



Activities in the New Year

Now that we are in the full swing of things here in February I thought that we could highlight some of the fun activities that we continue to participate in here at Keystone Communities, such as: Men's Group, Bingo, Wii Bowling, Classic Movies, Weekly Outings, Card Games, & the list goes on. Thank you to all who participate and make these activities so much FUN!!!

We do have a new marketing & activities director helping Lori out, his name is Ryan. Please feel free to come to him with any suggestions, criticism or anything at all.



Left: Betty M, Theresa Z, Virginia W, Doris G, Julie W, Berniece P, Jim H, Ardis D, Lois V

Life Stories

Right: Doris G, Berniece P, Lois V, Betty M, Margaret C, Bryce B.

Chair Exercises

Bottom Right: Julie W, Betty M, Doris G, Harriet K, & Daughter, Lois V, Phyllis H.

Classic Movie



Inside The December Issue:

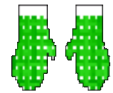
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DEPARTMENT HEAD UPDATES



Lori Terhaar Administrator Temp



Happy winter to everyone. I know we are all enjoying the mild weather. If this keeps up, I won't be surprised to see some of you ladies bring out your Capri pants, and Bill wearing shorts! Thank you all for your patience as we work to hire a new nurse administrator. We are sad to see Teri go and have been blessed to have her at Prior Lake for over 8 years. She is going to be a big asset to the Keystone company in her new role. I told Teri that all we ask is that she hire someone exactly like her! Rhonda and I are doing our best to temporarily fill her shoes, no easy task. I would like to throw a challenge out to everyone for February. We have had a number of people become dehydrated over the past month and quite a few cases of Urinary Tract Infections. These can be easily avoided by drinking water. My challenge is that when you leave the dining room after a meal, leave an empty water glass behind. We do a great job of drinking coffee and juice but they don't replace water. I'll be checking! I'll be leaving for vacation on February 13th so have a Happy Valentine's Day!

Kelly Roehrick

Maintenance/

Housekeeping Director



Now that it is starting to feel more like winter, the cold and snow has arrived. If your room is getting too cold or warm adjust the thermostat to your comfort level, the numbers on the thermostats are misleading so don't focus too much on them just focus on your comfort. Watch your step it is going to be more slippery outside.

Chef Sarah Tormoen

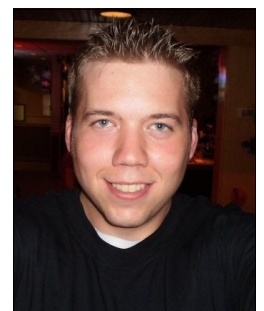
Dietary Manager



Now that we are a full month into the new year I wanted to make sure everyone knew about our new menu that has started and I'm sure you will LOVE IT! I am looking forward to February and with February comes Valentines day! We are going to have a fun/festive Valentines day meal.

Ryan Olson Marketing/Activity Director

Happy February to all!!! My name is Ryan Olson and I am one of Keystone's newest employees. I am looking forward to getting to know all of you and can't wait for the fun to begin. I am originally from Eden Prairie, and went to college at Minnesota State University, Mankato. Please don't hesitate to stop by and introduce yourself. With that being said I am going to apologize in advance because it may take me a couple of tries to learn all of your names, but am looking forward to the challenge.



SPECIAL FEBRUARY EVENTS—MARK YOUR CALENDAR...

February 1st ~ St. Michael's

February 2nd ~ Trip to Rainbow Foods

February 3rd ~ Ross McCleod

February 6th ~ Diane Deckas Mending

February 6th ~ Lunch at Olive Garden

February 9th ~ Trip to Cub Foods

January 10th ~ Trip to McGeez Closet

February 13th ~ Lunch at Cracker Barrel

February 14th ~ Podiatrist Visit

February 14th ~ Valentines Party with Woody

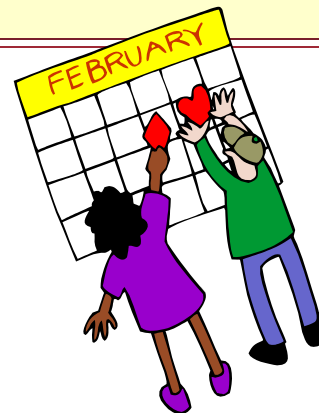
February 16th ~ Trip to Village Market

February 20th ~ Presidents' Day (offices are closed)

February 21st ~ Birthday Party with David Allen

February 23rd ~ Trip to Super Target

February 27th ~ Lunch at Bonfire



Things not to Miss!

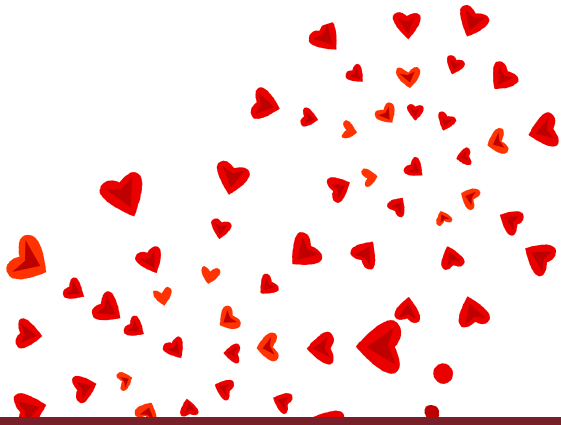
We are going to have a big garage sale this spring! We will be collecting items over the winter to sell in May. This will be a fundraiser for our Memory Walk team for the Alzheimer's Association. We will be looking for gently used clothing, small furniture, and household items. Talk to Lori if you have any questions. We will also be posting information. Start saving your plastic and paper bags!

Happy Birthday in
February to...



February 4th ~ Bob B.

February 5th ~ Marion G.



Welcome to our new residents:



Hulda S. Apt. 222

Doris L. Apt. 118

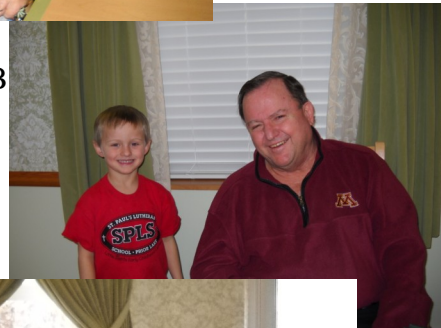


It's winter in Minnesota
And the gentle breezes blow
Seventy miles an hour
At five below.
Oh, how I love Minnesota
When the snow's up to your
butt
You take a breath of winter
And your nose gets frozen
shut.
Yes, the weather here is
wonderful
So I guess I'll hang around
I could never leave Minne-
sota
Because I'm frozen to the
ground!

Pictures of The Little Saints Pre-School Visit



Above: Miss Tamera and Bob B



Right: Bill S. and Friend from
Little Saints Preschool!



This is our enthusiastic
group of singers from the
Little Saints Preschool. We
are thrilled to see them
every year!



Above: Paula M &
Friend



Right: Claire A. Julie
W. & Friends