

ROCKWELL NURSING HOME

Newsletter

August 2021



Hello from the Activity department...

We are excited to announce that we are able to allow volunteers back in the facility. The residents have been enjoying having new faces out at our afternoon activities. We sure missed our volunteers and are so glad they started visiting us as soon as they got the phone call 😊!

This month we will be bringing a little Fair life to the facility. As you all know, the Iowa State fair is just around the corner and we will be celebrating here at the facility that same week, August 16th -19th.

We plan on having a pie eating contest, art exhibit competition, a horse race, and of course, fair food tasting (this is the main reason people go, right?!) I also have more fair activities in the work just waiting on confirmations.

Shana Rohlfen, Activity Coordinator



Cyber Attack Training

On August 24th, the Nursing Home will participate in Cyber Attack Tabletop training hosted by CISA (Cybersecurity and Infrastructure Security Agency). The goal of the exercise is to help prepare of us for continuity of care and day-to-day operations in the event of a cyber-attack. In these times of high-tech hacking, cyber attacks are occurring more and more frequently.

A "tabletop" exercise is a meeting to discuss a simulated emergency situation. Members of various entities review and discuss the actions they would take in a particular emergency, (cyber-attack in this scenario), testing their emergency plan in an informal, low-stress environment. Tabletop exercises are used to clarify roles and responsibilities and to identify additional mitigation and preparedness needs. The exercise should result in action plans for continued improvement of the emergency plan.

Iowa State Fair Fun Facts

The largest fair turnout was in 2008, with 1,109,150 total attendees. The second largest attendance was in 2011.

August 16, 1983 was the hottest day recorded at the Iowa State Fair with a temp of 108 degrees.

Sonny and Cher had the largest concert back in 1972, with 26,000 people over two shows.



Iowa State Honey Lemonade

1 can Sunkist frozen lemon juice (30 oz)

25 oz. honey

1.5 gallons warm water

Crushed ice

Dissolve all the ingredients together and pour over ice.

Employee August Birthdays

Kylie Laudner – 18

MacKenzie Staudt – 24

Resident Birthdays

Jon McCorkle - 17

John Chaddock – 23

Peggy Jones – 29

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

August 5th, 2021

No Care Conferences

August 12th, 2021

Pamela Kiel

Nicole tabor

August 19th, 2021

Donnella Brecke

Darlene Berk

Betty Peralta

Marlys Benson

August 26th, 2021

No Care Conferences

September 2nd, 2021

John Chaddock

Mary Hoffman

Dorothy Johnson

September 9th, 2021

No Care Conferences

Hello from Nursing!

I hope that everyone has been able to get out and enjoy the summer. It has been great to see families coming in for visits more frequently. We continue to follow CMS, CDC, and IDPH guidelines and are updating and adjusting policies and protocols often.

We also continue to screen all visitors and staff before entering the building. Testing of staff is based on the county positivity rates. Per CMS the week of 7/18/2021 positivity rate was 12.8%, we are testing staff twice weekly until our positivity rate is below 5% for 2 weeks. With the recent spike and increase in the Delta variant cases in Iowa, we are on high alert. If the positivity rate continues to rise or we have an outbreak, we may have to stop outings and indoor visitation for a short period of time.

Now is the time that other viruses such as RSV in children and Influenza start to become more prevalent. If you or anyone in your family who is visiting are experiencing any cold or flu symptoms, runny nose, fever or have been exposed to COVID in the past 14 days, please refrain from visiting. Please call if you have any questions.

Cindy Staudt, IP



Housekeeping Reminder

If bringing in food items for your loved one, please remember to put in a sealed container or Ziploc baggie.

Thank you!



The Nursing Home is looking for any volunteers who would like help tend the garden area and around the building. A few hours a week would be appreciated to help our facility stay weed-free!

Please contact the business office if interested.

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 All activities subject to change!	2 10:00 Garden Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee	3 9:15 Music W/Talia 2:00 Bingo *volunteer* 3:00 Coffee	4 10:15 Bible study 1:00 Manicures 1:30 Van rides	5 10:00 Stories W/Sherri 10:30 Exercise 2:00 "Island Fever" 3:00 Happy hour	6 10:15 Mass 2:00 Bingo 3:00 Coffee	7
8	9 10:00 Garden Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee	10 9:15 Music W/Talia 2:00 Bingo *Methodist* 3:00 Coffee	11 10:15 Church service *Methodist* 1:00 Manicures 1:30 Van rides	12 10:00 Stories W/Sherri 10:30 Exercise 2:00 Take away poker 3:00 Happy Hour	13 10:15 Catholic prayer service 2:00 Bingo 3:00 Coffee	14
15	16 10:00 Garden Chat 10:30 Exercise 2:00 Create a piece of art 3:00 Coffee	17 9:15 Music W/Talia 2:00 Bingo *Lutheran* 3:00 Coffee	18 10:15 Church service *Lutheran* 2:00 Horse Race, pie eating contest and fair food tasting	19 10:00 Stories W/Sherri 10:30 Exercise 2:00 Pie in the face game & art exhibit judging 3:00 Happy Hour	20 10:15 Mass 2:00 Bingo 3:00 Coffee	21
22	23 10:00 Garden Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee	24 9:15 Music W/Talia 2:00 Bingo *catholic* 3:00 Coffee	25 10:15 Church service *Hanford* 1:00 Manicures 1:30 Van rides	26 10:00 Stories W/Sherri 10:30 Exercise 2:00 Dan's Band 3:00 Happy Hour	27 10:15 Catholic prayer service 2:00 Bingo 3:00 Coffee	28
29	30 10:00 Garden Chat 10:30 Exercise 2:00 Pokeno 3:00 Coffee	31 10:00 Garden Chat 10:30 Exercise 2:00 Bingo *volunteer* 3:00 Coffee				

