

# Rockwell Nursing Home Newsletter

## December 2009

~News from the Activity Department~

I hope everyone had a nice, safe, and fun Thanksgiving! I've noticed as my family grows it's harder to get together for the holidays and it's harder to find a place large enough to accommodate 30-40 people as well! Last year if memory serves me right I had 3 Thanksgivings to go to and 6 Christmas! No wonder why I was tired and sick of Christmas!

We have some fun and exciting things planned for the month. On December 3<sup>rd</sup>, the Girl Scouts will be coming at 5:00 p.m. to carol. On December 5<sup>th</sup>, Denny's School of Dance will be here at 10:30 a.m. to put on show for us. On December 7<sup>th</sup>, Dan Steenhard will be here to play for us. On December 10<sup>th</sup>, Sandy Hitzhusen will be here to put on a program for us. December 11<sup>th</sup> Sue Daugherty and her students will be here to sing and play instruments. Our Christmas Open House is December 12<sup>th</sup> from 1:00 to 3:00 p.m. If the weather cooperates and we don't have extremely cold temperatures, we'll be out for a ride in the van to look at Christmas lights. The resident Christmas party will be December 18<sup>th</sup>. Throughout the month we'll be showing some classic favorite movies of all time such as "The Grinch who stole Christmas", "A Christmas Carol", and "Miracle on 34<sup>th</sup> Street". I've seen these movies hundreds of times but they are still a favorite of mine during the Christmas season. If you haven't seen them, please do - I don't think you'll be disappointed!

We have three birthdays for the month of December. Mary Hoffman on 12-02, Scott Paulson on 12-14, and Dorothy Thompson on 12-17. Happy Birthday to each of you!

Alicia Petersen, Activity Director

**Below is the Care Conference schedule for the month of December and early January. We invite families to attend, so please call to set up a time. Care Conferences begin at 9:15 a.m. and for your convenience and ours, we limit the time to 30 minutes per conference.**

### December 2, 2009

Verneice Pedersen  
Rich Ermer  
Willard Wickwire  
Linda Smith

### December 9, 2009

Evaline Brown  
Beulah Blum  
Bertha Flatness  
Ednabelle Smith

### December 16, 2009

Gerry Knoop  
Mildred Schissel  
Jo Heaford  
Mary Margaret Gallagher  
Scott Paulson

### January 6, 2010

Reva Peters  
Ida Rose Scholl  
Lucille Jurgemeyer  
Irene Birkholz  
Alma Jean Hinrichsen

### January 20, 2010

Dorothy Thompson  
Erma McIlrath  
Marjory Nuehring  
Marie Ward

### January 27, 2010

Mary Hoffman  
Joanie McLaughlin  
Marjorie Carlsgaard  
Merlin Carlsgaard

**\*\*\*NOW OPEN\*\*\***

**West Fork Family Medicine, PC  
Charity Baker, D.O. & Josh Baker D.O.  
705 Elm Street, Rockwell  
641-372-0315**

**(No long distance charge to local area)**

**Office Hours:**

**Monday-Thursday 8:00 a.m. to 4:00 p.m.**

**Friday 8:00 a.m. to 12:00 noon**



*You are invited to come and share  
some Holiday Cheer  
at the Nursing Home's annual  
CHRISTMAS OPEN HOUSE*

*On Saturday, December 12<sup>th</sup>*

*1:00 p.m. to 3:00 p.m.*

*Hope to see you there!*

Wow! Here it is December; it is hard to believe that the year 2009 will soon be over. I remember when we were worried about Y2K and how the computers would handle it. Well, the computers have made it but I am still not sure where the last 9 years went! Last year at this time I was waiting the arrival of a new grandson right after Christmas and soon he will be celebrating his 1<sup>st</sup> birthday.

Some yearend items that need to be taken care of include Medicare Part D coverage if you are thinking of changing your current plan. The pharmacy conversion has gone well and I haven't had many problems with monthly statements. The nurses are also doing well with the new medication dispensing system and med carts. We began the new system with 1 med cart and it didn't take long to discover that we needed to expand to 2 carts - a separate one for each zone.

