

# Rockwell Nursing Home Newsletter

## ~ MARCH 2010 ~



News from the Activity Department...

Spring begins March 20<sup>th</sup> but I'm hoping to see some spring-like temperatures a lot sooner than that!

Dan Steenhard is coming this month to play for us. We look forward to having him come and play songs like "Roll Out the Barrel". I'd like to thank the Lutheran WELCA ladies for donating the money to the activity department. I am using that money to have Dan come and play four times this year. Thank you again!

I'm going to begin collecting old milk caps and juice caps again. We use these for our markers when we play bingo and pokeno. Please drop them off in the front office and give them to Julie or Sue, or you can ask for me too.

We have two birthdays this month. Verneice Pedersen on March 3<sup>rd</sup> and Joanie McLaughlin on March 26<sup>th</sup>. Happy Birthday to both of you!

Happy Spring!

Alicia Petersen, Activity Director



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

### 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

### April 14, 2010

Dorothy Thompson  
Erma McIlrath  
Marjory Nuehring  
Marie Ward  
Renelda Petersen

### April 21, 2010

Marjorie Carlsgaard  
Merlin Carlsgaard  
Mary Hoffman  
Joanie McLaughlin

Hello from the Housekeeping Department...

In the Housekeeping Department we use microfiber pads for scrubbing floors because they are easier to use and much better for infection control because we use one for each room. We have been using microfiber pads for a few years, but it seems like they are becoming more and more popular.

Microfiber cloth is composed of 80% polyester and 20% polyamide. The polyester fibers serve as the scrubbing and cleaning element while the polyamide provides an absorbent quick-drying element.

Individual fibers are 1/100<sup>th</sup> the size of a human hair and 1 square inch of cloth contains approximately 90,000 microfibers. The fibers are partially split to create deep channels in the strands. These channels provide dramatically more surface area to lift and trap dirt more effectively than traditional cotton fibers.

Microfiber pads can attract and retain 7 times their weight in dirt and liquids. Because the fabric is highly absorbent, it can deliver and remove far more liquid to and from the floor. Due to the properties of polyamide, microfiber dries in 1/3 the time of cotton.

The key to determining the quality of microfiber is the density of the cloth. Denser material can absorb more liquid and dust, and will also last longer.

We still have the old rag cotton mops for back-up, but we do like the microfiber mops better. Quick and easier to use!

Have a good day!

Cleo Swenson, Housekeeping Supervisor



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

*Well, I was hoping that winter would soon be over but it is still looking awful wintery out my window! When we had that last snow storm come through, I said that I wanted that to be the last winter storm and one of the residents reminded me that High School Basketball tournaments were just around the corner and we all know what that means - Another snow storm! He was right and I am just doing some "wishful" thinking!*

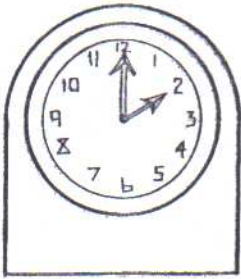
*Along with the cold weather come all of the normal winter illnesses, such as the flu and colds. Our residents have done very well here so far this winter and it has been a mild winter (inside) regarding illnesses within the facility. I believe that staff and visitor awareness has attributed to that and everyone has been good about staying home when they have any symptoms. All our reminders **have** been successful - thank you! Remember you can always call anytime to check on your family member if you aren't feeling well.*

*Next month, I promise NOT to talk about winter! THINK SPRING!*



Carol Ames, D.O.N.





**Daylight Saving Time**  
**March 14, 2010**  
**"SPRING FORWARD, 11A7 "**



It's time for the Olympics, to file your taxes and to participate in the 2010 Census! We recently received a visit here at the nursing home from a census enumerator (a fancy name for counter, I learned) who explained the census process, how the data collected is used and, most importantly, how the people living here would be included in this decennial (a fancy term for every ten years, I learned) count.

Two census employees will be coming to the facility sometime between April 1 and May 14, 2010. (They will call in March to set a definite date and time). They will bring census forms with them rather than each resident receiving them in the mail. There are five demographical questions on the form – name, gender, age and birth date, race and ethnic origin. Those that are able will complete their own form. Assistance will be given to those requesting it and staff will provide answers for those unable to participate in the interview. The census forms do not contain any health questions and, therefore, do not conflict with any HIPAA privacy laws.

It was interesting for us to learn how the census data is used and makes us more eager to participate. Aside from determining how many seats in the U.S. House of Representatives Iowa will have, information is used by schools, health agencies, businesses and communities for planning. Non-profit organizations use census data when writing grants. I know we used not only population data but ethnic data when applying for grants for our medical clinic.

It is hard to imagine being able to count every single person in the United States. I wonder what the margin of error is and how many census employees are involved in this big task. Our representative told us that they are going to be very persistent in their efforts. At home, you will receive a form, a second written notice if you haven't responded in a timely manner, a phone call if they still don't hear from you, and finally a personal visit to your home to get the information needed. Make their job easier, fill out your census form when it comes in the mail.

**Sue Adams, Administrator**

# MARCH 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 Sacred Heart 3:30 Coffee	3	9:15 Care Conference 10:15 Church Service Pastor Ken Livingston 1:00 Manicures 4:00 Social Hour	4	10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:15 Coffee	5	10:15 Mass Father Dubert 2:30 Pokeno & Birthay Party 3:30 Coffee	6	10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Make Cream Cheese Brownies 2:30 Kings Corner
7	Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Cards	9	Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Volunteers 3:30 Coffee	10	9:15 Care Conference 10:15 Church Service Pastor Scherb 1:00 Manicures 4:00 Social Hour	11	10:15 Mass Father Dubert 2:30 Music w/ Sandy Hitzhusen 3:30 Coffee	12	10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:00 Music Dan's Band 3:00 Coffee	13	10:00 Exercises 10:15 Ball Toss 10:30 Trivia 1:30 Make Punch & Pour Cake 2:30 Board Games
14	Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Cards	16	Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Rockwell Methodist 3:30 Coffee	17	10:15 Church Service Pastor Dahlen 1:30 Staff In-Service 4:00 Social Hour 7:00 Yahtzee	18	10:15 Mass Father Dubert 2:30 Take Away Poker 3:15 Coffee	19	10:00 Exercises 10:15 Ball Toss 10:30 Bible Study 2:30 Take Away Poker 3:30 Coffee	20	10:00 Exercises 10:15 Ball Toss 10:30 Word Games 1:30 Make Cherry Bars 2:30 King's Corner
21	Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Cards	23	Beauty/Barber Shop 10:00 Exercises 10:15 Ball Toss 10:30 News Update 2:30 Bingo Lutheran Church 3:30 Coffee	24	10:15 Church Service Pastor Sokol 1:00 Manicures 4:00 Social Hour	25	10:15 Mass Father Dubert 2:30 Take Away Poker 3:15 Coffee	26	10:00 Exercises 10:15 Ball Toss 10:30 Rockwell Public Library Story Hour 2:30 Yahtzee 3:30 Coffee	27	10:00 Exercises 10:15 Ball Toss 10:30 Trivia 1:30 Make Pumpkin Bars 2:30 Board Games
28	Church Bulletins Delivered 10:00 Lutheran Church Broadcast 1:00 Movie 2:30 Cards	30	Beauty/Barber Shop 10:15 Mass Father Dubert 2:30 Bingo St. Patrick's Church 3:30 Coffee	31	9:15 Care Conference 10:15 Church Service Pastor Scherb 1:00 Manicures 4:00 Social Hour 7:00 Yahtzee	<p><b>ALL ACTIVITIES SUBJECT TO CHANGE!</b></p>					