



Rockwell Community Nursing Home

January 2012 Newsletter



Happy New Year!

Wow...Time flies when you are having fun, right? The holidays have come and gone again. I hope everyone had a wonderful holiday season! Things are always quite festive around here with all the decorations, parties and guests.

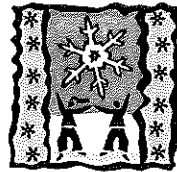
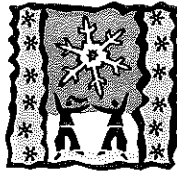
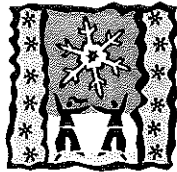
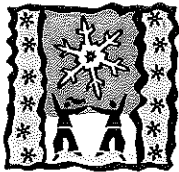
Our Thanksgiving and Christmas dinners were very traditional and very delicious. I hope the families that joined us enjoyed them as much as we did.

On to 2012...we will have to see what new and fun things we can "cook" up!

Happy Holidays....Count your blessings!

In Food & Fun...

LuAnn Hejlik, Dietary Supervisor



Below is the care conference schedule for the months of January and early February. 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.

January 5th, 2012

Harlan Jackel
Ginny Fredrickson
George Steenhard
Geraldine Polsdofer

January 11th, 2012

Gerry Knoop
Vieta Bruns
Angie Marlowe
Mary Marg. Gallagher

January 19th, 2012

Lucille Jurgemeyer
Reva Peters
Ida Rose Scholl
Joanie McLaughlin

January 26th, 2012

Alma Lindloff
Jean Scholl

February 2nd, 2012

Erma McIlrath
Marjory Nuehring
Marie Ward

February 9th, 2012

Ross Hansen
Mary Hoffman
Helen Jorgensen
Bill Jorgensen
Garnet Duryee

Happy New Year! As we start a New Year, I hope everyone had a good Christmas and wish everyone a healthy New Year. When I think about being healthy, good nutrition, exercise, plenty of rest and of course, staying free of illnesses, come to mind.

Our dietary department does a wonderful job of serving nutritious meals that are delicious. Another important part of maintaining good nutrition is drinking plenty of fluids to stay hydrated. Along with meals, a snack cart is available mid-morning and afternoon, and evening. It is stocked with a variety of healthy snacks and juices for residents to enjoy.

As far as exercise, we have that covered too! If a resident is able to be ambulatory, the staff will assist them with walking at least twice a day. We offer scheduled exercise activities at least 4 days a week and our therapy room is open to all residents anytime for use. Jenni Gauley, LPN and Shelly Hitchcock, CNA, are the in-house restorative staff and are eager to assist anyone interested in using the therapy room and equipment. They do a wonderful job motivating residents to remain active while making exercising fun!

We always encourage our residents to get a good night's sleep and our goal is to not wake residents unless it is for a medication dose and/or their choice. Rest is important for everyone's well-being.

Around the holidays and winter months we can also experience more illnesses due to the fact we are inside more and in closer contact with each other around holiday time. As always, hand washing is the best prevention of colds and flu. We have hand sanitizers at each entrance and several down each hallway. We ask that if you are experiencing any cold or flu symptoms, please refrain from visiting. A phone call or email is a great "germ-free" way to get an update on your loved one if you are not feeling well.

Have a happy and healthy 2012!
Carol Ames, D.O.N.



I made a snowman round and fat,
and on his head I put a hat. He sat out in the sun all day,
and slowly melted all away, but I can tell just where he sat,
because he didn't take his hat!

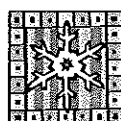
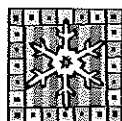
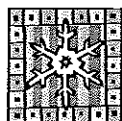
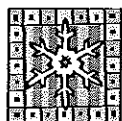


Last month you read about Cleo Swenson's retirement after serving as Housekeeping Director for many years. We hope she is enjoying herself and wish her health, relaxation and fun! Upon her retirement we combined the housekeeping and laundry departments into one environmental service division. Since housekeeping and laundry already shared some staff, it seemed like a natural transition. Tami Dougherty, who served as the Laundry Director, has assumed the position of Environmental Service Director. She, along with her four employees, will serve both your housekeeping and laundry needs with their goal being to provide a safe, clean, infection-free home for the residents, staff and visitors.

