

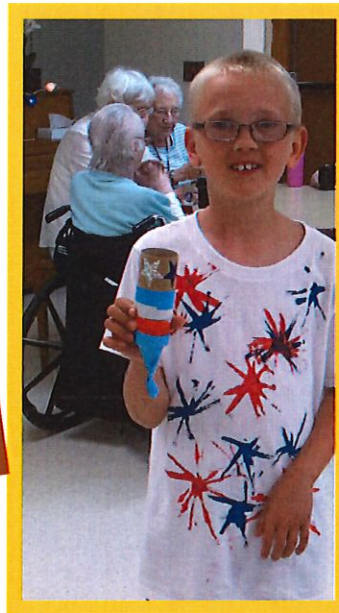
# Rockwell Nursing Home

## August 2018 Newsletter

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

Summer is flying by as usual, but we have had some great activities here at the Nursing Home. We hosted a July 4<sup>th</sup> party and invited the public to join us for an afternoon of crafts, face painting, and ice cream!

On August 1<sup>st</sup> at 3:00 p.m. we will be hosting the Blank Park Zoo from Des Moines and on August 15<sup>th</sup> at 2:00 p.m., Dan Steenhard will be here playing all of our old favorites. We would love to have you join us!





# **“Handwashing is the single most important means of preventing the spread of infection.” CDC**

80% of all infectious diseases are transmitted by touch. Handwashing remains the most effective way of removing germs from our hands that cause illnesses, such as the common cold or more serious infections that are resistant and difficult to treat with antibiotics. The simple task of washing your hands or using a hand sanitizer rub can help avoid illness to your own self, a so-called “do-it-yourself vaccine” (according to the CDC); as well as, preventing the spread of germs to others. Good hand hygiene is especially important in areas where people congregate: in your home where food is prepared and shared, in the community – in churches, restaurants and stores, where young adults and children spend most of the day – in daycares, schools and colleges, and where ill or vulnerable people are concentrated – in hospitals and nursing homes. The month of August is being dedicated to hand hygiene at the Rockwell Community Nursing Home. We will be updating and reviewing our hand hygiene practices for staff and residents. We, also, are encouraging family and friends to practice good hand hygiene, especially before and after visiting their loved ones. Hand sanitizer is placed at the entrances and in the hallways for you to use or staff can help you find a place to wash your hands if that is preferred.

Rhonda Buttjer, RN, Infection Preventionist

## **REMEMBER TO WASH YOUR HANDS!**

### **WHEN:**

- ✓ Before making food
- ✓ Before eating food
- ✓ Before and after helping someone who is sick
- ✓ Before and after cleaning a cut or wound
- ✓ After using the toilet
- ✓ After putting on a diaper or cleaning a child who has used the bathroom.
- ✓ After blowing your nose, coughing or sneezing
- ✓ After touching an animal or cleaning animal waste
- ✓ After touching garbage

### **HOW:**

Wet hands with clean, running water and put soap on your hands.  
Rub hands together to make soap bubbles. Clean the backs of hands, between fingers and under nails.  
Keep rubbing hand for 20 seconds.  
Hum the "Happy Birthday" song twice.  
Wash off all soap under running water.  
Dry hands with a clean towel.

<u>Employee August Birthdays</u>	<u>Employee August Anniversaries</u>
Kaitlyn Liekweg – 11 <sup>th</sup>	Paige Ries – 1 year
Jenna Tupper – 23 <sup>rd</sup>	



Resident August Birthdays  
John Chaddock – 23<sup>rd</sup>  
Don Bishop – 26<sup>th</sup>  
Arlene Kirchhoff – 30<sup>th</sup>





**MARK YOUR CALENDARS!!**  
**The Annual Family and Friends Potluck will**  
**be held on Saturday, August 11<sup>th</sup>**  
**beginning at noon.**  
**Please bring a dish to share....hotdogs,**  
**hamburgers, drinks**  
**and tableware will be provided.**  
**Hope to see you there!**

Below is the Care Conference schedule for the months of August and early September. 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.

