

OCTOBER 2020  
EDITION

## *A MESSAGE FROM NATALIE, CEO*



Dear Residents, and Family of Keystone Bluffs,

I have been in health care since I was a Certified Nursing Assistant at age 16. It is hard to believe I just turned 54 and have spent my entire adult life serving seniors in the last chapter of their life. COVID has certainly been the most difficult thing I have seen happen in our industry. We are on a teeter-totter of balancing the emotional needs of everyone with safety. Seems easy right? Well, the problem is that the definition of how we accomplish this is varied by many professionals. After six months, I can say that I have witnessed the depression and sadness of seniors who have not been able to see their children, siblings or grandchildren. This does not even add in the loss of seeing friends.

The discussion has now become how do we honor the right of our seniors for a meaningful life in their last chapter of life? Seniors do not always feel the same as their adult children. Sometimes it is a match and sometimes one wants higher protection than the other desires. So, it is a real balancing act of a master juggler. My bosses always told me to juggle faster if I ever said I was behind or overwhelmed. So juggle faster is what I am trying to do.

The State of Minnesota has Essential Person guidelines set up. I am working with our maintenance department to build a wall on wheels with a plastic barrier for the entry area. This would be designed with two arm holes so residents and family members could put on gloves and actually hug each other. For me personally, and as a professional, I see the need for hugging each other. Our seniors have lost some of these treasured basic needs and deeply need them. Therefore, we are designing one and will review to start construction of many more. We know winter is coming and outdoor visiting will come to an end. We need a plan for a COVID world. We already have a plan for a mask, goggle, and safety glass world. All of these challenges have been tough on our employees and residents. It is very hard to communicate with seniors with a mask. So, we do the best we can and talk very loud or use white boards.

Thank you for your love for our employees as the stress has been real for them. They are shouldering the caregiving role and also being there when family cannot. Plus, our employees are also dealing with schools not in session for their own children as they once knew it. Many have had day care issues and so the issues for settings like ours have been magnified. We are lucky to have the team we have at Keystone Bluffs. We smile through our face masks and pray COVID ends soon.

Keystone Bluffs Assisted Living

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# *A Message from Natalie Continued.....*

I visited Keystone Bluffs to thank our employees during National Assisted Living week and remind them that they are the shining light for all we serve. May we all let our lights shine brightly for those we know and love. May we let our light shine bright for our family and neighbors inside of our homes and in our communities. Please make sure you check out our Facebook page and share the amazing care our employees provide with those you know and love.

Enjoy the season,  
Natalie Zeleznikar, CEO



## ***FEATURED RESIDENT***

Keystone Bluffs featured resident for the month of October is Jim O'Leary. Jim was born in Duluth, MN on November 4, 1938. He graduated from Denfeld High School in 1956 and the Minnesota School of Business in 1970. He lived in Shakopee, MN for 39 years.

Jim's dad introduced him to golf at the age of 12 along with his life-long golf partner, Bob Pearson. He had a lot of opportunities in the sport, becoming a Pro in golf and a PGA member. He was fortunate to golf at many famous courses in Minnesota, California and Arizona. He was also a golf instructor at Nemadji, Pine City, Dahl Green and Silver Bay. Jim states, "It was a privilege to be able to golf with my brothers Pat, Mike and Dan".

Another sport introduced to Jim by his dad was curling, participating in numerous bonspiels in Canada, Range cities and St. Paul. He was a member of the St. Paul Curling Club and managed it for 20 years.

Jim enjoys watching sports on TV; football, baseball, hockey and of course, golf. He also served in the Army for three years.

Jim married Sharon on September 30, 1966 until her passing on March 22, 2015. They did not have any children.

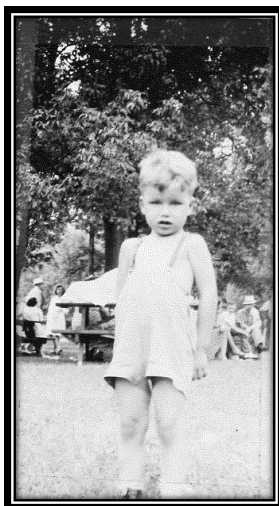
Jim describes himself as humorous and witty. He enjoys people and living life. He loves his family and is helpful to people in need.

The best day of Jim's life was when he found out he was cancer free. He had an aggressive form of cancer and had surgery because of this.

Jim would like to be remembered for his stories about his life experiences, his jokes, his great memory, frankness and honesty.

Advice to the younger generation of today is to "work a job you like; whether a profession or trade".

When asked what he enjoys about living at Keystone Bluffs, Jim replied, "The friendships I have here. The employees are caring and kind. The homey atmosphere".



## ***FEATURED EMPLOYEE***

Kiana Pass has been selected as Keystone Bluffs featured employee for the month of October. Kiana is employed in the positions of CNA (Certified Nursing Assistant), TMA (Trained Medication Assistant) and Floor Supervisor for a total of one year and eight months.

Kiana was born in Duluth, MN and graduated from Denfeld High School in 2019. She is currently dating her boyfriend, Cole, and has been with him for four years.

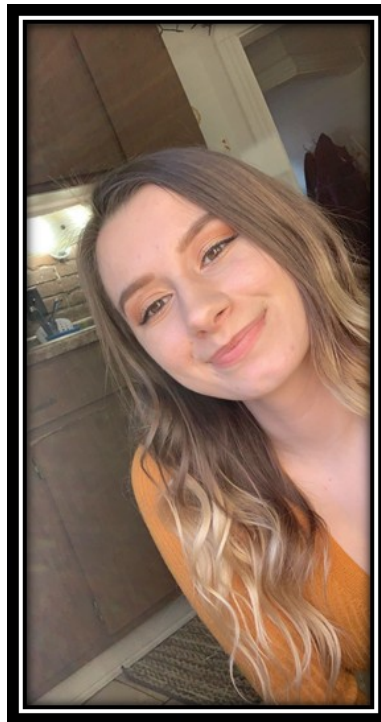
Her plans for the future included attending college for Corrections through the winter and after graduation move to the state of Washington.

Kiana's day consists of working at Keystone Bluffs and hanging out with family and friends. She enjoys traveling and being in nature.

When asked to describe herself, Kiana stated "caring, kind, considerate, supportive friend and cat mom of two".

Something interesting about Kiana is she was the Cheer Captain in high school and was able to travel to Florida as she made "All American Nominee".

Kiana's response when asked why she enjoys working at Keystone Bluffs was "I love the residents, all my co-workers and the friendships I have made".





***“Girl Talk”***



***“Happy 102nd Birthday!!”***