I hope to see everyone at our Holiday Open House on Saturday, December 12<sup>th</sup> from 1:00 to 3:00 p.m. It is such a festive time with all the Christmas decorations in the facility and extra activities scheduled. The residents really enjoy this time of year!

I wish everyone a Merry Christmas and a Happy New Year!

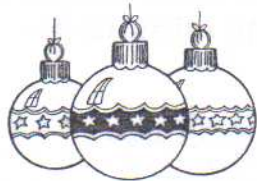
Carol Ames, D.O.N.



**Effective FEBRUARY 1<sup>st</sup>, the monthly newsletter will no longer be sent to family members unless you call and request one sent to you. It will be posted on our website for all to read. We will be happy to send you one if you do not have the capability to read it online. You can also stop in the office and pick up a copy. Our website is [www.rockwellnursinghome.com](http://www.rockwellnursinghome.com).**

The Christmas shopping season is upon us. Newspaper, television, radio, and even e-mails, tell us where we can find the best deals and the "lowest prices of the season." Everyone appreciates getting the most for their money, especially during these trying economic times. Nursing homes continue to be one of the best deals in healthcare. Although a substantial expense, when compared with other services in the area, it's still a bargain. Here are some real costs I checked on in North Iowa:

- Overnight stay at the Holiday Inn - \$109.00
- Thanksgiving buffet at local restaurant - \$13.95
- Home cleaning service - \$12.50 per hour + cost of supplies
- Bathing Assistance from home health aide - \$30 + \$10 travel charge
- Additional assistance with daily needs - \$23/hour
- Medication management - \$133/visit
- Standard wheelchair rental - \$65.00/month
- Cable T.V. - \$25.95 - \$62.95/month
- Internet access - \$47.95/month
- Manicure - \$15
- Taxi service to Mason City for medical app't. - \$20/one way
- Therapeutic exercise - \$50/15 minute unit
- Snow removal/lawn care - \$50/hour



Also consider property/liability/renter's insurance, heating/cooling, water/sewer/garbage, property taxes and entertainment.

All of the above, and more, are included in one daily rate of \$125 for a semi-private room and \$150 for a private room here at the Rockwell Nursing Home - a real bargain when you think about it.

If you received a Resident Satisfaction Survey with this mailing, it is very important you take a few minutes to fill it out and mail it in by December 31. The state budget cuts recently mandated mean decreases in both Medicare and Medicaid payments for about 50% of our current residents and result in higher private pay costs for the remainder of our residents to help make up for this shortfall. By completing and mailing your survey you can help the facility capture all the funding it is entitled to through these programs.

December promises to be a busy month around here with lots of activity going on. I hope to see many of you at the Holiday Open House on Saturday, December 12. Happy Holidays.

Sue Adams, Administrator

**We have added a mailbox here at the Nursing Home!!**

**Effective immediately:**

**Please change all correspondence sent to Nursing Home to 707 Elm Street. We will no longer be using our P.O. Box number and all mail will be delivered directly to us every morning by a rural carrier. Thank you!**



### The Reason for the Season...



What is the real "reason for the season"? We hear that phrase so many times throughout the holiday season each year. Is it the decorations, the Christmas carols that seem to start playing earlier and earlier every year? Maybe it is the hustle and bustle we all feel when trying to bake, shop, clean, and prepare for holidays? Or maybe it is just the feeling that we get when reflecting on the past year and realizing that our family, our faith and our health are so important?

For Charlie Brown, it was the quest for the perfect Christmas tree and for Ralphie Parker of Hohman, Indiana, it was the hopefulness of receiving a Red Ryder BB gun on Christmas morning. Ebenezer Scrooge tried to avoid the Christmas season and all it represented, but we know that didn't work out so well for him, did it? And how about the Grinch, who along with his dog Max, went so far as to try to steal Christmas away from the Who's down in Whoville and later returned everything he had stolen after his own heart grew 3 sizes that day.

