

Rockwell Nursing Home Newsletter JANUARY 2021



Happy New Year!!! I think many of us have been waiting a long time to say that. Covid has sure altered our way of living the last 10 months or so, but with the vaccines now being available, hopefully it means we are heading in the direction of getting back to our normal way of life.

We had a busy month around here with the holidays, we had some fun Christmas themed activities, listened to Christmas music every day and the residents received many Christmas cards/gifts from not only their families but from our wonderful community. We also did our annual

"Angel Tree". For those of you who are not familiar with this, staff picks a resident to buy a Christmas gift for and they are delivered on Christmas Eve. We have all formed special relationships with our residents, especially during this pandemic, they have helped us through some days just as much as we have helped them though this. There is just something to say for small town living.

Again, wishing everyone a happy and BETTER NEW YEAR!

Shana Rohlfsen, Activity Director

Employee January Birthdays

Lindsay Tank – 5 Christa Best – 7 Claire Thomas – 28 Jeanne Baxter - 31

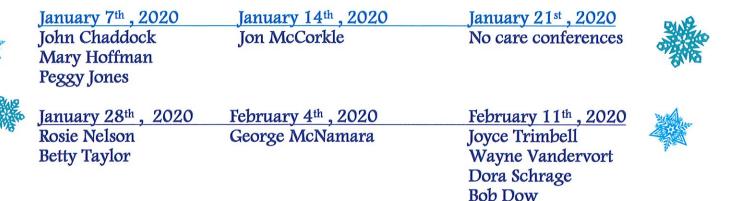


Employee January Anniversaries

Shana Rohlfsen – 13 years Barb Jackson – 7 years MacKenzie Staudt - 2 years



Below is the Care Conference schedule for the months of January and early February.



VACCINE UPDATE

As we begin this New Year, we are hopeful that the pandemic will turn around. We have been battling this virus for about 10 months now and we are optimistic that we are headed in the right direction of some normalcy.

According to the CDC the COVID-19 vaccination will be an important tool to help stop the pandemic. We understand that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.

We have been contacted by Walgreens Pharmacy and they will be here to administer the 1st dose of the vaccine on Tuesday, January 19th to the residents and staff!



WEIRD AND WACKY JANUARY DAYS...

1st January – Z Day.

No, it's not the day that marks the rising of the dead, but rather Z Day celebrates people with names beginning with a "Z".

4th January - Spaghetti Day.

Spaghetti Day celebrates one of the world's most loved foods and it's pretty simple to celebrate – just have some spaghetti!

8th January – Joy Germ Day.

A Joy Germ is a germ that is passed on through a smile, in the hopes that others catch the germ and smile in turn. So SMILE people!

10th January - Peculiar People Day.

This is a day to celebrate all those of us who are a little quirky, weird or eccentric.

13th January - Skeptics Day.

This is a day to honor the sceptic within. Is it too good to be true? Was it too easy? Either way give it the second thought you usually wouldn't!

14th January - Dress Up Your Pet Day.

Is Dress Up Your Pet Day the holiday you've been waiting for? Put a fedora on your pooch, or go all out and dress the cat in a bumble-bee costume. Today is the perfect day for it!

17th January - Ditch New Year's Resolution Day.

Let's face it, you probably didn't expect yourself to last the whole year when you made your New Year's Resolution did you?
Well ditch it then, today is the day for it!

27th January - Chocolate Cake Day.

Let's face it, everybody loves chocolate cake. It's sticky, gooey, and just divine. Nobody really needs a reason to eat chocolate cake, but here's one anyway.

31st January – Backward Day.

Celebrate this day by doing things backwards. What about writing backwards? Ti si ysae, ees.













January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities subject to change!					******** * New Yeas** * *	2
3 Family Visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	5 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	6 10:30 Devotionals 2:00 happy hour Manicures Family visits	7 10:30 Exercise 2:00 Adult Coloring Contest Family visits	8 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	9
10 Family Visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	10:30 Devotionals 2:00 happy hour Manicures Family visits	14 10:30 Exercise 1:30 "Back in the Day" with Lynnea Family visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	16
17 Family Visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	19 10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	10:30 Devotionals 2:00 happy hour Manicures Family visits	10:30 Exercise 1:30 craft (1) 3:00 craft (2) Family visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	23
24/31 Family Visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	10:30 Devotionals 2:00 happy hour Manicures Family visits	10:30 Exercise 2:00 Adult coloring contest Family visits	10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	30