

Keystone Nursing Care Center

Monthly Newsletter

June 2017

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From the desk of the Administrator

Resident's Rights:

Each resident is encouraged to participate at the resident's discretion in social, religious, and community group activities that do not interfere with the rights of others in the facility.

We offer various activities throughout the month and try to encourage the residents to participate as much as we can. Please note that family members are always welcome to join us for any activities whether they are social or religious.

We also welcome any suggestions for new activities at any time. Please contact Amy Sparks, Activity Director at 319-442-3234.

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

Thank you for your
support!!!



Motorcycle / Car Cruise for Cancer!

Thank you to all that came out to support our fundraiser this year! Unfortunately the weather didn't cooperate but we were still able to have the lunch and donation raffle. With this event and a bake sale that we had earlier in the month we raised over \$1500.00!! Thank you to the following businesses for their donations:

Keystone Turner Hall	Keystone Ins Agency
Atkins Lumber Co	Benton Mutual Ins
Tara Hills CC	Teresa's Beauty Btq.
Newhall 1st Stop	Shear Design
Back Alley Restoration	Pickering Backhoe Svc
Chelsea Savings Bank	
Cornerstone Apothecary	



We treated the residents to a BBQ for Nursing Home Week. Although the weather didn't cooperate, they still got to enjoy see the actual meat as it was carved!

Mother's Day Tea



Activity Announcements

Reminders for Upcoming Meetings:

- Resident Advocate Meeting Tuesday June 6th @ 9am
- Key Ladies Committee Thursday June 8th @9am

Thank you to all that donated items for our garage sale/bake sale in May. All of the funds will be donated to the American Cancer Society. A special thanks to Cindy Oehlerich for the use of her garage!

- Cindy & Rich Oehlerich
- Eleanor Roquet
- Rich & Norma Silhanek
- Charolette & Jeff Ginn
- Alice Junge
- Janyce Pohlmann
- Grace Wiese
- Mardean Kromminga
- Ruth & Al Albers
- Shirley Leytem
- Viola Finn
- Sue Meyer
- MaryJo Feldman
- Abbey Whalen
- Susie Albers
- Shirley Tenyeck
- Jerrine Pippert

- Jeanette VonAhsen
- Nancy Boies
- Darold & Paulette Sindt
- Donna Busch



Father's Day Cook-out

We will be hosting a Father's Day Cookout Friday June 16th in the courtyard from 4-6pm. Social hour will run from 4-5pm with music by Jim Magdefrau. Food will be served starting at 5pm. Please come join us for some good conversation and food. RSVP to Cindy Behrens, Social Worker at 319-442-3234 by June 13th.



TAKING RESIDENTS OUT OF THE BUILDING:

Now that the weather is getting warmer, please keep in mind when taking your loved ones out that you notify the charge nurse that you are leaving. Also sign out on the sheet by the front door. This enables us to get any medications or treatments ready as needed. We also ask that you sign your loved ones back in as soon as you arrive back at the care center. If you have any questions please contact Abbey Whalen, DON at 319-442-3234.



Get Fit Don't Sit Day!

We challenged our employees to take a walk during their breaks to earn a prize! We had 26 participants! Great Job!



Keystone Nursing Care Center
250 5th Street
Keystone, IA 52249

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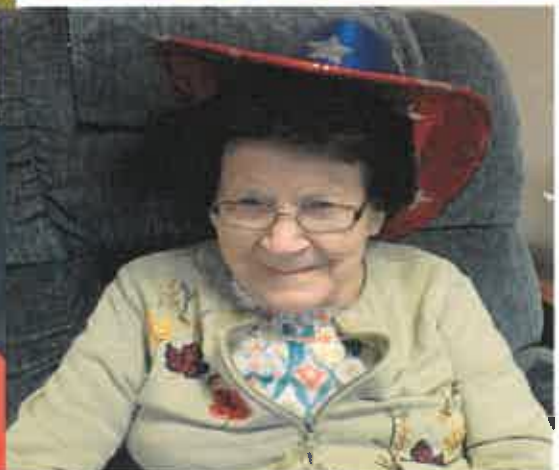
UPCOMING EVENTS AND ACTIVITIES

- ◆ Father's Day BBQ: We are planning to have a Father's Day BBQ on Friday June 16th. Come join us for social hour from 4-5pm with music by Jim Magdefrau. We plan to start serving at 5pm. Everyone welcome!!
- ◆ Resident Advocate meeting June 6th, Tuesday at 9am.
- ◆ Key Ladies meeting June 8th, Thursday at 9am.
- ◆ Cedar Rapids Kernals Game at Noon, June 28th.

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

Keystone Nursing Care Center does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact: Tracy Hanson, Administrator, Section 504 Coordinator, PH. 319-442-3234, TTY/State Relay PH. 800-735-2943.




