



Rockwell Nursing Home

Newsletter

APRIL 2019



WELCOME SPRING (finally)!!

I think everyone is ready for the snow to be gone and anxious for the flowers to start blooming.

This month the residents/staff will be working hard on filling eggs for the community Easter egg hunt. We have over 2,000 eggs to fill, so it may take a couple afternoons to get it done. We always make sure to have some extra candy on hand for the fillers.

Who can fill 2,000 eggs without sneaking a few pieces of candy?!.. not this filler!
Just a reminder that van rides start Wednesday April 3rd.
Let Shana or Trish know if you are interested in going in April 😊

Happy Spring!!

Shana Rohlfen, Activity Director



Below is the Care Conference schedule for the month of April and early May. We invite family members to attend, so please call to schedule a time. Care Conferences begin at 9:30 a.m. and for your convenience and ours, we limit the time to 30 minutes per conference.

April 4th, 2019

Joyce Trimbell
Betty Taylor
Peggy Gallagher
Harold Gallagher
Donald Bishop
Barb Rognerud

April 18th, 2019

Pamela Kiel
Betty Peralta

April 25th, 2019

Mary Abell
Marlys Benson

May 9th, 2019

Elaine Storey
Darlene Berk
Ann Rooney
Willard Watney

May 23rd, 2019

John Chaddock
Mary Hoffman
Larry Moore



EMPLOYEE APRIL BIRTHDAYS

Pam Okerstrom – 5th
Abie Freyholtz – 6th
Denise Martin – 12th
Edna Ziemann – 13th
Sarah Dusold – 13th
Rachel Dusold – 21st
Cheyla Weaver – 24th

EMPLOYEE APRIL ANNIVERSARIES

Christa Best – 18 years
Denise Martin – 12 years
Carrie Jensen – 2 years
Linda Percy – 1 year



Garden Area

The garden area is now open.....woohooo!! We get a lot of sun light in the garden so you may want check and make sure you/your loved one have a hat and a pair of sunglasses to make your garden experience more pleasurable. 😊

On Saturday, April 27th at 2:00 p.m. the Nursing Home will host "Adventures in Social Drumming". We would like to extend the invitation to the community to come out and check it out! Group drumming is a behavioristic approach to recreational music making. It also has many therapeutic effects such as regulating our brain and nervous system, calming fight/flight response, boosting immune system, and produces feelings of well-being. Participants engage in social drumming within a community environment and residents, staff and family members are encouraged to play!



Hope to see you on the 27th!

MCO News...

Since the beginning of Medicaid Privatization we have seen change after change. Now, with the announcement of a new Managed Care Organization, Iowa Total Care comes the announcement of the departure of another, UnitedHealthcare.

Iowa Total Care is set to begin providing medical benefits for members on July 1, 2019. Members will be notified by mail when they are able to select Iowa Total Care as their MCO.

Gov. Kim Reynolds' office announced on March 29th United Healthcare is leaving the market. The departure is set to come in the next few months. We will provide more details as they become available.

For questions about your Iowa Medicaid enrollment status, please contact the IME Provider Enrollment Unit at 1-800-338- 7909, Monday- Friday, from 8:00 a.m. to 5:00 p.m., or by email at IMEProviderEnrollment@dhs.state.ia.us. If one thing is certain, it is change; we are here to help guide you through. If you have questions, please call or stop by our business office.

Antibiotic Stewardship – Part 2 (Continued from March Newsletter)

Can antibiotics sometimes be harmful?

Antibiotics are generally safe and very helpful in fighting disease, but there are certain cases where antibiotics can actually be harmful. These are some things to watch for while taking antibiotics:

- Side effects of the antibiotics: Some common side effects of antibiotics include nausea, yeast infections (especially in women), stomach pain, and diarrhea – including *C. Difficile* which is an infection that can lead to severe diarrhea. Sometimes these adverse effects can lead to other problems that need additional medical treatment or even hospitalization – such as dehydration.
- Allergic reaction: Some people may experience an allergic reaction characterized by rash, itching and in severe cases difficulty breathing.
- Cause harm to your kidneys or organs. Antibiotics often have to be dosed by pharmacy in order to be taken safely for those with chronic health conditions.
- Antibiotic issues specific to women. Antibiotics can lead to vaginal yeast infections. This happens because antibiotics kill the normal bacteria in the vagina and this causes yeast to grow rapidly. Symptoms of a yeast infection include one or all of the following symptoms: itching, burning, pain during sex, and vaginal discharge. Antibiotics may cause birth control pills to be less effective. Another method of birth control may be needed during antibiotic treatment. Some antibiotics may be passed on to a fetus and cause harm. Because of this, it is important to let your doctor know if you are pregnant or nursing.

What is "antibiotic resistance"?

