

Rockwell Nursing Home Newsletter 2019

Happy Fall to everyone! It's time to talk about the upcoming flu season and vaccinations because it will soon be here.

Influenza (flu) is a contagious disease that spreads around the United States every year, usually between October and May. The flu is caused by influenza viruses and is spread mainly by coughing, sneezing and close contact. Anyone can get the flu and it can strike suddenly and last for several days. Symptoms vary by age but can include: fever, chills, sore throat, muscle aches, fatigue, cough, headache and runny/stuffy nose.

The flu is more dangerous for some people such as: infants and young children, people over the age of 65, pregnant women and people with certain health conditions or a weakened immune system.

Each year thousands of people in the United States die from the flu and many are hospitalized. The flu vaccine can prevent you from getting the flu and the severity if you do contract the flu.

There are many flu viruses and they are always changing. Each year the vaccine is made to protect against four viruses that are most likely to cause disease in the upcoming season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Once again, we will be offering the flu vaccine to all the residents and all staff will be required to get the vaccine. It is the facility's protocol to obtain signed consent to administer the flu vaccine to each resident. The "Informed Consent for Influenza Vaccine" will be sent and please review the information contained on the form. Indicate if you consent or decline the flu vaccine administration, sign and return form to the facility. If you have any questions or concerns, please let us know.

Thank you for your cooperation and I hope you get a chance to get out and enjoy the beautiful weather we have been having. The beautiful fall colors are just around the corner!

Rhonda Buttjer, R.N., Infection Preventionist



A Note from the Dietary Department...

As we send summer off we hope everyone will attend our Annual Family & Friends potluck on September 14th. Please bring a hot or cold dish or dessert to share with residents and visitors. We will be grilling hamburgers and hotdogs with all the fixin's. I know our residents and staff look forward to this event every year to send out summer and welcome fall.

We hope you all enjoy Labor Day festivities as summer comes to a close and fall activities commence. We enjoy football games and fall/winter holidays with family and friends.

Come in and visit or volunteer your time if you can. Our residents enjoy and appreciate news about their community and past neighbors.

Enjoy the rest of your summer flowers and gardens!

Bernadette Ginapp, C.D.M.



Employee September Birthdays

Billie Esser – 11th

Deb Krumm -12th

Carrie Smith – 18th

Yvonne Rowson – 19th

Nicole Rogers – 21st

Employee September Anniversaries

Charlene Starr – 17 years

Trish Kellogg – 11 years

Abie Freyholtz – 8 years

Andrea Anderson – 7 years

Jeanne Baxter - 4 years

Claire Thomas – 3 years

Cathy Logan – 1 year



News from the Activity Department...

It's hard to believe the first day of fall is in a few weeks. It's time for hoodies and football! Van rides are fun at this time of the year as we get to go around and look at all the beautiful leaves, and oh.....we can't forget a pitstop at Dairy Queen for a pumpkin pie blizzard. They are the best!

Shana plans to return to work September 16th and we are excited to hear how that new baby and big sister are doing!

Trish Kellogg, Activities Assistant

Below is the Care Conference schedule for the months of September and October. 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.

September 12th, 2019

Rosie Nelson
Mary Skyles
Ann Rooney

September 26th, 2019

Joyce Trimbell
Betty Taylor

October 10th, 2019

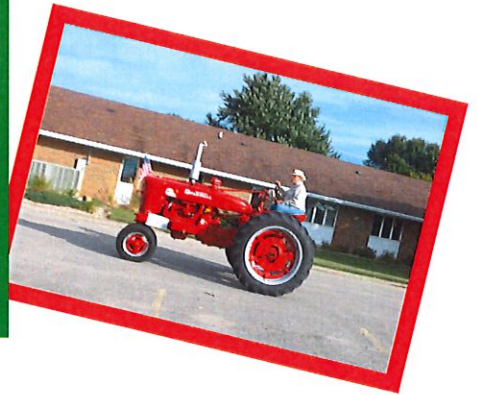
Marlys Benson
Linda Reimers

October 24th, 2019

Darlene Berk
Sandra Minert
Donnella Brecke

October 31st, 2019

Lynnea Smith
Joe Rooney
Ralph Martin



On Saturday, August 24th, the KLMJ Tractor Ride came through our parking lot. The residents enjoyed their morning coffee while seeing an assortment of old tractors.....Lots of different colors too!!

From the Therapy Room...

Posture

Good posture is important to keep your body in proper alignment. Over time, poor posture can cause a number of problems that affect your musculoskeletal system.

Descriptions of Good Posture

Sitting: There are 3 natural curves in your spine that should be aligned when you are sitting. Avoid slouching by sitting with your buttocks against the back of your chair. Shift your position often.

Standing: Keep your hips, shoulders and ears level with the ground. Keep your shoulders relaxed. Keep your pelvis in the middle, or neutral position. Do not lock your knees. Keep your weight on the balls of your feet.

Tips

- Use good posture while walking.
- Use a mirror to see what your posture looks like and readjust.
- Avoid staying in one position for too long.
- When you have pain, check your posture.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Church
Bulletins
Delivered
2:00 Coffee

2



3

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

4

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

5

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

6

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

7

3:00 Coffee

8

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

9

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

10

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

11

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

12

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

13

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

14

Family
& Friends
Picnic
12:00



15

Church
Bulletins
Delivered
2:00 Coffee

16

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

17

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

18

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

19

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

20

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

21

3:00 Coffee

22

Church
Bulletins
Delivered
2:00 Coffee

23

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

24

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

25

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

26

10:00 Exercise
10:15 Ball Toss
10:30 Reading
with Jolynn
2:00 Jim Thornton
Music
3:00 Coffee

27

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

28

3:00 Coffee

29

Church
Bulletins
Delivered
2:00 Coffee

30

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



All Activities
Subject to Change!

