



Rockwell Nursing Home

December 2017

Newsletter



The residents and staff are doing Christmas a little ugly this year with an “ugly sweater” party on December 6th. A big thanks to Cleo Swenson and Dorothy Calahan for providing us lots of sweaters and vests so that we are able make our own ugly sweaters. We will also be having a cookie decorating contest that afternoon, so the “UGLIEST” cookie will win! Feel free to stop in and join the fun☺

The resident Christmas party will be held on Monday, December 18th. The festivities will begin at 1:30 p.m. with entertainment from Dan’s Band, snacks and punch to follow. Then at 3:00 p.m., we will get a visit from Santa! Our angel tree gifts will also be given out at this time.

For those of you that are not familiar with the resident angel tree, it is a small tree located in the lounge area with all the residents names on them. Anyone, (staff, family, friends, visitors, etc.) can pick a name off the tree and get that person a gift. We ask that gifts are under the tree by Friday, December 14th. Last year was the first year the facility did this and it went over great!

Wishing everyone a healthy and happy holiday!

Shana and Trish, Activities



**I will honor Christmas in my heart,
and try to keep it all the year.
~Charles Dickens**

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

December 7th, 2017

Victoria Swenson
Marlys Benson
Pamela Kiel
Esther Dorenkamp

December 14th, 2017

Harold Gallagher
Peggy Gallagher
Mary Skyles
Lorretta Kreider

December 28th, 2017

Elaine Storey
Leili Hedrick

January 4th, 2018

Mary Hoffman
Ann Rooney
Elda Theilen

January 11th, 2018

John Chaddock
Gloria Martin
Arlene Schmitt



Employee December Birthdays

Aydan Wood - 3rd
Shana Rohlfen - 20th
Sarah Kobliska - 28th



Employee December Anniversaries

Deb Laudner - 19 years
Bernie Ginapp - 14 years
Marguerita Abujobarah - 1 year



The Steben's Theater performed for us in November. It was a trip down Memory Lane with our favorite oldies from the WWII era being sung. The residents really enjoyed it!

IT'S DECEMBER!! WHETHER WE LIKE IT OR NOT, THE SNOW WILL EVENTUALLY ARRIVE. HERE ARE SOME TIPS IN PREVENTING BACK INJURIES WHILE REMOVING THE WHITE STUFF..

Tip # 1. If you experience pain of any kind, stop immediately and seek assistance.

Tip # 2.

Choose a snow shovel that is right for you!

Be sure that your shovel has a curved handle, as this enables you to keep your back straighter when shoveling.

Obtain a shovel with an appropriate length handle. The length is correct when you can slightly bend your knees, flex your back 10 degrees or less, and hold the shovel comfortably in your hands at the start of the "shoveling stroke".

A plastic shovel blade will generally be lighter than a metal one, thus putting less strain on your spine.

Sometimes, a smaller blade is better than a larger blade. Although a small blade can't shovel as much, it avoids the risk of trying to pick up a too heavy pile of snow with a larger blade.

Tip # 3.

Push the snow, do not lift it. Pushing puts far less strain on the spine than lifting.

Tip # 4.

Be sure your muscles are warm before you start shoveling. Cold, tight muscles are more likely to sprain or strain than warm, relaxed muscles.

Tip # 5.

When you grip the shovel, make sure your hands are at least 12 inches apart. By creating distance between your hands, you increase your leverage and reduce the strain on your body.

Tip # 6.

Your shoveling technique is very important. The American Academy of Orthopaedic Surgeons recommends: "If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once; do it piecemeal. Shovel and inch or two; then take another inch off. Rest and repeat if necessary." In addition to these comments, remember to move your feet rather than twisting.

Tip # 7.

Never throw snow over your shoulder.

Tip # 8.

Remember that wet snow can be very heavy. One full shovel load can weigh as much as 25 pounds.

Tip # 9.

Pace yourself by taking frequent breaks to gently stretch your back, arms and legs.

Tip #10.

Consider buying a snow-blower. When used correctly, a snow-blower will put far less strain on your back than snow shoveling.


