



Rockwell Nursing Home Newsletter March 2019



News from the Activity Department...

Well, looks like "Old Man Winter" is not giving us a break....and that's all I'm gonna say about that....onto thinking about SPRING!

Van rides will be starting first week in April. We will go on Wednesday afternoon, leaving around 1:30 p.m. and returning by 4:00 p.m. I will be starting a list of residents who are interested in mid-March. Other "Spring" activities include doing a spring craft on the 20th (first day of spring) and we will be having our first garden club meeting at the end of March. Now, everyone "THINK SPRING"!!



Shana Rohlfen, Activity Director



News from our Dietary Department...

We are all looking forward to warmer weather with our "countdown" to spring. Spring brings the start of Lent when we give up some of our favorite foods and desserts. When the Easter holiday arrives, family and friends celebrate, enjoy a festive meal and visit about their past memories. We hope you are all staying warm and safe with the stormy weather we have experienced lately. I think everyone is greatly looking forward to nicer weather with picnics, barbeques and other family get-togethers.

Enjoy Spring and its arrival!
Bernadette Ginapp, CDM, CFPP

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

March 7th, 2019

James Polsdofer
Arlene Kirchhoff
Linda Reimers
Betty Shipp

March 28th, 2019

Rosie Nelson
Mary Skyles

April 4th, 2019

Joyce Trimbell
Betty Taylor

April 18th, 2019

Pamela Kiel
Betty Peralta
Mary Abell

April 25th, 2019

Marlys Benson



A BIG THANK YOU....

To John and Linda Chaddock for the new addition to our therapy department! They purchased a Nu-Step for the facility and we couldn't be more appreciative! The residents, outpatients and community members will benefit from this addition.

EMPLOYEE MARCH BIRTHDAYS

Jeanne Sable - 13
Cathy Logan - 23
Carrie Jensen - 26
Lori Matney - 31

EMPLOYEE MARCH ANNIVERSARIES

Sarah Kobliska - 4 years
Jenna Tupper - 1 year

Antibiotic Stewardship – Part 1 (Part 2 will be in April Newsletter)

What is the Antibiotic Stewardship Program for?

The program aims to improve resident outcomes with the appropriate use of antibiotics. We strive to prevent the over use or misuse antibiotics and to keep our residents free of adverse effects and complications that can occur. This will help reduce the emergence of antibiotic resistance and decrease the spread of multidrug-resistant infections for each individual and our community - including one of the most vulnerable populations – our elderly.

So, with this in mind what does this all mean to my loved one at the Rockwell Community Nursing Home?

The observation of infection is ongoing year round for residents at the nursing home. With any change in condition or behavior is important to note, because some signs and symptoms of infection present differently in the elderly population. Some indications of an infection subtle and gradually appear over a period of time, while others are easily recognizable and happen quite quickly, maybe within hours. The resident may not be able to express or describe how they are feeling related to an age related diagnosis, such as dementia or as the result of a stroke. Sometimes, residents may not report to staff that they are not feeling well or experiencing a certain symptoms. Quite often, the resident may be embarrassed to mention or do not want to "bother" staff with their concerns; however, they may feel more comfortable in telling a family member on the phone or during a visit about them. So, if your loved one expresses not feeling well or you notice something concerning to you, please let the staff know. Communication between family and nursing staff is very important.

Any signs and symptoms or changes in behavior noted by any nursing staff are reported to the physician in a timely manner. A process called SBAR is utilized to assist the physician in knowing if the resident truly has an infection requiring antibiotics. There is specific criteria that must be met before an antibiotic is prescribed. This helps prevent the unnecessary use of an antibiotic; however, this does not mean the signs and symptoms of your loved one are ignored or not addressed by the physician. It means antibiotic use was not needed at that particular time. The nursing staff will continue to monitor and assess closely any signs & symptoms of an infection or change in behavior in the case of a viral infection later develops or it is related to another type of health problem.

The Antibiotic Stewardship Team will review all infections (both viral and bacterial) and all antibiotic use of our residents – looking for trends or patterns and discussing possible prevention strategies. Since the program was implemented, we as a facility have made improvements to our way of handling infections with noted success. The Team consists of the facility's Medical Director, Dr. Paltzer, a pharmacist from Mercy Long Term Pharmacy, Dianne P., Administrator, Jenna C., DON., and members of the Infection Prevention Infection Control Department. We want all residents and families to be well-educated on our practices and fully understand that resident safety and well-being is our ultimate goal. If you have any questions or concerns regarding the Antibiotic Stewardship Program, please feel free to call.



