

Rockwell Nursing Home

Newsletter

MARCH
2021

Hello from the Activity department.....

We are excited to share with you that our department is, for the most part, back to NORMAL...YAY!!! We still have to social distance and wear masks but we are finally all able to enjoy group activities together and socialize before or after over a cup of hot coffee. We still are limited to doing certain activities due to the policies in place but we are taking what we can get. 😊

More exciting news...TALIA IS BACK! Talia is our music therapist and was always a hit when she brought her talent and love for music to the facility. We sure have missed her and we can't wait to welcome her back. Talia will be here every Tuesday from 9:15 – 10:15 a.m. in the dining room.

CONGRATULATIONS to Nikki Tabor for being voted in as our new resident council president. Nikki has been in the facility a little over a year and has made many friendships with her peers. Nikki is a very social person and is always looking to make someone smile.

Shana Rohlfen, Activity Director



Employee March Birthdays

Jeanne Sable - 13

Sheena Petersen - 19

Tammy Stowe - 19

Kaycee Hamand - 21

Cathy Logan - 23

Bryce Groh - 24

Abie Freyholtz - 27

Employee March Anniversaries

Sarah Kobliska - 6 years



BELOW IS THE CARE CONFERENCE SCHEDULE FOR THE MONTH OF MARCH AND
EARLY APRIL.

March 4th, 2021

Donnella Brecke
Darlene Berk
Betty Peralta

March 11th, 2021

Lynnea Smith
Ralph Martin

March 18th, 2021

No care conferences

March 25th, 2021

John Chaddock
Mary Hoffman

April 1st, 2021

Jon McCorkle
Peggy Jones

April 8th, 2021

No care conferences

HAPPY   
St. Patrick's
   DAY



Spring Clean Your Workout Routine

The body (and mind) experience boredom when a workout routine has worn out its welcome. If you experience any of the following signals, it's time to change it up and bring energy back to your workout.

- You no longer feel a sense of joy for the activity or routine.
- You stop seeing results or making progress.
- You find yourself watching the clock instead of your form.
- You don't feel energized after completing a workout.
- You feel unusually fatigued or you don't feel energized or inspired.

Knowing when to change a workout routine or revise a workout schedule requires reflection. Develop a sense of awareness about how you feel before, during and after exercise. Hone your sense of self and honestly assess whether or not your current routine is doing its job. If not, revise, refresh and relaunch your program.

Here are some thoughts to help you change it up if your exercise routine is getting boring:


- Take it outside. Sometimes a change of venue is all that's necessary to shake off the winter blues. Try doing outdoor yoga, a boot-camp class or a high-intensity interval circuit in the park.
- Register for a run (or other activity). Nothing provides motivation like a deadline. Spring tends to be the "kick off" to events such as 5Ks, dirt duathlons and hiking challenges. Check out what opportunities are coming up in your area and start training.
- Get up early. Spring (and summer) gives us lighter days in the morning, so take advantage of it and greet the day with a good sweat.
- Try a new mode. It's easy to keep doing the same thing over and over, but if you want to move your fitness threshold a bit further, try a new type of activity. For example, if you like to stick to free weights, try incorporating some other strength tools such as resistance bands, sandbags or Kettlebells.
- Invest in new gear. New workout clothes and shoes might be just the ticket for you to get moving.
- Try a new class. Group fitness classes can be the gateway to new forms of movement. This type of environment also offers valuable social support you may not experience otherwise.
- Take a lesson. Outdoor sports can be a fun way to combine activity with family, couples or friend time. Consider tennis or golf (or any other activity that seems intriguing).

Spring will be here soon and it's a great time to change things up!!!

Sarah Kobliska, PTA/RA



March Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|--|
| ALL ACTIVITIES SUBJECT TO CHANGE! | 1 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 2 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits | 3 10:30 Prayer Group 1:00 Manicures 2:00 Craft or Adult Coloring 3:00 Coffee Family Visits | 4 10:00 News Update 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 5 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee 4:30 Rosary | 6 |
| | 7 Family Visits | 8 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 9 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits | 10 10:30 Prayer Group 1:00 Manicures 2:00 Chicken Soup Stories and Reminiscing 3:00 Coffee Family Visits | 11 10:00 News Update 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 12 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee 4:30 Rosary |
| | 13 | 14 Family Visits | 15 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 16 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits | 17 10:30 Prayer Group 1:00 Manicures 3:00 St. Patrick's Day Happy Hour Family Visits | 18 10:00 News Update 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits |
| | 19 Family Visits | 20 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 21 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits | 22 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 23 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits | 24 10:30 Prayer Group 1:00 Manicures 2:00 Crafts and Adult Coloring 3:00 Coffee Family Visits |
| | 25 Family Visits | 26 10:00 News Update 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 27 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee 4:30 Rosary | 28 Family Visits | 29 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 30 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits |
| 31 Family Visits | 10:00 Coffee Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee Family Visits | 10:00 Coffee Chat 10:30 Exercise 2:00 Prize Bingo 3:00 Coffee Family Visits | 10:30 Prayer Group 2:00 Fill Easter Eggs Family Visits |  | | |