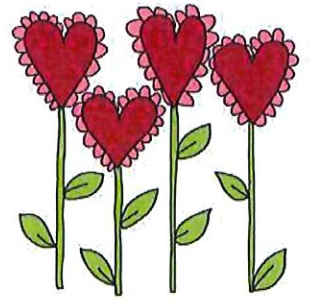


Rockwell Nursing Home February 2022 Newsletter



News from the Activity Department !!!

Things are going good in the activity department. Due to current restrictions we are doing hallway activities for now and the residents don't seem to mind. We have been doing some different activities besides bingo.

We are hoping the school kids will be able to come soon to build snowmen outside of their windows. They love watching them play in the snow and we have a stockpile of hats and scarves just waiting for some snowmen to wear them!

We have had some pretty cold and snowy days and the residents are doing some bird watching out of their windows. Their bird feeders have had several varieties of birds visit them, even blue jays. Besides birds, we have had deer, turkeys, rabbits and even a family of fox in our grove that borders the Nursing Home.

We hope to get back in the dining room soon to do communal dining and activities. As always, if you have any questions regarding visiting or Covid regulations please don't hesitate to call.

Remember the first day of Spring is only less than 2 months away....Stay healthy and warm!



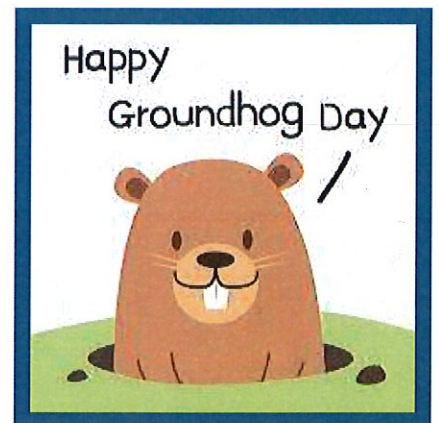
Trish Kellogg, Activity Department



Groundhog Day on February 2 is when we ask, "Are we in for six more weeks of Winter?" Only a groundhog named Punxsutawney Phil knows for sure. Each year on Groundhog Day, people flock to Gobbler's Knob in Punxsutawney, Pennsylvania, to await the forecast of the local rodent celebrity.

Originating with German settlers, who came to Pennsylvania in the 1700s and brought their seasonal superstitions with them, legend has it that if Phil sees his shadow on February 2, the winter chill will continue. Oddly, if the weather is cloudy and he doesn't see his shadow, we can expect warmer temperatures and early spring.

Groundhog Day is a tradition to be cherished. And yes, it is also a film starring Bill Murray.

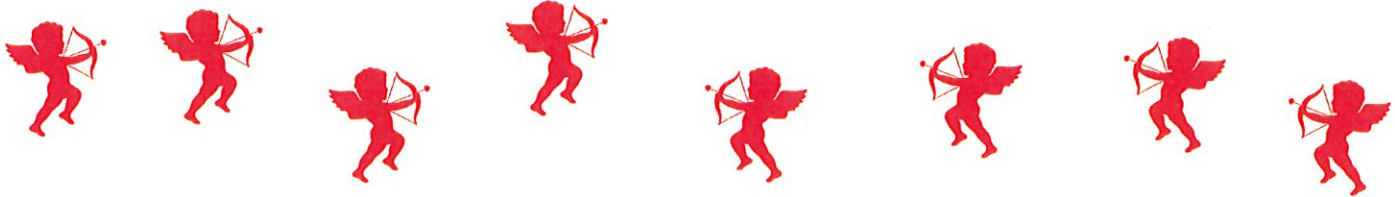


February Employee Birthdays

Teya Adams – 6th
Charlene Starr – 10th
Barb Jackson – 17th
Janelle Nuehring – 24th
Carrie Demory – 24th
Elle Latham – 26th

February employee Anniversaries

Nicole Rogers – 5 years
Tina Miller – 2 years



Below is the Care Conference schedule for the month of February and early March.