Since we are in the midst of cold & flu season, I will take this opportunity to review the use of antibiotics and the Antibiotic Stewardship Program at the Rockwell Community Nursing Home.

Antibiotics are powerful medicines that help stop bacterial infections and save lives, but only when used appropriately. They are used to kill germs that cause certain illnesses. Protect yourself and your family by learning how to take them correctly – having a cough does not indicate the immediate use of an antibiotic. Learn when you should and should not take antibiotics.

What germ causing infections should be treated with antibiotics?

Viruses and bacteria are the two types of germs that cause infections. It is extremely important to know that antibiotics cannot kill virus germs but can kill bacteria germs.

Viral infections should **not** be treated with antibiotics. Some examples of viral illnesses include:

- Common cold—stuffy nose, sore throat, sneezing, cough, and headache
- Influenza (flu)—fever, chills, body aches, headache, sore throat, dry cough
- Most coughs
- Acute bronchitis (cough, fever)—almost always caused by viruses
- Pharyngitis (sore throat)—most sore throats are caused by viruses and are not effectively treated with an antibiotic
- Viral gastroenteritis

Bacterial infections - **should** be treated with antibiotics. Some examples of bacterial infections include:

- Ear infections—Antibiotics are used for most, but not all ear infections
- Severe sinus infections—lasting two or more weeks
- Strep throat
- Bladder infection.
- Certain skin infections – such as cellulitis, impetigo, boils or an infection to a wound or a cut.

What should you ask your doctor?

If your doctor prescribes antibiotics, you should ask the following questions:

1. Why do I need the antibiotic?
2. What is the antibiotic supposed to do?
3. What are the side effects of the antibiotic?
4. Is there anything that can prevent the side effects?
5. Should the drug be taken at a special time? With or without food?
6. Does the antibiotic interfere with the effectiveness of other medications?
7. Are there any possible adverse reactions if the antibiotic is taken with other medications, food, or alcohol?

Also, be sure to tell your doctor about any of the following:

- previous drug reactions
- special diet
- allergies to drugs or foods
- health problems
- chance of pregnancy
- medicines you are currently taking
- herbal supplements you are currently using.

In case of an emergency or if you have any questions or problems regarding your antibiotic treatment or your illness, don't hesitate to call your health care provider or pharmacist.

Protect yourself from infections:

- Wash your hands properly to reduce the chance of getting sick and spreading infection. Alternatively, use an alcohol based hand rub if soap and water are not available.
- Wash fruits and vegetables thoroughly; avoid raw eggs and undercooked meat to help prevent foodborne infection.
- When caring for an ill person whose defenses are weakened, antibacterial soaps or products are helpful, but should be used as directed.
- Make sure you are current on all of your vaccinations – including your Influenza and Pneumonia Shots. Check with your healthcare provider if you have all of the vaccinations you need to protect yourself from illness.

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 Quarter
 Bingo
 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 Movie or
 Cards
 3:00 Coffee

5

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

6

10:15 Church
 Service
 Baptist Church
 2:00 Bean Bag
 Toss
 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 Pokeno
 3:00 Coffee

12

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

13

10:15 Church
 Service
 Pastor Stevick
 2:00 Baking or
 Cards
 3:00 Coffee
 3:30 Rosary

14

10:00 Exercise
 10:15 Ball Toss
 10:30 Reading
 with Jolynn
 1:00 Manicures
 3:00 Valentine's
 Social

15

10:15 Mass
 2:00 Quarter
 Bingo
 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

20

10:15 Church
 Service
 Lutheran Church
 2:00 Spring Craft
 & Cards
 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

24/31

Church
 Bulletins
 Delivered
 2:00 Coffee

25

10:15 Exercise
 10:30 Ball Toss
 10:30 Pokeno
 3:00 Movie or
 Cards

26

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

27

10:15 Church
 Service
 Pastor Carlson
 1:30 Garden Club
 Meeting
 2:00 Monthly
 Birthday Party
 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

29

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

30

3:00 Coffee