regular, moderate exercise significantly slows the progression of Alzheimer's disease and cognitive decline, potentially delaying symptoms by 3 to 7 years. Walking 3,000 to 7,500 steps daily reduces the build-up of harmful tau proteins in the brain. Even small amounts of activity can improve cognitive function and improve daily life for those at high risk

**How Exercise Helps the Brain**

Improved Brain Blood Flow: Exercise increases cerebral blood flow and improves heart function.

Neuroprotection: Physical activity boosts neurogenesis (growth of new neurons) and may increase the volume of the hippocampus, a brain region critical for memory.

Reduced Inflammation: Exercise acts as a non-pharmacological intervention that can reduce neuroinflammation, improve mitochondrial volume in the brain, and manage cardiovascular risk factors.

**Recommended Exercise Approaches**

**Walking:** A practical, effective, and accessible form of exercise, even for those with (or at high risk for) dementia.

**Moderate Activity:** Aim for 20-30 minutes of daily, moderate aerobic activity, such as cycling, swimming, or brisk walking.

**Consistency:** Sustained physical activity, particularly in midlife and later, is crucial for preserving cognitive health.

**BREAKING NEWS!!**



A four-week-old baby giraffe is becoming a social media sensation, thanks to his remarkable tuft of hair. His new name, Eugene, (chosen from public suggestions) has proven to be a perfect fit for the young giraffe's charming personality. The Toledo Zoo & Aquarium in Ohio welcomed the calf, who weighed 130 lbs. when he joined the herd of seven other giraffes. Fans have fallen in love with Eugene's distinctive tuft of hair, reported the staff. "He's got his little tuft of hair on top of his head," said Jennifer Brassil from the zoo. "The public is just loving him." Visitors can currently spot Eugene and his coif indoors, but he will make his outdoor debut this Spring as temperatures rise. Eugene was born to parents Lily and Rocket—and he is Lily's first calf. "Since he was introduced to the rest of the giraffe herd, everybody has been getting along well and they're really interested in him—and he's interested in them. He's growing into his own personality, too." Eugene's signature hairdo has made him an instant social media favorite, but having a quirky name like Eugene has added to the charm. "It really does seem to fit his personality," says Brassil, who is watching the newborn really "grow into" his name every day.