### **Keystone Staff**

Executive Director
Phyllis Spangler
Administrative
Assistant

### **Care Companions**

Anne Leitnaker

Sharon McFadden Tina McGhee Julie Young

## **Board of Directors** 2024

**Chairperson**Debbie Callis

Vice Chairperson Laura Jones

**Secretary** Miriam Wankerl

Teri Smith-Pearson Anne Lawson Connie Warford

FUMC Staff Liaison

Rev. Jenny Caughman

## **Keystone Caregiver Support Group**

### Thursday, April 11, 12:30pm

Professionals trained in dementia care and other caregivers will give you tools to help you manage your caregiving journey.

Targeted topics will include Hospice, Elder Law, Assisted Living, Long Term Care Decisions and More!

Facilitator: Phyllis Spangler First United Methodist Church 1350 Oak Ridge Turnpike Oak Ridge, TN 37830 Room 202

For more information, call Phyllis at 483-6631



1350 Oak Ridge Turnpike Oak Ridge, TN 37830

Phone: 865.483.6631 Fax: 865.483.4391

E-mail: keystone@fumcor.org Website: www.keystonetn.org













# Keynotes

#### **KEYSTONE ADULT DAY PROGRAM**

PARTNERS IN DEMENTIA CARE

April 2024





Cooking activities, like making cookies, allow participants to experience success.

**Cooking Capers!** 

Perfecting your own personal pan pizza and enjoying it at snack time is purposeful activity.





**Keystone will be closed Monday, April 1, in observance of Easter.** 



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"When Irish eyes are smiling sure 'tis like a morn' in Spring In the lilt of Irish laughter, you can hear the angels sing..."





Participants thoroughly enjoyed all sorts of St. Patrick's Day shenanigans...pots of gold, lucky leprechauns, some green food and plenty of Irish songs. Holiday celebrations draw everyone together to provide meaning, purpose and abundant joy!











### VOLUME 7, ISSUE 4



Keystone is a practicum site for Roane State's Occupational Therapy Assistant (OTA) program. Tiffanie (above) and Emma (below) enjoy a rousing game of Favorite Foods Bingo with participants. We are grateful to have RSCC as a collaborative community partner!





### **Donations**

Debbie Shepherd

Mike and Barbara Bundy

Nita Barnes

Julia Hoppe

Margie Clinton

Elaine Graham

Linda Goodwin

Bob and Carolyn Henderson

Jim Walker

### Wish List

- Self-adhesive Googly Eyes, assorted sizes
- Small & medium self-adhesive gems
- Pom Poms, assorted sizes

Thank You!



Keystone enjoyed a visit from Roane State Dental Hygiene students who gave a fun presentation on taking good care of our pearly whites.