

The header features the word "October" in a large, stylized font. The letter 'O' is decorated with a spiderweb and a black cat. The letter 'o' is decorated with a blue eye. The letter 't' is decorated with a green bat. The letter 'b' is decorated with a witch's hat and a black bat. The letter 'e' is decorated with a black spider. The word "October" is surrounded by several small black bats. Below the word "October" is the text "Rockwell Nursing Home Newsletter - 2019" in a blue, sans-serif font.

October

Rockwell Nursing Home Newsletter - 2019

News from the Activity Department...

I would like to say THANK YOU for all the congrats on the birth of my daughter, Kali. She is just perfect and already has her momma wrapped around her finger. She loved coming to visit all of her new friends at the Nursing Home.

Well, Fall is here...which means, PUMPKIN SPICE EVERYTHING!! I thought it would be fun to "rake" up some fun facts about pumpkins:

- ❖ Pumpkins were once recommended for removing freckles and snake bites
- ❖ Pumpkin flowers are edible
- ❖ Pumpkins 90% water
- ❖ Pumpkins contain potassium and vitamin A
- ❖ Pumpkins are a fruit
- ❖ The largest pumpkin ever grown weighed 2,032 pounds (in 2013)



Be sure to check out the activity calendar on the back, we have a few Fall themed activities planned.

Shana Rohlfson, Activity Director

**CALLING ALL LIL'
GHOSTS AND GOBLINS!**

**YOU ARE INVITED TO THE
9TH ANNUAL LEGION AUXILIARY
COSTUME PARTY ON
SUNDAY, OCTOBER 27TH
AT 2:00 AT THE NURSING HOME.**



Open Enrollment-Medicare

Medicare Open Enrollment is coming up; October 15 thru December 7. Some plans change, some plans remain the same. If your plan has changed, make sure it's still the best plan to meet your healthcare needs. There may be another plan that works better for you!

You may find a Medicare Part C or Part D plan that lowers your out-of-pocket costs, provides better coverage for your current health care needs—or both. Compare and review plans before Open Enrollment ends on Dec. 7: <http://go.cms.gov/planfinder>

You have many places to turn for help during open enrollment. Call 1-800-MEDICARE, review the *Medicare & You 2019* handbook, visit your State Health Insurance Assistance Plan office, call 1-800-351-4664 for your local SHIP counselor, or go to medicare.gov/find-a-plan.



Employee October Birthdays

Andrea Anderson – 10th

Alicia Light – 21st

Deb Laudner – 26th

Rhonda Buttjer – 26th

Employee October Anniversaries

Yvonne Rowson – 26 years

Jeanne Sable – 11 years

Carrie Smith – 9 years



Below is the Care Conference schedule for the month of October and November. 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.

October 10th, 2019

Marlys Benson
Linda Reimers
Lois Hegtvad

October 17th, 2019

Pamela Kiel
Harold Gallagher
Betty Peralta

October 24th, 2019

Darlene Berk
Donella Brecke

October 31st, 2019

Lynnea Smith
Joe Rooney
Ralph Martin

November 7th, 2019

John Chaddock
Mary Hoffman
Larry Moore

November 21st, 2019

James Polsdofer
Betty Shipp

Thanks to all who attended our
Family and Friends Potluck -
We had a great turnout and a
very delicious array of food to choose from!



HALLOWEEN TRIVIA

- Trick or treating comes from the Middle-Age practice of the poor dressing up in costumes and going around door to door during Hallowmas begging for food or money in exchange for prayers.
- The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl's call meant someone was about to die.
- Halloween also is recognized as the 3rd biggest party day after New Year's and Super Bowl Sunday.
- If you see a spider on this night, it could be the spirit of a dead loved one who is watching you.
- Halloween is one of the oldest celebrations in the world, dating back over 2000 years to the time of the Celts who lived in Britain.
- More than 93 percent of children go trick-or-treating each year. (source: NCA)
- Halloween was originally a Celtic holiday celebrated on October 31.
- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.
- There are no words in the dictionary that rhyme with orange, the color of pumpkin.

WACKY DAYS IN OCTOBER



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|------------------|---|
| Oct. 4: | International Ships-in-Bottles Day |
| Oct. 6: | National Noodle Day |
| Oct. 14: | Columbus Day & Indigenous Peoples' Day
Canadian Thanksgiving |
| Oct. 16: | National Fossil Day |
| Oct: 24-Nov. 11: | World Origami Days |
| Oct. 25: | Frankenstein Friday |



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**ALL
ACTIVITIES
SUBJECT TO
CHANGE!**

1

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

2

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

3

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

4

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

5

3:00 Coffee

6

Church
Bulletins
Delivered
2:00 Coffee

7

10:00 Exercise
10:15 Ball Toss
10:30 News
Update
2:00 Pokeno
3:00 Coffee

8

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

9

10:15 Church
Service
Methodist
2:00 Paint
Pumpkins
3:00 Pumpkin bars
3:30 Rosary

6:30 Games

10

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

11

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

12

3:00 Coffee

13

Church
Bulletins
Delivered
2:00 Coffee

14

10:00 Exercise
10:15 Ball Toss
10:30 News
Update
2:00 Pokeno
3:00 Coffee

15

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

16

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

17

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

18

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

19

3:00 Coffee

20

Church
Bulletins
Delivered
2:00 Coffee

21

10:00 Exercise
10:15 Ball Toss
10:30 News
Update
2:00 Pokeno
3:00 Coffee

22

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

23

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

6:30 Games

24

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

25

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

26

3:00 Coffee

27

Church
Bulletins
Delivered

2:00 LEGION
AUXILIARY
COSTUME
PARTY



28

10:00 Exercise
10:15 Ball Toss
10:30 News
Update
2:00 Pokeno
3:00 Coffee

29

10:00 Exercise
10:15 Ball Toss
10:30 News
Update
2:00 Bingo
Swaledale
Methodist
3:00 Coffee

30

10:15 Church
Service
Pastor Livingston
2:00 Fall Baking
3:00 Coffee
3:30 Rosary

31

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