



## Rockwell Nursing Home January Newsletter 2019

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

Happy New Year!!

We kicked off the New Year with a take-away poker tournament...  
Marlys Benson was the big winner, Congrats to her!!!

This month we will be looking forward to celebrating the 50's. As many of you know, North Iowa is very well known for its Buddy Holly weekend which is held at the Surf Ballroom in Clear Lake. We always like to join in the fun and have a 50's themed day here...This year we will have Dan's Band here playing the 50's greatest hits while we kick back with a nice cold milk shake....Get ready to shake, rattle and roll!!

Cheers to a HAPPY and HEALTHY 2019!!

#### EMPLOYEE January BIRTHDAYS

Lindsay Tank - 5  
Christa Best - 7  
Samantha Allen - 26  
Claire Thomas - 28  
Jeanne Baxter - 31

#### EMPLOYEE January ANNIVERSARIES

Brad Bram - 21 years  
Tami Dougherty - 17 years  
Shana ROhlfsen - 11 years  
Barb Jackson - 5 years  
Jenna Crooks - 1 year



Below is the Care Conference schedule for the month 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 7<sup>th</sup>, 2019

Mary Skyles  
Rosie Nelson

January 10<sup>th</sup>, 2019

Joyce Trimbell  
Betty Taylor

January 24<sup>th</sup>, 2019

Pamela Kiel  
Betty Peralta  
Mary Abell

January 31<sup>st</sup>, 2019

Minnie Kuhlers  
Marlys Benson  
Joy Bulow

February 7<sup>th</sup>, 2019

Harold Gallagher  
Margaret Gallagher  
Donald Bishop



## From the Infection Preventionist's Desk

**“Be the best you can be - in 2019!”** These are words expressed to me by Jenna C., DON. Therefore, I am extending them on to all of you. As the New Year moves in, it is time to reflect on the new information we learned in 2018 and start living it in 2019.

With the New Year, new goals are made with high expectations to be the “new you.” Although, our intentions are good, reality usually sets in soon after. The realization is that sometimes we set ourselves up for failure and then I give up totally. Therefore, I have decided to make small goals throughout the year, attainable ones, that will not make me new, but to hopefully make me better.

Let's start with improving some eating and lifestyle habits.

- Drink plenty of water and other fluids that are not loaded down with sugar and caffeine. It is important to keep hydrated. It benefits all areas of our body – skin elasticity, muscle efficiency, balancing mood, temperature control, memory function, joint function, properly working GI tract, and better health immunity.
- Improve my eating habits. Eat a variety of nutritious foods from all the food groups. A healthy diet pattern that emphasizes: a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. Limit saturated fat, trans fat, sodium, and sugar-sweetened beverages. Compare food labels to help you make the right choices.
- Exercise regularly. It is important to “mix-it-up” when exercising, according to Sarah K., PTA, in Restorative Therapy. Alternate different types of exercises to keep your body from getting used to the same thing. Instead, of walking all the time, try weight training, yoga, or even swimming. If routine exercising does not fit into your busy schedule, try making your daily activities beneficial. Park a distance away from your destination, take the stairs, or try some strengthening exercises during your break.
- “Protect your back.” It is the only one you have. Using proper body mechanics when lifting or during daily chores is important. Use your legs when lifting or shoveling. Take breaks and ask for assistance if needed.
- Reduce stress. Stress can weaken your immune system. Learn new coping techniques or seek out counseling to help learn ways to manage your stress.
- Get enough sleep. Sleep plays an important part of your physical and mental health. Lack of sleep can impair your ability to reason and problem solve; as well as, your attention to detail. It affects your immune system, appetite, breathing, blood pressure and cardiovascular health.

Keeping a healthy lifestyle is also a good way to prevent illness year round; however, it is especially important during this time of the year. Influenza, “the flu” activity is in its peak time during the months of December through February. Recently in the news, there have been reports of increased numbers of Influenza cases. Flu prevention is the key to staying healthy during flu season. The Rockwell Community Nursing Home wishes you a happy and healthy new year.



Rhonda Buttjer, R.N., Infection Preventionist

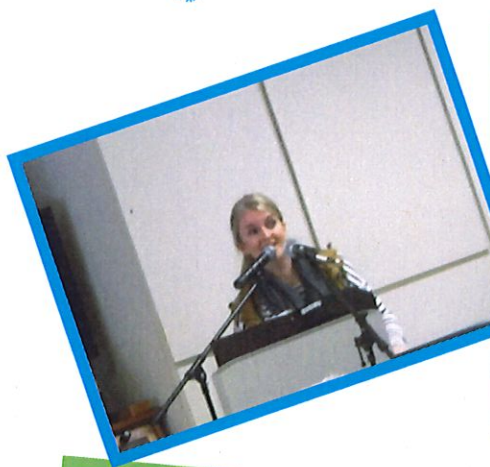






The Care Center had a window decorating contest in December and the competition was fierce! The departments all took a window and chose different themes. The residents then chose a winner...which was no easy feat....due to lots of employee input on whose window to vote for!

We had a fun month full of extra activities, visitors and holiday treats! The Staff and Residents want to wish all you a healthy and happy 2019!



The Dawson Family played all our "Holiday Favorites" at our Christmas Open House. They even got some help from the audience!



Dan's Band was also here and entertained us. He plays for us quite often and we really enjoy his musical talents!





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Beauty shop hours  
and days will vary.  
Please call the office  
if you have any  
questions.  
ALL ACTIVITIES ARE  
SUBJECT TO  
CHANGE!

1

HAPPY  
NEW  
YEAR!!



2

10:15 Church  
Service  
2:00 Adult  
Coloring  
3:00 Coffee  
3:30 Rosary

3

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

4

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

5

3:00 Coffee

6

Church  
Bulletins  
Delivered  
2:00 Coffee

7

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

8

10:30 Music  
Therapy  
w/Talia  
2:00 Bingo  
Volunteers  
3:00 Coffee

9

10:15 Church  
Service  
Pastor Stevick  
2:00 Winter Craft  
Or Cards  
3:00 Coffee  
3:30 Rosary  
  
6:30 Games

10

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

11

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

12

3:00 Coffee

13

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

14

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

15

10:30 Music  
Therapy  
w/Talia  
2:00 Bingo  
Rockwell  
Methodist  
3:00 Coffee

16

10:15 Church  
Service  
Pastor Dahlen  
2:00 Baking  
Or Cards  
3:30 Rosary

17

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

18

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

19

3:00 Coffee

20

Church  
Bulletins  
Delivered  
2:00 Coffee

21

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

22

10:30 Music  
Therapy  
w/Talia  
2:00 Bingo  
Lutheran  
3:00 Coffee

23

10:15 Church  
Service  
Pastor Carlson  
2:00 Movie  
Or Cards  
3:00 Coffee  
3:30 Rosary  
  
6:30 Games

24

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

25

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

26

3:00 Coffee

27

Church  
Bulletins  
Delivered  
2:00 Coffee

28

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

29

10:30 Music  
Therapy  
w/Talia  
2:00 Bingo  
Sacred Heart  
3:00 Coffee

30

10:15 Church  
Service  
2:00 Monthly  
Birthday Party  
3:00 Coffee  
3:30 Rosary

31

10:00 Exercise  
10:15 Ball Toss  
10:30 Reading  
with Jolynn  
2:00 Dan's Band  
3:00 Coffee

50's DAY

