

# Keystone Nursing Care Center

## Monthly Newsletter

March 2016

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### St. Patrick's Day Social Hour

Join us Thursday March 17th at 2pm for social hour. We will have drinks and snacks for the occasion and welcome friends and family to come. We will also have a new music group starting at 3pm. "Treasured Memories" featuring Tom Anderson & his wife from the Lynnville area will entertain. Hope to see you then!!



### Key Ladies Meeting

We will be having a Key Ladies Meeting Thursday March 3rd at 9am. Please come and join us if you are interested in being part of our Volunteer team. Any questions?? Please call Cindy Behrens, Social Worker at 319-442-3234.



### From the desk of the Administrator

#### Resident's Rights:

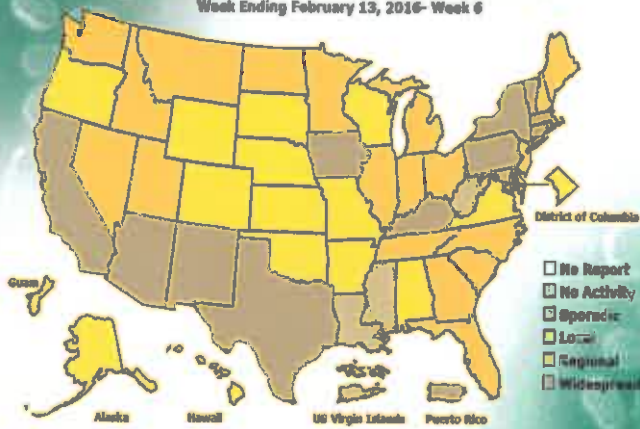
Each Resident has the right and is encouraged and assisted to exercise the resident's rights as a resident and citizen and may voice grievances and recommend changes in policies, services, treatment, or care to facility staff and/or to outside representatives of the resident's choice, free from restraint, interference, coercion, discrimination, or reprisal from the facility.

To help enforce this right, the Care Center holds a monthly Resident Council meeting between the residents and the management team. This is always the first Friday of each month at 10:30am. At this time we ask for feedback from the residents on the following areas: Administrative, Nursing, Housekeeping and Laundry, Maintenance, Dietary, Activities and Social Work. We encourage all residents to attend and open this up to any family members that are interested as well. We also have a Resident Advocacy Board which is a group of community volunteers that come and meet with each resident monthly one-on-one so that residents who might not want to speak up in front of a group can still let us know of any concerns that they may have through these volunteers. There is also a Long-Term Care Ombudsman for the state of Iowa that can answer questions or assist in resolving concerns raised by or on behalf of people living in nursing homes, assisted living facilities, residential care facilities and elder group homes. This office is located in Des Moines and can be reach at 866-236-1430 (toll free).

If you have any questions regarding this resident's right, please contact Tracy Hanson, Administrator or Cindy Behrens, Social Worker at the Care Center. 319-442-3234.

# FLUVIEW

A Weekly Influenza Surveillance Report Prepared by the Influenza Division  
 Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists\*  
 Week Ending February 13, 2016- Week 6



\*This map indicates geographic spread and does not measure the severity of influenza activity.



## Therapy Corner:

Meet Pat Otten our new Physical Therapist!

Pat is a 2002 graduate of the University of Iowa Physical Therapy Program. He has over 13 years of outpatient experience and has worked in a variety of settings gaining experience in many fields ranging from pediatrics to post-op orthopedics. Pat specializes in a hands on approach to rehab, treating back pain, knee and shoulder injuries, post-operative patients, and sports rehab. Pat's goal is to safely maximize function of each patient to help them reach their individual goals. If you have any pain or difficulty with daily or recreational activities be sure to give him a call at 319-442-3234 or stop by the Therapy department at KNCC.

## Flu & Cold Season:



Influenza is widespread in Iowa. Influenza can be deadly in elderly patients with compromised immune systems. **Although we do not currently have the flu (Influenza) at the Keystone Nursing Care Center we ask that you refrain from visiting if you have flu like symptoms. Flu like symptoms are fever, cough, sore throat, runny nose, body aches, headache and, fatigue.** If you have any of these symptoms or have been around anyone with these symptoms please do not visit. At this time we are also encouraging everyone to use the hand sanitizer stations at the entrances of the building.

If you have any questions regarding this resident's right, please contact Tracy Hanson, Administrator at 319-442-3234 or check with the nurse when entering the building. Thank you for your cooperation.



## Activity Announcements



Our residents enjoying our Valentine's Day Party !! Thanks to our Key Ladies for helping to serve!!



Anyone that would be interested in coming up to the Care Center to provide entertainment or know of anyone that might be, please contact Activity Director Sue Meyer. We are always looking for new things for our residents to do!

### **Easter Egg Hunt!!**

Join us Friday March 25th for our annual Easter Egg Hunt. We will begin this at 2pm. All family and friends are welcome to attend.



## UPCOMING EVENTS AND ACTIVITIES

- ◆ Key Ladies meeting Thursday March 3rd, 2016 at 9am.
- ◆ Thursday March 17th St. Patrick's Day Social Hour. Treats at 2pm, music starts at 3pm!
- ◆ Annual Easter Egg Hunt Friday March 25th starting at 2pm. All are welcome!
- ◆ Every Wednesday is Pastry Day from 7am—9am. Come enjoy home made pastries and conversation with our residents!

If you know anyone that would like to receive our newsletter please call 319-442-3234 with name and address. You can also find it on line at [www.keystonecarecenter.com](http://www.keystonecarecenter.com)

Phone: 319-442-3234  
Fax: 319-442-3550  
250 5th Street  
Keystone, IA 52249

[www.keystonecarecenter.com](http://www.keystonecarecenter.com)

Meals on Wheels available 7 days a week for lunch. Call us to set up delivery.

Find us on Facebook

**MEALS ON WHEELS**