

ROCKWELL NURSING HOME

NEWSLETTER

SEPTEMBER 2021



Hello from the Activity Department...

We are still under quarantine and different policies come along with that, so we are unable, at this time, to carry out some of our normal activities. Let's hope this situation is short lived and we can get back to our normal day to day activities soon, but until then this is the copy of our revamped activity calendar with all activities being conducted in the hallways.

One to one visits are available daily and Trish and I are hoping the weather continues to stay nice so we are able to get residents out to the garden for some fresh air.

We hope you all are enjoying this beautiful (non humid) weather we have been getting and hope to see you all again very soon!!!

Shana and Trish
Activities



Employee September Birthdays

Deb Krumm - 12
Trish Kellogg - 18
Carrie Smith - 18
Keanna Peterson - 25
Nicole Rogers - 21

Employee September Anniversaries

Charlene Starr - 19 years
Trish Kellogg - 13 years
Abie Freyholtz - 10 years
Andrea Anderson - 9 years
Jeanne Baxter - 6 years
Claire Nash - 5 years
Cathy Logan - 3 years



Below is the Care Conference schedule for the month of February and early March. We invite family members to attend, so please call to schedule a time. Care Conferences begin at 9:30 a.m. and for your convenience and ours, we limit the time to 30 minutes per conference.

August 26th, 2021

No Care Conferences

September 2nd, 2021

John Chaddock
Mary Hoffman
Dorothy Johnson

September 9th, 2021

No Care Conferences

September 16th, 2021

Jon McCorkle
Peggy Jones
Paul Nielsen
Jack Kennedy

September 23rd, 2021

Rosie Nelson

September 30th, 2021

No Care Conferences

Hello from Nursing...

As we are getting closer to fall, we need to think about Influenza Vaccinations. Influenza is a viral infection that attacks the lungs, nose and throat. Older adults, young children, pregnant women, and people with chronic disease or weak immune system are at high risk.

Influenza is spread by airborne respiratory droplets (coughs or sneezes), by touching a contaminated surface (doorknob, etc.), through saliva (kissing or sharing drinks), and skin to skin contact (shaking hands or hugging).

Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches and fatigue. Many are the same symptoms as COVID-19.

Influenza is not treated with antibiotics because it is viral and not bacterial. The flu is treated primarily with rest and fluids to let the body fight the virus on its own. Over the counter anti-inflammatory pain relievers may help with symptoms. An annual Influenza vaccine can help prevent the flu and limit its complications.

As COVID-19 and new variants continue to be prevalent, here are some thoughts:

1. Vaccination is extra important again this year. We need to continue to conserve resources for COVID-19 patients, hospital beds, doctor visits, etc. We also want to reduce symptoms that can be confused with COVID-19. There is no reason to believe that you can't get influenza and COVID-19 at the same time.
2. The best time to receive the vaccine is in September or October. Getting the vaccine in August could cause waning immunity by the end of influenza season.

The best prevention is to wash your hands often with soap and water or hand sanitizer, cover your coughs and sneezes. Stay home if you are feeling ill or running a fever. Social distancing and wearing a mask are recommended.

There has been talk about COVID-19 vaccine boosters, we have not heard anything official about that yet, we will keep you informed and updated when we receive information.

We will continue to do our assessments daily and follow guidelines from CMS, IDPH, and CDC.

We are sending out Influenza consent forms to be filled out and mailed back. We encourage everyone to receive an Influenza vaccine, (unless contraindicated) this year.

Please call with any questions or concerns.

Cindy Staudt, IP



Activity Calendar

Mondays

10:30 Exercise

2:00 Bingo

Tuesdays

10:30 Exercise

2:00 Bingo

Wednesdays

10:30 Devotionals

1:00 Manicures

One to one garden visits

Thursdays

10:30 Exercise

2:00 Take away Poker

Fridays

10:30 exercise

2:00 Bingo

All Activities subject to change