August 2<sup>nd</sup>, 2018

Joyce Trimbell  
 Larry Trimbell

August 16<sup>th</sup>, 2018

Pamela Kiel  
 Betty Peralta  
 Mary Abell  
 Marlys Benson

August 23<sup>rd</sup>, 2018

Minnie Kuhlers  
 Mary Skyles  
 James Rooney

August 30<sup>th</sup>, 2018

Harold Gallagher  
 Margaret Gallagher  
 Elda Theilen  
 Donald Bishop

September 6<sup>th</sup>, 2018

Elaine Storey  
 Ann Rooney  
 Dorothy Johnson  
 Darlene Berk

September 13<sup>th</sup>, 2018

Pearl Liekweg  
 John Chaddock  
 Mary Hoffman





Until further notice, beauty shop hours and days will vary. Please calloffice if you have any questions.

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

1  
10:15 Church  
Pastor Livingston  
3:00 Blank Park  
Zoo Visits  
3:30 Rosary



2  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
1:00 Manicures  
1:30 Van Rides  
3:00 Coffee

3  
10:15 Mass  
2:00 Quarter  
Bingo  
3:00 Coffee

4  
3:00 Coffee

5  
Church  
Bulletins  
Delivered  
2:00 Coffee

6  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Adult  
Coloring or Cards  
3:00 Coffee

7  
10:00 One on  
One's  
10:30 Music  
Therapy  
2:00 Bingo  
Volunteers  
3:00 Coffee

8  
10:15 Church  
Pastor Stevick  
1:30 Resident  
Council  
2:30 Coffee  
3:30 Rosary  
  
6:30 Games

9  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Pass the  
Pig  
3:00 Coffee

10  
10:15 Prayer  
Service  
2:00 Quarter  
Bingo  
3:00 Coffee

11  
NOON  
FRIENDS  
&  
FAMILY  
POTLUCK



12  
Church  
Bulletins  
Delivered  
10:30 Church  
Hymns  
w/Baptist  
Ladies  
  
2:00 Coffee

13  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Pokeno  
3:00 Coffee

14  
10:00 One on  
One's  
10:30 Music  
Therapy  
2:00 Bingo  
Sacred Heart  
Church  
3:00 Coffee

15  
10:15 Church  
Lutheran  
2:00 Dan's Band  
3:00 Coffee  
3:30 Rosary

16  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
1:00 Manicures  
1:30 Van Rides  
3:00 Coffee

17  
10:15 Mass  
2:00 Quarter  
Bingo  
3:00 Coffee

18  
3:00 Coffee

19  
Church  
Bulletins  
Delivered  
2:00 Coffee

20  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Cards  
3:00 Coffee

21  
10:00 One on  
One's  
10:30 Music  
Therapy  
2:00 Bingo  
Lutheran  
Church  
3:00 Coffee

22  
10:15 Church  
Pastor Carlson  
1:00 Manicures  
3:30 Rosary  
  
6:30 Games

23  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Pass the  
Pig  
3:00 Coffee

24  
10:15 Prayer  
Service  
2:00 Quarter  
Bingo  
3:00 Coffee

25  
3:00 Coffee

26  
Church  
Bulletins  
Delivered  
2:00 Coffee

27  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Cards  
3:00 Coffee

28  
10:00 Outdoor  
Exercise Class  
2:00 Bingo  
Swaledale  
Methodist  
Church  
3:00 Coffee

29  
10:15 Church  
Pastor Livingston  
2:00 Monthly  
Birthday Party  
3:30 Rosary

30  
10:00 Exercise  
10:15 Ball Toss  
10:30 Garden  
Time  
2:00 Pass the  
Pig  
3:00 Coffee

31  
10:15 Prayer  
Service  
2:00 Quarter  
Bingo  
3:00 Coffee

**SENSORY  
GROUP  
WILL BE  
HELD  
4-5 TIMES  
PER WEEK  
4:30 – 5:15 pm  
In Therapy  
Room**