

Rockwell Nursing Home Newsletter

September
2026



Hello from Nursing....

As we are getting closer to fall, we need to think about influenza vaccines. Influenza is a viral infection that attacks the lungs, nose, and throat. Older adults, young children, pregnant women, and people with chronic diseases or weak immune systems are at high risk.

Influenza is spread by airborne droplets (coughs or sneezes), by touching a contaminated surface (doorknob, etc.), through saliva (kissing or sharing drinks), and skin to skin contact (shaking hands or hugging). Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue. Many are the same symptoms of COVID-19. Influenza is not treated with antibiotics because it is viral and not bacterial. The flu is treated primarily with rest and fluids to let the body fight the virus on its own. Over-the-counter anti-inflammatory pain relievers may help with symptoms. An annual Influenza vaccine can help prevent the flu and limit its complications.

We are sending out influenza consent forms to be filled out and mailed back. We encourage everyone to receive an Influenza vaccine.

Please call with any questions or concerns.

Cindy Staudt, IP

News from the activity department....

In August we celebrated the Iowa State Fair with our own carnival. The residents played games such as ring toss, lucky duck, guess how many, knock down, and bucket ball. When playing the games the residents were able to earn tickets. At the end of the fair week there was a prize table for them to be able to turn their tickets in and collect prizes. We also had many fair snacks including corndogs, ice cream, popcorn, cotton candy, funnel cakes, fried pickles, and homemade donuts. Thank you, Cathy and Dietary staff, for all you help! We also celebrated national ice cream float day in August, definitely a fan favorite around here!!

We had Lime creek come back, this time they did a presentation about turtles and even brought some different kinds for us to see. We even had eight puppies come and visit. We celebrated Kayla by having a baby shower! Randy was our resident of the month; he chose to play bingo. We are getting so close to the fall season so for our craft we painted and decorated wooden pumpkins to hang on the resident's door.

Next month we plan to continue enjoying the nice weather, although we are hoping for less humidity. We will decorate for fall and get into the fall mood with some fall crafts and baking. We have a bowling tournament planed as well. Our resident of the month for September is Gladys. In September there is two weeks that give us some time to thank our Environmental Services and Rehabilitation Departments. Dont forget to thank them for all the hard work they do!

Krista & Trish, activity department



Below is the Care Conference schedule for September. We invite family members to attend, so please call to schedule a time. For your convenience and ours, we limit to 30 minutes per conference.

Thursday September 3rd

Joyce T.
Janice F.

Thursday September 10th

No care conferences

Thursday September 17th

MaryKay R.
Randy M.

Thursday September 24th

Pam K.
Norma S.
Nicole T.

A special shoutout to our amazing Environmental services team and Rehab team as they are recognized in the month of September!!

Employee Anniversaries:
Trish K. 18 years
Abie F. 16 years
Cathy L. 8 years

Resident Birthdays:

Pat S. 2nd
Sally B. 18th
MaryKay R. 19th

Employee Birthdays:

Kristi B. 4th
Debbie K. 12th
Trish K. 18th
Nicole R. 21st
Alex T. 28th

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Environmental Servies and Housekeeping week 13th-19th 		1. 10:00 Current Events 10:30 Morning Movement 2:00 Icecream and Music in the Garden	2. 10:15 Bible Study with Louise 2:00 Cards (500 and Old Maid) 6:30 Take away Poker Manicures and one on ones	3. 9:45 Short Stories with Sherry 10:30 Current Events 2:00 Prize Pokeno 	4. 10:15 Rosary 2:00 Quarter Bingo 3:00 Meat and cheese	5. Independent activity "Bored Board"
6. 10:15 St. Lutheran Church on T.V.	7. Labor day Activity Packet	8. 10:00 Resident Council 10:30 Morning Movement 2:00 Bingo and Monthly Birthday Party	9. 10:15 Bible Study with Wendy 2:00 Cards (500 and Take away Poker) 3:00 Happy hour Manicures and one on ones	10. 10:30 Music with Talia 1:45 Short Stories with Jolynn 2:15 Bowling Tournament	11. 10:15 Prayer Service 2:00 Quarter Bingo 3:00 Rootbeer floats 	12. Independent activity "Bored Board"
13. 10:15 St. Lutheran Church on T.V.	14. 10:00 Coffee and Convo 10:30 Exercise 2:00 Bingo Faith United 3:00 Social	15. 10:00 History 10:30 Morning Movement 2:00 Puzzles and Popcorn	16. 10:15 Bible Study with Jason 2:00 Cards (500)	17. 9:45 Short Stories with Sherry 10:30 Music with Talia 2:00 Prize Pokeno 	18. 10:15 Prayer Service 2:00 Quarter Bingo 3:00 Chex Mix	19. Independent activity "Bored Board"
20. 10:15 St. Lutheran Church on T.V.	21. 10:00 Jeopardy 10:30 Exercise 2:00 Bingo Rockwell Lutheran 3:00 Social 	22. 10:00 Today in History 10:30 Morning Movement 2:00 Baking	23. 10:15 Handford Bible Study 2:00 Painting Class 3:00 Happy hour Manicures and one on ones	24. 10:30 Music with Talia 1:45 Short stories with Jolynn 2:15 Resident of the month Activity	25. 10:15 Prayer Service 2:00 Quarter Bingo 3:00 Cookies	26. Independent activity "Bored Board"
27. 10:15 St. Lutheran Church on T.V.	28. 10:00 Crossword 10:30 Exercise 2:00 Bingo Sacred Heart 3:00 Social	29. 10:00 Current Events 10:30 Morning Movement 2:00 Craft	30. 10:15 Bible Study 2:00 Cards (500 and Yahtzee) 6:30 Take Away Poker Manicures and one on ones	 All Activities are subject to change		
						National Rehabilitation Awareness week is 14th-20th

