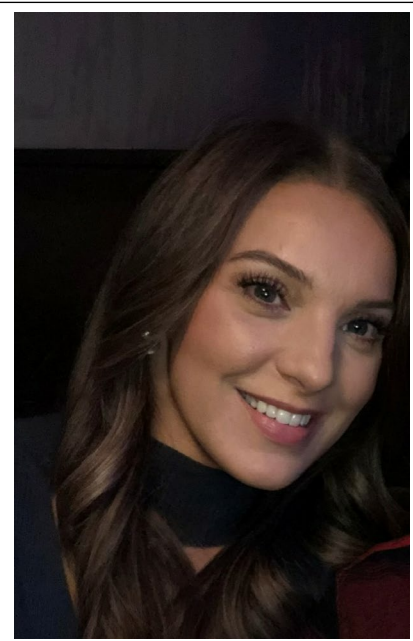


Keystone's Key Associate of the Month is Christina Schletty!



Christina is a Resident Assistant (RA) who usually works the PM shift. She is always pleasant to work with, even when things are going wrong. She keeps the nurses up-to-date with medication issues, wounds, behaviors, etc., so that all residents are being taken care of and have what they need.

Christina treats our residents with kindness and respect at all times, and she knows how to communicate with them to put a smile on their faces. She also can be counted on to come in when we are short-staffed, even if it's only for a few hours. Thanks for being a valuable member of our Keystone RA team, Christina!

Happy Birthday to...

Residents

Betty P – 5th Kathy G – 22nd
 Barb C₍₃₃₀₎ – 7th Beth Z – 23rd
 Jerry D – 10th Arlette W – 28th
 JoAnn S – 10th Jan K – 29th
 Elaine F – 12th

Staff

Monique K – 6th Beret B – 18th
 Kara MJ – 10th Natalie R – 18th
 Andrea P – 15th Sandy D – 25th
 Esther T – 17th Izabelle E – 29th

Welcome to our new neighbors....



Cordell G – M18 Scott C - 326
 JoAnn S – 316 Shirley D - 313
 Kathy B – M19

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.

Keystone Place

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



Activity Highlights

1st – 2:00 Labor Day Coffee Break and Career Sharing
 2nd – 2:00 Chef Talk
 2nd – 3:30 Happy Hour with Phil Kitze
 3rd – 2:15 The History of Labor Day movie and snacks
 4th – 10:00 Green Barn Sunflower Field & lunch outing
 4th – 3:30 Happy Hour with Steve Poynter
 7th – LABOR DAY (no activities)
 8th – 2:00 Mixology with Monica
 8th – 3:30 Alien Cake Pop Baking
 9th – **SPACE / ALIEN DRESS-UP DAY**
 9th – 3:30 "Out of This World" Happy Hour with Hal Skogquist
 10th – 10:00-12:00 Chair Massages
 10th – 2:15 Galaxy Paint and Sip
 11th – 3:30 Happy Hour with Wyoming Wanderers
 14th – **NO GROCERY OUTING TODAY**
 15th – 8:30 Bus to Target (Lino Lakes)
 15th – 2:00 All-Resident Meeting
 15th – 3:30 Hispanic Heritage Month Education and Tasting
 16th – 3:30 Happy Hour with Gary Growden
 17th – 2:30 Alan Anderson History Presentation
 18th – 10:00 Waldoch Farm & lunch outing
 18th – 3:30 Happy Hour with Steve Rosa
 21st – 8:30 Bus to Festival Foods
 22nd – 2:00 Apple Recipe Cook-Off
 22nd – 3:30 Apple Spearing Contest
 23rd – **RED DRESS-UP DAY**
 23rd – 3:30 Happy Hour with Patrick Allen
 24th – 10:00-12:00 Chair Massages
 24th – 2:15 Apple Taste Test and Education
 25th – 11:00 Como Park Bonfire Lunch
 25th – 3:30 Happy Hour with Joe Aherns
 28th – 8:30 Bus to Walmart
 28th – 4:30 Yellow Ribbon Dinner
 29th – 2:00 Coffee with Raylin
 29th – 3:30 Wii Sports free play
 30th – 3:30 Happy Hour with Steve Cassavant



Labor Day is Monday, September 7th

HAPPY
LABOR DAY
 ★ ★ ★



We're told an apple a day keeps the doctor away, but does this humble fruit really have an outsized positive effect on our health?

The world loves apples. Every year, almost 100 million tons of apples are produced globally. These fruits, which comes in a wide range of colors and flavors, have long had a reputation for helping us stay healthy. The popular phrase "an apple a day keeps the doctor away" originates from a slightly wordier Welsh proverb written in 1866: "Eat an apple on going to bed and you'll keep the doctor from earning his bread."

But is there any truth at the core of this longstanding maxim? And are apples especially healthy compared with other fruit? First, let's think about the nutrients that apples contain. For one thing, they are a rich source of phytochemicals, including flavanols. These compounds have been linked to numerous health benefits, such as maintaining a healthy weight and lowering your heart disease risk.

Apples also contain various polyphenols, including anthocyanins, which help give some apple peel its red color and are associated with improved heart health. Another polyphenol you'll find in apples is phlorizin. It has been found to help control blood glucose.

There's also lots of fiber in apples, largely pectin, which reduces the number of low-density lipoproteins (LDLs) – the unhealthy form of cholesterol – in our blood. Pectin also lowers the amount of sugar and fat we absorb from food, helping to stabilize our blood sugar levels.

These nutrients in apples do seem to offer health benefits. A 2017 review of five studies reported that eating apples is associated with an 18% reduction in the risk of developing type 2 diabetes. Another review from 2022, which analyzed 18 studies, found that eating more apples, or apple-derived foods such as apple juice, can reduce cholesterol, if you sustain the habit for more than one week.

Join us for our Apple Recipe Cook-Off on September 22nd
(The only rule is that your recipe must contain apples!)



APPLES



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



APPLE	EAT	RED
BAG	FALL	SEEDS
CIDER	PEEL	STEM
CORE	PICK	TREE
CUT	PIE	WORM

