



Rockwell Nursing Home Newsletter

FEBRUARY 2012

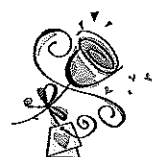
~ From the desk of the D.O.N. ~

Happy Groundhog's Day, Valentine's Day and Mardi Gras! February is sure a busy month when it comes important dates - gumdrops, peppermint patties, almonds, french fries, tortilla chips, clam chowder, chocolate cake and strawberries all have a day designated for celebrating them. The Super Bowl is also this month, so that means another good reason to spend time with family and enjoy an afternoon of football and of course, food!

We have some "designated" days around the Nursing Home as well. A new resident is scheduled to see the doctor every 30 days for the first 3 months of their stay here and then once every 2 months after that. The doctor will review medications, perform an examination and address any concerns the resident or staff has. We communicate with the doctor on a daily basis and so he is updated frequently on the condition of your family member. If a unexpected condition or symptom occurs, we contact the doctor and he will give an order, if appropriate, without having to actually see the resident. This is very helpful in getting necessary medication started quickly so the resident can feel better faster!

As always, if you have any concerns or questions regarding your family member, please stop in or call. Let's hope Punxsutawney Phil does not see his shadow!

Carol Ames, D.O.N.



BEAUTY SHOP SCHEDULE CHANGE FOR FEBRUARY AND MARCH

The Beauty Shop will be open on the following
Wednesdays - February 22nd, 29th and March 7th.
It will then go back to regularly scheduled day (Tuesday).

A Note from the Activity Department...

We certainly can't complain much about this weather we've been having over the last several weeks. The sunshine is great to see and always puts everyone in a better mood. I know it does at least for me. The residents and myself are looking forward to having the snow melt and everything to dry up so we can get outside and plant flowers again. I love spring time because everything is starting to come to life. We always plant tomatoes out in the garden area but last year they didn't do very good. It took them forever to turn red and when they finally did the bottoms of them almost seemed as if they were rotten. I'll have to talk to my grandpa who has the green thumb in my family. I can never keep a plant or a flower alive. My grandpa can make just about anything grow.

I found a little bit of Valentine's Day trivia that I found interesting. 73% of people who buy flowers for Valentine's Day are men while 27% are women. About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas. Some people used to believe that if a woman saw a robin flying overhead on Valentine's Day; it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire. Wearing a wedding ring on the fourth finger of the left hand dates back to ancient Egypt, where it was believed that the vein of love ran from this finger directly to the heart.

We have three birthdays for the month of February Bertha Flatness 2-9, Vietta Bruns 2-13, Viola Root 2-13, and Jean Scholl 2-14. Happy Birthday to each of you!!



Below is the care conference schedule for the months of February and early March. We invite family members 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.

February 2nd, 2012

Erma McIlrath
Marjory Nuehring
Marie Ward
Buford Floy

February 9th, 2012

Ross Hansen
Mary Hoffman
Helen Jorgensen
Bill Jorgensen
Garnet Duryee

February 23rd, 2012

Ruth Grulke
Carrie Wickwire
Ruth Oetken
Clarence Oetken

March 1st, 2012

Victor Parks
Joe Campbell

March 8th, 2012

Viola Root
Rich Ermer
Marcele Ermer
Jackson White

March 22nd, 2012

Ednabelle Smith
Beulah Blum
Bertha Flatness
Dorothy Sjostrand

It is a difficult task for us to provide a home-like, yet safe, environment for our residents. I know some of the things in my home would not be considered safe here, yet I really like them! We preach homelike, homelike, and that is truly our goal, but unfortunately there are state and federal regulations we must follow along with considerations such as cognitive impairments, physical limitations, the need for room for adaptive equipment and courtesy to roommates. Here are some ideas:

• Candles cannot be burned. Even the wax in electric melting pots can be hot enough to burn the skin. There are, however, other things that can make your room smell nice such as wickless candles that only require exposure to air, potpourri in a spill-proof container or a solid air freshener.

• Who would have known in the 1970's when the facility was built, how many electric devices the average person would have. While surge protectors are not prohibited, they can only be used to plug in televisions, DVD players and computers and they must be made of metal. If you have more electronics in your room than plug-ins, please let our environmental service staff know and we will try to help you rearrange so that everything can safely have access to an outlet.

