

Rockwell Nursing Home Newsletter

January 2020







Time to put all our new year's resolutions into play and begin writing our own personal 365-page book. As I am sitting here writing this, we have sunshine outside and minimal snow, good way to start the new year.

This month we are all about the 50's around here. As many of you know, North Iowa loves to celebrate the 50's this time of year with a weekend of activities in honor of Buddy Holly and we enjoy joining in the fun here to. We will have a 50's themed happy hour on Wednesday, January 29th at 2:00 p.m. along with some 50's trivia. Thursday, January 30th we will be listening to the 50's greatest hits performed by the band "ISLAND FEVER" out of Clear Lake. Should be a sock hopping' time.... feel free to stop in and join us 9

Just a reminder to all the residents that there have been some new books put in the Library down in the chapel along with some new movies!!!



Shana & Trish, Activities



Employee January Birthdays

Christa Best - 7th Samantha Allen - 26th Claire Thomas - 28th



Employee January Anniversaries

Brad Bram - 22 years

Tami Dougherty - 18 years

Shana Rohlfsen - 12 years

Barb Jackson - 6 years

Mackenzie Staudt - 1 year

Below is the Care Conference schedule for the month of January and early February. 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.

January 2 nd , 2020	January 9 th , 2020	January 16 th , 2020	
Marlys Benson	Pamela Kiel	Darlene Berk	
Linda Reimers	Harold Gallagher	Donnella Brecke	
	Betty Peralta	Joseph Workman	
	Nicole Tabor	Evelyn Hogan	
January 23 rd , 2020	January 30 th , 2020	February 13 th , 2020	
Lynnea Smith	John Chaddock	James Polsdofer	
Damian Deegan	Mary Hoffman	Betty Shipp	
Ralph Martin	Larry Moore		























REMINDER

EFFECTIVE JANUARY 1ST, 2020 OLD MEDICARE CARDS WILL NOT BE ACCEPTED AT YOUR DOCTOR'S OFFICE AND MEDICAL APPOINTMENTS. IF YOU HAVE NOT RECEIVED YOURS, PLEASE CALL 1-800-633-4227.



You might have heard of him, the one responsible for nipping at your nose and frosting your windows with fern-like patterns during wintertime. His name is Jack Frost, and his legend dates back centuries. SO WHO IS JACK FROST?

Jack Frost is a personification of frost, ice, snow, sleet, winter, and freezing cold. He is a variant of Old Man Winter who is held responsible for frosty weather, nipping the fingers and toes in such weather, coloring the foliage in autumn, and whose character sometimes appeared as a sinister mischief-maker or as a hero.

On Tuesday, December 24th Santa's elves (disguised as the Cerro Gordo Sheriff Office staff & officers) came to the Rockwell Community Nursing Home. They brought TONS of presents for us here at the Nursing Home. The gifts included:

Microwave
Magic Bullet
Bird Feeding Station
Wireless Mouse
Chx Soup Books
Nail Polish/Files
Dorm Fridge

Towel Warmer
Ice Cream Maker
Hummingbird Feeder
BP Monitor
Adult Coloring Books
Nail Dryer
Computer Mouse

Foot Bath Alexa 2 Kindle Fires Toaster Colored Pencils Steam Pans Bingo Prizes



From the bottom of our hearts....

THANK YOU to the Cerro Gordo Sheriff's Office for adopting our Nursing home this Christmas season. We are so grateful for your generosity and overwhelmed by your kindness!

The Residents & Staff at the Rockwell Nursing Home.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
**			Happy New Year!	10:00 Exercise 10:15 Ball Toss 10:30 Reading With Jolynn 1:00 Manicures 3:00 Coffee	3 10:15 Mass 2:00 Quarter Bingo 3:00 Coffee	4 3:00 Coffee
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Chx Soup Stories 2:00 Pokeno 3:00 Coffee	7 10:30 Music Therapy w/Talia 2:00 Bingo Volunteers 3:00 Coffee	8 10:15 Church Service Methodist Church 1:00 Manicures 2:00 Make treats For our Furry Friends 3:00 Coffee 3:30 Rosary Pajama Day!!	9 10:00 Exercise 10:15 Ball Toss 10:30 Reading With Jolynn 1:30 Retirement Social in honor Yvonne Rowson 4:00 Baptist Prayer Group In Chapel	10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	2:00 Steben's Childrens Theater presents "Dixie Sweetheart Jubilee"
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Chx Soup Stories 2:00 Pokeno 3:00 Coffee	10:30 Music Therapy w/Talia 2:00 Bingo Methodist 3:00 Coffee	10:15 Church Service Lutheran 2:00 Cocktails & Coloring 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 1:00 Manicures 3:00 Coffee	10:15 Mass 2:00 Quarter Bingo 3:00 Coffee	18 3:00 Coffee
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Chx Soup Stories 2:00 Pokeno 3:00 Coffee	10:30 Music Therapy w/Talia 2:00 Bingo Lutheran 3:00 Coffee	10:15 Church Service Hanford 2:00 Craft Time 3:00 Coffee 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 1:00 Manicures 3:00 Coffee	10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	3:00 Coffee
Church Bulletins Delivered 2:00 Coffee	10:00 Exercise 10:15 Ball Toss 10:30 Chx Soup Stories 2:00 Pokeno 3:00 Coffee	10:30 Music Therapy w/Talia 2:00 Bingo Sacred Heart 3:00 Coffee	10:15 Church Service Baptist 2:00 50's Happy Hour 3:30 Rosary	10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 2:00 Music by "Island Fever" 50's Hits	31 10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	All Activities are subject to change!!