

ROCKWELL NURSING

HOME

Newsletter

JULY 2020



AND SO WE DANCE.....

Life sure has been different in the last few months. But the show must go on, as they say. Something we've tried and has now become part of our daily routine is dancing. Every day before lunch we play music over the intercom and everyone lines up in their doorways and shows us their moves. From the hokey pokey to the chicken dance to the macarena, we are getting pretty good and having a good time while doing it. Did you know there are a bunch of benefits of dancing?? Some of them include:

- maintain flexibility
- increase circulation
- build strength
- build stamina
- reduce stress
- boost mood
- builds confidence
- increases cognitive abilities
- promotes better sleep
- opportunity for self- expression
- brings back memories
- diminish agitation
- decrease blood pressure

The list of the benefits of dancing goes on and on. Each and every day it is so much fun to turn up the music and watch everyone smile and laugh as we bust a move. As the saying goes "life isn't about waiting for the storm to pass; it's about learning to dance in the rain." We can all learn to enjoy the many benefits that dancing has to offer. As we all work to find the new normal in the world we live in, try to turn up the music and have a little fun.

"When you dance your purpose is not to get to a certain place on the floor, it's to enjoy each step along the way." ~Author Unknown

Sarah Kobliska, PTA/RA - Restorative Nursing

Employee July Birthdays

Mariah Egertson - 2

Hailey Clausen - 30

Bernie Ginapp - 31

Employee July Anniversaries

Rachel Dusold - 24 years

Julie Sheriff - 22 years

Carrie Demory - 4 years

Hailey Clausen - 3 years

Alicia Light - 2 years



Below is the Care Conference schedule for the month of July and early August.

July 2nd, 2020

Lynnea Smith

Ralph Martin

Larry Moore

July 9th, 2020

No Care Conference

July 16th, 2020

John Chaddock

Mary Hoffman

Peggy Jones

July 23rd, 2020

Revena Platts

James Polsdofer

July 30th, 2020

Jon McCorkle

Betty Shipp

August 6th, 2020

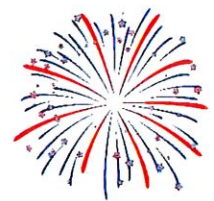
No Care Conferences



This country will not be a good place for any of us
to live in unless we make it a good place for all of us
to live in. ~Theodore Roosevelt



AND SO
WE DANCE!



Through the generosity of the
Richard Nickerson Family, the
Nursing Home has 3 new hackberry
trees in our garden area. We will enjoy
the shade they will provide
for many years!
Thank you to Pauline & Family



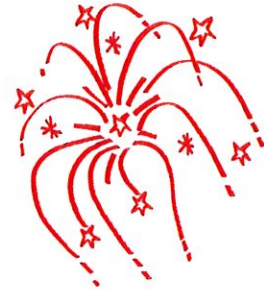
July Activities

Monday's

10:30 Exercise Class

Zone 1 – 2:00 Bingo

Zone 2 – 3:00 Bingo



Tuesday's

10:30 Exercise Class

2:00 Bingo



Wednesday's - HAPPY HOUR

10:30 Exercise Class

2:00 One to One visits

Thursday's

10:00 Exercise Class

2:00 Bingo

Friday's

10:30 Exercise Class

1:00 Manicures



JUST A FRIENDLY REMINDER, PLEASE NO VISITING WITH RESIDENTS WHEN THEY ARE OUTDOORS!! THIS IS PER CDC RECOMMENDATIONS AND FOR THE SAFETY OF YOUR LOVED ONE!