

Rockwell Nursing Home

July 2019 Newsletter

News from the Activity Department...

Happy 4th of July! We will be celebrating on Wednesday, July 3rd with music by Jim Thornton and ice cream sundaes from Birdsalls.

On July 9th, we will be taking part in "Social Drumming". It is a fairly new therapeutic activity that is becoming very popular. It combines music making with active engagement from residents and community members. With plenty of drums and hand-held percussion instruments for participants, we will bring the festive sounds of summer to the Nursing Home! We are excited to experience what its all about. Feel free to stop in and join in the fun!

A very Happy Birthday goes out to Linda Reimers on July 1st and Ann Rooney on July 28th. We hope you have a wonderful day!

Shana Rohlfen, Activity Director

Employee July Birthdays

Sydney Nuehring – 25th

Hailey Clausen – 30th

Bernie Ginapp – 31st

Employee July Anniversaries

Rachel Dusold – 23 years

Edna Zieman – 27 years

Julie Sheriff – 21 years

Carrie Demory – 3 years

Hailey Clausen – 2 years

Alicia Light – 1 year



Below is the Care Conference schedule for the month of July and August. 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.

July 11th, 2019

Pamela Kiel
Betty Peralta
Harold Gallagher

July 18th, 2019

Marlys Benson
Linda Reimers

August 1st, 2019

Darlene Berk
LaNaya Angell
Sandy Minert

August 15th, 2019

John Chaddock
Mary Hoffman
Larry Moore

August 22nd, 2019

James Polsdofer
Betty Shipp



July is here already which means the heat is here as well. Exercising in the heat is hard on the body so here are some tips to help reduce the risk of heat exhaustion:

1. Exercise either early in the day or late in the day when the temperature is not so hot.
2. Wear light colored clothing as dark colors draw heat in.
3. "Cotton's rotten" meaning cotton clothing holds moisture. Look for dri-fit or swiftwick or other brands that wick moisture away from the body.
4. Hydrate. It important to drink water before, during and after exercise.
5. Wear a cool vented hat or visor.
6. Participate in water based athletics such as swimming or water aerobics.



Have fun and stay safe this summer!!!
Sarah Kobliska, PTA/RA

News from the Infection Control Preventionist...

After enduring the long winter and the unpredictable weather of spring, most of us welcome the idea of spending time outside – for work or play. However, with the warmer temperatures of summer, there are many health concerns that come with it. The focus now turns from the "flu" or influenza to the sun, ticks and mosquitoes. The Iowa Department of Public Health and CDC provide helpful information to help us stay safe outdoors. Whether, you're on vacation fishing, mowing the lawn, or spending time out in the garden at the Rockwell Community Nursing Home – the following safety/prevention tips are good to know and follow. In July's Newsletter we will discuss Sun Safety. August's newsletter we will continue the discussion with important information related to ticks and mosquitoes.



Sun Safety: Although year round, during the summer months, especially between the hours of 10 am and 4 pm, increased exposure to ultraviolet (UV) radiation occurs. UV rays consists of three components – UVA, UVB, and UVC. Reflection from sand and water also will intensify the exposure, so extra consideration should be taken when at the beach or in a sandbox, swimming, boating, or with other water activities. In addition, several common medications may cause photo-sensitivity reactions, so check with your pharmacy to see if this applies to any of your prescribed or over-the-counter pills. Finally, there are some medical conditions that increase sun sensitivity, such as connective tissue diseases or rosacea to name a few. Talk to your physician and learn if this affects you. Alcohol consumption can cause behavioral changes affecting your judgment increasing your risk for sunburn. By taking simple precautions, the effects of UV radiation can be prevented.

Both, UVA rays and UVB rays are carcinogenic – an agent causing cancer. UVA rays are present throughout the day and can pass through window glass. UVA rays cause premature aging of the skin and are for the most part, responsible for drug-related photo-toxicity and photo-allergic reactions. UVB rays are most intense from 10 am to 4 pm, are blocked by window glass, and are most responsible for sunburn. It is important to note that sunburn and sun damage can occur on a cloudy day. And, for those of us that have fair skin, it only takes as little as 10 to 15 minutes to get a sunburn after unprotected sun exposure. This I know from experience.

With a serious sunburn the skin may be red, tender, and swollen – and blistered. Other, acute symptoms may include – a headache, fever, itching and general weakness or fatigue. Oh, did I mention painful? The pain is most intense 6 to 48 hours after the sun exposure. Skin peeling usually occurs 4 to 7 days later. Staying hydrated and staying in a cool, shaded, or indoor environment is helpful. Cool compresses, moisturizing creams, and topical aloe vera gel may help relieve symptoms. If blisters form, they should be left intact to promote faster healing. An open erosion of skin should be kept clean and free of infection. Check with your healthcare provider, they may have a preference of the type of topical treatment best needed for the severity of your wound. If an infection occurs; oral antibiotics may be necessary. In severe sunburn, dehydration and hypovolemia may present itself along with inflamed or reddened skin, disorientation, dizziness or fainting, nausea, chills, high fever, and headache. Hospitalization for IV fluids and stronger analgesics for pain may be required. If any doubt or questions, please seek out medical advice or attention. Cumulative overexposure to the sun can lead to premature aging of the skin, including wrinkling and age spots – along with the increased risk for skin cancer, such as basal cell carcinoma, squamous cell carcinoma, and melanoma. Repeated exposure to the sun in your eyes can increase your risk for cataracts and macular degeneration.

