



## Rockwell Nursing Home Newsletter 2017

### A Note from the Nursing Department...

Happy Fall to everyone! I can't believe it is 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 the flu and it can strike suddenly and last for several days. Symptoms vary by age but can include: fever, chills, sore throat, muscle aches, fatigue, cough, headache, and runny/stuffy nose.

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

Each year thousands of people in the United States die from the flu and many more are hospitalized. The flu vaccine can prevent you from getting the flu and reduce the severity if you do contract the flu.

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 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 the residents and all staff will be required to get the vaccine. It is the facility's 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 the facility. If you have any questions or concerns, please contact me.

Thank you for your cooperation and I hope you get a chance to get out and enjoy the beautiful weather we have been having. The beautiful fall colors are just around the corner!

Rachel Dusold



HAPPY LABOR DAY!  
SEPTEMBER 4<sup>th</sup>





**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.**

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**September 7<sup>th</sup> 2017**

**Esther Dorenkamp  
Ida Rose Scholl**

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**September 14<sup>th</sup>, 2017**

**Mary Abell  
Vickie Swenson  
Marlys Benson**

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**September 21<sup>st</sup>, 2017**

**Peggy Gallagher  
Harold Gallagher**

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**October 5<sup>th</sup>, 2017**

**Elaine Storey  
Leili Hedrick**

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**October 12<sup>th</sup>, 2017**

**Mary Hoffman  
Ann Rooney  
Elda Theilen**



### News from the Activity Department...

It's hard to believe the first day of fall is just around the corner – time for hoodies, football and pumpkin EVERYTHING!! We will continue going out on van rides throughout the fall months; it's so fun driving around looking at all the beautiful leaves.

Since fall brings cooler temperatures, we thought it would be fun to have a Pajama Day, (nothing better than wearing comfy clothes on a cool day). So on Wednesday, September 20<sup>th</sup>, the staff and residents can wear their pajamas all day long! We will have a popcorn bar available throughout the day and a movie showing at 2:00 p.m.

Should be a relaxing and “comfy” day!

Shana Rohlfson, Activity Director





### Employee September Birthdays

Samantha Roach - 11  
Deb Krumm - 12  
Jackelyn Schwantes - 17  
Trish Kellogg - 18  
Carrie Smith - 18  
Yvonne Rowson - 19  
Nicole Rogers - 21



### Employee September Anniversaries

Jennette Conn - 19 years  
Charlene Starr - 15  
Trish Kellogg - 9  
Abie Freyholtz - 6  
Andrea Anderson - 5  
Jeanne Baxter - 2  
Claire Thomas - 1

Did you know that September is . . . .

Baby Safety Month ~ Better Breakfast Month ~ Blueberry Popsicle Month  
Chicken Month ~ Classical Music Month ~ Honey Month  
Mushroom Month ~ Papaya Month ~ National Piano Month  
Potato Month ~ Rice Month ~ Self Improvement Month

September Gemstone:

Sapphire

September Flower:

Morning Glory

More people are born in September than any other month!





**SENSORY  
GROUP WILL  
BE HELD 3  
TIMES PER  
WEEK**



**GARDEN AREA  
IS OPEN!**

**RESIDENTS  
PLEASE NOTIFY  
STAFF WHEN  
GOING OUT.**

**ALL ACTIVITIES  
ARE SUBJECT  
TO CHANGE!!**

**1**

**10:15 Mass  
2:00 Pokeno  
3:00 Coffee**

**2**

**10:00 Bible  
Class**

**3**

**Church  
Bulletins  
Delivered  
2:00 Coffee**

**4**

**HAPPY  
LABOR  
DAY!!**

**5 Beauty/Barber  
Shop**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
1:00 Chit Chat  
2:00 Bingo  
Sacred Heart  
3:00 Coffee**

**6 Beauty/Barber  
Shop**

**10:15 Church  
Pastor Livingston  
1:00 Manicures  
3:00 Coffee  
3:30 Rosary  
  
6:30 Games**

**7**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
1:00 Chit Chat  
2:00 Reading with  
Laura  
3:00 Coffee**

**8**

**10:15 Prayer  
Service  
2:00 Pokeno  
3:00 Coffee**

**9**

**10:00 Bible  
Class**

**10**

**Church  
Bulletins  
Delivered  
10:30 Church  
Hymns w/Baptist  
Ladies  
2:00 Coffee**

**11**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
2:00 Take Away  
Poker  
3:00 Coffee**

**12 Beauty/Barber  
Shop**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
1:00 Chit Chat  
2:00 Bingo  
Volunteers  
3:00 Coffee**

**13 Beauty/Barber  
Shop**

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

**14**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
1:00 Chit Chat  
2:00 Craft Time  
3:00 Coffee**

**15**

**10:15 Mass  
2:00 Pokeno  
3:00 Coffee**

**16**

**10:00 Bible  
Class**

**17**

**Church  
Bulletins  
Delivered  
2:00 Coffee**

**18**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
2:00 Take Away  
Poker  
3:00 Coffee**

**19 Beauty/Barber  
Shop**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Music  
Therapy  
1:00 Chit Chat  
2:00 Bingo  
Rockwell  
Methodist  
3:00 Coffee**

**20 Beauty/Barber  
Shop**

**PAJAMA DAY!!  
  
10:15 Church  
Pastor Evanson  
2:00 Movie  
Showing  
& Popcorn  
3:30 Rosary**

**21**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
1:00 Chit Chat  
2:00 Baking  
2:30 Coffee**

**22**

**10:15 Prayer  
Service  
3:00 Coffee**

**23**

**10:00 Bible  
Class**

**24**

**Church  
Bulletins  
Delivered  
2:00 Coffee**

**25**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
2:00 Take Away  
Poker  
3:00 Coffee**

**26 Beauty/Barber  
Shop**

**10:00 Exercise  
10:15 Ball Toss  
10:30 News  
Update  
1:00 Chit Chat  
2:00 Bingo  
Lutheran  
3:00 Coffee**

**27 Beauty/Barber  
Shop**

**10:15 Church  
Pastor Carlson  
1:00 Manicures  
3:00 Coffee  
3:30 Rosary  
Van Rides  
  
6:30 Games**

**28**

**10:00 Exercise  
10:15 Ball Toss  
10:30 Tai Chi  
1:00 Chit Chat  
2:00 Reading  
With Laura  
3:00 Coffee**

**29**

**10:15 Prayer  
Service  
2:00 Dan's Band  
3:00 Coffee**

**30**

**10:00 Bible  
Class**