I feel that we all have a little Charlie Brown, Ralphie, Ebenezer and yes, even the Grinch within ourselves. We would all like a perfect Christmas with all the hopefulness and joy it represents. And like the Grinch, our hearts grow bigger throughout the holiday season. Christmas morning for Mr. Scrooge was filled with a glorious revelation for his future and Tiny Tim...all realized with the help of three ghosts. During this Christmas season, we would do well to look back on our past Christmas' with fondness, enjoy the present season with generosity and kindness for those less fortunate than ourselves and look to future Christmas seasons with love and anticipation of spending time with friends and family, and always remembering the true reason for the season.....It lies within all of us - we show it many different ways and at many times throughout the holiday season. I hope you and your family have a very blessed Christmas and that 2010 will be a healthy and prosperous year for you with lots of reasons!

Julie Sheriff, Office Manager



Hello from the Dietary Department...

As I am writing this we are busy in the kitchen getting ready for Thanksgiving Dinner. As you are reading this, that day will have passed and we will be on our way to Christmas. I hope everyone had a wonder Turkey Day with family and friends.

The Christmas schedule gets a little crazy but is always full of fun! Our staff party is on December 9<sup>th</sup> which is always nice to get the majority of us here at the same time just to share in a good meal and great fellowship. Our Christmas Open House will be December 12<sup>th</sup>, mark your calendars and come join us for some hot cider and cookies. The elves are already baking goodies for us. On the 18<sup>th</sup>, we will be having the residents' Christmas party. I think we are assured that a good time will be had by all! Christmas Eve will, of course, bring oyster stew and chili. Ah....and Christmas ham....I can smell it already!

I wish everyone a Wonderful Holiday Season!

In Food & Fun....

LuAnn



# DECEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>6</b> Church Bulletins Delivered 10:00 Church Broadcast 1:00 Make Xmas Cards for Soldiers Overseas 2:30 Card Club	<b>7</b> 10:15 Mass Father Dubert 2:00 Dan's Band 3:30 Coffee	<b>8</b> Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Lutheran Church 3:30 Coffee	<b>9</b> 9:15 Care Conference 10:15 Church Service Pastor Joel Dahlen 1:30 Staff Xmas Party 4:00 Social Hour 7:00 Yaltzee	<b>10</b> 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Piano Music w/Sandy Hitzhusen 3:30 Coffee	<b>11</b> 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 1:00 Caroling 2:00 Sue Daugherty Piano students 3:30 Coffee	<b>12</b> Christmas Open House 1:00 - 3:00 p.m.
<b>13</b> Church Bulletins Delivered 10:00 Church Broadcast 1:00 Make CC Bars 2:00 Movie "The Grinch" 3:30 CC Bars & Hot Cocoa	<b>14</b> 10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee	<b>15</b> Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Dougherty Church 3:30 Coffee	<b>16</b> 9:15 Care Conference 10:15 Church Service Pastor Scherb 1:00 Manicures 4:00 Social Hour 7:00 Van Rides to look at Xmas lights	<b>17</b> 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:15 Coffee 7:00 Van Rides to look at Xmas lights	<b>18</b> 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 5 <sup>th</sup> /6 <sup>th</sup> Grade Carol Resident Xmas Party w/Sandy Hitzhusen	<b>19</b> 1:00 Yaltzee 2:00 King's Corner 4:00 Social Hour
<b>20</b> Church Bulletins Delivered 10:00 Church Broadcast 1:00 Movie "A Xmas Carol" 3:00 Cards	<b>21</b> 10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee	<b>22</b> Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Sacred Heart Church 3:30 Coffee	<b>23</b> 10:15 Church Service Pastor Sokol 1:00 Manicures 3:30 Coffee	<b>24</b> 10:00 Exercises 10:15 Ball Toss 10:30 Xmas Stories	<b>25</b> <div style="text-align: center;"><b>Merry Christmas!</b></div>	<b>26</b> 1:00 Make Cream Cheese Brownies 2:30 UNO 4:00 Social Hour
<b>27</b> Church Bulletins Delivered 10:00 Church Broadcast 1:00 Movie "Miracle on 34 <sup>th</sup> Street" 3:00 Cards	<b>28</b> 10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee	<b>29</b> Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 Rockwell Library Story Hour 2:30 Bingo Rockwell Methodist 3:30 Coffee	<b>30</b> 10:15 Church Service Pastor Scherb 1:00 Manicures 4:00 Social Hour 7:00 Yaltzee	<b>31</b> 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker/New Year's Eve Party 3:15 Coffee		