

JANUARY 2021
EDITION



Keystone Bluffs Assisted Living

NEWSLETTER

A MESSAGE FROM NATALIE, CEO

Dear Residents and Family Members,

Thankfully, 2020 is in our rearview mirror. What a year! However, those we serve have endured hardship and sacrifice many times in their lifetime. This is why I kindly refer to them as the greatest generation ever. **Why do I think they are the greatest generation? Here are a few reasons:**

A generation, who served our country. A generation who helped every neighbor without hesitation. A generation who knew all their neighbors. A generation who treasured the front porch for radio time with family; not news but big band music or comedy. A generation who gathered with their family and friends and celebrated baby showers, weddings, anniversaries, births, birthdays, funerals, graduations, sporting events, and so much more. A generation who canned everything. A generation who made their cake from scratch, and shared recipes on family recipe cards. A generation who sent thank-you's for every kind gesture displayed and for all gifts. A generation who often made their gifts. A generation who wrote letters often. A generation who saved money. A generation who could discern the difference between a want and a need. A generation who helped neighbors roof a house and do home improvements. A generation who remembers when electricity came to rural MN. A generation who volunteered without being asked. A generation who lived through polio, tuberculosis and so much more. A generation who define the meaning of tenacity and resiliency. A generation who understood hardship, and rallied as a generation to give their families something better..... and they did just that.

I marvel at their wisdom, and being around them is a gift. Each has a story and it is better than any book one could read. They are a generation with deep ethnic heritage and a strong love for the United States of America. It is humbling to spend 15 minutes with any of them. They enrich our lives. They make us all better people. They are appreciative for the smallest things. They thank all who give compassion each and every day. When they can no longer speak, their eyes say it all. They are grateful for the kindness, and they deserve nothing less. They inspire us all to dig deep when life is hard. **They remind us all that life will be hard, and it builds character. They remind us all that "this too shall pass".**

As I write, COVID vaccinations are arriving in Minnesota, and the State is determining how the process will work. Those residing in assisted living and nursing home settings will have priority. As we know, they are in a high risk population if they have identified disease processes. Then caregivers will be a priority, and we will begin the education process.

NATALIE CONTINUED

Truly, we are hopeful for a 2021 where family and friends can gather together like we did in pre-COVID days. We know that it is hard for everyone to be away from each other. As we wait for this magical day, please know you can do window visits and each location has walkie talkies for communication. If you elect to put a fish house outside the window for added shelter feel free. We actually had a family do this and they enjoyed every minute of their time together with their mom through the window. If a community has a high community spread rate, we are only allowing compassionate care visits. If we have positive COV ID cases inside the home, we are only allowing compassionate care visits as the state advises. If you do enter for compassionate care visits, please DO NOT remove your mask or goggles/face shield at any time. This includes time you may be alone in your loved one's room. The risk for exposure to others is simply too high.

The State of Minnesota has determined that hair stylists are in the essential worker category and can provide services to our residents. They must wear a mask and goggles/face shield at all times. They must never provide services to a positive diagnosed resident who is still in their quarantine time period. We have been testing all residents and employees weekly. As the numbers change, we have some staff who have to be out even if asymptomatic. So, some of our employees are tired as they work to care for residents and many are doing double shifts. This is the norm across the state and country right now. Our staff are grateful for all the special cards, treats and gifts sent to them. For those who still want to do something, please talk to Therese at the front desk.

We are thankful we kept COVID out of our settings for 8 months, but nature usually prevails. So, we are doing our best to get through this like everyone across the state and country. We have the building decorated and staff is doing an amazing job at being creative on how to bring daily joy in stressful times. They are reminded to let their lights shine for all we serve. **We are anxious to see you all. We miss you and hope you have a wonderful 2021.**

Be safe and best wishes to all,

Natalie Zeleznikar, CEO
Licensed Nursing Home Administrator

