

ROCKWELL NURSING HOME AUGUST 2016 NEWSLETTER

**"WHERE COMMUNITY OWNED TRULY
MAKES A DIFFERENCE"**

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

August 11th, 2016

Irene Ginapp
Luverne Bell

August 18th, 2016

Mary Hoffman
Marcile Murphy
Merlin Scholl

August 25th, 2016

John Chaddock
Elda Theilen
Ann Rooney
Gloria Martin

September 8th, 2016

Marjory Nuehring
Jeanette Nuehring
Orville Muth

September 15th, 2016

Angie Marlowe
Rosie Nelson
Dick Nickerson
Linda Reimers



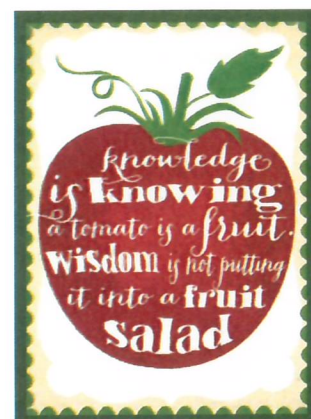
Hello from the Activity Department....

I hope everyone is enjoying their summer. It's hard to believe the kids will be back in school this month, which I am sure they are not thrilled about but we love it! That means that Mr. Sheriff and his 5th and 6th graders will be back visiting us every month. The residents love to see the students and I am sure it brings back lots of memories for them!

We have sure been enjoying the garden area, especially the radishes that we grew in there. We have pulled 3 batches so far! Our tomatoes are just about ready to pick and they are always a favorite for everyone.



Shana Rohlfesen, Activity Director



Did you know that most serious falls happen in and around the home? It can be life-changing if it does happen. It is important to be aware of our home environment to possibly prevent falls at home.

Stairs: Make sure both sides have handrails that are not broken and securely fastened.

Floors: Rugs are a huge tripping hazard and not recommended. If you have to use rugs make sure they are secured to floor with tacks, non-skid pads or double sided tape.

Also use non-skid floor wax.

Bathroom: Reduce clutter. Clean to remove soap buildup in tub or shower on a regular basis. Use non-slip strips in bath and shower. Install adjustable shower heads and mount grab bars around toilet, bath and shower. Secure bath mat with non-slip, double sided rug tape.

Kitchen: Place the items that you use often on the most easily accessible shelves. If you need to use a stool, make sure it has a top bar to hold on to.

Lighting: Use nightlights in the hallways, bedrooms, bathrooms and stairways. Install light switches at top and bottom of stairway. Place lamp and telephone near your bed.

These are some major things to look for around your home that can be fixed to helpfully prevent falls....Stay safe!!



Sarah Kobliska, PTA/RA
Restorative Nursing

A Note from the Director of Nursing...

Happy Dog Days of summer....It's heating up outside, the corn is tasseling and seems to get taller every year. School supplies are out in the stores and that's a sure sign of summer quickly slipping by!

This month I want to talk about care conferences that are scheduled for each resident here at the Nursing Home. Care conferences are held on Thursdays, but we can and will make exceptions if needed to promote and strongly encourage family participation. Care conferences ensure that all medical and non-medical issues are addressed. Each resident is scheduled for a care conference quarterly unless there is a significant change in condition.

The entire care plan team is present which includes nursing, dietary, social services, activities and restorative staff. During care conference this team formulates a care plan for the resident, one that identifies their individualized needs to keep them functioning at their highest level. The care plan serves as a guide for the staff members in assisting in daily care for the resident.

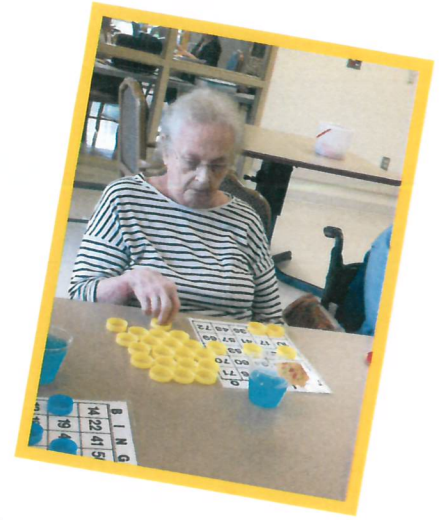
After care conference is completed, a summary of the conference will be sent or emailed to families if they unable to attend. If you would like to receive a copy and haven't, please contact business office and we'll make sure you receive one.

