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Rev. Ken Sauer

Keystone Caregiver Support Group

November 13, 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



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Keynotes

KEYSTONE ADULT DAY PROGRAM

PARTNERS IN DEMENTIA CARE

November 2025

Grateful Hearts

In this season of giving, our hearts are filled with abundant gratitude for **your** generous response to our 8th Annual Carry the Stone fundraiser.

Keystone appreciates **you**, our faithful supporters, who help make scholarships available for families who struggle to afford the cost of adult day programming.

Thank you!

Carry the Stone Donations

In Memory of

Emogene Bolling Griffin
by Carol Yoakley

Charles Callis
by Tom & Joan Burns
Debbie Callis &
Suzanne McCampbell
Cathy Wieland

Joan Coffey
by Timothy & Cheryl Coffey

Heather Cupp
by Diane Ritter

Ruth Gillock
by Julia Hoppe

Paul Haas
by Princess Haas

Beverly Mathis
by James Mathis

In Memory of

Roy McKnight
by Pam Robertson

Bits Sineth
by Patty Murphy

In Honor of

Linda Battle
by Mary & Jay Jellison

David & Betty Lou Alsbaugh

Nita Barnes
Frederic Barry, M.D.
Kimberly Beeson
Linda Bowen
Debbie Clark

Darrell & Janet Cook
Richard & Sue Edwards
Pamela Fleming

Sid Garland
Anita Greenlee
Kathy Halligan
Nancy Isler
Thomas Kerr
Kenneth Krushenski
Ron & Jackie Lands
Anne Leitnaker
Lucy Maiorino
Judy Roitman
Margie Skipper
Pat Smith
Teri Smith-Pearson
Joana Springmier
Rebecca Szymanski
Cara Weigel



Keystone closes at 1:00 pm on November 26
and is closed on November 27 and 28.

Happy Thanksgiving!

Moments of Joy

Whether making a batch of fudge, playing a ball game, or putting a puzzle together, Keystone celebrates the human spirit by engaging in purposeful activities that bring joy to all.



~ Caregiver Tips ~

Rethinking the Holidays for Meaningful & Enjoyable Experiences

- ⇒ **Simplify Celebrations:** Opt for small gatherings with people your loved one knows well. Avoid overwhelming decorations, bright lights, & loud music which can confuse or agitate your loved one.
- ⇒ **Familiar Activities:** Involve your loved one with activities like listening to holiday music, looking at old photos, baking simple treats, or helping with simple decorating.
- ⇒ **Create a Quiet Place:** Designate a calming space where your loved one can retreat if they become overwhelmed.
- ⇒ **Communicate:** It can be helpful to let friends and family know in advance about any changes they might see in your loved one since they last saw them.
- ⇒ **Be Flexible:** Give yourself permission to do only what you can reasonably and safely manage and be prepared to adapt plans based on your loved ones needs or energy level.
- ⇒ **Prioritize Well-Being:** Maintain daily routines as much as possible to minimize disruption and confusion. Remember, it is OK to prioritize self-care and take breaks when needed.
- ⇒ **Seek Support:** Seek support from friends, family, or support groups to help manage the emotional and practical challenges of the holidays.

In loving memory of those who have gone before us.
2024-2025



Phil



Sharon



Shelba

Good News!

We are pleased to announce that the **Alzheimer's Foundation of America (AFA)** chose Keystone as a national winner of their **Milton & Phyllis Berg Respite Care Grant** from organizations across the country!

The AFA grant supports
Keystone's Scholarship Program.

Upcoming Holiday Closures

Keystone is closed
December 24, 2025 thru January 2, 2026.
Keystone re-opens Monday, January 5, 2026.

Inclement Weather Policy

Keystone follows the snow schedule for Oak Ridge City Schools. If the schools are closed, Keystone will also be closed.

Donations

Alexander Guest House
Tony and Gay Bradley
Ashley Craven
Sharon Dowell
Jean Lay
Anne Leitnaker
Rachel Reagan
Debbie Shepherd
Ted Willgrubs

Wish List

- Boardgames: SORRY!, Checkers, Trouble
- Black cardstock 65lb 8x11
- Multi-colored construction paper
- Individual yogurt cups
- Powdered coffee creamer
- Tide detergent pods
- Hand sanitizer

Thank You!