

ROCKWELL NURSING HOME NEWSLETTER OCTOBER 2021

A Note from the Activity Department...

Fall is here and so is the smell of Pumpkin Spice! The residents have been enjoying watching the trees turn colors . They have also been watching the tractors and wagons go by as the farmers are getting their crops out.

Things are going well in the Activity Department! We are doing normal activities together and volunteers are able to come in and help. We will also continue to offer van rides to check out the Fall colors. We have switched some activities around so that our music therapist, Talia, can come at a different time. The residents really enjoy her music programs!

I hope you are all able to enjoy the fall colors and all things pumpkin spice: lattes, coffee, donuts, cream cheese, Kit Kats, Cherrios, coffee creamer, baking chips and even kitchen cleaner.....the list is endless!!!

Trish Kellogg

Just like the changing of seasons and colors of the trees, the Activity Department too has a change. Shana is no longer working at the Care Center, so please contact Trish if you have any questions or concerns!

We wish Shana all the best at her new job and thank her for the all the years of dedication and compassion she has shown the residents and our facility.

Good Luck Shana!



Employee October Birthdays

Andrea Anderson – 10
Alicia Light - 21
Tina Miller – 27

Resident Birthdays

Bobbie Dow – 12

Employee October Anniversaries

Jeanne Sable -- 13 years
Carrie Smith – 11 years



Below is the Care Conference schedule for the month of October and early November.

October 7th, 2021

George McNamara
Bobbie Dow

October 21st, 2021

Joyce Trimbell
Delina Etnier

November 4th, 2021

Pamela Kiel
Nicole Tabor

November 11th, 2021

Donnie Brecke
Darlene Berk
Betty Peralta
Marlys Benson

November 25th, 2021

John Chaddock
Mary Hoffman
Dorothy Johnson



What is a pumpkin's favorite sport?
Squash!

Why do witches fly around on broomsticks?
Because their vacuum cleaners are too heavy.

How do you mend a broken jack-o-lantern?
With a pumpkin patch.

What's a ghost's favorite party game?
Hide and go shriek!

What kind of bats fly around the school at night?
AlphaBATS!

~ From the Therapy Department ~

CHOOSING THE RIGHT EXERCISE SHOES

1. Pick the right shoe for the right activity. Walking shoes are more flexible, especially at the toes. Cross-country shoes have more grip and are generally heavier. Running shoes are the most common type of shoe; it is fine to run or walk in them.
2. Measure your foot often. It's a myth that adult foot size doesn't change. Also, sizes may vary between brands.
3. Shop towards the end of the day. Feet swell over the course of the day. They also expand when you walk or run, so buy shoes when feet are the largest.
4. Bring your own socks; the ones you will walk or run in.
5. Don't believe in "breaking them in". They should be comfortable right away.
6. Use the rule of thumb. There should be 3/8-1/2" from the end of your big toe to the tip of the shoe. The heel should fit relatively tight and not slip when you walk. You should be able to freely wiggle your toes when the shoe is on.
7. Understand bell and whistles. Clear inserts filled with gel, Freon or air provide extra shock absorption. This is good for people who tend to get heel pain, not good for people who twist their ankles easily.
8. Don't over or underpay. Good quality shoes can cost more money, but it's often worth it. It's not worth paying for a premium fashionable or celebrity style shoe; they are no more comfortable.
9. Know when to replace them. The average pair of running shoes needs to be replaced after 350-400 miles of use.



"It's the Great Pumpkin Charlie Brown" first aired on October 27th, 1966 on CBS based on the comic strip Peanuts by Charles Schulz. The Great Pumpkin is an unseen character and according to Linus van Pelt, the Great Pumpkin rises from the pumpkin patch on Halloween evening, and flies around bringing toys to sincere and believing children. Every year, Linus sits in a pumpkin patch (a place Linus believes is the most sincere and lacking in hypocrisy) on Halloween night waiting for the Great Pumpkin to appear.

Linus: "You've heard of the fury of a woman scorned, haven't you?"

Charlie Brown: "Yeah, I guess I have."

Linus: "Well, that's nothing compared to a woman who has been cheated out of tricks-or-treats."

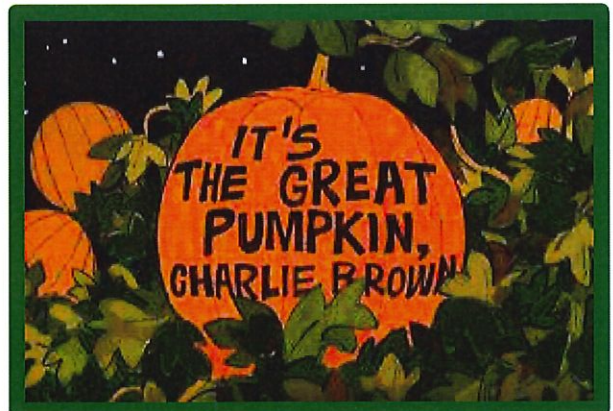
Linus: "Each year, the Great Pumpkin rises out of the pumpkin patch that he thinks is the most sincere. He's gotta pick this one. He's got to. I don't see how a pumpkin patch can be more sincere than this one. You can look around and there's not a sign of hypocrisy. Nothing but sincerity as far as the eye can see."

Lucy: "All you have to do is walk up to a house, ring the doorbell, and say 'tricks or treats.'"






Sally: "Are you sure it's legal?"

Lucy: "Of course it's legal."

Sally: "I wouldn't want to be accused of taking part in a rumble."



October Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL ACTIVITIES SUBJECT TO CHANGE!					1 10:15 Mass 2:00 Bingo 3:00 Social	2
3	4 10:00 Coffee 10:30 Exercise Toss & Kickball 2:00 Bingo 3:00 Social	5 10:00 Coffee 10:30 Exercise Group 1:00 Talia Music Therapy 2:00 Social	6 10:15 Bible Study 1:00 Manicures	7 10:00 Stories w/Sherri 10:30 Exercise 1:30 Van Rides 2:00 Pokeno 3:00 Social	8 10:00 Prayer Service 2:00 Bingo 3:00 Social	9
10	11 10:00 Coffee 10:30 Exercise Toss & Kickball 2:00 Bingo 3:00 Social	12 10:00 Coffee 10:30 Exercise Group 1:00 Talia Music Therapy 2:00 Social	13 10:15 Church Service *Methodist* 1:00 Manicures	14 10:00 Stories w/Sherri 10:30 Exercise 1:30 Van Rides 2:00 Pokeno 3:00 Social	15 10:15 Mass 2:00 Bingo 3:00 Social	16
17	18 10:00 Coffee 10:30 Exercise Toss & Kickball 2:00 Bingo 3:00 Social	19 10:00 Coffee 10:30 Exercise Group 1:00 Talia Music Therapy 2:00 Social	20 10:15 Church Service *Lutheran*	21 10:00 Stories w/Sherri 10:30 Exercise 1:30 Van Rides 2:00 Pokeno 3:00 Social	22 10:00 Prayer Service 10:30 Exercise 2:00 Bingo 3:00 Coffee	23
24/31 	25 10:00 Coffee 10:30 Exercise Toss & Kickball 2:00 Bingo 3:00 Social	26 10:00 Coffee 10:30 Exercise Group 1:00 Talia Music Therapy 2:00 Social	27 10:15 Church Service *Hanford* 1:00 Manicures	28 10:00 Stories w/Sherri 10:30 Exercise 1:30 Van Rides 2:00 Pokeno 3:00 Social	29 10:00 Prayer Service 10:30 Exercise 2:00 Bingo 3:00 Coffee	30

