

Rockwell Nursing Home August 2019 Newsletter

A note from the Infection Preventionist....

As the summer months come and go, ticks and mosquitoes do not! As we enjoy the cooler temperatures of fall for trips to the park, outdoor sporting events, hiking and canoeing, those pesky summer bugs do, as well. They are plentiful on our favorite trails, lakes and streams, just waiting for you. Towards the end of summer until going dormant in winter, mosquitoes are likely to be carrying and spreading the West Nile Virus and ticks are more active, because they thrive better in slightly cooler, moist conditions. So, learning tick and mosquito safety & prevention is important.

Rhonda Buttjer, RN



We are excited to announce that Billie Esser, R.N. has been hired as our new Director of Nursing. She will begin her position here at the Nursing Home on Monday, August 19th. Stop in and say welcome!



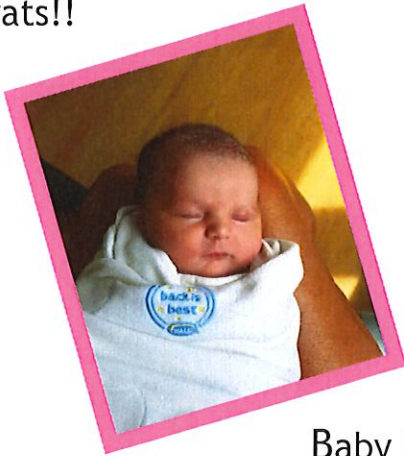
News from the Activity Department...

July sure has flown by fast, hasn't it? School is right around the corner for the kids and school supplies have hit the stores!

We had Social Drumming at our facility last month and the residents, staff and visitors participated in playing drums and various other instruments. It was really fun to make noise!

The flowers in the garden are loving this hot weather and the residents are enjoying them. When the weather permits, we are having some activities out in the garden as well.

Shana had her baby on July 16th. Her name is Kali Jo and she was welcomed by big sister, Aubrey and Mom and Dad. She weighed 7 lbs. 10 oz. and was 21 inches long. Congrats!!



Baby Kali Jo

Big sister Aubrey
taking care
of Kali Jo.



Please mark your calendars for Saturday, September 14th!
Our Annual Family & Friends Potluck will be held that day.
Hope to see you there!



Employee August Birthdays
MacKenzie Staudt – 24th

Resident Birthdays
John Chaddock – 23rd
Paul Nielsen – 25th



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

August 1st, 2019

Darlene Berk
Sandra Minert
Donnella Brecke
Paul Nielsen

August 15th, 2019

John Chaddock
Mary Hoffman
Larry Moore

August 29th, 2019

James Polsdofer
Betty Shipp

September 12th, 2019

Rosie Nelson
Mary Skyles
Ann Rooney

September 26th, 2019

Joyce Trimbell
Betty Taylor



CHOOSING THE RIGHT EXERCISE SHOES

1. Pick the right shoe for the right activity. Walking shoes are more flexible, especially at the toes. Cross-country shoes have more grip and are generally heavier. Running shoes are the most common type of shoe; it is fine to run or walk in them.
2. Measure your foot often. It's a myth that adult foot size doesn't change. Also, sizes may vary between brands.
3. Shop towards the end of the day. Feet swell over the course of the day. They also expand when you walk or run, so buy shoes when feet are the largest.
4. Bring your own socks; the ones you will walk or run in.
5. Don't believe in "breaking them in". They should be comfortable right away.
6. Use the rule of thumb. There should be 3/8-1/2" from the end of your big toe to the tip of the shoe. The heel should fit relatively tight and not slip when you walk. You should be able to freely wiggle your toes when the shoe is on.
7. Understand bell and whistles. Clear inserts filled with gel, Freon or air provide extra shock absorption. This is good for people who tend to get heel pain, not good for people who twist their ankles easily.
8. Don't over or underpay. Good quality shoes can cost more money, but it's often worth it. It's not worth paying for a premium fashionable or celebrity style shoe; they are no more comfortable.
9. Know when to replace them. The average pair of running shoes needs to be replaced after 350-400 miles of use.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**ALL ACTIVITIES
SUBJECT TO CHANGE!**

1

10:00 Exercise
10:15 Ball Toss
10:30 Reading
with Jolynn
2:00 Resident
Council
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 Garden
Time
2:00 Pokeno
3:00 Coffee

6

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

7

10:15 Church
Service
Pastor Livingston
1:30 Van Rides
3:30 Rosary

6:30 Games

8

10:00 Exercise
10:15 Ball Toss
10:30 Reading
With Jolynn
2:00 Take Away
Poker
3:00 Coffee

9

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

10

3:00 Coffee

11

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

12

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

13

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

14

10:15 Church
Service
Methodist
1:00 Manicures
3:30 Rosary

15

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

20

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

21

10:15 Church
Service
Lutheran
1:30 Van Rides
3:30 Rosary

6:30 Games

22

10:00 Exercise
10:15 Ball Toss
10:30 Reading
with Jolynn
2:00 Take Away
Poker
3:00 Coffee

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 Garden
Time
2:00 Pokeno
3:00 Coffee

27

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

28

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

29

10:00 Exercise
10:15 Ball Toss
10:30 Reading
with Jolynn
2:00 Movie with
pop/popcorn
3:00 Coffee

30

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

31

3:00 Coffee