February 3rd, 2022

Donnie Brecke
Darlene Berk
Marlys Benson

February 10th, 2022

Dorothy Johnson
Marilyn Cook
Dorothy Poland

February 17th, 2022

John Chaddock
Mary Hoffman

February 24th, 2022

No Care Conference

March 3rd, 2022

Jon McCorkle

March 17th, 2022

No Care Conference



Happy President's Day Monday, February 21st

Presidents' Day is celebrated every year on the third Monday of February — February 21 this year. All the presidents in American history are remembered and honored for their exemplary work in making America the great country it is today.

The Infection Prevention Team is currently working on getting residents up-to-date on their shingles vaccination. The team will be contacting families for completion of vaccination consents. Below is information from the CDC (Centers for Disease Control and Prevention) regarding Shingrix.

Please call facility if you have any questions or concerns.

Shingles is a painful rash illness, which sometimes leads to long-term nerve pain. A shingles vaccine called Shingrix is the best way to help protect yourself against shingles.

If you're 50 or older, get Shingrix.


- ▶ Shingrix provides strong protection from shingles and long-term nerve pain.
- ▶ Get Shingrix even if you already had shingles, because you can get the disease more than once.
- ▶ Your risk of shingles and complications increases as you age.
- ▶ You need 2 doses of Shingrix. Get the second dose 2 to 6 months after you get the first dose.





FEBRUARY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities subject to change!		1 10:00 Coffee & Chat 10:30 Sit & Stretch 1:00 Music Therapy -Talia 2:15 Pokeno 3:15 Goodie Cart	2 10:15 Bible Study w/Trish 1:00 Manicures	3 10:00 Coffee & Chat 10:30 Sit & Stretch 1:30 This or That 2:30 Goodie Cart	4 10:15 Catholic Mass w/ Father Josh 1:30 Quarter Bingo 2:30 Goodie Cart	5
6	7 10:00 Coffee & Chat 10:30 Sit & Stretch 1:30 Bingo Methodist 2:30 Goodie Cart	8 10:00 Coffee & Chat 10:30 Sit & Stretch 1:00 Music Therapy -Talia 2:15 Pokeno 3:15 Goodie Cart	9 10:15 Bible Study Pastor Wendy Methodist 1:00 Manicures	10 10:00 Stories w/Sherry 10:30 Sit & Stretch 2:00 Pokeno 3:00 Root Beer Floats & Goodie Cart	11 10:15 Catholic Prayer Service w/Kate 1:30 Quarter Bingo 2:30 Goodie Cart	12
13	14 10:00 Coffee & Chat 10:30 Sit & Stretch 1:30 Bingo Lutheran 2:30 Goodie Cart	15 10:00 Coffee & Chat 10:30 Sit & Stretch 1:00 Music Therapy -Talia 2:15 Pokeno 3:15 Goodie Cart	16 10:15 Religious Service w/Pastor Jane Lutheran 1:00 Manicures	17 10:00 Coffee & Chat 10:30 Sit & Stretch 2:00 Island Fever 3:00 Goodie Cart	18 10:15 Catholic Mass w/ Father Josh 1:30 Quarter Bingo 2:30 Popcorn & Goodie Cart	19
20	21 10:00 Coffee & Chat 10:30 Sit & Stretch 1:30 Bingo Catholic 2:30 Goodie Cart	22 10:00 Coffee & Chat 10:30 Sit & Stretch 1:00 Music Therapy -Talia 2:15 Pokeno 3:15 Goodie Cart	23 10:15 Bible Study w/Trish 1:00 Manicures	24 10:00 Stories w/Sherry 10:30 Sit & Stretch 2:00 Dan's Band 3:00 Goodie Cart	25 10:15 Catholic Prayer Service w/Kate 1:30 Happy Hour	26
27	28 10:00 Coffee & Chat 10:30 Sit & Stretch 1:30 Bingo Volunteers 2:30 Goodie Cart	