

ROCKWELL NURSING HOME

FEBRUARY 2019

NEWSLETTER

News from the Activity Department...

This month we will be adding Pet Visits to our monthly calendar. Jenna (our D.O.N.) has volunteered to bring her dog in to visit once a week....THANK YOU JENNA!

Just a little bit about our new furry friend. Her name is Lily; she is 6 years old and is a West Highland white terrier. She has a very friendly personality and gets along with all ages. Lily is a very gentle dog who is always happy to receive some attention. We can't wait for Lily to start visiting on Tuesdays.

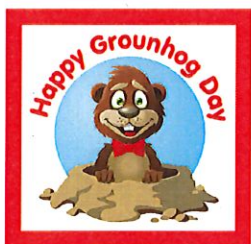


EMPLOYEE February BIRTHDAYS

Teya Adams - 6
Charlene Starr - 10
Barb Jackson - 17th
Rukshad Daver - 22nd
Janelle Nuehring - 24th
Carrie Demory - 24th

EMPLOYEE February ANNIVERSARIES

Rhonda Buttjer - 8 years
Nicole Rogers - 2 years



February 2nd



February 18th

As we enter our 2nd month into the New Year we will be having our first Resident Council Meeting of 2019. We encourage all residents to attend this meeting. It is a great time to voice any concerns you may have with any of the departments. Our meetings usually last anywhere from 45 minutes to an hour. All department heads attend individually to keep all residents up to date with new updates or changes that occur in their particular department. Resident feedback is so important so again, we highly encourage all residents to attend.

Just a friendly reminder that Resident Council is for residents only.

Our next Council meeting is on Tuesday, February 6th @ 2:00 pm in the Dining Room.

Below is the Care Conference schedule for the month of February and early March. 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.

February 7th, 2019

Harold Gallagher
Margaret Gallagher
Donald Bishop
Evelyn Hogan

February 21st, 2019

Elaine Storey
Darlene Berk
Ann Rooney

February 28th, 2019

John Chaddock
Mary Hoffman
Larry Moore



March 7th, 2019

James Polsdofer
Arlene Kirchhoff
Linda Reimers
Betty Shipp

March 28th, 2019

Rosie Nelson
Mary Skyles



“Love is in the air,
so is influenza.
Wash your hands.”

- Author Unknown

“A loved one dies of
cardiovascular disease every
38 seconds.”

- American Heart Association



Please stay home if you are experiencing any cold or flu symptoms.

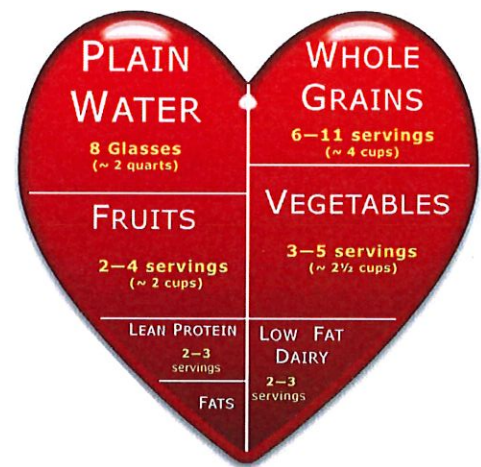
From the Infection Preventionist Desk...

February is federally designated “American Heart Month” to encourage everyone to focus on making their hearts healthy. The American Heart Association reports that 2,300 people die of cardiovascular disease each day; therefore, it is probable that we all know of someone that is affected by it. In fact (according to statistics), cardiovascular disease, which includes stroke, is the number one cause of death in women — claiming the life of 1 woman every 80 seconds. Heart disease can happen at any age. It is no longer an “older adult” problem, research (reported by the CDC) indicates that the conditions that lead to an unhealthy heart are now noted in younger individuals. High rates of obesity and high blood pressure, contributed by a sedentary lifestyle and fast food, among 35 to 64 year old's are putting them at high risk. In fact (according to statistics), half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Although, we can't change one's genetic predisposition for heart disease or the aging process, research indicates that about 80% of the disease process may be preventable or slowed down with education and action.

You can start by making healthy choices to lower your risk of developing heart disease, even moderate changes can improve your overall heart health. Controlling current risk factors and preventing others from occurring is important for people who already have heart disease. To lower your risk (according to information obtained from the American Heart Association, CDC, and Mayo Clinic):

- Watch your weight. Carrying extra weight puts stress on the heart. More than 1 in 3 Americans and nearly 1 in 6 children ages 2-19 has obesity.
- Keep diabetes in good control. Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that control the heart muscle. Nearly 1 in 10 Americans have diabetes.
- Quit smoking and stay away from secondhand smoke. Smoking is the leading cause of preventable death in the U.S.