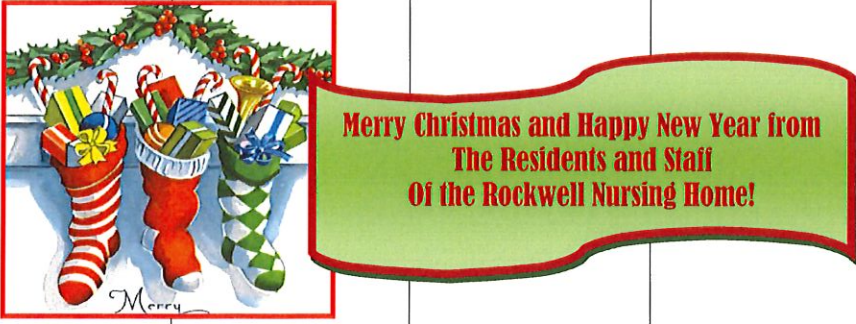

WE HOPE EVERYONE HAS A HAPPY AND SAFE HOLIDAY SEASON!



SARAH KOBLISKA PTA/RA, RESTORATIVE NURSING



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>SENSORY GROUP WILL BE HELD 3 TIMES PER WEEK 4:30 – 5:15 pm In Therapy Room</p> 					<p>1</p> <p>10:15 Mass 1:00 West Fork Choir Caroling 1:30 Adult Coloring 3:00 Coffee</p>	<p>2</p> <p>3:00 Coffee</p>
<p>3</p> <p>Church Bulletins Delivered 1:30 Christmas Open House Dawson Family Cookies, Cider Coffee</p>	<p>4</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Holiday Movie "National Lampoon's Xmas Vacation Popcorn & Pop</p>	<p>5 Beauty/Barber Shop</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Rockwell Methodist 3:00 Coffee</p>	<p>6 Beauty/Barber Shop</p> <p>10:15 Church Pastor Livingston UGLY SWEATER DAY 2:00 Ugly Cookie Decorating 3:00 Grinch Punch 3:30 Rosary</p>	<p>7</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 1:30 Resident Council Follow-up Mtg. 2:00 Reading with Laura 3:00 Coffee</p>	<p>8</p> <p>10:15 Prayer Service 2:00 Pokeno 2:30 West Fork 6th Grade Visit 3:15 Coffee</p>	<p>9</p> <p>9:30 Christmas Carols W/Garden Club Cookies & Coffee</p>
<p>10</p> <p>Church Bulletins Delivered 10:30 Church Hymns w/Baptist Ladies 2:00 Coffee</p>	<p>11</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Take Away Poker 3:00 Coffee</p>	<p>12 Beauty/Barber Shop</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Sacred Heart 3:00 Coffee</p>	<p>13 Beauty/Barber Shop</p> <p>10:15 Church Pastor Stevick 1:30 Staff Christmas Party 3:30 Rosary 6:30 Games</p>	<p>14</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 1:00 Manicures 3:00 Coffee</p>	<p>15</p> <p>10:15 Mass 2:00 Pokeno 3:00 Coffee</p>	<p>16</p> <p>3:00 Coffee</p>
<p>17</p> <p>Church Bulletins Delivered 2:00 Coffee</p>	<p>18</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 11:10 – Cal Carolers 1:30 Resident Xmas Party Dan's Band</p>	<p>19 Beauty/Barber Shop</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Grab Bag Bingo 3:00 Coffee</p>	<p>20 Beauty/Barber Shop</p> <p>10:15 Church Pastor Evanson 1:00 Manicures Massages 3:00 Coffee 3:30 Rosary</p>	<p>21</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Take Away Poker 3:00 Coffee</p>	<p>22</p> <p>10:15 Prayer Service 2:00 Holiday Movie Pop/Popcorn</p>	<p>23</p> <p>3:00 Coffee</p>
<p>24 /31</p> <p>Church Bulletins Delivered 2:00 Coffee</p>	<p>25</p> 	<p>26 Beauty/Barber Shop</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bingo Lutheran Church 3:00 Coffee</p>	<p>27</p> <p>10:15 Church Pastor Carlson 1:00 Manicures Massages 3:00 Coffee 3:30 Rosary 6:30 Games</p>	<p>28</p> <p>10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pass the Pig 3:00 Coffee</p>	<p>29</p> <p>10:15 Prayer Service 2:00 Pokeno 3:00 Coffee</p>	<p>30</p> <p>3:00 Coffee</p>