

# Rockwell Nursing Home

## Newsletter

### July 2021



Hello from the Activity Department!

We hope everyone has a "booming" 4<sup>th</sup> of July this year. I think we will all have a greater appreciation for time spent with friends and family this year as we head into one of the first holiday's with things being "back to normal."

The residents will be celebrating the 4<sup>th</sup> of July holiday on Thursday July 1<sup>st</sup> with a grill out at noon , music performed by "Island fever" at 2 pm and Ice Cream Bar to follow!

The residents have been enjoying their outings on Wednesday's. The weather has been perfect for sitting outside so the garden area has been getting a lot of use.  
We hope you all have a fun and safe 4<sup>th</sup>!!

Shana Rohlfson, Activity Coordinator





## Employee July Birthdays



Shaylea Rinnels – 29  
Hailey Clausen – 30  
Bernie Ginapp – 31

Below is the Care Conference schedule for the month of July and early August.

July 1<sup>st</sup>, 2021

Rosie Nelson

July 8<sup>th</sup>, 2021

No Care Conferences

July 15<sup>th</sup>, 2021

No Care Conferences

July 22<sup>nd</sup>, 2021

George McNamara

Dora Schrage

Bobbie Dow

July 29<sup>th</sup>, 2021

Joyce Trimbell

Wayne Vandervort

Delina Etnier

August 5<sup>th</sup>, 2021

No Care Conferences

## ROCKWELL'S 150<sup>th</sup> CELEBRATION PARADE



## Restorative Exercise

Restorative therapy is designed to help residents maintain their mobility, balance, and strength. When a resident is admitted to our building, it is most common that most will have an evaluation by a Physical Therapist, an Occupational Therapist, and possibly a Speech Therapist. When the resident then completes the goals set forth by these professionals, they will recommend a “restorative program”, or a set of exercises, that they feel will help the resident maintain their functional level.



Part of restorative includes group exercises where our residents can exercise and socialize at the same time; encouraging and cheering each other on. One of our favorite group exercises is playing ball toss/kick. Although we had to pause it during the pandemic, we once again are able to play it. It is surely an exercise that we have missed and we have lots of giggles while we play.

Also, we are able to complete our small group exercises together again vs on an individual basis. It is much easier to complete 15 minutes using the NuStep when our friend is doing the same thing on the machine next to us. Less restrictions mean we can take longer and more frequent walks in the hallways.

On another therapy note..... outpatient therapy is being allowed in the building again with a screening protocol in place. Call Julie in the office to schedule your appointment.

Sarah Kobliska, PTA/RA

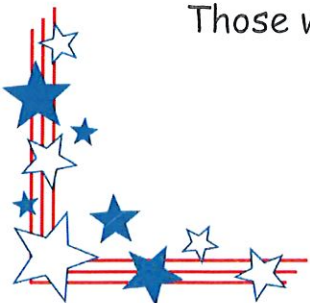
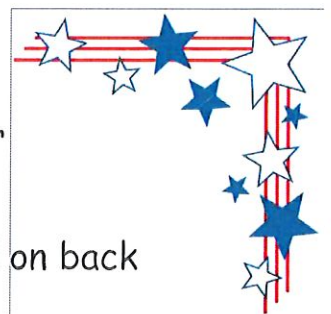
### **Come on in...Stop on by!**

Visitors and families no longer have to call for an appointment to visit our residents.

The screening process will still need to be completed on back porch prior to entering the building.

Masks are still required to enter the facility.

Those who are fully vaccinated and are visiting a fully vaccinated resident may choose to remove their masks once in the resident room or chapel.



## JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities subject to change!				1 10:00 coffee 10:30 Exercise 2:00 Music by "Island fever" 3:00 Ice cream bar	2 10:15 Mass 2:00 Bingo 3:00 Coffee	3
4	5 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	6 9:15 Music w/Talia 2:00 Bingo 3:00 Coffee	7 10:15 Bible study 1:00 Manicures 1:30 Van ride	8 10:00 Dan's Band 2:00 Take away poker 3:00 Happy Hour	9 10:00 Rosary 10:30 Exercise 2:00 Bingo	10
11	12 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	13 9:15 Music w/Talia 2:00 Bingo 3:00 Coffee	14 10:15 Church service *Methodist* 1:00 Manicures 1:30 Van ride	15 10:00 Coffee 10:30 Exercise 2:00 Take away poker 3:00 Happy Hour	16 10:15 Mass 2:00 Bingo	17
18	19 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	20 9:15 Music w/Talia 2:00 Bingo 3:00 Coffee	21 10:15 Church service *Lutheran* 1:00 Manicures 1:30 Van Ride	22 10:00 Coffee 10:30 Exercise 2:00 Take away poker 3:00 Happy Hour	23 10:00 Rosary 10:30 Exercise 2:00 Bingo 3:00 Coffee	24
25	26 10:00 Coffee 10:30 Exercise 2:00 Pokeno 3:00 Coffee	27 9:15 Music w/Talia 2:00 Bingo 3:00 Coffee	28 10:15 Church service *Hanford* 1:00 Manicures 1:30 Van ride	29 10:00 Coffee 10:30 Exercise 2:00 Take away poker 3:00 Happy Hour	30 10:15 Mass 2:00 Bingo 3:00 Coffee	31



God Bless



...land that I love.