

Keystone Staff

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Phyllis Spangler

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Care Companions

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Keystone Caregiver Support Group

January 8, 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
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E-mail: keystone@fumcor.org
Website: www.keystonetn.org



Keynotes

KEYSTONE ADULT DAY PROGRAM

PARTNERS IN DEMENTIA CARE

January 2026



Keystone Karaoke

Raise Your Voice To Raise Funds For Keystone!

Saturday, February 7th
5:30 - 10:00 pm

POLLARD AUDITORIUM
ORAU Campus
210 Badger Ave., Oak Ridge

Karaoke
& Silent Auction

Tickets \$25.00

Admission Includes:
6 Food & Drink Tickets
Silent Auction 7:00 - 9:30



Sponsorship Opportunities Available

To purchase tickets or become a sponsor contact:

Connie Warford: tenn.homes@comcast.net

Phyllis Spangler: pspangler@fumcor.org

(Additional food, and drink can be purchased during the event)

Keystone provides a structured day program with purposeful activities for participants and much needed respite for their family caregivers.

Virtual Christmas Light Viewing

Special thanks goes to our friend **Casey Parker**, from **Shalom Hospice**, for sharing a magical Christmas Light **Virtual Reality Experience** for all to enjoy!



As Linda began her virtual experience, she quickly shared **"This is wonderful!"**



Caregiver's New Years Resolution Checklist

Caring for someone with dementia is both an act of love and a demanding responsibility. The new year can be a gentle, uplifting reminder that you matter just as much as the person you care for. Here are some thoughtful resolutions that safeguard your well-being while supporting your loved one.

- ⇒ **Nurture My Health:** I will schedule regular checkups for myself, eat nourishing meals, and move my body at least 10 minutes each day.
- ⇒ **Make Time for Myself:** I will ask for help when needed and accept it, carve out moments for activities that bring me joy, and rest without guilt.
- ⇒ **Stay Connected:** I will reach out to friends or family at least once a week to share and laugh. I will join a caregiver support group to connect with others who understand my journey.
- ⇒ **Keep Learning:** I will explore one new care tip each month and try fresh approaches to communication or daily activities that can make life smoother and more joyful for both of us.
- ⇒ **Plan Ahead:** I will review and update important legal, medical, and financial documents so they reflect current needs and wishes.
- ⇒ **Lead with Patience and Love:** I will pause, breathe, and respond with kindness to challenging moments, remembering that behaviors are symptoms, not personal attacks. I will celebrate one small joyful moment each day—a smile, shared laugh, or quiet connection.

Remember: You are not just a caregiver, you are a source of comfort, strength, and love. Every small step you take for yourself is also a gift to the one you care for!

Grateful Hearts & New Years Wishes!

We are grateful for our Keystone community of families, caregivers, participants, and supporters. It is both an honor and a privilege to walk alongside families on their dementia journey, offering unconditional care, compassion, and support. From all of us at Keystone, we extend our warmest wishes for peace, joy, and love in the year to come!

The Joys of Music

Did you know that by fostering connections through music, individuals living with dementia can experience joy and comfort, even if other forms of communication become more difficult?



Joyful Moments
Singing
with
Friends!

Inclement Weather Policy

Keystone follows the snow schedule for Oak Ridge City Schools. If the schools are closed, Keystone is closed. If the schools decide to close early due to inclement weather, Keystone closes. Please be alert to these weather situations and make prompt arrangements to pick up your participant.

Thank You



**Keystone is closed
Monday, January 19th
in observance of
Martin Luther King, Jr. Day**

In Memory Of

David Lennon
By Carolyn Lennon

Renata Turner
By Nancy Delene

Donations

Don & Elizabeth Batchelor
Gay Bradley
Anne Leitnaker
Rachel Reagan
Debbie Shepherd
Ted Willgrubs

Wish List

- Glitter scrapbook paper (any color)
- Red & black stamp ink pads
- Little Debbie oatmeal pies
- Individual yogurt cups
- Individual assorted chips

Thank You!

