



Rockwell Nursing Home Newsletter 2016

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.

October 6th, 2015

Esther Dorenkamp
Dorothy Jurgens

October 13th, 2016

Pat Barnes
Mary Abell
Connie Quitney
Marlys Benson

October 20th, 2016

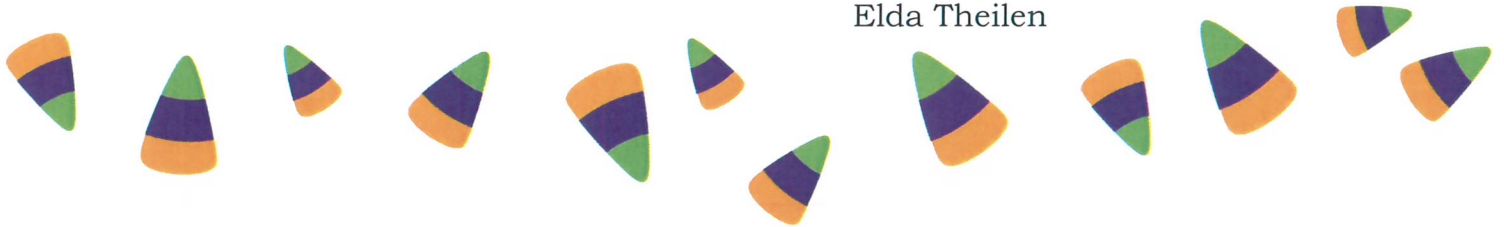
Vickie Swenson
Ida Rose Scholl
Marjorie Jurgemeyer
Mildred Renner
Bob Cassidy

November 3rd, 2016

Irene Ginapp
Luverne Bell

November 10th, 2016

Mary Hoffman
Marcile Murphy
Bill Cottrell
Elda Theilen



Hello from the Activity Department...

I think it is safe to say that fall is in the air...We will be welcoming in fall with lots of fall crafts and pumpkin decorating here at the facility. We are very excited the Nursing Home will be co-hosting the annual Legion Auxiliary Halloween Costume Party on October 30th at 2:00 p.m. in the dining room. This is always such a fun event and the kids seem to have an equally good time. Just a reminder, the facility WILL be provide candy for the residents to hand out to all the little ghosts and goblins!

Shana Rohlfen, Activity Director



A fallen leaf is nothing more than a summers' wave good-bye...

This month I would like to offer some information on Advance Health Care Directives. Recently when my husband and I were in Rochester, we were given this information. I feel it's always good to be informed so you can make the right decision.

In all states, you have the right to accept or refuse some or all medical care. If you cannot think or speak for yourself, someone close to you such as a spouse, an adult relative or a good friend, will be asked to help make health care decisions for you.

You also have the right to say in writing what kind of medical care you want and who can make decisions for you. You can do this with an advance health care directive. It is used only if you cannot make decisions or speak for yourself or if you choose not to take part in your health care decisions.

Advance health care planning is more than simply filling out a form. It is a process in which you think about your values and health care goals. You decide what kind of medical care you want based on your goals and values. It is best to work through the process with the people you trust, such as your family, friends and health care providers.

When you are ready to put your thoughts and choices in writing, the actual form you fill out is called an advance health care directive. This document is used only if you cannot speak or make decisions for yourself. It may also do one or both of the following:

- Designate a person to be your "Healthcare Power of Attorney" who will make decisions for you when you cannot or choose not to do so.
- State specific medical treatments you do and do not want. This is called a "Living Will".

There are many advantages of having an advance healthcare directive in place. They include lessening the stress of family members during a medical emergency and it contains useful information about what you value and what is important to you.

