



Assisted Living Week



The theme this year for National Assisted Living Week was “Forever Proud”. We planned many fun events for that week. We kicked the week off with a Red, White, & Blue day. We had coffee and pastries each day in the lobby and ended the week with an ice cream social and “Guess Who” contest by Jen from the beauty salon.



Above: Bess H. and Cindy on red, white, & blue day.

Above: 1st place winner Eleanor M, 2nd place: Theresa Z, 3rd place: Marion P. & Jen.

Below: Lou K, Margaret S, Arlene C, Ardis D with treats in the lobby.



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DEPARTMENT HEAD UPDATES

Teri Larson RN Administrator

We will be having a visit from the Podiatrist again this month. This is a great service that comes to Keystone. If you have questions or are interested in this for your family member, please let me know. We will also be having a Flu Shot Clinic on Friday, October 14th from 1:30-3:30pm. Everyone will need to come with an insurance card or cash that day. If you have any questions, give me a call. We had a wonderful time during the week of National Assisted Living Week. We were happy to recognize our staff and all the wonderful things they do. We truly appreciate the wonderful community we have here at Keystone and know that it is due to all of us caring for each other.



Kelly Roehrick

**Maintenance/
Housekeeping Director**



It was asked at the resident meeting if you need to do anything with your air conditioner as we ready for fall weather. The answer is no, you do not! Make sure your heating vents are not blocked by large furniture as we prepare for colder weather. It will be here before we know it!

Chef Sarah Tormoen

Dietary Manager



Everyone is doing a good job of letting the servers know if you would like the main entrée or something from the lighter fare menu. Continue to call down with substitutions. We will be seeing some changes in the menu as we approach cooler weather and look forward to more comfort food. Thank you once again to our gardeners. Good job!

Lori Terhaar Marketing/Activity Director

Thank you to everyone that participated in National Assisted Living Week. We had a lot of fun. Congratulations to our winners of the "Guess Who Contest" and all those who contributed pictures. We sure enjoyed the article about Dolores Jackson in the Prior Lake American Paper. I have copies in my office if you haven't read it. We will be viewing the DVD of "Jake's Country Store" this month. I smell an Oscar nomination! We will be doing our best to get out and enjoy the last days of fall. Watch the calendar for scenic drives to see the leaves. We will have our Halloween Party on Monday the 31st. Join us in costume and there will be treats and entertainment. Happy fall and what a great time to live in Minnesota!



SPECIAL OCTOBER EVENTS—MARK YOUR CALENDAR...

October 3rd ~ Lunch at Culver's

October 4th ~ Music w/Woody in the Main Dining Room

October 6th ~ Trip to Super Target

October 6th ~ Trip to see the Prior Lake Players

October 7th ~ Fall Colors Scenic Drive

October 10th ~ Burger night at the VFW

October 11th ~ Birthday Party w/Entertainment

October 11th ~ PODIATRIST VISITS

October 12th ~ Protestant Service w/Pastor Ron

October 12th ~ Mass at St. Michael's Church

October 13th ~ Trip to Cub Foods

October 14th~FLU SHOT CLINIC

October 18th ~ Lunch at Dickey's BBQ

October 20th ~ Trip to Rainbow Foods

October 21st ~ Entertainment w/Jim Shannon

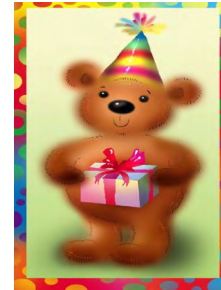
October 24th ~ Lunch at Blue Ox Sandwich Shop

October 28th ~ Halloween Party w/Prior Lake Mom's Club

October 31st ~ Lunch at Hooligan's

October 31st ~ Halloween Party!

Schwan's Man Here: October 12th & 26th



Things not to Miss!

This month we will have the visit from the Podiatrist and our Annual Flu Shot Clinic. The Podiatrist will be here on Tuesday the 11th. Sign up in the lobby for an appointment. The Flu Shot Clinic will be from 1:30-3:00pm on Friday the 14th. Sign up in the lobby.

Come with us to see the Prior Lake Players. It's fun and free!

Happy Birthday in October to... 

- Nancy O' ~ 5th
- Bryce B. ~ 5th
- Anne F. ~ 10th
- Arlene C. ~ 11th
- Renee P. ~ 16th
- Phyllis H. ~ 17th
- Betty C. ~ 20th
- Betty R. ~ 20th
- Aileen S. ~ 23rd
- Leone O. ~ 24th
- Jeanette H. ~ 25th
- Mac Mc. ~ 30th

Our Birthday Celebration will be on Tuesday, October 11th at 1:30pm in the Main Dining Room.

Welcome to our new residents:



- Dorothy K. apt. 111
- Jim & Ellen C. apt. 200

A big thank you to the Deckas family for participating in the Alzheimer's Association Memory Walk. We reached our goal of \$1,000 in donations. Thank you to everyone who bought a brick and gave at the family picnic!

More Assisted Living Week



June and Terry enjoy pizza at the staff lunch.

Below: Sandy helps Bonnie, Judy, Betty, and Warren with a game.



Pictured left: Betty Mc. Lois V. Audrey S. Renee P. Leone O.

Right: Phyllis W. Ruth R. Judy M. on the pontoon ride.