- Control your cholesterol and blood pressure. Uncontrolled cholesterol and blood pressure can both increase your risk for heart disease. Work with your healthcare team to help manage your health conditions. Take your medications as prescribed. Take the time to learn what is affecting your body.
- If you drink alcohol, drink only in moderation.
- Get active. Aim for at least 150 minutes of moderate physical activity each week. Use up at least as many calories as you take in. It's a natural mood lifter. Benefits include: lowers your blood pressure, boosts your levels of good cholesterol, improves your blood flow, helps control your weight.
- Limit your stress level and get adequate sleep. Practice stress management by learning new coping skills or seeking counseling. Sleep is an important part of your physical and mental health. Lack of sleep weakens your immune system. It also affects your appetite, breathing, blood pressure, and cardiovascular health. Seek out assistance from your physician or mental health provider for these issues.
- Eat healthy. Control your portion size. How much you eat is just as important as what you eat. Plan ahead and create a daily menu. This will allow you to avoid grabbing a bite to eat on the run, usually fast or processed foods. Allow yourself an occasional treat; however, do not let this be an excuse to eat unhealthy foods all the time. Balance things out over the long term.
 - Eat more Vegetables and fruits. They are a good source of vitamins and minerals, low calories, rich in dietary fiber, and contain substances that prevent cardiovascular disease. Choose fresh or frozen, low-sodium canned vegetables, and canned fruit packed in juice or water.
 - Select whole grains. They are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. Choose whole-wheat flour, whole-grain bread, high fiber cereal (with 5 g or more fiber per serving), brown rice, barley and buckwheat, whole-grain pasta, and oatmeal.
 - Limit unhealthy (saturated and trans) fats. This will help lower your blood cholesterol and reduce your risk of coronary artery disease. High cholesterol levels can lead to plaque buildup in your arteries (atherosclerosis), which can increase your risk for a heart attack and stroke. Choose olive oil, canola oil, vegetable and nut oils, cholesterol-lowering margarine, nuts and seeds, avocados.
 - Choose low-fat protein sources. Low-fat dairy products, such as skim or low-fat milk, yogurt and cheese, eggs, skinless poultry, legumes, soybeans and soy, lean ground meats. Fish, especially fatty, cold-water fish, such as salmon, mackerel, and herring, are usually a good choice — because of the omega-3 fatty acids. Omega-3 fatty acids can lower blood fats called triglycerides. Other sources are flax seed, walnuts, and canola oil.
 - Reduce the sodium in your food. A lot of sodium can play a part in elevating your blood pressure. Although, reducing the amount of salt added during cooking and at the table is important, a good portion of the sodium consumed is found in canned and processed foods — soups, baked goods, and frozen dinners.



Looking good on the outside, starts from the inside. Living a heart healthy lifestyle can also help you stay healthy and strengthen your immune system, which can prevent infections — viral and bacterial. To celebrate American Heart Health month, we will be creating a heart healthy snack and craft with the residents.

Rhonda Buttjer, R.N., Infection Preventionist

SUNDAY

MONDAY

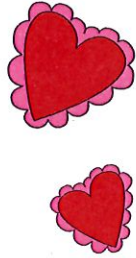
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SENSORY GROUP 3X PER WEEK WITH TRISH
4:30 TO 5:15 P.M.

ALL ACTIVITIES SUBJECT TO CHANGE!

1

10:15 Mass
2:00 Pass the
Pig
3:00 Coffee

2

3:00 Coffee

3

Church
Bulletins
Delivered
2:00 Coffee

4

10:00 Exercise
10:15 Ball Toss
10:30 Chicken
Soup Stories
2:00 Pokeno
3:00 Coffee

5

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

Pet Visits

6

10:15 Church
Service
Baptist Church
2:00 Resident
Council
3:00 Coffee
3:30 Rosary

6:30 Games

7

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

8

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

9

3:00 Coffee

10

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

11

10:00 Exercise
10:15 Ball Toss
10:30 Chicken
Soup Stories
2:00 Valentine
Craft or Cards
3:00 Coffee

12

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

Pet Visits

13

10:15 Church
Service
Pastor Stevick
1:00 Manicures
2:00 Baking
3:00 Coffee
3:30 Rosary

14

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



15

10:15 Mass
2:00 Pass the
Pig
3:00 Coffee

16

3:00 Coffee

17

Church
Bulletins
Delivered
2:00 Coffee

18

10:00 Exercise
10:15 Ball Toss
10:30 Chicken
Soup Stories
2:00 Pokeno
3:00 Coffee

19

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

Pet Visits

20

10:15 Church
Service
Lutheran Church
2:00 Birdsal's
Ice Cream
3:00 Coffee
3:30 Rosary

6:30 Games

21

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

22

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

23

3:00 Coffee

24

Church
Bulletins
Delivered
2:00 Coffee

25

10:15 Exercise
10:30 Ball Toss
10:30 Chicken
Soup Stories
3:00 Movie or
Cards

26

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

Pet Visits

27

10:15 Church
Service
Pastor Carlson
2:00 Monthly
Birthday Social
3:00 Coffee
3:30 Rosary

28

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

