

Rockwell Nursing Home

Newsletter

March 2020



Hello from the Activity Department...

I'm sure everyone is anxiously awaiting spring by now. I do have to say, we have had a fairly mild winter this year, BUT...It's March, I'm over it
BRING ON SPRING!!

This month we will celebrate St. Patrick's Day with the famous "shamrock shakes". We will also be having Dan's band here on Thursday the 19th @ 2pm to play us some Irish favorites.

Shamrock Shake Recipe

- 1 1/2 cups mint chocolate chip ice cream
- 1/2 cup whole milk
- 1/4 cup mini chocolate chips
- Whipped cream (plain or chocolate; optional)
- Chocolate syrup, for garnish

Attention all residents

I will be starting van rides the first week in April. Please, if you are interested let Shana or Trish know. Also, if there is any special place you would like to go visit in the area, we LOVE new adventures!! 😊

Employee March Birthdays

Jeanne Sable - 13
Sheena Petersen - 19
Kaycee Hamand - 21
Cathy Logan - 23
Carrie Jensen - 26

Employee March Anniversaries

Sarah Kobliska - 5 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.

March 5th, 2020

No care conferences

March 12th, 2020

Joyce Trimbell
Betty Taylor

March 19th, 2020

No Care Conference

March 26th, 2020

Marlys Benson
Linda Reimers

April 2nd, 2020

Pam Kiel
Harold Gallagher
Betty Peralta
Nicole Tabor

April 9th, 2020

Darlene berk
Joseph Workman
Donnella Brecke

*May your day be touched
by a bit of Irish luck,
brightened by a song in your heart,
and warmed by the smiles
of the people you love.*

28-DAY

SPRING CLEANING CHALLENGE

<div>✓ Day 0</div> <div>PRINT SPRING CLEANING CHALLENGE</div>	<div>Day 1</div> <div>ALL BASE- BOARDS</div>	<div>Day 2</div> <div>LIGHT SWITCHES & DOOR HANDLES</div>	<div>Day 3</div> <div>ALL LIGHT FIXTURES</div>	<div>Day 4</div> <div>BLINDS AND SHUTTERS</div>	<div>Day 5</div> <div>WIPE DOWN WALLS</div>
<div>Day 6</div> <div>WASHING MACHINE AND DISPENSER</div>	<div>Day 7</div> <div>AIR VENTS & FILTER</div>	<div>Day 8</div> <div>FLIP & ROTATE MATTRESSES</div>	<div>Day 9</div> <div>BED PILLOWS</div>	<div>Day 10</div> <div>UNDER BEDS & DRESSERS</div>	<div>Day 11</div> <div>CLOSET SHELVES & FLOORS</div>
<div>Day 12</div> <div>CEILING FAN BLADES</div>	<div>Day 13</div> <div>SHOWER HEAD & CURTAIN</div>	<div>Day 14</div> <div>DISHWASHER SEAL & DISPENSER</div>	<div>Day 15</div> <div>FRIDGE SHELVES AND DOOR SEAL</div>	<div>Day 16</div> <div>MICROWAVE INSIDE AND OUT</div>	<div>Day 17</div> <div>RANGE HOOD AND VENTS</div>
<div>Day 18</div> <div>STOVE GRATES</div>	<div>Day 19</div> <div>KITCHEN SINK AND FAUCET</div>	<div>Day 20</div> <div>KITCHEN UTENSIL DRAWERS</div>	<div>Day 21</div> <div>KITCHEN CABINET DOORS</div>	<div>Day 22</div> <div>PANTRY AND CUPBOARDS</div>	<div>Day 23</div> <div>KITCHEN TRASH CANS</div>
<div>Day 24</div> <div>INSIDE OVEN</div>	<div>Day 25</div> <div>DINING ROOM CHAIRS</div>	<div>Day 26</div> <div>COUCH & CUSHIONS</div>	<div>Day 27</div> <div>UNDER ALL FURNITURE</div>	<div>Day 28</div> <div>UNDER AREA RUGS & MATS</div>	<div>simple green</div> <div>SimpleGreen.com</div>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Coffee

2

10:00 Exercise
10:15 Ball Toss
10:30 Ck soup
stories
2:00 Pokeno
3:00 Coffee
4:00 Library Kids

3

10:30 Music
Therapy
2:00 Bingo
Volunteer
3:00 Coffee

4

10:15 Church Service
2:00 Coloring and
Cocktails
3:30 Rosary

5

10:00 Exercise
10:15 Ball Toss
10:30 Reading with
Jolyn
1:00 Manicures
2:00 Lenten
Program

6

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

7

Coffee

8

Coffee

9

10:00 Exercise
10:15 Ball Toss
10:30 Ck soup
stories
2:00 Pokeno
3:00 Coffee

10

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

11

10:15 Church Service
Methodist
2:00 Movie
Pop/popcorn
3:30 Rosary
6:30 games

12

10:00 Exercise
10:15 Ball Toss
10:30 Reading with
Jolyn
1:00 Manicures
2:00 Lenten
Program
4:00 Prayer group

13

10:15 Prayer
Service
2:00 Quarter
Bingo

14

Coffee

15

Coffee

16

10:00 Exercise
10:15 Ball Toss
10:30 Ck Soup
Stories
2:00 Pokeno
3:00 Coffee

17

10:30 Music
Therapy
2:00 Bingo
Lutheran
3:00 Shamrock
Shakes

18

10:15 Church Service
Lutheran
2:00 Craft Time
3:00 Coffee
3:30 Rosary

19

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

20

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

21

Coffee

22

Coffee

23

10:00 Exercise
10:15 Ball Toss
10:30 Ck soup
stories
2:00 Pokeno
3:00 Coffee

24

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

25

10:15 Church Service
Hanford
2:00 Baking
3:00 Coffee
3:30 Rosary
6:30 Games

26

10:00 Exercise
10:15 Ball Toss
10:30 Reading with
Jolyn
1:00 Manicures
2:00 Lenten
Program

27

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

28

Coffee

29

Coffee

30

10:00 Exercise
10:15 Ball Toss
10:30 Ck soup
stories
2:00 Pokeno
3:00 Coffee

31

10:30 Music
Therapy
2:00 Bingo

ALL ACTIVITIES
SUBJECT TO CHANGE.