

### Key Associate of the Month - Izabelle Espinosa!



Who doesn't love this new addition to the Keystone family?! Izzy is kind, cheerful, and always willing to go the extra mile to help wherever help is needed. There's never a doubt our team and residents are getting anything but 100% effort from her! Izzy, you deserve all the recognition of a job well done; we're so fortunate to have you here. Thank you for your hard work and for filling our community with smiles!

### Welcome our new neighbor....



**Jerry D - 312**

Friends and relatives make great neighbors! Do you have friends or relatives who may have an interest in the Keystone Place lifestyle? Spread the word, help us make the connection, and we will take care of the rest.

Your confidence in Keystone Place at LaValle Fields means the world to us and to thank you, we will give you a \$1,000 rent credit for each referral! For more information contact Monica Nelson at 651-300-4602.

### Happy Birthday to...

#### Residents

- Jerry L - 7<sup>th</sup>
- Pam L - 15<sup>th</sup>
- Su C - 16<sup>th</sup>
- Mary G - 17<sup>th</sup>
- John S - 19<sup>th</sup>
- Bob G - 22<sup>nd</sup>
- Kaaren H - 23<sup>rd</sup>
- Penny M - 29<sup>th</sup>

#### Staff

- |                             |                              |
|-----------------------------|------------------------------|
| Megan L - 2 <sup>nd</sup>   | Keira K - 19 <sup>th</sup>   |
| Alaina F - 9 <sup>th</sup>  | Makiiya R - 25 <sup>th</sup> |
| Patrick O - 9 <sup>th</sup> | Fudiatu B - 26 <sup>th</sup> |
| Bill C - 15 <sup>th</sup>   | Brianna A - 31 <sup>st</sup> |
| Maddie L - 18 <sup>th</sup> | Joe D - 31 <sup>st</sup>     |

# Keystone Chronicle



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

### Activity Highlights

- 1<sup>st</sup> - Derby Dress-Up Day!**
- 1<sup>st</sup> - 3:30 Kentucky Derby Guest Happy Hour
- 1<sup>rd</sup> - 1:00 to 3:00 ECP Photo Retake
- 4<sup>th</sup> - 8:30 Bus to Walmart
- 4<sup>th</sup> - 2:00 North Star Elementary School Visit/May Day Bouquet Making
- 5<sup>th</sup> - "Read it!" Dress-Up Day (wear clothes with words)**
- 6<sup>th</sup> - 3:30 Cinco De Mayo Happy Hour with Kenny Krona
- 7<sup>th</sup> - 2:15 Coffee with Maintenance
- 8<sup>th</sup> - 10:30 Springtime and Sunshine Festival (Anoka County Fairgrounds Spring Craft Show)
- 8<sup>th</sup> - 3:30 Happy Hour with Wyoming Wanderers
- 11<sup>th</sup> - 8:30 Bus to Festival Foods
- 12<sup>th</sup> - 2:00 Wine Tasting with Terese
- 13<sup>th</sup> - 3:30 Happy Hour with Gary Growden
- 14<sup>th</sup> - 9:00 Bus to Garage Sales
- 14<sup>th</sup> - 2:15 Summer Side Dish Cook-Off
- 15<sup>th</sup> - 11:00 Lunch at The Drive In & Taylors Falls Scenic Boat Tour
- 15<sup>th</sup> - 3:30 Happy Hour with Steve Cassavant
- 18<sup>th</sup> - 8:30 Bus to Target
- 18<sup>th</sup> - 4:30 Yellow Ribbon Dinner
- 19<sup>th</sup> - 2:00 All-Resident Meeting
- 20<sup>th</sup> - 3:30 Happy Hour with Clouds So Swift
- 21<sup>st</sup> - 2:30 Veterans Memorial Celebration
- 22<sup>nd</sup> - 10:00 Greenhouse, gift shops and lunch at Brookside
- 22<sup>nd</sup> - 3:30 Happy Hour with Steve Rosa
- 25<sup>th</sup> - Memorial Day Holiday
- 26<sup>th</sup> - 2:00 Patio Social & Bean Bag Toss
- 27<sup>th</sup> - 3:30 Happy Hour with Joe Aherns
- 28<sup>th</sup> - 2:15 Passport to Mexico
- 29<sup>th</sup> - 11:00 Lunch at Blacksmith Lounge
- 29<sup>th</sup> - Summer Camp Dress-Up Day!**
- 29<sup>th</sup> - 3:30 Summer Camp Happy Hour with The Jugsluggers

## Help Us Celebrate Joe's Retirement!

Joe's Retirement Party will be held June 3<sup>rd</sup> from 2:30 to 4:30 pm (before and during Happy Hour!)