• Alexander Graham Bell had no idea what he was onto when he invented the telephone. I'm sure he could not even imagine the "smart phone". I'd like to suggest cordless phones or cell phones instead of the older corded phones. It is so much safer to keep a cordless handset in a wheelchair or walker bag or beside the recliner. This eliminates the tripping hazard of the cord and the potential for a fall that may happen if you are hurrying across your room to answer the ringing phone.

• Throw rugs are prohibited because of the tripping hazard they pose. But there are other ways to brighten up a room such as a colorful throw, blanket or pillow. Residents can also have their own personal bed cover in a pretty color or pattern. Just remember to get the correct size so it's not dragging on the floor, and do not purchase a slippery fabric.

• Lamps provide great reading light and are often part of our overall décor. If you choose to have a lamp, please choose one with a sturdy base that will not easily tip over and one that is not made of glass. It is important to heed to the manufacturer's instructions regarding bulb size – do not put in a higher watt than recommended.

• Many of our residents have their own chair in their room. There is nothing better than a favorite rocker or recliner. Just make sure the chair is in good repair and of sturdy build. If the chair reclines or has a lift mechanism, is the resident capable of safely operating it? It is never safe to get out of a chair in the reclined position. As we get older it is not as easy to rise from a sitting position as it used to be. If the chair is too low, we may have to "build it up" by putting a wooden box frame underneath.

• Clutter is out – simple is in!! I know it's a small space to put all of your belongings, but a cluttered room is a safety hazard to you, your roommate and the staff who cares for you. Let us help you organize! We can hang things on the wall or help you go through your closet and drawers and purge old clothes and things you no longer need or use. Families, you can help by storing off-season clothing and holiday decorations for your resident.

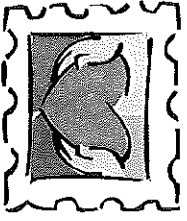
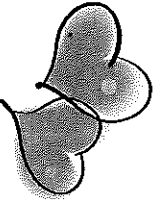
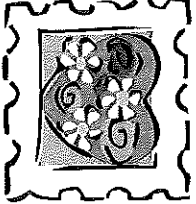
OK, that put me in the mood for spring cleaning at home – maybe this weekend!

Sue Adams, Administrator

All activities subject to change!

February 2012

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards	 6 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee	 7 Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Sacred Heart 3:30 Coffee	1 10:15 Church Service Pastor Livingston 1:00 Manicures 1:30 Cards 4:00 Social Hour	2 9:15 Care Conf. 10:00 Exercises 10:15 Ball Toss 10:30 Library Story Hour 2:30 Take Away Poker 3:30 Coffee	3 10:15 Mass Father Allers 2:30 Pokeno 3:30 Coffee	4 10:00 Exercises 10:15 Ball Toss 10:30 Trivia 1:30 Kings in the Corner
12 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards	13 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee	14 Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 Valentine Trivia 2:30 Bingo Rodkwell Methodist 3:30 Coffee	15 10:15 Church Service Pastor Evanson 1:00 Manicures 1:30 Cards 4:00 Social Hour	16 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Piano Music w/Sandy Hitzhusen 3:30 Coffee	17 10:15 Mass Father Allers 2:30 Resident Council 3:30 Coffee	18 10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Kings in the Corner
19 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards	20 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee	21 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Lutheran Church 3:30 Coffee	22 Beauty/Barber Shop 10:15 Church Service Pastor Sokol 1:00 Manicures 1:30 Cards 4:00 Social Hour	23 9:15 Care Conf. 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Take Away Poker 3:30 Coffee	24 10:15 Mass Father Allers 2:00 Pokeno & Feb. Birthday Party 2:45 WF 5th & 6th Graders visit 3:15 Coffee	25 10:00 Exercises 10:15 Ball Toss 10:30 Chicken Soup 1:30 Board Games & Cards
26 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards	27 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee	28 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Volunteers 3:30 Coffee	29 Beauty/Barber Shop 10:15 Church Service Pastor Scherb 1:30 Staff In-service 3:00 Cards 4:00 Social Hour 7:00 Yahrtzee	