In November we had our annual survey by the Department of Inspections and Appeals and the State Fire Marshal. Both went very well, and I was pleased with the performance of the staff and the many positive comments the residents and families gave the surveyors about their care here. Survey results are posted on the bulletin board in the center hall close to the public restrooms for your viewing. Please let me know if you have any questions.

I look forward to 2012 and the opportunity to serve you and your loved ones, and to reach out to others in need of assistance in our community and surrounding area.

Sue Adams, Administrator



A Note from the Activity Department....

I hope everyone had a wonderful Christmas. My family always has enough food to feed an army it seems like. I of course ate way too much! For those of you who don't know I got engaged over Christmas! We are thinking of having the wedding sometime in July. It's going to be nice but very simple. All I want is to be able to share the day with my close family and friends.

We had several groups come out carol for us. A special thank you goes out to everyone who did so. Thank you also to the West Fork girl's basketball team for stopping out and visiting with the residents. They look forward to seeing each and every one of you and hearing about how the basketball season is going. I would also like to thank my volunteers whether it's to help with activities, to play the piano, to read to us, or to conduct a church service. Thank you to Dorothy Sjostrand, Audrey Harder, Kate Osterman, Sandy Hitzhusen, Sue Daugherty, and her students, Linda Dunning, Pastor Livingston, Pastor Scherb, Pastor Evanson, and Father Allers. Thank you for your countless hours of dedication. I look forward to making it another successful year! A big thank you to the women of St. Peter Lutheran Church for donating money to put towards booking entertainment for the residents throughout the year. Thank you again!

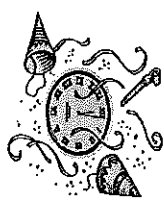
We have three birthdays for the month of January. Jackson White on 1-12, Carrie Wickwire 1-28, and Beulah Blum 1-29. Happy Birthday to each of you!!

Alicia Petersen, Activity Coordinator

All activities subject to change!

January 2012

All activities subject to change!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>HAPPY NEW YEAR!</p> 	<p>2</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee</p>	<p>3</p> <p>Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo St. Pat's Dougherty 3:30 Coffee</p>	<p>4</p> <p>10:15 Church Service Pastor Livingston 1:00 Manicures 3:00 Cards 4:00 Social Hour</p>	<p>5</p> <p>9:15 Care Conf. 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Take Away Poker 3:30 Coffee</p>	<p>6</p> <p>10:15 Mass Father Allers 2:30 Yaltzee 3:30 Coffee</p>	<p>7</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Trivia 1:30 Kings in the Corner</p>
<p>8</p> <p>Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards</p>	<p>9</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee</p>	<p>10</p> <p>Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Sacred Heart 3:30 Coffee</p>	<p>11</p> <p>10:15 Church Service Pastor Scherb 1:00 Manicures 3:00 Cards 4:00 Social Hour 7:00 Yaltzee</p>	<p>12</p> <p>9:15 Care Conf. 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Piano Music w/Sandy Hitzhusen 3:30 Coffee</p>	<p>13</p> <p>10:15 Mass Father Allers 2:30 Take Away Poker 3:30 Coffee</p>	<p>14</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Chicken Soup 1:30 Board Games</p>
<p>15</p> <p>Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards</p>	<p>16</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee</p>	<p>17</p> <p>Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Rockwell Methodist 3:30 Coffee</p>	<p>18</p> <p>10:15 Church Service Pastor Evanson 1:30 Staff Inservice 3:00 Cards 4:00 Social Hour 7:00 Yaltzee</p>	<p>19</p> <p>9:15 Care Conf. 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Take Away Poker 3:30 Coffee</p>	<p>20</p> <p>10:15 Mass Father Allers 2:30 Pokeno 3:30 Coffee</p>	<p>21</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Kings In the Corner</p>
<p>22</p> <p>Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards</p>	<p>23</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee</p>	<p>24</p> <p>Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Lutheran Church 3:30 Coffee</p>	<p>25</p> <p>10:15 Church Service Pastor Sokol 1:00 Manicures 3:00 Cards 4:00 Social Hour</p>	<p>26</p> <p>9:15 Care Conf. 10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Take Away Poker 3:30 Coffee</p>	<p>27</p> <p>10:15 Mass Father Allers 2:30 Pokeno & January Birthday Party 3:30 Coffee</p>	<p>28</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Chicken Soup 1:30 Board Games</p>
<p>29</p> <p>Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:30 Cards</p>	<p>30</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Pokeno 3:30 Coffee</p>	<p>31</p> <p>Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update St. Pat's Dougherty 3:30 Coffee</p>	