

# Rockwell Community Nursing Home

## September 2016

### Newsletter



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

#### September 8<sup>th</sup>, 2016

Marjory Nuehring  
Jeanette Nuehring  
Orville Muth  
Merlin Scholl

#### September 15<sup>th</sup>, 2016

Angie Marlowe  
Dick Nickerson  
Linda Reimers

#### September 22<sup>nd</sup>, 2016

Pat Scholl  
Vieta Bruns  
Lorretta Kreider  
Jim Grant

#### October 6<sup>th</sup>, 2015

Esther Dorenkamp  
Dorothy Jurgens

#### October 13<sup>th</sup>, 2016

Pat Barnes  
Mary Abell  
Connie Quitley  
Marlys Benson



### **A Note from the Activity Department...**

**It's hard to believe the first day of fall is in 3 short weeks – time for hoodies, football and pumpkin EVERYTHING! Van rides are always popular at this time of the year as it's so fun riding around looking at all the beautiful leaves. Oh....and we can't forget our pitstops at Dairy Queen for their pumpkin pie Blizzards – they are the best!**

**This month we will be welcoming Lora from the library to the facility. She will be teaching us some fun crafts and also will come and read stories. We are very excited to have Lora join in the fun we have around here.**

**Shana Rohlsen, Activity Director**

Did you know that about 350 million people worldwide have arthritis? Nearly 40 million people in the United States suffer from this joint disorder that involves inflammation of 1 or more joints. Here are 10 facts you may not know about arthritis:



1. A 2010 study showed bee sting venom actually appeared to reduce the signs and symptoms of rheumatoid arthritis.
2. Most think of hips, knees and hands when thinking of osteoarthritis, but statistics show more than half of people in their 60's and 70's have osteoarthritis in their feet and ankles.
3. Dogs and cats (and some other animals) can also develop osteoarthritis; rheumatoid arthritis as well has other types of arthritis.
4. Both whites and African Americans experience arthritis at similar rates. There is a lower prevalence of arthritis in Hispanics vs among whites.
5. Gout is a form of arthritis. It is caused by a buildup of uric acid in the fluid around the joint.
6. Joints that have been injured are more likely to develop osteoarthritis then joints that haven't been injured.
7. Statistics show that arthritis costs the US economy more than \$86 billion a year. If adding in direct and indirect costs, such as lost wages, the number increases to \$124 billion.
8. Juvenile rheumatoid arthritis is the most common type of arthritis in children. It typically strikes between the ages of 1 year and 3 years or ages 8 and 12. Girls are twice as likely than boys to be affected.
9. Arthritis is one of the oldest diseases know to humankind. It has been discovered in the remains of people living more that 500,000 years ago.
10. Climate can't cure it. Unfortunately, the prevalence of arthritis is about the same in both warm and cold climates.

Sarah Kobliska, PTA/RA  
Restorative Nursing



***A fallen leaf is nothing more than a  
summer's wave goodbye.....  
~Author Unknown~***



Happy Fall to everyone! I can't believe it's time to talk about the upcoming flu season and vaccinations already.

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May. The flu is caused by influenza viruses, and is spread mainly by coughing, sneezing and close contact. Anyone can get flu, and it can strike suddenly and last several days. Symptoms vary by age, but can include: fever/chills, sore throat, muscle aches, fatigue, cough headache, and runny/ stuff nose.

The flu is more dangerous for some people such as: infants and young children, people over 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year ***thousands of people in the United States die from flu***, and many more are hospitalized. The flu vaccine can prevent you from getting the flu and reduce severity if you do contract the flu. It can also prevent spreading the flu to your family and other people you come in contact with.