Your input is greatly appreciated even if you are unable to attend...please call, email or stop by if you have anything ideas or information that can assist us in taking care of your loved one.



Carol





We had some extra help calling bingo numbers last month. Ed Kobliska (Sarah's son) did a great job helping out and the residents loved it!

It seems hard to believe that the month of August is upon us and that soon the children will be going back to school. While I'm sure children have varied levels of excitement about returning to school, we are excited for the children to return to school as we look forward to visits through various school programs. We wish all the students and teachers well as they return to classes. To all of the teachers, thank you for your dedication and commitment to educating our children!

With so many people moving deeper into the reliance on computers, tablets, smart phones, etc., the Rockwell Community Nursing Home will be completing some exciting changes to our website. Over the next few months we will be enhancing our website by offering new features that are not currently available. One of the exciting additions is that we will be including a "testimonials" tab. In my short time here, I have heard so many positive experiences from family members (past and present) and community members. We would like to capture those experiences in a short video clip that can be viewed from our website. This addition may assist those who may not be familiar with the Rockwell Community Nursing Home to determine if we are the health care provider for them or their family member. If you would be interested in completing a testimonial based off of a care experience that you have had with the Rockwell Community Nursing home, please contact me at (641) 822-3203 or rcnh@netins.net.



Other exciting changes that will be occurring to the website will include video clips (virtual tour) of the environment and expansion of the photo gallery of activities/events happening at the facility. We will be reviewing all resident consent forms signed upon admission to ensure that consent to post a picture is in place prior to placing photos on the website. If you have any suggestions or ideas that you would like to see incorporated into our website, please feel free to contact me as we are open to all ideas to provide a website that informative for all. Please watch for the website changes over the next few months and share your feedback.

Mary Shupe, Administrator

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST 2016



	1 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	2 Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bingo Sacred Heart 3:00 Coffee	3 10:15 Church Pastor Livingston Manicures 1:30 Van Rides 3:00 Coffee 3:30 Rosary	4 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bags 3:00 Coffee	5 10:15 Mass 2:00 Take Away Poker 3:00 Happy Hour	6 10:00 Bible Class 2:00 Lucky Dog Dice 3:00 Coffee
7 Church Bulletins Delivered 2:00 Coffee	8 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	9 Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Volunteers 3:00 Coffee	10 10:15 Church Pastor Stevick Manicures 1:30 Van Rides 3:00 Coffee 3:30 Rosary 6:30 Garden Chat	11 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Ladder Ball 3:00 Coffee	12 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Take Away Poker 3:00 Happy Hour	13 10:00 Bible Class 2:00 Lucky Dog Dice 3:00 Coffee
14 Church Bulletins Delivered 10:30 Church Hymns w/Baptist Ladies	15 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	16 Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Hanford Church 3:00 Coffee	17 10:15 Church Pastor Evanson 2:00 Movie Pop/Popcorn 3:30 Rosary	18 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bags 3:00 Coffee	19 10:15 Mass 2:00 Take Away Poker 3:00 Happy Hour	20 10:00 Bible Class 2:00 Art Relaxation 3:00 Coffee
21 Church Bulletins Delivered 2:00 Coffee	22 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	23 Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Swaledale Methodist 3:00 Coffee	24 10:15 Church Pastor Carlson Manicures 1:30 Van Rides 3:00 Coffee 3:30 Rosary 6:30 Garden Chat	25 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Ladder Ball 3:00 Coffee	26 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Take Away Poker 3:00 Happy Hour	27 10:00 Bible Class 2:00 Lucky Dog Dice 3:00 Coffee
28 Church Bulletins Delivered 2:00 Coffee	29 10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	30 Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Rockwell Methodist 3:00 Coffee	31 10:15 Church Service Pastor Livingston Manicures 2:00 Resident Council 3:00 Resident Choice 3:30 Rosary	Sensory group will be 3 days a week from 4:30p- 5:15p in the Therapy Room		ALL ACTIVITIES SUBJECT TO CHANGE!!