

Keystone Nursing Care Center

Monthly Newsletter

November 2016

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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 reached at 866-236-1430 (toll free).

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

Cold and Flu season is upon us. If you have any signs and symptoms of the flu please refrain from visiting.

According to CDC.gov It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 80 percent and 90 percent of seasonal flu-related deaths have occurred in people 65 years and older. Between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that same age group. Influenza is often quite serious for people 65 and older so please use good judgement if you are not feeling well before you visit.

MEALS ON WHEELS NEWS:

In inclement weather we will not be delivering meals on wheels. Please tune in to KCRG TV 9 news for cancellations.

If you have any questions, call us at 319-442-3234.



Annual Chili & Salsa Cook off!!!

Thank you to all that donated to the Alzheimer's Association for our annual cook off! We raised around \$500.00. This money with funds we also raised with a bake/garage sale and partnering with the Keystone Elementary raised a total of over \$2000.00!!

Winners:

Chili 1st place—Shari Kahle

Chili 2nd place—Adam Whalen

Salsa 1st place—Stephani Schulze



Family & Resident Thanksgiving !

Join us Thursday November 17th for Thanksgiving dinner with our residents. We plan to serve from 5:00-6:30pm. Please RSVP back to us if you plan to attend so that make sure we have room to accommodate all of our guests. If you have questions please contact Tracy Hanson, Administrator or Cindy Behrens, Social Worker.



Reminder of Cold

Weather:

If you are bringing in warmer clothes for your loved ones, please be sure to mark them with their names or have our Laundry staff assist you with this. Also let the nurses station know so that they may update the inventory list. This will help us to be sure everyone gets the correct clothing items back. Thank you!



Community Senior Citizens Luncheon!!

Join us in Van Horne Tuesday November 29th for a free Thanksgiving lunch sponsored by the Keystone Care Center. Doors will open at 11:30am and we will start serving at noon. We will be checking blood pressures as well! Pass the word and bring along your friends. Any questions can be directed to Cindy Behrens, Social Worker at the care center, 319-442-3234.

Activity Announcements



Enjoying our leaf ride in October!
We took residents out for lunch to the Vinton Family Restaurant and then north of Vinton to the pumpkin patch!!

Happy Thanksgiving



Thank you to the Keystone Elementary for joining us in raising awareness for the Alzheimer's Association. They raised over \$1000.00!! Great job!!!



Thank you to the Van Horne Public Library for the donation of the large print books. Thank you also to Sue Hora from thinking of us and delivering the books!



Help Wanted:

We are looking for a 2nd shift C.N.A. Please stop by & fill out an application. Any questions, please contact Abbey Whalen, DON.



UPCOMING EVENTS AND ACTIVITIES

- ◆ **Thursday November 17th;** Family and Resident Thanksgiving dinner. Serving from 5:00-6:30pm.
- ◆ **Tuesday November 29th,** Senior Citizens Lunch in Van Horne at the Community Center, sponsored by Keystone Care Center. Doors open at 11:30am and serving begins at noon. Everyone Welcome & bring a friend!
- ◆ Recipes for our cookbook are due in by November 30th. If you give us 5, you will be put into a drawing for a \$100.00 Fareway gift card. Drawing will be December 1st.

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



 Find us on Facebook

Phone: 319-442-3234

Fax: 319-442-3550

250 5th Street

Keystone, IA 52249

www.keystonecarecenter.com



**MEALS
ON
WHEELS**

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

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-877- 696-6775.

Required Federal Accessibility and Non-discrimination Notice Keystone Nursing Care Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Keystone Nursing Care Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al 1-877 696 a 6.775.

Requerido Accesibilidad Aviso Federal y la no discriminación Nursing Care Center Keystone cumple con las leyes federales aplicables de derechos civiles y no discrimina por motivos de raza, color, origen nacional, edad, discapacidad, o sexo. Nursing Care Center Keystone no excluye la gente o tratar de manera diferente debido a su raza, color, origen nacional, edad, discapacidad, o sexo.

注意：如果你说中国话，语言协助服务，免费的，都可以给你。请致电1-877 696-6775。

要求联邦辅助功能和非歧视的告知

梯形护理中心适用的联邦民权法的规定和种族、肤色、国籍、年龄、残疾、或性的基础上不歧视。梯形护理中心不排除人或不同的方式对待他们，因为种族、肤色、国籍、年龄、残疾或性别。

梯形护理中心：

Chú ý: Nếu bạn nói tiếng Việt, các dịch vụ hỗ trợ ngôn ngữ, miễn phí, có sẵn cho bạn. Hãy gọi 1-877- 696-6775.

