



## Rockwell Nursing Home Newsletter – 2016

**“Where community-owned truly  
makes a difference”**



Below is the Care Conference schedule for the months of June and early July. 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.

June 2<sup>nd</sup>, 2016

Elda Theilen  
John Chaddock

June 16<sup>th</sup>, 2016

Marjory Nuehring  
Jeanette Nuehring  
Orville Muth

June 23<sup>rd</sup>, 2016

Angie Marlowe  
Rosie Nelson

June 30<sup>th</sup>, 2016

Warren Roath  
Vietta Bruns  
Lorretta Kreider

July 14<sup>th</sup>, 2016

Carrie Wickwire  
Jackson White  
Esther Dorenkamp

July 21<sup>st</sup>, 2016

Pat Barnes  
Pat Scholl  
Mary Abell



**Welcome Back Summer!!**

Tilling ✓ Flower/Vegetable Shopping ✓ Planting ✓

All the work is done, now it is time to sit out in the beautiful sunshine with a fresh lemonade and watch everything grow. Thank you to all the residents who helped out and also a personal thank you from me! You all taught me so much about gardening ... (I am not very good at it and yes, I heard a few chuckles during my lesson!)

We have some new activities we will be trying this month that I think everyone will enjoy.

We also will be getting out to the garden area as much as possible and hopefully moving a few of our activities out there, but we will have to let Mother Nature decide on that! Just a reminder: Van rides are scheduled for Wednesdays and if there is any special place you would like to go, just let me know.....I love requests!

Shana Rohlfson, Activity Director





Dad, you're someone I look up to  
no matter how tall I've grown!  
~Author Unknown~

Some superheroes don't have capes....  
They are called Dads!

PLEASE JOIN US FOR  
A FAREWELL CELEBRATION  
FOR  
SUE ADAMS  
AT THE NURSING HOME  
SUNDAY, JUNE 12<sup>th</sup>  
2:00 to 4:00 P.M.

Cake & coffee will be served.



Red Nose Day is on May 26<sup>th</sup>, and it is a campaign dedicated to helping children and having fun. Proceeds benefit children and young people in the US and some of the poorest communities in the world.

We celebrated Red Nose Day here at the Nursing Home and had a lot of fun!!



June is going to be a month of “lasts” for me. Last walk to the mail box, last staff meeting, last fire drill, last Board meeting...and last newsletter article. For June is my last month here at the Rockwell Community Nursing Home. I joined the staff as a young woman 20 years of age. Now, after 37 years, I have worked here longer than many of the employees have been alive!! In those 37 years I have seen a lot of change, have experienced love, happiness and sorrow, and have made more friends than I can count.

My career here at the Rockwell Nursing Home has been filled with many “bests”. I have had the opportunity to lead the best group of employees ever, people who truly care about the work they do and those they care for. I have had the opportunity to serve the best residents in the world, people who have led meaningful lives with wisdom to share. I have had the pleasure of working with the best Board of Directors whose members give endless hours of their time toward the success of the facility. And I have had the support of the best community, best family and best friends.

In addition to many “lasts” there will also be many “firsts”. At the end of June it will be the first time the lights are shut off, the doors are locked and the phone is silenced at the end of the day, the first time I start a new job in 37 years, and the first day of new beginnings for the Rockwell Nursing Home.

To quote a favorite character, Winnie the Pooh, “How lucky I am to have something that makes saying goodbye so hard.” The Rockwell Nursing Home has been good to me, and I hope I have been good for the Rockwell Nursing Home.

Sue Adams, Administrator



Summer is here, school will soon be out, the pool will be open and ready for kids, baseball and softball games to be played... lots of fun things to do! Remember what it was like to have the whole summer ahead of you? That was a great feeling, wasn't it? I know the residents here are ready for some warm sunny afternoons out in the garden.

This month I would like to talk about medications and some of the rules and regulations that are mandated for Nursing Homes.

State regulations require all over-the-counter medications such as Tylenol, cough drops and syrup, vitamins, and antacids to be ordered by physician. These cannot be kept in resident rooms unless specifically stated in order.

