

Rockwell Nursing Home Newsletter

FEBRUARY 2010



News from the Activity Department...

I don't know about anybody else, but old man winter needs to settle down and give us some warmer days with some sunshine! If this weather keeps up the schools cancelling they'll be in school until July!

We are looking forward to having the 5th and 6th graders come again and visit us this month. They missed coming out in January because of a 2 hour delay that day.

We have 3 residents who have birthdays this month. Bertha Flatness 2-9, Marjorie Carlsgaard 2-27, and Babe Wickwire on 2-28. Happy Birthday to each of you.

Did you know that 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. Approximately 192 million cards are exchanged each year.

Happy Valentine's Day!

Alicia Petersen, Activity Director

Below is the Care Conference schedule for the month of February and March. 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.

February 10, 2010

Ruth Grulke
Irene Dhondt
Leone Stockdale

February 24, 2010

Verneice Pedersen
Rich Ermer
Willard Wickwire
Linda Smith

March 3, 2010

Evaline Brown
Beulah Blum
Bertha Flatness
Ednabelle Smith

March 10, 2010

Gerry Knoop
Mildred Schissel
Jo Heaford
Mary Margaret Gallagher
Scott Paulsen
Angie Marlowe

March 31, 2010

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



I wrote last summer about the planned re-opening of the medical clinic next to us. Westfork Family Medicine, owned by Josh Baker, D.O. and Charity Baker, D.O. officially opened its doors in early December. They offer medical care for the entire family including wellness checks, treatment for illness and injuries, manipulations and minor procedures.

Some of you have inquired about having Drs. Baker as attending physician to your resident. They are willing to screen new patients for acceptance to their practice, and we can help facilitate that process by providing medical records for their review. Keep in mind, however, that at this time, Westfork Family Medicine is not certified to accept Medicaid (Title XIX) patients. This may change in the future, and they will let us know if and when they become Medicaid certified. Right now, Drs. Bakers' patients are being seen in the office; however, in the future they may be seen here at the facility.

Dr. Paltzer continues to serve as attending physician to many of our residents and also as facility Medical Director. The positions are separate yet entwined. As our Medical Director, Dr. Paltzer is responsible for assisting us in the implementation of resident care policies and in the coordination of medical care throughout the facility. He also serves on our Quality Assurance Committee and is available as needed in a consulting role. As attending physician, he will continue to see his patients in the facility according to Medicare regulations or as needed.

It's all about choices, and we are here to offer as many choices as possible to our residents.

Sue Adams, Administrator

DID YOU KNOW?

February is ...
Celebration of Chocolate Month
American Heart Month
National Blah Buster Month
National Snack Food Month
National Weddings Month
Potato Lover's Month
Return Shopping Carts to the Supermarket Month
International Embroidery Month



PRESIDENTIAL TRIVIA

1. Who was the oldest elected President?
2. Who was the tallest President?
3. Name the shortest President?
4. What President kept memos to himself in his top hat?
5. What President had a habit of bowing to people he met?
6. What President began his day by taking acorns from his Oval Office desk to feed the squirrels outside?
7. Which President went around turning lights out in empty rooms?
8. Name the President who, when the newspapers arrived, looked at the comics first?
9. How many foreign languages did Thomas Jefferson speak?
10. How many Presidents are portrayed on coins?

10. Six - Lincoln (penny), Jefferson (nickel), Roosevelt (dime), Washington (quarter), Kennedy (half dollar), Eisenhower (one dollar).

9. Four - French, Italian, Greek, Latin

8. Ronald Reagan

7. Lyndon Johnson

6. Ronald Reagan

5. Thomas Jefferson

4. Abraham Lincoln

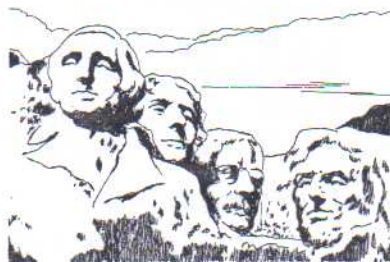
3. James Madison - 5'4"

2. Abraham Lincoln - 6'4"

1. Ronald Reagan - age 69

Answers:

HAPPY PRESIDENTS' DAY!



From the Desk of the D.O.N...

Here it is the end of another month and Julie reminds me that I am supposed to be writing an article for the monthly newsletter. I am never quite sure what to write about, but I guess there is always the Iowa weather we have been experiencing.....The residents and staff have decided here at the Nursing Home that we want winter to be over!


It has been challenging at times for the staff to get back and forth to work and they have done very well at helping cover shifts when others can't get here. The residents are also very concerned that staff travel safely as well and they do realize that there will always be someone here to take care of them. We truly are one big family here and it is evident by the caring employees AND the caring people who reside here!

The H1N1 vaccine has been given to all staff and residents who chose to have it and no side effects have been noted. We have not experienced many flu symptoms here and hope that continues for the rest of the winter. All that hand washing is paying off!

Hopefully next month I can write about the nice 'spring-like' weather we are having.....keep your fingers crossed!

Carol Ames

FEBRUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	2 Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Rookwell Methodist 3:30 Coffee	3 10:15 Church Service Pastor Ken Livingston 1:00 Manicures 4:00 Social Hour 7:00 Yahrtzee	4 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:30 Coffee	5 10:15 Mass Father Dubert 2:30 Pokeno & February Birthday Party 3:30 Coffee	6 10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Make brownies 2:30 Kings Corner
7 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Card Club	8 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	9 Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Lutheran Church 3:30 Coffee	10 9:15 Care Conference 10:15 Church Service Pastor Scherb 1:00 Manicures 4:00 Social Hour	11 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Sandy Hitzenusen Piano Music 3:15 Coffee	12 10:15 Mass Father Dubert 2:30 Resident Council 3:30 Coffee	13 10:00 Exercises 10:15 Ball Toss 10:30 All about Valentine's Day 1:30 Make Choc. Chip Bars 2:30 Board Games
14 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Cards HAPPY VALENTINE'S DAY!	15 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	16 Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 1:30 Staff In-Service 2:30 Bingo Hanford Church 3:30 Coffee	17 10:15 Church Service Pastor Dahlen 1:00 Manicures 4:00 Social Hour 7:00 Yahrtzee	18 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:30 Coffee	19 10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee	20 10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Make Peanut Butter Bars 2:30 King's Corner
21 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Card Club	22 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee	23 Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 Rookwell Library Story Hour 2:30 Bingo Dougherty Church 3:30 Coffee	24 9:15 Care Conference 10:15 Church Service Pastor Sokol 1:00 Manicures 4:00 Social Hour 7:00 Yahrtzee	25 10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:30 Coffee	26 10:15 Mass Father Dubert 2:30 Yahrtzee 3:30 Coffee	27 10:00 Exercises 10:15 Ball Toss 10:30 Presidential Trivia 1:30 Make Banana Bars 2:30 Board Games
28 Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Cards	