There are many flu viruses and they are always changing. Each year the vaccine is made to protect against four viruses that are most likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Once again we will be offering the flu vaccine to all residents and all staff will be required to get the vaccine. It is the facilities protocol to obtain signed consent to administer the flu vaccine to each resident. The Informed Consent for Influenza Vaccine will be sent and please review the information contained on the form. Indicate if you consent or decline the flu vaccine administration, sign, and return form to facility. If you have any questions/concerns regarding the flu or vaccine, please contact me.

Thank you for your cooperation and I hope you get a chance to get out and enjoy the beautiful fall weather and colors!

Carol Ames, Director of Nursing



### ***News from the Administrator...***

***Thank you to all that were able to join us at the facility for the annual picnic. We were so thankful to have such a great attendance and an abundance of great food.***

***We would also like to thank all of the talented sewers who have so generously supplied the facility with new clothing protectors for our resident use. The support from the community has been amazing and we are so thankful that people are willing to share their time and talent with us.***

***In September we celebrate Environmental Services Week. September 12<sup>th</sup> through the 16<sup>th</sup> we celebrate and recognize our environmental service employees for their hard work and dedication. The environmental services department is committed to provide a clean and disinfected environment to promote the health and safety for all of us to enjoy, maintenance of our building, and laundry services to ensure that we always have an ample supply of clothing and linens. Please join me in thanking these employees for the fantastic job that they do for the residents and the staff of the facility!***



***Rockwell Community Nursing Home  
Environmental Staff***

***Tami Dougherty***

***Brad Bram      Bonnie Krause***

***Charlene Starr   Mark Waite***





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY SATURDAY

Sensory group  
will be  
3 days a week  
from  
4:30p- 5:15p  
in the Therapy  
Room

SEPTEMBER  
2016



1

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Bags  
3:00 Coffee

2

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

3

10:00 Bible  
Class  
2:00 Art  
Relaxation  
3:00 Coffee

4

Church  
Bulletins  
Delivered  
2:00 Coffee

5



6

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

7

10:15 Church  
Pastor Livingston  
Manicures  
1:30 Van Rides  
3:00 Coffee  
3:30 Rosary

6:30 Garden Chat

8

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

9

10:15 Prayer  
Service  
2:00 Take Away  
Poker  
3:00 Happy  
Hour

10

10:00 Bible  
Class  
2:00 Tailgate  
Social  
IOWA vs. ISU  
Game time  
6:30 PM



11

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

12

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

13

Beauty/Barber  
Shop  
10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
2:00 Bingo  
Sacred Heart  
3:00 Coffee

14

10:15 Church  
Pastor Stevick  
Manicures  
1:30 Van Rides  
2:00 Stories  
w/Lora  
3:00 Coffee  
3:30 Rosary

15

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Bags  
3:00 Coffee

16

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

17

10:00 Bible  
Class  
2:00 Lucky Dog  
Dice  
3:00 Coffee

18

Church  
Bulletins  
Delivered  
2:00 Coffee

19

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

20

Beauty/Barber  
Shop  
10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
2:00 Bingo  
Volunteers  
3:00 Coffee

21

10:15 Church  
Pastor Evanson  
Manicures  
2:00 Harp Music  
3:00 Coffee  
3:30 Rosary

6:30 Garden Chat

22

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

23

10:15 Prayer  
Service  
2:00 Crafts  
3:00 Happy  
Hour

24

10:00 Bible  
Class  
2:00 Art  
Relaxation  
3:00 Coffee

25

Church  
Bulletins  
Delivered  
2:00 Coffee

26

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

27

Beauty/Barber  
Shop  
10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
2:00 Bingo  
Volunteers  
3:00 Coffee

28

10:15 Church  
Service  
Pastor Carlson  
Manicures  
1:30 Van Rides  
3:00 Resident  
Choice  
3:30 Rosary

29

10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
2:00 Arts &  
Crafts  
3:00 Coffee

30

10:15 Prayer  
Service  
2:00 Take Away  
Poker  
3:00 Happy  
Hour

ALL  
ACTIVITIES  
SUBJECT  
TO  
CHANGE!!