Khả năng tiếp cận liên bang yêu cầu và thông báo không phân biệt đối xử

Điều dưỡng Keystone Care Center tuân thủ luật về quyền dân sự liên bang áp dụng và không phân biệt đối xử trên cơ sở chủng tộc, màu da, nguồn gốc quốc gia, tuổi tác, khuyết tật, hoặc quan hệ tình dục. Điều dưỡng Keystone Care Center không loại trừ người hoặc đối xử với họ khác nhau về chủng tộc, màu da, nguồn gốc quốc gia, tuổi tác, khuyết tật, hoặc quan hệ tình dục. PAŽNJA: Ako govorite srpsko-hrvatski, usluge jezične pomoći, besplatno su dostupne za vas. Nazovite 1-877- 696-6775.

Potrebna Federalni Pristupačnost i Obavijest Nediskriminacija

Keystone Njega Njega centar u skladu s važnim federalnim zakonima građanska prava i ne diskriminaciju na temelju rase, boje kože, nacionalnog podrijetla, dobi, invalidnosti, ili seksa. Keystone Njega Njega centar ne isključuje ljude ili ih tretirati drugačije zbog rase, boje kože, nacionalnog podrijetla, dobi, invalidnosti, ili seksa.

ACHTUNG: Wenn Sie Deutsch sprechen, Sprachassistentendienste sind kostenlos, zur Verfügung. Rufen Sie 1-877- 696-6775.

Erforderliche Bundes Zugänglichkeit und Nichtdiskriminierung Hinweis

Keystone Nursing Care Center erfüllt die geltenden Bundesbürgerrechtsgesetze und keine Diskriminierung auf der Grundlage von Rasse, Hautfarbe, nationaler Herkunft, Alter, Behinderung oder Geschlecht. Keystone Nursing Care Center die Menschen nicht ausschließen oder sie anders behandeln, weil der Rasse, der Hautfarbe, nationaler Herkunft, Alter, Behinderung oder Geschlecht.

مطلوب الاتحادي إمكانية الوصول وعدم التمييز إشعار

م تديه: إذا كنت تتكلم العربية، وخدمات المساعدة اللغوية، مجيء توافر لك. استدعاء 1-877-696-6775.

ركز الرعاية التمريضية حجر الزاوية يتوافق مع القوانين الاتحادية المتساوية الحقوق المدنية ولا تميز على أساس العرق أو اللون أو الأصل القومي أو السن أو الإعاقة، أو للجنس. مركز الرعاية التمريضية

필수 연방 접근성 및 비 차별주의

주의: 당신이 한국어, 무료 언어 지원 서비스를 말하는 경우 사용할 수 있습니다. 전화 1-877- 696-6775입니다.

키스톤 간호 지원 센터는 해당 연방 민권법을 준수하며 인종, 피부색, 출신 국가, 연령, 장애, 또는 성별에 근거하여 차별하지 않습니다. 키스톤 간호 지원 센터는 사람을 제외하거나 인종, 피부색, 출신 국가, 연령, 장애, 또는 성별의 다르게 취급하지 않습니다. 키스톤 간호 지원 센터

ध्यान दें: आप हिंदी, भाषा सहायता सेवाओं, नि: शुल्क बोलते हैं, तो आप के लिए उपलब्ध हैं। कॉल 1-877- 696-6775।

आवश्यकता संघीय पहुँच और गैर-भेदभाव सूचना

कीस्टोन नर्सिंग केयर सेंटर लागू संघीय नागरिक अधिकारों के कानून के अनुरूप है और जाति, रंग, राष्ट्रीय मूल, आयु, विकलांगता, या लिंग के आधार पर भेदभाव नहीं करता। कीस्टोन नर्सिंग केयर सेंटर लोगों को बाहर निकालने या जाति, रंग, राष्ट्रीय मूल, आयु, विकलांगता, या सेक्स की वजह से अलग ढंग से उन्हें इलाज नहीं है।

कीस्टोन नर्सिंग केयर सेंटर:

ATTENTION: Si vous parlez français, les services d'assistance de langues, gratuitement, sont à votre disposition. Appelez 1-877-696-8775.

Requis Accessibilité fédéral et l'avis de non-discrimination

Keystone Nursing Care Center est conforme aux lois fédérales relatives aux droits civils applicables et ne fait pas de discrimination sur la base de la race, la couleur, l'origine nationale, l'âge, le handicap ou le sexe. Keystone Nursing Care Center n'exclut pas les gens ou de les traiter différemment en raison de la race, la couleur, l'origine nationale, l'âge, le handicap ou le sexe

LET OP: Als je spreek Pennsylvania Nederlands, taalkundige bijstand diensten, gratis voor u beschikbaar zijn. Bel 1-877- 696-8775.

