

Rockwell Nursing Home Newsletter

January 2010

News from the Activity Department...

I hope everyone had a nice safe Christmas and a Happy New Year. It's hard to believe that its 2010! I don't know where the last 10 years went. Ten years ago I graduated from high school. It sure doesn't seem that it's been that long.

I'd like to thank my volunteers who come to help us with games such as pokeno, bingo and take away poker. They come rain or shine and are here sometimes 3-5 days a week. Thank you to Father Dubert for coming in and conducting Mass services. Thank you to Pastor Ken Livingston, Pastor Scherb, Pastor Dahlen, and Pastor Sokol for coming in to provide church services for our residents. Thank you to those of you who come in to play the piano.

A big thank you to the St. Peter Lutheran WELCA for donating money to the activity department to use for booking musical entertainment. The residents really enjoy the music from Dan Steenhard.

We have two birthdays this month; Linda Smith on 1-27 and Beulah Blum on 1-29. Happy birthday to both of you!

Alicia Petersen, Activity Director



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

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

February 10, 2010

Ruth Grulke
Irene Dhondt
Leone Stockdale

February 24, 2010

Verneice Pedersen
Rich Ermer
Willard Wickwire
Linda Smith



A new year, a new decade, a time when many people make resolutions. One of the definitions of resolution in Webster's dictionary is "a formal expression of opinion, will or intent". As I reflect on the past year here at the nursing home and look forward to 2010, my resolution is to continue to uphold our corporate goals to the best of my ability.

1. To support individuals in the expansion of their mental, physical, social and spiritual health, with a goal of achieving and maintaining an optimal level of functioning.
2. To protect and promote the rights of each individual and to assist them in experiencing the highest quality of daily life possible.
3. To realize each individual's unique and meaningful contribution to the world.
4. To provide support and comfort to the ill and dying, their family and friends.
5. To abide by and be in compliance with state and federal regulations as they apply to licensed nursing facilities.
6. To use resources efficiently and effectively.
7. To recognize that change is inevitable and to experience growth and strive for improvement.
8. To be aware of the needs of our community and area and to expand and grow to meet those needs.
9. To contribute toward community betterment.
10. To provide a secure job market for the people of the community and surrounding area.

As I write this article, I have not decided what my personal resolutions will be. I can always strive to be a better wife, mom, daughter, sister, and friend. And then there's the one about exercising daily. Oh, and the weight loss one, that's always a good one. I'll let you know..... Happy New Year!

Sue Adams, Administrator



DON'T FORGET!!!

Effective FEBRUARY 1st, 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.

PLEASE CALL AND LET US KNOW IF YOU WANT US TO CONTINUE TO SEND YOU A NEWSLETTER!

641-822-3203



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!



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

January 2010 is here and another year has come and gone. By the time you read this, I will have probably broken all my New Year's resolutions! I know that we should all try to exercise more and eat healthier... That seems to be a common resolution of many, and a very challenging one at that!

I hope everyone had a safe Christmas holiday and as I am writing this the weather forecast is predicting a holiday snow storm. My staff is excellent when it comes to helping out during inclement weather. The in-town girls are wonderful about helping out when the out-of-town girls can't make it, so be assured your loved one will be taken care of! We want everyone, staff **and** family members to be safe and warm during bad weather.

Getting back to resolutions... I would like to make sure that any residents that need eye exams or dental appointments are scheduled in the New Year. Oral hygiene and good sight are very important in our overall health, so I will be contacting family members regarding appointments.

Take care and have a Happy New Year!

Carol



JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p>  <p>Church Bulletins Delivered 10:00 Church Broadcast 2:30 Coffee</p>	 <p>4</p> <p>10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee</p>	 <p>5</p> <p>Beauty/Barber Shop</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Lutheran Church 3:30 Coffee</p>	 <p>6</p> <p>9:15 Care Conference</p> <p>10:15 Church Service Pastor Ken Livingston 1:00 Manicures 4:00 Social Hour 7:00 Yahtzee</p>	 <p>7</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:15 Coffee</p>	<p>1</p> <p>HAPPY NEW YEAR!</p>	<p>2</p> <p>2:30 Coffee</p>
<p>10</p> <p>Church Bulletins Delivered 10:00 Church Broadcast 1:00 Movie 2:30 Cards</p>	<p>11</p> <p>10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee</p>	<p>12</p> <p>Beauty/Barber Shop</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Hanford Church 3:30 Coffee</p>	<p>13</p> <p>10:15 Church Service Pastor Scherb 1:00 Manicures 4:00 Social Hour</p>	<p>14</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Sandy Hitzhusen Piano Music 3:30 Coffee</p>	<p>15</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Take Away Poker 3:30 Coffee</p>	<p>16</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Did You Know? 1:00 King's Corner</p>
<p>17</p> <p>Church Bulletins Delivered 10:00 Church Broadcast 1:00 Movie 2:30 Card Club</p>	<p>18</p> <p>10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee</p>	<p>19</p> <p>Beauty/Barber Shop</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Dougherty Church 3:30 Coffee</p>	<p>20</p> <p>9:15 Care Conference</p> <p>10:15 Church Service Pastor Dahlen 1:30 Inservice for Staff 4:00 Social Hour 7:00 Yahtzee</p>	<p>21</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:30 Coffee</p>	<p>22</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Pokeno 3:30 Coffee</p>	<p>23</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Trivia 1:00 Punch & Pour Cake 2:30 Board Games</p>
<p>24 /31</p> <p>Church Bulletins Delivered 10:00 Church Broadcast 1:00 Movie 2:30 Card Club</p>	<p>25</p> <p>10:15 Mass Father Dubert 2:30 Pokeno 3:30 Coffee</p>	<p>26</p> <p>Beauty/Barber Shop</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Rockwell Library Story Hour 2:30 Bingo Sacred Heart Church 3:30 Coffee</p>	<p>27</p> <p>9:15 Care Conference</p> <p>10:15 Church Service Pastor Sokol 1:00 Manicures 4:00 Social Hour</p>	<p>28</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:30 Coffee</p>	<p>29</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 Bowling 2:30 Yahtzee 3:30 Coffee</p>	<p>30</p> <p>10:00 Exercises 10:15 Ball Toss 10:30 What's in the Bag? 1:00 Make Brownies</p>