Nursing Home Week 2017





Keystone Nursing Care Center

June 2017 Lunch Menu

 <p>Keystone Core Center Caring for the lives of our seniors</p>	<p>We welcome visitors and guests to join us for meals, we just ask you let us know by 9:00am for large parties</p>	 <p>JUNE dairy month</p>	<p>Something look good? See Reverse side for Meals on Wheels Information</p>	<p>1: Tuna Noodle Casserole Peas, Bread/Marg, Pork Tenderloin, Onion/Pickle, Tortellini Salad, Butterscotch Dessert, Dessert Cart</p>	<p>2: Hamburger, Potato Salad, Baked Beans, Kielbasa & Pineapple, Rice Pilaf, Chalet Vegetables, Mixed Melon, Ice Cream Drumstick</p>	<p>3: Meatloaf, Hashbrown Casserole, Glazed Carrots Pulled Pork, Mashed Potato Bites, Cuke&Tomato Salad, Dark Cherries</p>
<p>4: Roast Beef, Mashed Potatoes/Gravy, Ham Balls, Sweet Potatoes, Capri Blend Veggies, Roll/Marg, Assorted Pie, Ice Cream</p>	<p>5: Baked Ham, Ranch Potatoes, Creamed Peas, Chicken Thigh, Big Rock Colelaw, Garden Rotini Salad, Pineapple, Banana Cream Dessert</p>	<p>6: Roast Turkey, Dressing, Watergate Salad, Tuna Salad, Crackers, Tomato Slices, Strawberry Shortcake, Dessert Car</p>	<p>7: Smothered Steak, Mashed Potatoes & Gravy, Three Bean Salad, Orange Chicken, Steamed Rice, Cheesecake, Ice Cream</p>	<p>8: Hamburger Noodle Casserole, Tossed Salad, Sloppy Joe, Parmesan Potatoes, Bread/Marg, Fresh Peach, Watermelon</p>	<p>9: BBQ Ribs, Party Potatoes, Cauliflower & Carrot Salad, Bratwurst Pattie, Sauerkraut, Pasta Salad, Custard, Cherries</p>	<p>10: Swiss Steak, Baked Potato, Green Beans & Bacon, Garlic Bread, Spaghetti, Chalet Vegetables, Fresh Strawberries, Ice Cream</p>
<p>11: Roast Turkey, Stuffing, Steamed Cabbage, Pork Roast, Mashed Potatoes & Gravy, Baby Carrots, Assorted Pie, Ice Cream</p>	<p>12: Baked Pork Chop, Party Potatoes, Pea Salad, Chicken Strips, Garlic Potato Wedges, Corn, Caramel Shortbread, Watermelon</p>	<p>13: Swiss Steak, Mashed Potatoes & Gravy, Green Beans, Mالدrite, Baked Beans, Cascade Vegetables, Éclair Cake, Dessert Cart</p>	<p>14: Roast Beef, Mashed Potatoes, California Blend Veggies, Creamed Chicken & Biscuit, Buttered Beets, Bread/Marg, Banana & Oranges, Asst Pie</p>	<p>15: Pizza Burger, Glazed Carrots, Cauliflower & Carrot salad, Salisbury Steak, Mashed Potatoes & Gravy, Oriental Veggies, Tapioca Pudding, Sugar Cookie</p>	<p>16: BBQ Chicken, Potato Salad, Baked Beans, Chili, Crackers, Cheese Bread, Roll/Marg, Blushing Pears, Cream Puffs</p>	<p>17: Crumb Top Pollock, Macaroni Salad, Brussels Sprouts, Scalloped Potatoes & Ham, Country Thro Veggies, Bread/Marg, Berry Cobbler</p>
<p>18: Baked Chicken, Mashed Potatoes & Gravy, Cascade Veggies, Pork Steak, Sweet Potatoes, Harvard Beets, Roll/Marg, Assorted Pie, Ice Cream</p>	<p>19: Ham Loaf, Party Potatoes, Scalloped Corn, Beef Tips, Rice Pilaf, Carrots, Bread/Marg, Ice Cream Dessert, Watermelon</p>	<p>20: Chicken Parmesan, Pasta W/Marinara, Broccoli, Baked Fish, Hashbrown Casserole, Cole Slaw, Strawberry Shortcake, Dessert Cart</p>	<p>21: Salisbury Steak, Mashed Potatoes & Gravy, Chalet Vegetables, Hot Dog, Sauerkraut Salad, Cottage Cheese, Cherry Pineapple Salad,</p>	<p>22: Roast Beef, Stew Veggies & Potatoes, Chicken Alfredo, Noodles, Peas, Fruited Jello, Rhubarb Crisp W/Topping</p>	<p>23: Bratwurst on Bun, Sauerkraut, Chili, Crackers, Breadstick, Broccoli Grape Salad, Butterfinger Dessert, Dessert Cart</p>	<p>24: Bread Pork Chop, Bread Dressing, Green Beans, Garlic Bread, Beef & Noodle Casserole, Cauliflower & Cheese, Apple Snicker Salad, Angelfood Dessert</p>
<p>25: Baked Ham, Cabbage & Carrots, Sweet Potatoes, Country Fried Steak, Mashed Potatoes & Gravy, Peas & Pearl Onions, Assorted Pie</p>	<p>26: Roast Turkey, Mashed Potatoes & Gravy, Mashed Potatoes & Gravy, Layered Lettuce, Fish Sandwich, Macaroni & Cheese, Peaches, Strawberries</p>	<p>27: Chicken Salad Croissant, Coleslaw, Mالدrite on Bun, Fried Potatoes, Mandarin Tapioca Salad, Slice Tomato Slices, Gelatin W/Fruit</p>	<p>28: Ham & Cheese Blend Quiche, 3 Spaghetti, Lettuce, Garlic Bread, Riviera Vegetables, Emerald Pears, Ice Cream Sundae</p>	<p>29: Tuna Noodle Casserole Peas, Bread/Marg, Pork Tenderloin, Onion/Pickle, Tortellini Salad, Butterscotch Dessert, Dessert Cart</p>	<p>30: Hamburger, Potato Salad, Baked Beans, Kielbasa & Pineapple, Rice Pilaf, Chalet Vegetables, Mixed Melon, Ice Cream Drumstick</p>	 <p>Keystone Core Center Caring for the lives of our seniors</p>

