

Rockwell Nursing Home Newsletter

April 2020

Hello from the Activity Department...

Things are being done a little differently around here due to the coronavirus and the social distancing recommendations that have been implemented. As most of you are aware, there is no group dining or group activities at this time. The residents are able to leave their rooms, 1 resident from each hallway at a time. Rest assured that with all the departments helping out, your loved one is getting out of their room numerous times a day.

Trish and I are still doing our regular scheduled activities for the most part. The residents sit in their doorways and we play down the hallways. Crafts, books, movies, magazines, coloring books, wheelchair rides, conversation, etc.... are offered daily for those interested. We will be having fresh popped popcorn available on Friday's and Wednesday afternoons we will be having Happy Hour.

With the weather starting to warm up we will be taking residents outside (6 ft apart, of course) to enjoy the fresh air. I've been utilizing



social media to see what other facilities have been doing in their activity department and everyone's getting pretty creative.

We will also continue to post pictures on the Rockwell Community Nursing Home Facebook page so you are able to see pictures of your loved ones. The residents are really diggin' the Facebook thing and enjoy us reading the comments they receive. So, even though our normal day to day routine is definitely off, Trish and I are having a lot of fun coming up with "out of the box" activity ideas and appreciate all the residents being open minded and willing to try new things 😊

Shana Rohlfen, Activity Director



Employee April Birthdays

Abie Freyholtz - 6
Denise Martin - 12
Edna Zieman - 13
Sarah Dusold - 13
Rachel Dusold - 21

Employee April Anniversaries

Christa Best - 19 years
Denise Martin - 13 years





Please stay updated with facility news by checking our Facebook page and website. Any concerns or questions, do not hesitate to call the facility!

Below is the Care Conference schedule for the month of April and May. 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.

April 2nd, 2020

Pamela Kiel
Harold Gallagher
Betty Peralta
Nicole Tabor

April 9th, 2020

Darlene Berk
Donnella Brecke

April 16th, 2020

Lynnea Smith
Damian Deegan
Ralph Martin

April 23rd, 2020

John Chaddock
Mary Hoffman
Lawrence Moore
Peggy Jones

April 30th, 2020

No Care Conferences

May 7th, 2020

Revena Platts
James Polsdofer
Betty Shipp
Diane Monroe
Jon McCorkle



From our "home"
to yours.....the residents and
staff wish you a very blessed
Easter!

Hello from the Nursing Department...

Since the World health organization has declared the COVID-19 outbreak a pandemic, many of us, even those not affected by the virus, will quarantine in our homes in the upcoming weeks. Canceling travel plans, family reunions, birthdays and much more. Increasing our anxiety and feelings of isolation. Here are a few tips that could help you survive negative thoughts about this uncertain time.

1. **Exercise:** Exercise increases energy levels, improves happiness and does not have to take place in a gym. Take a walk, hike, play catch, or do yard work.
2. **Eat Healthy:** The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our physical and mental health. Pick foods that boost our moods, such as oatmeal, nuts, and even dark chocolate.
3. **Sleep:** Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. Try to get 7 to 9 hours of sleep.
4. **Learn and explore:** Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours, reading, trying new recipes, or puzzles.
5. **Structure and routine:** Having regular times for eating, going to bed, rising in the morning, exercising and working or studying can help maintain a sense of normalcy.
6. **Practice Mindfulness:** Take breaks throughout the day. The practice of pausing, breathing and just “being” is essential to our well-being and mental health because it helps reduce stress, worry less.
7. **Talk with a friend:** Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family, and co-workers through phone or video calls. Every day take a moment (or more) to take care of yourself.

Mental Health Matters!