We also use a daily dispensing system from Mercy Long Term Care Pharmacy and it is packaged for a 24-hour time period, labeled individually with resident name, physician name and instructions. Bulk medications are not allowed at Nursing Homes, even though it would be cost-effective. Upon admission we take a snapshot of resident and use that to ensure medication is given to correct resident.

Upon admission, Mercy Long Term Care Pharmacy receives the resident's Medicare Part D information and then will submit monthly charges to Medicare prior to sending statements.

If you have any questions or concerns with your resident's medications or pharmacy statement, please let me know!

Carol Ames, Director of Nursing



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

10:15 Church  
Pastor Livingston  
Manicures  
2:00 Movie  
Pop/Popcorn  
3:30 Rosary

2

10:00 Exercise  
W/Daycare Kids  
2:00 Ladder Ball  
3:00 Coffee &  
Cookies

3

10:15 Mass  
Father Allers  
2:00 Take Away  
Poker  
3:00 Happy  
Hour

4

10:00 Bible  
Class  
2:00 Horse Race  
3:00 Coffee

5

Church  
Bulletins  
Delivered  
2:00 Coffee

6

10:00 Zumba  
10:15 Ball Toss  
10:30 Tai Chi  
2:00 Tim the  
Music Man  
3:00 Coffee &  
Cookies

6:00 T-Ball Game

7 Beauty/Barber  
Shop  
10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
2:00 Bingo  
& Sensory Group  
Rockwell  
Methodist  
3:00 Coffee &  
Cookies  
6:00 T-Ball Game

8

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

9

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Ladder Ball  
3:00 Coffee &  
Cookies

10

10:15 Mass  
Father Allers  
2:00 Take Away  
Poker  
3:00 Happy  
Hour

11

10:00 Bible  
Class  
2:00 Table Talk  
(Garden Area)  
3:00 Coffee

12

Church  
Bulletins  
Delivered  
10:30 Church  
Hymns w/Baptist  
Ladies

2:00 – 4:00  
OPEN HOUSE  
For Sue

13

10:00 Zumba  
10:15 Ball Toss  
10:30 Tai Chi  
2:00 Pokeno  
3:00 Coffee &  
Cookies

14 Beauty/Barber  
Shop  
10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
2:00 Bingo  
& Sensory Group  
Lutheran Church  
3:00 Coffee &  
Cookies

15

10:15 Church  
Pastor Evanson  
Manicures  
1:30 Van Rides  
3:30 Rosary

16

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Ladder Ball  
3:00 Coffee &  
Cookies

17

10:15 Mass  
Father Allers  
2:00 Arts &  
Crafts  
3:00 Happy  
Hour

18

10:00 Bible  
Class  
2:00 Father's Day  
Social  
3:00 Coffee

19

Church  
Bulletins  
Delivered  
2:00 Coffee



20

10:00 Zumba  
10:15 Ball Toss  
10:30 Tai Chi  
2:00 Pokeno  
3:00 Coffee &  
Cookies

21 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

22

10:15 Church  
Pastor Carlson  
Manicures  
2:00 Resident  
Farewell Social  
for Sue  
3:30 Rosary

23

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Ladder Ball  
3:00 Coffee &  
Cookies

24

10:15 Mass  
Father Allers  
2:00 Take Away  
Poker  
3:00 Happy  
Hour

25

10:00 Bible  
Class  
2:00 Table Talk  
(Garden Area)  
2:30 Furry Friends  
Visit

26

Church  
Bulletins  
Delivered  
2:00 Coffee

27

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

28 Beauty/Barber  
Shop  
10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
2:00 Bingo  
& Sensory Group  
Volunteers  
3:00 Coffee &  
Cookies

29

10:15 Church  
Service  
Manicures  
1:30 Van Rides  
3:30 Rosary

30

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Hungry  
Hippo  
3:00 Resident  
Choice



**ALL  
ACTIVITIES  
SUBJECT  
TO  
CHANGE!!**