

Rockwell Nursing Home Newsletter February 2020



Hello from the Activity Department...

Only 48 more days till spring as of February 1st!! It seems like February and March are the months when we all start getting a little bit of cabin fever. I thought it would be fun to come up with some indoor activity ideas to help shake those winter blues.

1. Have a game night once a week
2. Spend time in the kitchen trying out some new recipes.
3. Host a movie night with friends and set up a popcorn bar
4. Make a scrapbook
5. Plan a road trip
6. find a good book to read
7. Adult coloring and crossword puzzles (popular activity around here)
8. Plan a brunch with friends
9. Come have coffee and cookies with the residents at the nursing home laughing
10. I saved the best for the last..... TAKE NAPS, LOTS OF NAPS!!

Shana & Trish

Employee February Birthdays

Teya Adams - 6th
Charlene Starr - 10th
Barb Jackson - 17th
Janelle Nuehring - 24th
Carrie Demory - 24th

Employee February Anniversaries

Rhonda Buttjer - 9 years
Nicole Rogers - 3 years



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

February 6th, 2020
No care conferences

February 13th, 2020
Revena Platts
James Polsdofer
Betty Shipp

February 20th 2020
No care conferences

February 27th, 2020
Rosie Nelson
Mary Skyles
Marcella Rooney

March 5th, 2020
No care conferences

March 12th, 2020
Joyce Trimbell
Betty Taylor



Steben's Children's Theater visited the residents and performed a "Dixieland Sweetheart Jubilee". They were a very talented group and we really enjoyed it!

Eat a Rainbow Every Day!



As January comes to an end, it is not too late to make some positive changes to be a healthy “new” you in February. I wish everyone a healthy and happy new year. As reported by the CDC, influenza activity is high right now in the United States; therefore, it is important to do your best at prevention. The following information may sound like a broken-record, but believe it or not they could prove to be life-saving.

- **The single best way to prevent seasonal flu is to get vaccinated.**
- **Avoid close contact.**
- **Stay home when you are sick.**
- **Cover your mouth and nose.**
- **Clean your hands.**
- **Avoid touching your eyes, nose or mouth.**
- **Practice other good health habits.**

Clean and disinfect frequently touched surfaces. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Eating nutritious food is important, but not always easy to follow through with, especially with Superbowl Sunday celebrations around the corner. So, bypass the candy displays and wander over to the produce section. You will find an array of brightly colored fruits and vegetables just waiting to be part of your daily food intake and half-time snacks. While shopping for produce, it can be difficult to remember how each fruit and vegetable helps us. So, learning the simple phrase, “eat the rainbow” will be helpful to make sure you get the key nutrients to a healthy diet. By incorporating them into “fun” foods, like pizza, salsa, salads, appetizers, and other snacks, we are sure to get a “win-win” moment – no matter what team you root for. The residents recently had an opportunity to make their own pizzas using many fresh vegetables and even enjoyed a fruit pizza for dessert during an afternoon activity group. The following are examples of the rainbow:

Red: Supports cardiovascular health. Reduces blood pressure. Strengthens immune system.
Examples: tomatoes, cranberries, strawberries, watermelon, and red bell pepper.

Orange: Supports eye health. Reduces blood pressure. Strengthens immune system.
Examples: pumpkins, sweet potatoes, oranges, orange bell peppers, and carrots.

Yellow: Supports cardiovascular health. Positive effects on eyes and skin. Good for joints.
Examples: bananas, pineapple, yellow bell peppers, and lemons.

Green: Positive effect on skin, bones, and teeth. Strengthens immune system. Supports digestion.
Examples: limes, green bell peppers, jalapeno peppers, lettuce, broccoli, and asparagus.

Blue/ Supports cardiovascular health. Positive effect on cell health. Good for the brain.
Purple **Examples:** blueberries, blackberries, passion fruit, eggplant, grapes, and plums.

White: Supports cardiovascular health. Improves body’s natural detox process. Strengthens Immune system. **Examples:** cauliflower, potatoes, shallots, garlic, mushrooms, and ginger

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1 SATURDAY
						Coffee
2 Coffee	3 10:00 Exercise 10:15 Ball Toss 10:30 CK soup stories 2:00 Pokeno 3:00 Coffee	4 10:30 Music Therapy 2:00 Bingo Volunteer 3:00 Coffee	5 10:15 Church Service 2:00 Resident Council 3:00 Coffee 3:30 Rosary	6 10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 1:00 Manicures	7 10:15 Mass 2:00 Quarter Bingo 3:00 Coffee	8 Coffee
9 Jimmy Polsdofer B-day Party Dan's Band	10 10:00 Exercise 10:15 Ball Toss 10:30 Ck soup stories 2:00 Pokeno 3:00 Coffee	11 10:30 Music therapy 2:00 Bingo Methodist 3:00 Coffee	12 10:15 Church Service 2:00 Movie " Grumpy Old Men " Pop/popcorn 3:30 Rosary 6:30 Games	13 10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 2:00 Dan's Band 3:00 Valentines Social 4:00 Prayer group	14 10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	15 Coffee
16 Coffee	17 10:00 Exercise 10:15 Ball Toss 10:30 CK soup stories 2:00 Pokeno 3:00Coffee	18 10:30 Music Therapy 2:00 Bingo Lutheran 3:00 Coffee	19 10:15 Church Service 2:00 Baking 3:00 Coffee 3:30 Rosary	20 10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 1:00 Manicures	21 10:15 Mass 2:00 Quarter Bingo 3:00 Coffee	22 Coffee
3 Coffee	24 10:00 Exercise 10:15 Ball Toss 10:30 CK soup stories 2:00 Pokeno 3:00 Coffee	25 10:30 Music Therapy 2:00 Bingo Sacred Heart 3:00 Coffee	26 10:15 Church Service 2:00 Craft Time 3:00 Coffee 3:30 Rosary 6:30 Games	27 10:00 Exercise 10:15 Ball Toss 10:30 Reading with Jolynn 1:00 Manicures	28 10:15 Prayer Service 2:00 Quarter Bingo 3:00 Coffee	29 Coffee