



Rockwell Nursing Home Newsletter 2017



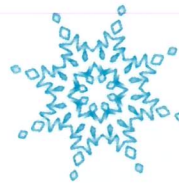
A Note from Activities...

Well, the holidays are over and now onto a New Year! This means new goals and resolutions for some and for me, it means a new BABY! For those of you who don't know, my husband and I are expecting our first child, a little girl in February! We are beyond excited for this new chapter in our life.

Throughout my pregnancy, I have enjoyed listening to stories the residents tell me about their transitions into parenthood and have received some really good advice. I can't wait to introduce her to everyone!

I wish everyone a healthy and happy 2017!

Shana Rohlfen, Activity Director



Top 10 New Year's Resolutions...



1. Spend more time with family and friends.
2. Fit in fitness.
3. Tame the bulge.
4. Quit smoking.
5. Enjoy life more.



6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized.

Below is the Care Conference schedule for the months of January and early February. 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.

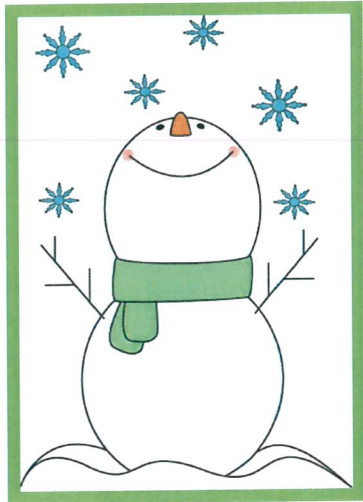
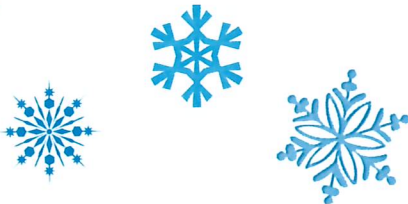
<u>January 5th, 2017</u>	<u>January 12th, 2017</u>	<u>January 26th, 2017</u>
Mary Abell	Marlys Benson	Irene Ginapp
Connie Quitney	Ida Rose Scholl	Luverne Bell
Vickie Swenson	Marjorie Jurgemeyer	
Esther Dorenkamp	Mildred Renner	
Joy Nelson		

February 2nd, 2017

Mary Hoffman
Marcile Murphy
Elda Theilen

February 9th, 2017

John Chaddock
Ann Rooney
Gloria Martin
Rosie Nelson



Happy New Year! As we start a New Year, I hope everyone had a good Christmas and wish everyone a healthy New Year. When I think about being healthy, good nutrition, exercise, plenty rest and of course, staying free of illnesses, come to mind.

Our dietary department does a wonderful job serving nutritious meals that are delicious. Another important part of maintaining good nutrition is drinking plenty of fluids to stay hydrated. Along with meals, a snack cart is available mid-morning, afternoon and evening. It is stocked with a variety of healthy snacks and juices for residents to enjoy.

As far as exercise, we have that covered too! If a resident is ambulatory, the staff will assist them with walking at least twice a day. We offer scheduled exercises at least 4 days a week and our therapy room is open to all residents anytime for use. Sarah Kobliska, PTA-RA, along with the activity department, does a wonderful job motivating residents to remain active while making it fun!

We always encourage our residents to get a good night's sleep and our goal is not to wake residents unless it is for a medication dose and/or their choice. Rest is important for everyone's well-being.

Around the holidays and winter months we can also experience more illnesses due to the fact we are inside more and in closer contact with each other. As always, hand washing is the best prevention of colds and flu. We have hand sanitizers at each entrance and several down the hallways. We ask that if you are experiencing cold or flu symptoms, please refrain from visiting. A phone call or email is a great "germ-free" way to get an update on your loved one if you are not feeling well.

Have a happy and healthy 2017!

Carol Ames, D.O.N.

In January most of us find ourselves making resolutions. Most resolutions include exercising more and eating more healthy, but sleep is equally, if not more, important. It is important to get enough sleep. There is even a correlation between sleep and pain. Sometimes people can't sleep because they are in pain and some people can sleep longer when they are in pain. Pain is one of the causes of insomnia. Sleep disorder symptoms can include have trouble falling asleep, waking up during the night, waking up early in the morning and restless sleep. The consistent interruption of sleep triggers a vicious cycle of sleep deprivation and increased pain. The less sleep a person gets, the more intense the pain can become. Here are some questions to ask yourself for improving the quality of sleep:

Is the bedroom a quiet place and are all lights switched off? Is there a television or laptop (and associated glare) in the bedroom? What are you sleeping on? How old is the mattress? Does your pillow provide enough support for your neck and head? What are you eating and drinking before you go to sleep? Are you consuming caffeinated beverages late in the day? Are you eating big meals close to bedtime? Are you sleeping at the same time every day? Are you avoiding stressful conversations or situations before going to bed?

By finding out the cause of your pain and then in turn decreasing the pain, you will probably get a better night of sleep and improve your quality of life.

Sarah Kobliska, PTA/RA

Restorative Nursing



I made a snowman round and fat,
And on his head I put a hat. He sat out in the sun all day,
And slowly melted all away, but I can tell just where he sat,
Because he forgot to take his hat!



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3	4	5	6	7
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Rockwell Methodist 3:00 Coffee	Beauty/Barber Shop 10:15 Church Pastor Livingston 1:30 Manicures 3:00 Coffee 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Reading with Laura 3:00 Coffee	10:15 Mass 2:00 Take Away Poker 3:00 Coffee	10:00 Bible Class 2:00 Adult Coloring & Coffee
8	9	10	11	12	13	14
Church Bulletins Delivered 10:30 Church Hymns w/Baptist Ladies 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Lutheran Church 3:00 Coffee	Beauty/Barber Shop 10:15 Church Pastor Stevick 1:30 Manicures 3:00 Coffee 3:30 Rosary 6:30 Cards	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Sit 'N Stitch 3:00 Coffee	10:15 Prayer Service 2:00 Take Away Poker 3:00 Coffee	10:00 Bible Class 2:00 Adult Coloring & Coffee
15	16	17	18	19	20	21
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Sacred Heart 3:00 Coffee	Beauty/Barber Shop 10:15 Church Pastor Evanson 1:30 Manicures 1:30 Employee Inservice 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Crafts with Laura 3:00 Coffee	10:15 Mass 2:00 Take Away Poker 3:00 Coffee	10:00 Bible Class 2:00 Adult Coloring & Coffee
22	23	24	25	26	27	28
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pokeno 3:00 Coffee	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bingo Volunteers 3:00 Coffee	Beauty/Barber Shop 10:15 Church Pastor Carlson 1:30 Manicures 3:00 Coffee 3:30 Rosary 6:30 Cards	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Baking 3:00 Coffee	10:15 Prayer Service 2:00 Take Away Poker 3:00 Coffee	10:00 Bible Class 2:00 Adult Coloring & Coffee
29	30	31				
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 50's Craft 3:00 Coffee	Beauty/Barber Shop 10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bingo Rockwell Methodist 3:00 Coffee		ALL ACTIVITIES ARE SUBJECT TO CHANGE!		SENSORY GROUP WILL BE HELD 3 DAYS A WEEK IN THERAPY ROOM.