

Rockwell Nursing Home Newsletter

2021



Sleep for Older Adults

Not getting good enough sleep can lead to a poor quality of life, trouble with physical and mental activities during the day, worsening diseases and conditions, and even early death. Some symptoms include: day time sleepiness, irritability, headaches, trouble thinking, health issues such as high blood pressure, higher fall risk, loss of independence.

Common Sleep Disorders

Sleep apnea: People with sleep apnea have decreased breathing or stop breathing completely while sleeping.

Insomnia: People report having trouble falling asleep, staying asleep, and wake up early at least 3 nights per week

Nocturnia: (or nocturnal urination), wake up often at night to go to the bathroom

Other factors that affect sleep: Movement disorders, chronic pain, difficulty breathing, acid reflux, etc.

Ways to Improve Sleep

Maintain a regular sleep schedule.

Avoid naps.

Do not watch TV or use the internet right before bed.

Do not read or watch TV in bed.

Talk to your doctor.

Limit your caffeine.

Exercise regularly.

Try meditation.

Take a warm shower or bath.

Keep a sleep journal.

Deficiency Free Survey!

Over the past year, despite the challenges of the pandemic, our team has shown a steadfast dedication to caring for and ensuring the safety of our residents who are a part of our family.

On March 29th the Department of Inspections and Appeals was in our facility and conducted their state annual health survey. A survey had not been conducted since, June 2019. They were in the building 4 days and resulted in a Deficiency Free Survey! The surveyors were very complimentary towards the facility, staff and residents. Congratulations to our awesome staff and wonderful residents...we are so proud of the care we can offer to our residents and consider them our family!

Thank you, Rockwell Community Nursing Home Team, for providing excellent care for the residents who live here and creating a loving, home-like environment.

National Skilled Nursing Home Week

May 10th – 14th

Monday

Backwards Day

Wear your shirt backwards and be prepared for a “ backwards” kind of day

Tuesday

Pajama Day

Dress in your favorite pair of comfy pajamas!

Popcorn bar will be available all day long.

Wednesday

Beach Day

2:00 pm: BEACH PARTY

Thursday

Hippie Day

Tie-dyed apparel will be available for all residents to wear to our
“ Peace and Love” Social

Friday

Dress in your favorite music era

The “Grid Iron Grill” Food Truck will be here at 11:30 am in the Nursing
Home parking lot.

Followed by the one and only “ Dan’s Band” at 2:00 pm!

IT'S A PARTY

Employee May Birthdays

Reba Struchen - 12

Employee May Anniversaries

Deb Krumm – 31 years

Sarah Dusold – 4 years

Below is the Care Conference schedule for the month of May and early June.

May 6th, 2021

Joyce Trimbell
Wayne Vandervort
Delina Etnier

May 13th, 2021

No Care Conferences

May 20th, 2021

Linda Reimers
Pam Kiel
Nicole Tabor

May 27th, 2021

Doni Brecke
Darlene Berk
Betty Peralta
Marlys Benson

June 3rd, 2021

Gerald Madsen

June 10th, 2021

No Care Conferences

On Friday, May 14th the “Grid Iron Grill” Food Truck from Webster City will be at the Nursing Home’s parking lot 11:30 a.m. to 7:00 p.m. Grid Iron Grill offers a variety of sandwiches, burgers and wraps.

OPEN TO THE PUBLIC!

Sydney Lundt, a local Daisy Girl Scout, collected donations for cookies for the residents to enjoy when they complete their daily exercise programs. Thank you so much for your generosity Syd!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities subject to change!	<div>Family visits are encouraged to be scheduled Sunday – Friday. Please call to make an appointment.</div>					1
2 One on one activities	3 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	4 9:15 Music w/Talia 2:00 Prize Bingo 3:00 Coffee	5 10:15 Methodist church service 3:00 Social Hour	6 10:00 Exercise 2:00 Pokeno 3:00 Coffee	7 10:15 Mass 2:00 Bingo 3:00 Coffee	8
9 One on one activities	10 Backwards Day! 10:00 Floral craft 2:00 Exercise 2:30 Bingo 3:00 Coffee Grill out	11 Pajama Day! 9:15 Music w/Talia 2:00 Bingo 3:00 Popcorn bar	12 Beach Day! 10:15 Bible Study 2:00 Beach Party	13 Hippie Day! 10:00 Coffee 10:30 Exercise 2:00 Peace and Love social	14 Favorite music Era! 10:15 Rosary 2:00 Bingo 3:00 Coffee Food Truck	15
16 One on one activities	17 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	18 9:15 Music w/Talia 2:00 Prize Bingo 3:00 Coffee	19 10:15 Lutheran church service 3:00 Social Hour	20 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	21 10:15 Mass 2:00 Bingo 3:00 Coffee	22
23/30 One on one activities	24/31 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	25 9:15 Music w/Talia 2:00 Prize Bingo 3:00 Coffee	26 10:15 Hanford church service 3:00 Social Hour	27 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	28 10:15 Rosary 2:00 Bingo 3:00 Coffee	29



Happy Mother's Day!

"It's not easy being a mom. If it were easy, fathers would do it."

- Betty White

"If at first you don't succeed, try doing it the way your mom told you to do it from the start."

-Unknown