

Rockwell Nursing Home Newsletter September 2020



Hello from the Activity Department.....

Trish and I have been busy making sure the residents are keeping busy!! We are still doing games in the hallway, that continues to be going well. Trish has been conducting most of the hallway activities and I focus on getting resident's outside and taking them on van rides. When you can only take one resident out at a time for 20 – 30 minutes it takes most of the day, so we have a routine down that allows all residents to have an opportunity to do what they want. Trish and I have brainstormed many different activity ideas and how we can conduct them given the policies in place. We will be introducing more activity options as soon as our facility is able to move on to Phase 2.

Shana Rohlfen, Activity Director



HAPPY LABOR DAY – Monday, September 7th!

The holiday originated on September 5, 1882 as the Central Labor Union of New York City sought to create a day off work for the working citizens. Today the people of USA celebrate Labor Day with parades and community picnics.

Employee September Birthdays

Deb Krumm – 12
Trish Kellogg – 18
Carrie Smith – 18
Keanna Peterson – 25
Nicole Rogers – 21



Employee September Anniversaries

Charlene Starr – 18 years
Trish Kellogg – 12 years
Abie Freyholtz – 9 years
Andrea Anderson – 8 years
Jeanne Baxter – 5 years
Claire Thomas – 4 years
Cathy Logan – 2 years

Back-to-School Humor...

TEACHER: "Can someone give me a sentence using the word
'archaic' in it?"

STUDENT: "We can't have our archaic and eat it too."



TEACHER: "Here is a math problem. If your dad earned \$300 dollars a week
and he gave your mother half, what would she have?"

STUDENT: "A heart attack."



A teacher asked, "What did Paul Revere say at the end of his famous ride?"
A student said, "Whoa!!!"

Below is the Care Conference schedule for the month of September and early October. Please
call if you would like to do a conference call when your family member is scheduled.

September 3rd, 2020

No care conference



September 10th, 2020

Marlys Benson
Linda Reimers
Pamela Kiel
Nicole Tabor

September 17th, 2020

Donnella Brecke
Darlene Berk
Betty Peralta

September 24th, 2020

Lynnea Smith
Ralph Martin
Lawrence Moore

October 1st, 2020

No Care Conferences

October 8th, 2020

No Care Conferences



Hello from Nursing....



As it is getting closer to fall, we need to start thinking about Influenza. Influenza is a viral infection that attacks the lungs, nose and throat. Young children, older adults, pregnant women, and people with chronic disease or weak immune systems are at high risk.

Influenza is spread by airborne respiratory droplets (coughs or sneezes), by touching a contaminated surface (doorknob, etc.), through saliva (kissing or sharing drinks) and Skin to skin contact (shaking hands or hugging).

Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches and fatigue. Many of the same symptoms as COVID-19.

Influenza is not treated with antibiotics because it is viral and not bacterial. The flu is treated primarily with rest and fluids to let the body fight the infection on its own. Over the counter anti-inflammatory pain relievers may help with symptoms. An annual vaccine can help prevent the flu and limit its complications.

Here are some thoughts:

1. Vaccination is extra important this year. We need to conserve resources for COVID 19 patients, hospital beds, doctor visits, etc. We also want to reduce symptoms that can be confused with COVID-19. There is no reason to believe that you couldn't get Influenza and COVID-19 at the same time. So, it is very important to get the Influenza vaccine to help against one of those.
2. All Influenza vaccines this year in the U.S. will be quadrivalent, meaning it covers 4 strains. In the past, the high dose for older patients was trivalent, meaning 3 strains. This year it will be quadrivalent, so people over 65 or older should get the high dose influenza vaccine.
3. You should receive the vaccine in September or October. Getting the vaccine in August could cause waning immunity by the end of influenza season.

The best prevention is to wash your hands often with soap and water or hand sanitizer, cover your coughs and sneezes. Stay home if you are feeling ill or running a fever. Social distancing and wearing a mask is recommended.

We have not heard any information on a COVID-19 vaccine, we will keep you informed and updated when we receive information.

We will continue to do our assessment each shift. And continue to work with CGDPH and follow guidelines from CMS, IDPH, and CDC.

We are sending out Influenza consent forms to be filled out and mailed back. We encourage everyone to receive an Influenza vaccine, (unless you have an allergy) this year.

September Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	2 10:30 Bible group 1:00 One to one visits 3:00 Ice Cream Social	3 10:30 Exercise 2:00 Adult coloring	4 10:30 Exercise 1:00 Manicures	5 Garden time
6 Family Visits	7 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	8 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) PAJAMA DAY	9 10:30 Bible group 1:00 one to one visits 3:00 Happy Hour	10 10:30 Exercise 2:00 Doorway crossword competition	11 10:30 Exercise 1:00 Manicures	12 Garden time
13 Family Visits	14 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	15 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	16 10:30 Bible Group 1:00 one to one visits 3:00 Smoothie	17 10:30 Exercise 2:00 Charades	18 10:30 Exercise 1:00 Manicures	19 Garden time
20 Family Visits	21 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	22 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	23 10:30 Bible Group 1:00 one to one visits 3:00 Ice cream social	24 10:30 Exercise 2:00 Craft	25 10:30 Exercise 1:00 Manicures	26 Garden time
27 Family Visits	28 10:30 Exercise 2:00 Bingo (1) 3:00 Bingo (2)	29 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	30 10:30 Bible Group 1:00 one to one visits 3:00 Happy Hour			

