



ROCKWELL NURSING HOME NEWSLETTER 2016



“Where community-owned truly makes a difference”

Hello from the Activity Department....

Well, if anyone was here visiting on Thursday, June 30th, I bet you were curious as to why you were seeing so much Tie Dye!?

As one of our activities earlier in June, the residents made their own tie-dye t-shirts. It was such a fun project and everyone's turned out so nice each having a little different pattern. When we finished, one of the residents thought it would look neat if everyone wore their shirt on the same day....**great idea!!!** Then a couple staff members chimed in and mentioned it would be fun to have staff dress in Tie Dye shirts also....**another great idea!!** It turned out to be a tie dye themed day!

We will be celebrating the 4th of July holiday on Saturday, July 2nd at 2:00 p.m. with games, drinks and snacks. Feel free to stop out and join in the fun if you are out and about.

I hope everyone has a fun and safe 4th of July!

Shana Rohlfen, Activity Director



Summer is finally here and the temps are heating up. As summer gets hotter here in Northern Iowa, there are certain things we need to pay attention to while exercising outdoors.

1. Time of day is important. Try to avoid exercising from 10:00 am to 3:00 pm as this normally the hottest part of the day. Early morning is the best.
2. Wear loose, light colored clothing. The lighter colors help reflect heat.
3. Definitely wear sunscreen.
4. Stay hydrated. Drink 1-2 glasses of water before you go out. Carry water with you and drink every 15 minutes even if you are not thirsty.
5. Listen to your body. If you don't feel "quite right", STOP.

Keep your workout safe and enjoy the weather!

Sarah Kobliska, PTA/RA
Restorative Nursing





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

July 14th, 2016
Carrie Wickwire
Jackson White
Esther Dorenkamp

July 21st, 2016
Pat Barnes
Mary Abell

July 28th, 2016
Vickie Swenson
Ida Rose Scholl
Marj Jurgemeyer

August 11th, 2016
Irene Ginapp
Luverne Bell

August 18th, 2016
Mary Hoffman
Marcile Murphy
Merlin Schol



The residents played the “Hungry Hungry Hippo” game and had a great time!



“TIE-DYE” day at the Nursing Home!

A Note from the Administrator...

My name is Mary Shupe and I recently assumed the position of the Administrator of the Rockwell Community Nursing Home.

I have worked and/or trained in the long term care setting for the last 28 years, with the last 22 years being a licensed nursing home administrator. I have sincerely enjoyed the opportunity to serve residents and their families over the years and I look forward to continuing to serve residents, family members and my community at the Rockwell Community Nursing Home. I am truly honored to be part of the team of health care professionals at the Rockwell Community Nursing Home.

I am eager to meet and get to know all who are associated with the Rockwell Community Nursing Home. Even though I have lived in Rockwell for many years, I encourage and invite all to stop in to either to become acquainted with each other or to spend time re-acquainting with each other. I deeply value the relationships that I have created over the years and I hope to create many more relationships at the Rockwell Community Nursing Home. I would sincerely appreciate hearing your experiences/memories of the Rockwell Community Nursing Home, thoughts or suggestions.

Mary Shupe, Administrator



Happy July to all... I hope everyone is having a good summer and enjoying the beautiful weather we have been having. It's been a great summer so far for baseball and softball games!





This month I want to talk about having to make the decision to go to hospital or remain at Nursing Home in the event of a change of condition while living here at the Nursing Home. This can be a difficult question at times and there are several reasons this decision is important.

If your family member does experience a change in their condition, our policy is to notify his/her family immediately. Some resident changes that would trigger a notification would be a fever, shortness of breath, pain, an injury from a fall or a general change in condition. It may not always be an emergency situation but none the less, you will be notified. The choice to be transferred to the hospital is always yours and if the occasion arises more the once, we will ask you each time.

The Nursing Home cannot provide x-rays, body scans, blood transfusions, heart monitoring or surgery, but what we can provide are blood tests, medications, oxygen, wound care, frequent physician updates and around the clock care from caring and familiar staff in a familiar environment.

This decision is a personal decision and under stressful conditions, can be a very difficult one to make. Please stop by my office - I am always available to listen to your concerns and answer your questions.

Carol Ames, Director of Nursing

			<p>ALL ACTIVITIES SUBJECT TO CHANGE!!</p>	 <p>Sensory group will be 3 days a week from 4:30p- 5:15p in the Therapy Room</p>	<p>1</p> <p>10:15 Mass 2:00 Take Away Poker 3:00 Birthday Party for Linda Reimers</p>	<p>2</p> <p>10:00 Bible Class 2:00 4th of July Social</p> 
<p>3</p> <p>Church Bulletins Delivered 2:00 Coffee</p>	<p>4</p> <p>HAPPY</p> 	<p>5</p> <p>Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Rockwell Methodist 3:00 Coffee & Cookies</p>	<p>6</p> <p>10:15 Church Pastor Livingston 2:00 Balloon Volleyball 3:00 Coffee 3:30 Rosary</p>	<p>7</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Ladder Ball 3:00 Coffee & Cookies</p>	<p>8</p> <p>10:15 Mass 2:00 Take Away Poker 3:00 Happy Hour</p>	<p>9</p> <p>10:00 Bible Class 1:30 Movie Pop/Popcorn</p>
<p>10</p> <p>Church Bulletins Delivered 10:30 Church Hymns w/Baptist Ladies</p>	<p>11</p> <p>10:00 Zumba 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee & Cookies</p>	<p>12</p> <p>Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Swaledale Methodist 3:00 Coffee & Cookies</p>	<p>13</p> <p>10:15 Church Pastor Stevick Manicures 1:30 Van Rides 3:30 Rosary</p> <p>6:30 Garden Chat</p>	<p>14</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Ladder Ball 3:00 Coffee & Cookies</p>	<p>15</p> <p>10:15 Mass Father Allers 2:00 Take Away Poker 3:00 Happy Hour</p>	<p>16</p> <p>10:00 Bible Class 2:00 Art Relaxation</p>
<p>17</p> <p>Church Bulletins Delivered 2:00 Coffee</p>	<p>18</p> <p>10:00 Zumba 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee & Cookies</p>	<p>19 BEACH DAY Beauty/Barber Shop 10:00 Beachball Volleyball 10:30 Music Therapy 2:00 Bingo & Cocktails Volunteers 3:00 Coffee & Sandcups</p>	<p>20</p> <p>10:15 Church Pastor Evanson Manicures 1:30 Van Rides 3:30 Rosary</p>	<p>21</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Ladder Ball 3:00 Coffee & Cookies</p>	<p>22</p> <p>10:15 Mass 2:00 Take Away Poker 3:00 Happy Hour</p>	<p>23</p> <p>10:00 Bible Class 1:30 Movie Pop/Popcorn</p>
<p>24/31</p> <p>Church Bulletins Delivered 2:00 Coffee</p>	<p>25</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee & Cookies</p>	<p>26</p> <p>Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Lutheran Church 3:00 Coffee & Cookies</p>	<p>27</p> <p>10:15 Church Service Pastor Carlson Manicures 1:30 Van Rides 3:30 Rosary</p> <p>6:30 Garden Chat</p>	<p>28</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Dan's Band 3:00 Resident Choice</p>	<p>29</p> <p>10:15 Mass 2:00 Take Away Poker 3:00 Happy Hour</p>	<p>30</p> <p>10:00 Bible Class 2:00 Art Relaxation</p>

--	--	--	--	--	--	--