With all of this in mind, the word “PREVENTION” comes to mind. How can we keep ourselves and the ones we love safe from the sun? The following are important tips outlined by the CDC.

Shade: Seeking out shade under an umbrella, tree, or other shelter before the damage has occurred to your skin is one way to help reduce your risk of skin damage/cancer. Although, your best way to protect your skin is to use sunscreen or wear protective clothing when you are outside – even when in the shade.

Clothing: When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothing made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter ones. If wearing this type of clothing is not practical, at least try to wear a T-shirt or a beach cover-up. Important to keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat: For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. A baseball cap does not protect your ears and the back of your neck from exposure from the sun. So, it is important to remember to wear protective clothing, wear a sunscreen, or stay in the shade.

Sunglasses: Sunglasses protect not only your eyes from UV rays, but the tender skin around your eyes, as well. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses, regardless of cost, meet this standard. Wrap-around sunglasses work best because they both UV rays from getting in from the side.

Sunscreen: Sun Protection Factor (SPF) defines the extra protection against UVB rays that a person receives by using a sunscreen. “Although higher-SPF sunscreens provide more protection than lower-SPF sunscreens, SPF is not linear. An SPF 30 sunscreen does not offer twice the protection of SPF 15.” As recommended by the Food and Drug Administration (FDA), sunscreens with at least an SPF of 15 and that offer protection from both UVA and UVB rays (labeled “broad spectrum SPF”) used regularly and as directed offer the best protection. There are two types of sunscreens – physical and chemical. Physical sunscreens contain titanium dioxide or zinc oxide; they reflect and scatter both visible and UV light. They are effective, broad-spectrum sunscreens that protect against both UVA and UVB radiation. They are recommended for people who burn easily or who take medications that may cause photo-sensitivity reactions. Chemical sunscreens absorb rather than reflect UV radiation. A combination of chemical agents is recommended to provide broad-spectrum protection against UVA and UVB rays.

Rhonda Buttjer, Infection Control Preventionist



SUNDAY**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

1
 10:00 Exercise
 10:15 Ball Toss
 10:30 Garden Time
 2:00 Pokeno
 3:00 Coffee

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

3
 10:15 Church Service
 Pastor Livingston
 2:00 Music w/Jim Thornton
 3:30 Rosary

Birdsall's Ice Cream



5
 10:15 Mass
 2:00 Quarter Bingo
 3:00 Coffee

6
 3:00 Coffee

7
 Church Bulletins Delivered
 2:00 Coffee

8
 10:00 Exercise
 10:15 Ball Toss
 10:30 Garden Time
 2:00 Pokeno
 3:00 Coffee

9
 10:30 Music Therapy w/Talia
 1:30 Social Drumming
 3:00 Coffee



10
 10:15 Church Service Methodist
 1:30 Van Rides
 3:30 Rosary
 6:30 Games

11
 10:00 Exercise
 10:15 Ball Toss
 10:30 Reading With Jolynn
 2:00 Table Games
 3:00 Coffee

12
 10:15 Prayer Service
 2:00 Quarter Bingo
 3:00 Coffee

13
 3:00 Coffee

14
 Church Bulletins Delivered
 10:30 Hymns w/Baptist Church
 2:00 Coffee

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

16
 10:30 Music Therapy w/Talia
 2:00 Bingo Lutheran
 3:00 Coffee

17
 10:15 Church Service Lutheran
 1:00 Manicures
 3:30 Rosary

18
 10:00 Exercise
 10:15 Ball Toss
 10:30 Reading with Jolynn
 2:00 Table Games
 3:00 Coffee

19
 10:15 Mass
 2:00 Quarter Bingo
 3:00 Coffee

20
 3:00 Coffee

21
 Church Bulletins Delivered
 2:00 Coffee

22
 10:00 Exercise
 10:15 Ball Toss
 10:30 Garden Time
 2:00 Pokeno
 3:00 Coffee

23
 10:00 Exercise
 10:15 Ball Toss
 10:30 Garden Time
 2:00 Bingo Sacred Heart
 3:00 Coffee

24
 10:15 Church Service
 Pastor Carlson
 1:30 Van Rides
 3:30 Rosary
 6:30 Games

25
 10:00 Exercise
 10:15 Ball Toss
 10:30 Reading with Jolynn
 2:00 Table Games
 3:00 Coffee

26
 10:15 Prayer Service
 2:00 Quarter Bingo
 3:00 Coffee

27
 3:00 Coffee

28
 Church Bulletins Delivered
 2:00 Coffee

29
 10:00 Exercise
 10:15 Ball Toss
 10:30 Garden Time
 2:00 Pokeno
 3:00 Coffee

30
 10:00 Exercise
 10:15 Ball Toss
 10:30 Garden Time
 2:00 Bingo Swaledale Methodist
 3:00 Coffee

31
 10:15 Church Service
 Pastor Livingston
 1:00 Manicures
 3:30 Rosary

**SENSORY GROUP 3X PER WEEK
 WITH TRISH
 4:30 TO 5:15 PM**