Verste Federal Toegankelijkheid en Non-discriminatie Koningwet

Keystone Nursing Care Center in overeenstemming met de toepasselijke federale wetten burgerrechten en niet discrimineren op basis van ras, huidskleur, afkomst, leeftijd, handicap of geslacht. Keystone Nursing Care Center geen mensen uitsluiten of behandel ze anders op grond van ras, huidskleur, afkomst, leeftijd, handicap of geslacht.

ความสนใจ: ถ้าคุณพูดภาษาไทย, บริการให้ความช่วยเหลือภาษาฟรีมีให้คุณ โทร 1-877- 696-8775

**စိုဏ်း ခြံကာကွယ်ရေးဝန်ဆောင်မှုများကို အသုံးပြုခြင်း
Keystone**

ພາບາດສູນນີ້ສອດຄ່ອງກັບກຽມພ້ອມສຳລັບບຸກຄົນທີ່ມີພິການຢ່າງໃຫຍ່ແລະບໍ່ເຮັດວຽກງານທີ່ຕ້ອງການການຊ່ວຍເຫຼືອທີ່ເພີ່ມເຕີມ
Keystone ພາບາດສູນນີ້ບໍ່ໄດ້ຍົກເວັ້ນຫຼືປະຕິຮັກສາບຸກຄົນທີ່ມີພິການຢ່າງໃຫຍ່ແລະບໍ່ເຮັດວຽກງານທີ່ຕ້ອງການການຊ່ວຍເຫຼືອທີ່ເພີ່ມເຕີມ
ВНИМАНИЕ: Если вы говорите России, переводческие услуги, бесплатно, доступны для вас. Вызов 1-877- 696-8775.

Обязательный Федеральный Доступность и недискриминация Примечание

Keystone Nursing Care Center соответствует действующим федеральным законам о гражданских правах и не допускать дискриминации по признаку расы, цвета кожи, национального происхождения, возраста, инвалидности или пола. Keystone Nursing Care Center не исключает людей или относиться к ним по-разному из-за расы, цвета кожи, национального происхождения, возраста, инвалидности или пола.

Pansin: Kung magsalita ka Tagalog, wika serbisyo ng tulong, nang walang bayad, ay magagamit sa iyo. Turnawag 1-877- 696-8775.

Kinakailangan Federa: Accessibility at Non-diskriminasyon Notice

Keystone Nursing Care Center ay sumusunod sa mga natatanging Pambansa batas karapatan bilang mamamayan at hindi maaaring makita ang kalbhan sa batayan ng lahi, kulay, bansang pinagmulan, edad, kapansanan, o sex. Keystone Nursing Care Center ay hindi ibukod ang mga tao o tinatrato ang mga ito sa ibang paraan dahil sa lahi, kulay, bansang pinagmulan, edad, kapansanan, o sex.

စဝ်းသော: ဖိုဏ်းကာကွယ်ရေးဝန်ဆောင်မှုများကို အသုံးပြုခြင်း
Keystone Nursing

ສູນການຄຸ້ມຄອງແມ່ນຕາມລະບຽບກົດໝາຍສຳລັບບຸກຄົນທີ່ມີພິການຢ່າງໃຫຍ່ແລະບໍ່ເຮັດວຽກງານທີ່ຕ້ອງການການຊ່ວຍເຫຼືອທີ່ເພີ່ມເຕີມ
Keystone Nursing ສູນການຄຸ້ມຄອງແມ່ນບໍ່ໄດ້ຍົກເວັ້ນຫຼືປະຕິຮັກສາບຸກຄົນທີ່ມີພິການຢ່າງໃຫຍ່ແລະບໍ່ເຮັດວຽກງານທີ່ຕ້ອງການການຊ່ວຍເຫຼືອທີ່ເພີ່ມເຕີມ
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အထူးဂရုပြုရန်: သင်ကရင်စကားမပြောတတ်လျှင်, တာဝန်ခံအခွဲဘာသာစကားအကူအညီများကိုဆောင်မူ, သင်တို့အားရရှိနိုင်ပါသည်။ Call 1-877- 696-8775 ။

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စောင့်ဆိုင်းစနစ်ဖက်ဒရယ် Accessibility နှင့် Non-ခွဲခြားရေးဆိုင်ရာသတိပြုပါ

အဓိကကြောကျတုံးသူများပြုစောင့်ရှောက်မှုစင်တာသက်ဆိုင်သောဖက်ဒရယ်အရပ်ဖက်လူ့အခွင့်အရေးဥပဒေများနှင့်လိုက်နာခြင်းနှင့်လူမျိုး, အရောင်, အမျိုးသားရေးစာရိတ်, အသက်အရွယ်, မသန်မစွမ်း, ဒါမှမဟုတ်လိင်စားအခြေအပေါ် ခွဲခြားမထားဘူး။

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