



### News from the Activity Department....

Hello! My name is Trish Kellogg and I have worked at the Rockwell Community Nursing Home for 8 years. I started as a C.N.A. and then transferred to the Activity Department 1 year ago. I will be taking over until Shana comes back from maternity leave.

My husband and I live in Rockwell and I have one daughter, Jennifer. She is married and lives in southeast Iowa.

Stop in and have a cup of coffee with us, we always love to have visitors stop by! And as of the date this newsletter was published, we are all still waiting patiently for that little baby girl of Shana's to make an appearance!

March birthdays include Esther Dorenkamp 3-3, Joy Nelson 3-3, and Marcile Murphy on 3-12. We hope you have a great day!

Trish Kellogg, Assistant Activities

Happy



March 17<sup>th</sup>

DAYLIGHT SAVING TIME  
BEGINS SATURDAY,  
MARCH 12<sup>TH</sup>.



1<sup>st</sup> day of Spring  
March 20<sup>th</sup>

Below is the Care Conference schedule for the months of March and early April. 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.

March 2<sup>nd</sup>, 2017

Dick Nickerson  
Linda Reimers  
Pat Scholl

March 9<sup>th</sup>, 2017

Harold Cone  
Lorretta Kreider  
Jim Grant

March 23<sup>rd</sup>, 2017

Esther Dorenkamp  
Joy Nelson

March 30<sup>th</sup>, 2017

Mary Abell  
Ida Rose Scholl  
Vickie Swenson

April 6<sup>th</sup>, 2017

Marjorie Jurgemeyer  
Mildred Renner  
Marlys Benson

April 20<sup>th</sup>, 2017

Irene Ginapp  
Luverne Bell  
Elaine Storey



The residents had a great time at our “Winter Dance Party” in February. We had entertainment by Dan Steenhard and rootbeer floats. Staff and residents wore “50’s” clothing and glasses. A good time was had by all!



The Social Services Department offers residents assistance with psychosocial well-being (feelings regarding self and social relationships). This may or may not include feelings of adjustment, coping, fear, anger, sadness, hopelessness, grieving and change of lifestyle.



Residents’ rights in long-term care provides the ongoing assurance that each resident is treated with dignity and respect, has access to personal information, has the freedom of choice, can maintain personal funds, has the right to privacy and confidentiality, the right to grievance procedures, the right to visitors including government

officials and the right to transfer and discharge.

It becomes the role of each of us working in long-term care to protect and preserve the rights and dignity of those who have become unable to do so for themselves.

Jean Pearson, Social Services Consultant





*Adieu, farewell, ciao, catch you later, bye, cheerio.....no matter how you say it....we are going to miss Carol! Carol has been a familiar face around RCNH for almost 24 years....we wish her well at her new job!*

*Rachel Dusold, RN, will be helping out until a new Director of Nursing is hired. If you have any questions or concerns, please let Rachel know and she'll be happy to help you.*

#### Employee Birthdays

Jeanne Sable - March 13<sup>th</sup>



#### Employee March Anniversaries

Sarah Kobliska - 2 years

Jan Storey - 15 years



**Looking for some extra income??**

**The Nursing Home is looking for a part-time driver to provide transportation of residents to and from doctor appointments.**

**Stop by office or call if you are interested!**



***National Caregiver Appreciation Day  
is March 3<sup>rd</sup>.***



This is a very important day of recognition for the tens of millions of Americans, who selflessly give their time to care for those who are ill, disabled, or elderly.

This day of recognition is for both paid and unpaid care givers.

Thank you to all the caregivers - we appreciate everything you do!

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

Laura from the Library will be here to read Mon. - Thurs. Times will vary and be posted on daily activity board.

**ALL  
ACTIVITIES  
ARE SUBJECT  
TO CHANGE!**



1	2	3	4
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 w/Laura 3:00 Coffee	10:15 Mass 2:00 Take Away Poker 3:00 Coffee	10:00 Bible Class
5	6	7	8
Church Bulletins Delivered  2:00 Marcile Murphy's 90 <sup>th</sup> Birthday Party!!	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 Lutheran Church 3:00 Coffee	Beauty/Barber Shop  10:15 Church Pastor Stevick 1:30 Manicures 3:00 Coffee 3:30 Rosary  6:30 Stories
9	10	11	
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 Sitcom "I Love Lucy" 3:00 Coffee	10:00 Bible Class	
12	13	14	15
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 News Update 2:00 Bingo Sacred Heart 3:00 Coffee	Beauty/Barber Shop  10:15 Church Pastor Evanson 1:30 Manicures 3:00 Coffee 3:30 Rosary
16	17	18	
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 St. Patrick's Day Social  	10:00 Bible Class	
19	20	21	22
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 Games
23	24	25	
10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Adult Coloring 3:00 Coffee	10:15 Prayer Service 2:00 Dan's Band 3:00 Coffee	10:00 Bible Class	
26	27	28	29
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 Rockwell Methodist 3:00 Coffee	Beauty/Barber Shop  10:15 Church Pastor Livingston 1:30 Manicures 3:00 Coffee 3:30 Rosary
30	31		
10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Adult Coloring 3:00 Coffee	10:15 Prayer Service 2:00 Take Away Poker 3:00 Coffee		

**SENSORY  
GROUP WILL  
BE HELD  
3 DAYS  
A WEEK IN  
THERAPY  
ROOM.**