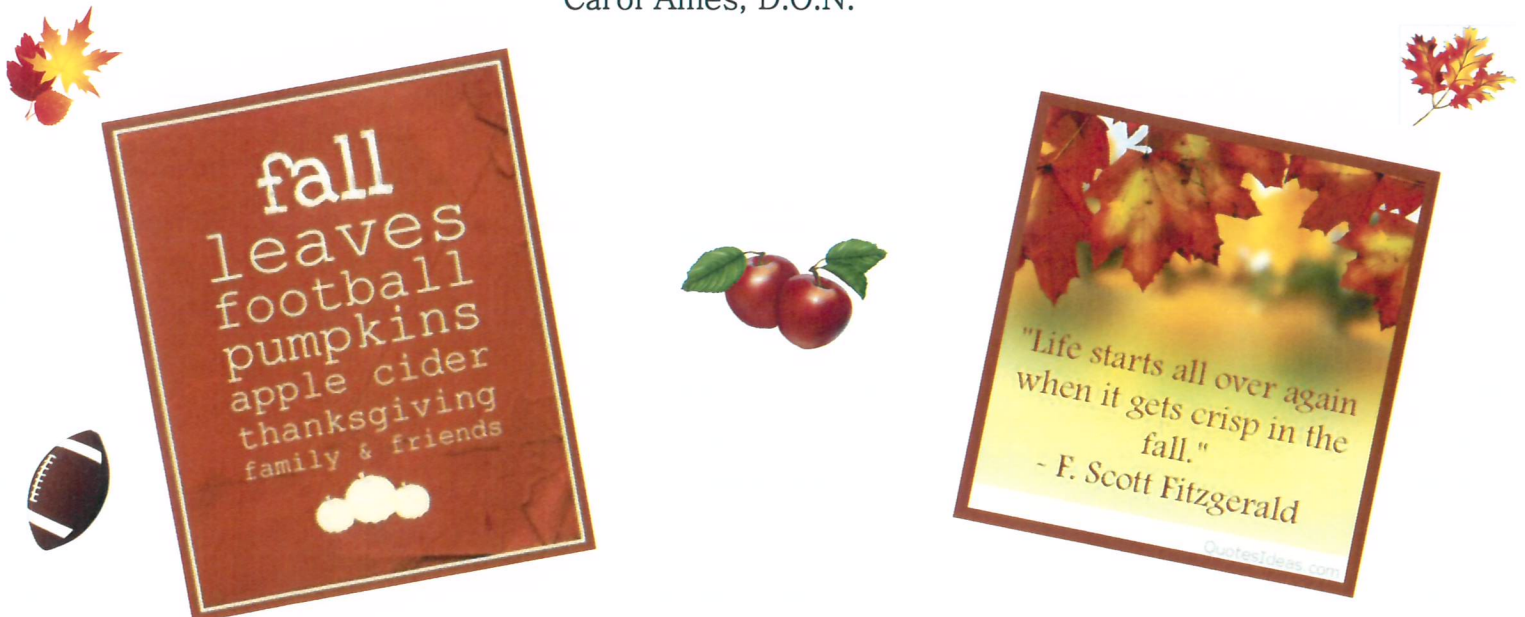
Once you have completed your advance healthcare directive, it should be a part of your medical record. Be sure to tell your family members that you have the directive in place.

It is also recommended that you review your advance healthcare directive every few years. Changes in your health, family situation or views on life may cause you to change your mind about some of your choices. You may also cancel your directive at any time by informing your healthcare provider.

If you have any questions please stop by...it is a very personal decision and if we can help in any way, let us know.

And in the meantime, the leaves are turning and farmers are harvesting crops – fall is here!

Carol Ames, D.O.N.



Last month we learned some facts about arthritis. This month let's talk about some way to self-manage arthritis pain. Although each type of arthritis is handled a little differently, there are some common treatment choices we can utilize.

The use of rest, ice, heat, splints or modified appliances such as bottle openers, etc, are a few things we can use at home to help reduce pain caused by arthritis.

Medications such as NSAIDS-non steroidal anti-inflammatory medications- such as ibuprofen, Aleve and Tylenol can be used to control the inflammation and pain in joints.

Other medications we can use are corticosteroids, but they do have significant side effects with prolonged use, such as osteoporosis.

TENS units, self-massage, gentle yoga or tai chi are non-chemical methods to try. The RICE protocol- rest, ice, compression and elevation- can be helpful when you have a warm, swollen joint.

Also, it's a good idea to take every joint through its normal range of motion every morning to help lubricate the joints. If you leave a joint shut and rarely open it will probably become rusty and get stuck. Keep the body moving!!

Light resistance exercise is needed to build strength to relieve pressure on joints. Water exercise is ideal because it combines the advantages of weight relief from joint and resistance for strengthening.

Finally, it's important to watch your weight and eat a nutritious, balanced diet.

Sarah Kobliska, PTA/RA
Restorative Nursing



CALLING ALL LIL' GHOSTS AND GOBLINS!



YOU ARE INVITED TO THE NURSING HOME ON SUNDAY, OCTOBER 30TH FOR THE ANNUAL HALLOWEEN COSTUME PARTY. PARTY WILL BEGIN AT 2:00 P.M. AND THE LADIES AUXILIARY WILL BE HOSTING AND PROVIDING PRIZES.

COME ON OUT FOR A "SCARY" GOOD TIME!!



A red and black 'Trick or Treat!' bag with candy decorations. The bag is red with black trim and features the words 'TRICK OR TREAT!' in black capital letters. It is decorated with various candies, including a large red heart, a yellow star, and several small candies. A black tag with the words 'Trick or Treat!' is attached to the bottom.