**Thursday, May 14<sup>th</sup> we will be taking the van from 9-11 am to the Heritage Ponds Community Garage Sales!**

Please sign up at the front desk if you are interested.



## When Will The Fireflies Light Up Your Back Yard?

Watching fireflies (or “lightning bugs”) is a pastime many of us look forward to on summer nights. But when can you expect to see their subtle glow light up your backyard? Weather could give you a clue.

Yes, fireflies, which are actually a type of beetle, share a relationship with weather that goes deeper than the summer solstice. Their larvae live underground during winter, mature during spring, and then emerge in early summer anywhere from the third week in May to the third week in June. What dates you’ll begin to see fireflies in your back yard is somewhat of a mystery, and changes from year to year. But scientists do know that air temperature and rainfall have something to do with it.

### Expect the Brightest Fireflies on the Warmest Nights

Weather not only plays a role in how soon you’ll see lightning bug flashes but how many flashes too. On warm and humid evenings, lightning bugs can light up a field as if it were a Christmas tree! But on cooler nights when air temperatures take a dip into the 50s, don’t be surprised if you wait a minute or longer to see a single flash. Why is this? Fireflies, like most insects, are cold-blooded (meaning they depend on heat from their surrounding environment to help them function), so their activity peaks when temperatures rise and slows when temperatures drop.

## Nurses’ Office

Sunshine and fresh air are more than just pleasant—they’re essential for our well-being. Spending time outdoors boosts mood, improves physical health, and enhances mental clarity. Sunlight provides vital vitamin D, which strengthens bones and supports immune function, while time in nature reduces stress and promotes relaxation. Whether it’s a morning walk, eating lunch outside, or simply sitting in the sun, embracing the outdoors can lead to a healthier, happier life

### Some quick and easy ways to enjoy time outside:

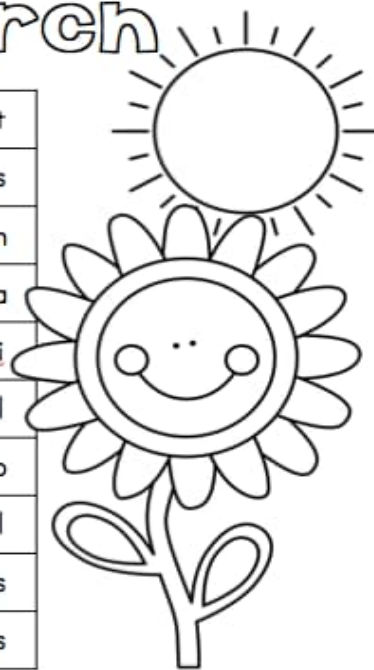
1. Enjoy your lunch outside.
2. Take small breaks throughout the day. Something as short as a five-to-ten-minute break outside can be spent taking a brief walk or sitting outside soaking up the sun.
3. Consider setting a timer to remind yourself to take a break outside. Setting a timer can be a gentle reminder to check in with yourself to get the vitamin D your body needs as fuel to finish out the remaining tasks of the day.
4. Having a friend join you outside for a quick break might be helpful to hold you both accountable, which also fosters a sense of connection and community.

Embracing the outdoors and soaking up the sunshine isn't just a luxury—it's a simple yet powerful way to improve overall well-being. From boosting mood and energy levels to strengthening the immune system and reducing stress, the benefits of spending time outside are undeniable. Making outdoor time a regular part of your routine can lead to a healthier, happier life... so step outside, breathe in the fresh air, and let the sunshine work its magic!

## SPRING word search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| b | s | s | p | r | i | n | g | b | e | e | t |
| p | u | r | l | a | e | t | u | l | i | p | s |
| n | a | d | r | i | b | g | r | o | b | i | n |
| e | n | i | s | n | w | s | g | s | c | p | a |
| s | l | a | m | b | i | a | e | s | h | u | i |
| t | u | l | s | o | s | n | r | o | i | d | l |
| d | o | n | u | w | s | e | g | m | c | d | o |
| r | a | i | n | t | e | g | e | b | k | l | l |
| d | l | e | p | y | n | n | g | d | w | e | s |
| s | p | r | o | u | t | i | a | r | m | o | s |

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- spring robin
- sprout nest
- tulip lamb
- bee chick
- buds egg
- rainbow blossom
- sunny snail
- warm puddle
- rain seed

