

A Note from the Activity Department...

Another year has come and gone!! 2017 was a big year for my husband and I as we welcomed our first child into the world. What a BLESSING she has been. In fact, it's hard to picture what life was like before she came along. Along with love and joy parenting has brought, it also comes with a lot of "baby brain" moments and sleepless nights. I would not trade it for anything else in the world!

We had a very busy December around here with a lot of extra holiday activities. There were a couple of our normal activities I took off the December calendar so we could fit in some carolers and other special Christmas activities. I had one resident already asking when we can play "Pass the Pig" again ~ (a favorite game around here) and I PROMISE its back on the calendar..... Check the back.



Happy 2018 to you and your families! Shana and Trish



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.

January 4th, 2018 Mary Hoffman Ann Rooney Elda Theilen

January 11th, 2018 John Chaddock Gloria Martin Arlene Schmitt January 25th, 2018
Arlene Kirchhoff
Linda Reimers
Dorothy Sjostrand



February 1th, 2018
Dick Nickerson
James Grant

February 8th, 2018
Delores Francis
Joyce Losee
Donald Taylor
Rosie Nelson



Employee January Birthdays Christa Best - 7th Evelyn Green - 17th Jeanne Baxter - 31st Employee January Anniversaries
Brad Bram – 20 years
Tami Dougherty – 16 years
Shana Rohlfsen – 10 years
Barb Jackson – 4 years
Cindy Folkers – 1 year



WE WOULD LIKE TO WELCOME JENNA CROOKS
TO OUR NURSING DEPARTMENT. JENNA WILL
BEGIN ON JANUARY 2ND...STOP IN AND MEET
HER... WE CAN'T WAIT FOR HER TO BECOME A
PART OF OUR TEAM!



XX News from the Nursing Department

Happy New Year! As we start a New Year, I hope everyone had a good Christmas and wish everyone a healthy 2018! When I think about being healthy, good nutrition, exercise plenty of rest and of course, staying free of illness comes to mind.

Our dietary department does a wonderful job of serving nutritious meals that are delicious. Another important part of maintaining good nutrition is drinking plenty of liquids to stay hydrated. Along with meals,

olays.

a snack cart is available mid-morning, afternoon and evenings. It is stocked with a variety of healthy snacks and juices for the residents to enjoy.

As far as exercise, we have that covered too! If a resident is able to be ambulatory, the staff will assist them with walking daily. We offer scheduled exercise activities at least 4 days a week and our therapy room is open to all residents anytime for use. Sarah Kobliska, P.T.A., runs our in-house restorative program and is always eager to assist anyone interested in using the therapy room and equipment. She does a wonderful job motivating residents to remain active while making exercising fun!

We always encourage our residents to get a good night's sleep and our goal is to not wake the 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 around holiday time. As always, handwashing is the best prevention of colds and flu. We have hand sanitizers at each entrance and several down each hallway. We ask that if you are experiencing any cold and flu symptoms, please refrain from visiting. A phone call or email is a great "germ-free" way to get an update on your family member if you are not feeling well.

Have a healthy and happy 2018!

Rachel and the Nursing Department



Santa's elves were busy at the Nursing Home this Christmas season. They stopped at the Nursing Home one night and decorated Nurse Rhonda's walking cart with garland, tinsel and ornaments. You never know when they will be back!

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 away....but I can tell just where he sat because he didn't take his hat!



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1	2 Beauty/Barber Shop	3 Beauty/Barber Shop	4	5	6
SENSORY GROUP WILL BE HELD 3 TIMES PER WEEK 4:30 – 5:15 pm In Therapy Room	Happy New Year	10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Rockwell Methodist 3:00 Coffee	10:15 Church Pastor Livingston 1:00 Manicures & Massages 3:00 Coffee 3:30 Rosary 6:30 Games	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Reading With Laura 3:00 Coffee	10:15 Mass 2:00 Quarter Bingo 3:00 Coffee	10:00 Bible Class 3:00 Coffee
7	8	9 Beauty/Barber Shop	10 Beauty/Barber Shop	11	12	13
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Adult Coloring 3:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Lutheran 3:00 Coffee	10:15 Church Pastor Stevick 1:00 Manicures & Massages 1:30 Followup Resident Council 3:00 Coffee 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pass the Pig 3:00 Coffee	10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	3:00 Coffee
4	15	16 Beauty/Barber Shop	17 Beauty/Barber Shop	18	19	20
Church Bulletins Delivered 0:30 Church Hymns w/Baptist Ladies 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Take Away Poker 3:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Sacred Heart 3:00 Coffee	10:15 Church Pastor Evanson 1:00 Manicures & Massages 3:00 Coffee 3:30 Rosary 6:30 Games	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Pass the Pig 3:00 Coffee	10:15 Mass 2:00 Quarter Bingo 3:00 Coffee	10:00 Bible Class 3:00 Coffee
1	22	23 Beauty/Barber Shop	24 Beauty/Barber Shop	25	26	27
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Movie Pop/Popcorn	10:00 Exercise 10:15 Ball Toss 10:30 Music Therapy 2:00 Bingo Volunteers 3:00 Coffee	10:15 Church Pastor Carlson 1:00 Manicures 2:00 Monthly Birthdays 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 Baking 2:30 Coffee	10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	3:00 Coffee
28	29	30 Beauty/Barber Shop	31			
Church Bulletins Delivered ::00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Tai Chi 2:00 50's Craft 3:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 News Update 2:00 Bingo Rockwell Methodist 3:00 Coffee	50's DAY 10:15 Church Pastor Livingston 2:00 Dan's Band 3:00 Rootbeer Floats 3:30 Rosary			