



Rockwell Nursing Home May 2016 Newsletter

Below is the Care Conference schedule for the months of May and June. We invite family members to attend, so please call to schedule a time. Care Conferences begin at 9:30 a.m. *(please note start time has changed)* and for your convenience and ours, we limit the time to 30 minutes per conference.

May 5th, 2016

Vickie Swenson
Ida Rose Scholl
Marjorie Jurgemeyer

May 19th, 2016

Irene Ginapp
Luverne Bell

May 26th, 2016

Mary Hoffman
Marcile Murphy
Merlin Scholl





June 2nd, 2016

Gloria Martin
John Chaddock
Elda Theilen




June 16th, 2016

Marjory Nuehring
Jeanette Nuehring
Orville Muth



We now have a dropbox located next to office door. Please feel free to leave any payments or correspondence for the office.



Happy Mother's
Day!
Sunday, May 8th



National Nursing Home Week

May 8th – 14th



We are planning lots of great activities for National Nursing Home Week. We will be taking "A Trip around the World" and never leaving the building! We will visit a different country every day....Germany, Ireland, Mexico, Italy and of course, the USA!

Each day we will receive an "itinerary" for our travels that day. It will include learning fun facts about each particular country, tasting yummy foods eaten in that country and even listening to music that is enjoyed by the people who live there.

So we are planning to have a lot of "diversion", "divertimento", or FUN in no matter what language we speak!!

Shana Rohlfen, Activity Director



A Note from Carol....

This month I want to write about National Nurses Week. It begins May 6th and ends on May 12th, which happens to be the birthday of Florence Nightingale. She might be the most famous nurse that we know of, but I want you to know that we have some pretty awesome nurses here at the Rockwell Nursing Home. They might not be famous but are certainly the most dedicated, caring and committed nurses around!

Florence Nightingale (May 12, 1820 – August 13, 1910) was a celebrated English social reformer, statistician and founder of modern nursing. She became well known while taking care of the wounded soldiers during the Crimean War. Nightingale was dubbed "The Lady with the Lamp" because of her habit of making rounds at night. Annually we celebrate the profession of nursing to raise awareness of all the contributions, commitments and to acknowledge the important role that nurses play in the medical field.

The following is the Florence Nightingale pledge that we as nurses, state during the pinning ceremony at Nursing School.

"I solemnly pledge myself before God and in presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care."

Congratulations to two of our nurse aides, Abie Freyholtz and Nicole Staudt Rogers, who have completed their LPN classes. Good luck to you!



M is for May, Mom and Massages! Each one of us has a Mom, and most of us would agree that we have the best Mom! May is the month when Moms are celebrated in over 50 countries around the world.

DID YOU KNOW.....

- Mother's Day was founded by Anna Jarvis in 1908 as a tribute to her own Mother and proclaimed a national holiday in 1914 by Andrew Jackson.
- Approximately 122 million phone calls are made to Moms on Mother's Day.
- The most common flower given on Mothers' Day is the carnation.
- In the former Yugoslavia, children tied up their Mom on Mother's Day. In order to be freed, she had to pay them with treats?!?
- Iowa's own Bobbi McCaughy holds the record for the most surviving children from a single birth - septuplets born in November of 1997.
- **THE ROCKWELL NURSING HOME HAS MASSAGE THERAPY GIFT CERTIFICATES FOR MOTHER'S DAY!!!**



Studies have shown there are many benefits to massage therapy in the senior population including:

- A boost in circulation and relief from edema
- Decrease in pain and stiffness in muscles and joints
- Decrease in stress and increase in mental and emotional well-being
- Increase in the sense of belonging and friendship and the human need for touch

To give the gift of massage therapy, contact Mary Alert, Licensed Massage Therapist, at 641-512-4825. Mary, who you may know from our therapy department, is specializing in light touch senior massage. Sessions are held in the therapy room or in the resident's room. A one-hour session is \$50 and a 30-minute session is \$25. Gift certificates are available for a special occasion

or you may schedule sessions on a regular basis.

Sue Adams, Administrator

Memorial Day Facts



- ◊ Memorial Day was celebrated on May 30 for decades, but in 1971, Congress established Memorial Day as the last Monday in May and a federal holiday.
- ◊ Roughly 620,000 Americans died in the Civil War — making it the deadliest war in American history. About 644,000 Americans have died in all other conflicts combined.
- ◊ It wasn't always Memorial Day — it used to be known as Decoration Day.
- ◊ Red poppies are known as a symbol of remembrance, and it's a tradition to wear them to honor those who died in war.

1	2	3	4	5	6	7
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno & Sensory Group 3:00 Coffee & Cookies	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:15 Music Therapy 2:00 Bingo & Sensory Group Lutheran Church 3:00 Coffee & Cookies	10:15 Church Pastor Livingston 1:00 Manicures 1:30 Van Rides 3:00 Coffee 3:30 Rosary 6:30 Sitcom	10:00 Exercise 10:15 Ball Toss 10:30 Table Talk 2:00 Ladder Ball 3:00 Coffee & Cookies	10:15 Mass Father Allers 2:00 Horse Races 3:00 Happy Hour	10:00 Bible Class 2:00 Mother's Day Social 
8	9	10	11	12	13	14
Church Bulletins Delivered 2:00 Coffee HAPPY MOTHER'S DAY!	10:15 Soccer Game 2:00 Horse Races 3:00 German Beer & Soft Pretzels W/Cheese GERMANY	Beauty/Barber Shop 10:00 Irish Jigs 10:15 Irish Sing-a- long w/Caitlin Retz 2:00 Irish Harp Music Volunteer Appreciation 3:00 Happy Hour IRELAND	10:15 Church Pastor Stevick 2:00 Fiesta Time! 3:30 Rosary 6:30 Sitcom MEXICO	10:15 Exercise Class W/ Kids 2:00 Italy Cooking Class 3:00 Coffee & Cookies ITALY	10:15 Mass Father Allers 2:00 Patriotic Band 3:00 Happy Hour USA	10:00 Bible Class 1:30 Movie Pop & Popcorn
15	16	17	18	19	20	21
Church Bulletins Delivered 10:30 Church Hymns w/Baptist Ladies 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno & Sensory Group 3:00 Coffee & Cookies	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo & Sensory Group Sacred Heart 3:00 Coffee & Cookies	10:15 Church Pastor Evanson 2:00 Resident Council 3:00 Birdsall's Ice Cream w/Toppings 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Current Events 2:00 Dan's Band 3:00 Coffee & Cookies	10:15 Mass Father Allers 2:00 Horse Races 3:00 Happy Hour	10:00 Bible Class 2:00 Pass the Pig
22	23	24	25	26	27	28
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno & Sensory Group 3:00 Coffee & Cookies	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo & Sensory Group Hanford Church 3:00 Coffee & Cookies	10:15 Church Pastor Carlson 1:00 Manicures 1:30 Van Rides 3:00 Coffee 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Table Talk 2:00 Ladder Ball 3:00 Coffee & Cookies	10:15 Mass Father Allers 2:00 Horse Races 3:00 Happy Hour	10:00 Bible Class 1:30 Movie Pop & Popcorn
29	30	31				
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Plant Flowers 2:00 Pokeno & Sensory Group 3:00 Coffee & Cookies Memorial Day	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo & Sensory Group Swaledale Methodist 3:00 Coffee & Cookies	MAY 2016	ALL ACTIVITIES SUBJECT TO CHANGE! 		 MANICURES AVAILABLE TUESDAYS AND THURSDAYS