



# **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 through this. There is just something to say for small town living.**

**Again, wishing everyone a happy and BETTER NEW YEAR!**

**Shana Rohlfen, Activity Director**

---



### Employee January Birthdays

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



### Employee January Anniversaries

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



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

#### January 7<sup>th</sup>, 2020

John Chaddock  
Mary Hoffman  
Peggy Jones

#### January 14<sup>th</sup>, 2020

Jon McCorkle

#### January 21<sup>st</sup>, 2020

No care conferences

#### January 28<sup>th</sup>, 2020

Rosie Nelson  
Betty Taylor

#### February 4<sup>th</sup>, 2020

George McNamara

#### February 11<sup>th</sup>, 2020

Joyce Trimbell  
Wayne Vandervort  
Dora Schrage  
Bob Dow

## **\*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 1<sup>st</sup> dose of the vaccine on Tuesday, January 19<sup>th</sup> to the residents and staff!**



# WEIRD AND WACKY JANUARY DAYS...

## **1<sup>st</sup> 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".

## **4<sup>th</sup> 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!

## **8<sup>th</sup> 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!

## **10<sup>th</sup> January – Peculiar People Day.**

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

## **13<sup>th</sup> 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!

## **14<sup>th</sup> 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!

## **17<sup>th</sup> 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!

## **27<sup>th</sup> 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.


## **31<sup>st</sup> 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
<b>All activities subject to change!</b>					1 	2
3  Family Visits	4  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	11  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	12  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	13  10:30 Devotionals 2:00 happy hour Manicures Family visits	14  10:30 Exercise 1:30 "Back in the Day" with Lynnea Family visits	15  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	16
17  Family Visits	18  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	20  10:30 Devotionals 2:00 happy hour Manicures Family visits	21  10:30 Exercise 1:30 craft (1) 3:00 craft (2) Family visits	22  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	23
24/31  Family Visits	25  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	26  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2) Family visits	27  10:30 Devotionals 2:00 happy hour Manicures Family visits	28  10:30 Exercise 2:00 Adult coloring contest Family visits	29  10:30 Exercise 1:30 Bingo (1) 3:00 Bingo (2)	30