All Menus Subject To Change

Questions? Call Derek J. Ealy – Dietary Supervisor – (319)442-3234 – dealy@keystonecare.org
Cook Staff: Carol Hoyt, Veronica Delgado, Tracy Jurgens, Abby Keefer, Eric Ward, Kelly Gulick

Keystone Nursing Care Center

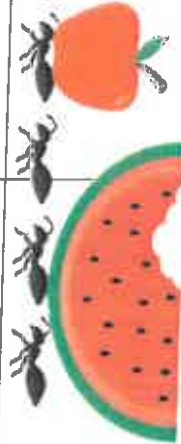





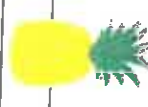


June 2017 Lunch Menu

The Keystone Nursing Care Center offers Meals on Wheels for Lunch seven days a week. If you or your loved one would like a hot nutritious meal delivered right to the door please call The Keystone Nursing Care Center and speak with Derek or Cindy – (319)442-3234

Keystone Nursing Care Center Meals on Wheels Benefits

- **Better nutrition, health and well-being**
- **Decreased Isolation**
- **Security of knowing a visitor is coming each day.**
- **A tasty, nutritional meal for those unable to prepare meals on their own due to health and/or physical limitations**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily 7 Snacks Squirrel Watching Table Task/Jokes Exercises M-F 10:00 **Gardening when the weather is good** 4	2:30 & Hair Care Wed- Frances Thurs- Joanne Quiet Time 12:45-2:15 5	 6	7-9 Pastry Day 2:30 Bunco 7	3:00 Jim Magdefrau 1	10:30 Resident Council Lunch with Amy Tables 5 3:00 Harold Gray 2	9:30 Lutheran Church on TV 2:00 Karen Bartachek on keyboard 3
1:00 Oehlerich Family Lay Service  4	3:00 Key Ladies Bingo 5:00 Eleanor Roquet on piano 5	9:30 Catholic Sac 3:00 Jeopardy game 6	7-9 Pastry Day 2:30 Bunco 7	10:00 Methodist Coffee & Devotions 3:00 Making Sun Catchers 8	Lunch with Amy Table # 3 2:00 Men's Coffee 3:00 Eldred Gerhold on piano  8	9:30 Lutheran Church on TV 3:00 Movie 10
1:00 Pastor Steve Rempfer Planist Janyce Pohlmann 11	3:00 Larry & Daryl 12	10:00 Catholic Mass 3:00 Deb Krommlhrga 13	7-9 Pastry Day 2:00 Lutheran Communion 3:00 Flag Day Crafts  14	2:30 Travel Club 15	Lunch with Amy Table #2 2:00 Jerry & Myrt 4:00 Men's BBQ 16	9:30 Lutheran Church on TV 3:00 Movie 17
1:00 Pastor David Lingard Planist Marilyn Mittan  18	3:00 Making Homemade Ice Cream In A Bag 5:00 Eleanor Roquet On piano 19	9:30 Catholic Sac 3:00 Fay Nolan on Organ 20	7-9 Pastry Day 3:00 Social Hour Elabron womens Club  21	10:00 Methodist Coffee & Devotions 3:00 Wine & Cheese 22	Lunch with Amy Table # 1 2:30 Bunco 23	9:30 Lutheran Church on TV 3:00 Movie  24
1:00 Pastor Andy Wright Planist Cindy Oehlerich 25	3:00 Wheel of Fortune  26	9:30 Catholic Sac 3:30 Harry Ebbeson 27	7-9 Pastry Day Kernels Game 3:00 Movie 28	2:30 Firework Painting 29	Lunch with Amy Table #8 3:00 Brian Weems and Family 30	 31