Antibiotic are developed to kill germ, but the germs fight back by trying to make themselves immune to the antibiotics. When this happens, the antibiotic no longer is able to kill the germ that is causing the infection. We say the germ is resistant to the antibiotic. The more antibiotics people take the more chances germs have of becoming resistant. That is why it's best to us an antibiotic only when it's absolutely necessary. Resistance may result when antibiotics are used too often or inappropriately for viral infections. Your infection may last longer, and instead of getting better you get worse.

Antibiotics are not helpful when:

- You don't have an infection but instead have some other medical problem.
- You have an infection caused by a virus or other germ that does not respond to antibiotics.
- Bacteria is found in your urine culture from a collected specimen and you are not experiencing any symptoms of an infection. It is normal for many to have bacteria in their urine without having an active infection.

How do you take antibiotics safely and effectively?

Over half of the people who use medications don't use them as prescribed. Here are some tips to avoid misuse and/or overuse of antibiotics:

- Do not demand that your doctor give you antibiotics for a viral infection. Antibiotics kill bacteria, not viruses.
- Take all of your prescribed antibiotic, even if you start to feel better. Do not save some of your antibiotic for the next time you get sick.
- Do not take an antibiotic that has been prescribed for someone else. Do not let anyone take your antibiotic, even if the symptoms are the same.
- Keep a written record of each time antibiotics are taken, including the name, strength, how often and how long the antibiotic was taken and any side effects experienced. Review this information with your doctor each time antibiotics are prescribed in order to assist your doctor in determining which antibiotic is best for you.
- Ask your doctor or pharmacist what to do if you should forget or miss a dose.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

10:00 Exercise
10:15 Ball Toss
10:30 Tai Chi
2:00 Pokeno
3:00 Coffee

2

10:30 Music
Therapy
w/Talia
2:00 Bingo
Volunteers
3:00 Coffee

3

10:15 Church
Service
Pastor Livingston
1:00 Manicures
1:30 Van Rides
3:00 Coffee
3:30 Rosary

6:30 Games

4

10:00 Exercise
10:15 Ball Toss
10:30 Reading
With Jolynn
2:00 Take Away
Poker
3:00 Coffee

5

10:15 Mass
2:00 Quarter
Bingo
3:00 Coffee

6

3:00 Coffee

7

Church
Bulletins
Delivered
2:00 Coffee

8

10:00 Exercise
10:15 Ball Toss
10:30 Bean Bag
Toss
2:00 Take Away
Poker
3:00 Coffee

9

10:30 Music
Therapy
w/Talia
2:00 Bingo
Rockwell
Volunteers
3:00 Coffee

10

10:15 Church
Service
Pastor Stevick
1:00 Manicures
1:30 Van Rides
3:00 Coffee
3:30 Rosary

11

10:00 Exercise
10:15 Ball Toss
10:30 Reading
With Jolynn
2:00 Baking
Apple Rollups
3:00 Coffee

12

10:15 Prayer
Service
2:00 Quarter
Bingo
3:00 Coffee

13

3:00 Coffee

14

Church
Bulletins
Delivered
10:30 Hymns
w/Baptist
Church
2:00 Coffee

15

10:00 Exercise
10:15 Ball Toss
10:30 Tai Chi
2:00 Fill Easter
Eggs
3:00 Coffee

16

10:30 Music
Therapy
w/Talia
2:00 Bingo
Lutheran
3:00 Coffee

17

10:15 Church
Service
Lutheran Church
1:00 Dye Easter
Eggs
3:00 Coffee
3:30 Rosary

6:30 Games

18

10:00 Exercise
10:15 Ball Toss
10:30 Reading
with Jolynn
2:00 Homemade
Ice Cream In
honor of Dick
Nickerson's
Birthday
3:00 Coffee

19

10:15 Mass
2:00 Quarter
Bingo
3:00 Coffee

20

3:00 Coffee

21

Church
Bulletins
Delivered
2:00 Coffee



22

10:00 Exercise
10:15 Ball Toss
10:30 Ladder Ball
2:00 Pokeno
3:00 Coffee

23

10:30 Music
Therapy
w/Talia
2:00 Bingo
Sacred Heart
3:00 Coffee

24

10:15 Church
Service
Pastor Carlson
1:30 Staff Inservice
2:30 Manicures
3:00 Coffee
3:30 Rosary

25

10:00 Exercise
10:15 Ball Toss
10:30 Reading
with Jolynn
2:00 Take Away
Poker
3:00 Coffee

26

10:15 Prayer
Service
2:00 Quarter
Bingo
3:00 Coffee

27

2:00 Social
Drumming
Community
Welcome!!



3:00 Coffee

28

Church
Bulletins
Delivered
2:00 Coffee

29

10:00 Exercise
10:15 Ball Toss
10:30 Tai Chi
2:00 Make May
Baskets
3:00 Coffee

30

10:00 Exercise
10:30 Ball Toss
10:30 Chicken
Soup Stories
2:00 Bingo
Hanford
3:00 Coffee

**SENSORY GROUP 3X PER WEEK WITH TRISH
4:30 TO 5:15 P.M.
ALL ACTIVITIES SUBJECT TO CHANGE!**