



# Rockwell Nursing Home Newsletter 2018



We will be honoring our veterans on Friday, November 9<sup>th</sup> at 2:00 p.m. We will have a speaker followed by refreshments and cake. Please join us!



The Nursing Home had a team participate in the "Alzheimer's Association Walk" on September 29<sup>th</sup> in Mason City. It was a 2-mile walk and the residents helped tie-dye t-shirts for us to wear. We raised \$450.00 for a great cause and are already making plans for next year's walk so if you are interested in joining our team or making a donation, stop in the business office!





# REMEMBER TO THANK A VETERAN ON NOVEMBER 11<sup>TH</sup>.



## EMPLOYEE NOVEMBER BIRTHDAYS

Marguerita Abujobarah - 2<sup>nd</sup>  
Amanda Green - 9<sup>th</sup>  
Dianne Poole - 29<sup>th</sup>

## EMPLOYEE NOVEMBER ANNIVERSARIES

Janelle Nuehring - 33 years  
Bonnie Krause - 19 years  
Cindy Staudt - 12 years  
Teya Adams - 2 years  
Dianne Poole - 2 years



Below is the Care Conference schedule for the month of November and early December.  
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.

### November 8<sup>th</sup>, 2018

Minnie Kuhlert  
Marlys Benson  
Elda Theilen

### November 15<sup>th</sup>, 2018

Harold Gallagher  
Peggy Gallagher  
Donald Bishop

### November 29<sup>th</sup>, 2018

Elaine Storey  
Dorothy Johnson  
Darlene Berk  
Ann Rooney

### December 6<sup>th</sup>, 2018

John Chaddock  
Mary Hoffman  
Loretta Janssen

### December 13<sup>th</sup>, 2018

James Polsdofer  
Arlene Kirchhoff  
Linda Reimers  
Betty Shipp



**MARK YOUR CALENDARS!**  
**OUR HOLIDAY OPEN HOUSE WILL BE HELD ON**  
**SUNDAY, DECEMBER 2<sup>ND</sup>.**  
**THE DAWSON'S WILL BE HERE TO**  
**PERFORM ALL OUR**  
**HOLIDAY FAVORITES!**



## **A yearly flu vaccine is the first and most important step in protecting against the influenza and its potentially serious complications.” CDC**

Most of us think about the fun and excitement that the months of October and November bring with football, trick-or-treating, and family gatherings. Therefore, it is easy to overlook something more serious here in the United States - “the flu season.” Influenza activity often begins to increase in the months of October and November. Most of the time, flu activity peaks between December and February and it can last as late as May, according to the CDC. It is recommended to get your flu shot early before the influenza begins to spread throughout our local communities, because it takes about 2 weeks after the vaccination for it to protect you against the virus. The CDC recommends that people should get a flu vaccine by the end of October. However, getting your flu shot later can still be beneficial and should continue to be available.

It is important to know the difference between what is considered the influenza virus and what is not. Flu-like symptoms are: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people especially children, may have vomiting and diarrhea. People may also be infected with flu and have respiratory symptoms without a fever. It is also important to know that many people are catching cold viruses as well, so testing may be done to know for sure if it is the influenza.

Flu prevention is key to a staying healthy during the “flu season.” This includes getting your flu shot and stopping the spread of germs. The holiday season gets hectic, but it is very important to take the time to use preventative measures every day.

- Wash your hands thoroughly at least 20 seconds with soap as often as necessary, especially before eating and after using the bathroom. After washing your hands use a paper towel or your elbow to turn off the faucet and use a paper towel or your sleeve to open the bathroom door.
- If soap and water are not available, use an alcohol-based rub of at least 60% alcohol.
- Cover your cough. Sneeze and cough into a tissue by covering both your mouth and nose. Throw your tissue away and then wash your hands. If you don't have a tissue, cough or sneeze into your elbow.
- Remind co-workers and the public to cover their cough/sneezes.
- Avoid touching your face, eyes, or rubbing your nose with your hands.
- Stay at least six feet away from individuals that are visibly ill. If you are sick, stay home.

Other healthy habits to maintain year round are:

- Drink plenty of water and other fluids that are not loaded down with sugar and caffeine. Keep hydrated.
- Exercise regularly.
- Get enough sleep.
- Eat healthy foods such as whole grains, fresh fruits and vegetables.
- Practice stress management. Stress can weaken your immune system that protects you from viruses.

At the Rockwell Community Nursing Home, we are encouraging everyone to receive their flu shot this year and to use preventative measures to stay healthy. The nursing home is pleased to report that last year we were 100% in compliance with getting our flu vaccinations. We maintained good infection control practices and avoided implementing any quarantines last flu season. We hope to continue that this year as well. Currently 100% of our residents have received their flu shots.

Rhonda Buttjer, R.N., Infection Preventionist

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

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

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



1

10:00 Exercise  
10:15 Ball Toss  
10:30 Reading With Jolynn  
1:00 Manicures  
3:00 Coffee

2

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

3

3:00 Coffee

4

Church Bulletins Delivered  
2:00 Coffee

5

10:00 Exercise  
10:15 Ball Toss  
10:30 Guess The Word  
2:00 Pokeno  
3:00 Coffee

6

10:00 Exercise  
10:15 Ball Toss  
10:30 News Update  
2:00 Bingo Volunteers  
3:00 Coffee

7

10:15 Church Pastor Livingston  
2:00 Resident Council  
3:00 Coffee  
3:30 Rosary  
  
6:30 Games

8

10:00 Exercise  
10:15 Ball Toss  
10:30 Reading With Jolynn  
1:00 Manicures  
3:00 Coffee

9

10:15 Prayer Service  
2:00 Veteran's Day Program  
3:00 Coffee & Cake

10

3:00 Coffee

11

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

12

10:00 Exercise  
10:15 Ball Toss  
10:30 Guess The Word  
2:00 Pokeno  
3:00 Coffee

13

10:00 Exercise  
10:15 Ball Toss  
10:30 News Update  
2:00 Bingo Sacred Heart  
3:00 Coffee

14

10:15 Church Pastor Stevick  
12:00 Staff/Resident "Friendsgiving"  
2:00 Cards or Crafts  
3:30 Rosary

15

10:00 Exercise  
10:15 Ball Toss  
10:30 Reading with Jolynn  
1:00 Manicures  
3:00 Coffee

16

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

17

3:00 Coffee

18

Church Bulletins Delivered  
2:00 Coffee

19

10:00 Exercise  
10:15 Ball Toss  
10:30 Guess The Word  
2:00 Pokeno  
3:00 Coffee

20

10:00 Exercise  
10:15 Ball Toss  
10:30 Music Therapy  
2:00 Bingo Lutheran  
3:00 Coffee

21

10:15 Church Lutheran  
2:00 Cards or Baking  
3:00 Baking  
3:30 Rosary  
  
6:30 Games

22



23

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

24

3:00 Coffee

25

Church Bulletins Delivered  
2:00 Coffee

26

10:00 Exercise  
10:15 Ball Toss  
10:30 Guess The Word  
2:00 Pokeno  
3:00 Coffee

27

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

28

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

29

10:00 Exercise  
10:15 Ball Toss  
10:30 Reading with Jolynn  
1:00 Manicures  
3:00 Coffee

30

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

