

# Rockwell Nursing Home

## MARCH

### 2022 Newsletter



News from the Activity Department...

Spring is just around the corner and we are excited for warmer weather and green grass! The residents are waiting to spot the first robin too. We have had a very pretty red fox in our grove...he usually makes his appearance on sunny days and will curl up in a snow bank in the sun!

Daylight savings time is Saturday, March 13<sup>th</sup>. Don't forget to set your clocks ahead!

St. Patrick's Day is Thursday, March 17<sup>th</sup> and we are planning a "Green" themed party with snacks, St. Patrick's Day trivia and Leprechaun Bingo!

We are still social distancing per regulations, but the residents are able to enjoy activities and communal dining in the dining room.

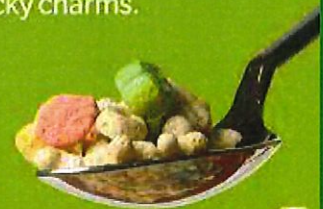
*"May your troubles be less and your blessings be more  
And nothing but happiness come through your door!"*

Trish Kellogg, Activity Department

NEVER IRON A  
FOUR-LEAF CLOVER,  
BECAUSE YOU  
DON'T WANT TO PRESS  
YOUR LUCK.



What kind  
of spells do  
leprechauns use?  
Lucky charms.



RD



After 37 years we have had to say good-bye to a long-time co-worker, nurse, & friend! Janelle Nuehring has started a new adventure...She has accepted a position at the Iowa Specialty Clinic-Rockwell and will be just across the parking lot. The residents and staff wish her all the best and she will be just a phone call away.

Good Luck Janelle!



#### March Employee Birthdays

Jeanne Sable – 13<sup>th</sup>  
 Tammy Stowe – 19<sup>th</sup>  
 Cathy Logan – 23<sup>rd</sup>  
 Abie Freyholtz – 27<sup>th</sup>

#### March Employee Anniversaries

Sarah Kobliska – 7 years  
 Shaylea Rinnels – 2 years  
 Lindsay Tank – 2 years

Below is the Care Conference schedule for the months of March and early April.

#### March 3<sup>rd</sup>, 2022

Jon McCorkle  
 Peggy Jones  
 Paul Nielsen

#### March 10<sup>th</sup>, 2022

George McNamara  
 Agnes Voss  
 Clarence Kirchhoff

#### April 7<sup>th</sup>, 2022

Joyce Trimbell  
 Delina Etnier

#### April 14<sup>th</sup>, 2022

Gordon Wickwire  
 June Wickwire

#### April 21<sup>st</sup>, 2022

Pamela Kiel  
 Nicole Tabor





## A Note from Sarah in Restorative Therapy...

Osteoporosis is a condition that causes your bones to weaken or break more easily. Two of the most helpful things that can help prevent osteoporosis is getting enough calcium and vitamin D daily. Also making physical activity and exercise a part of everyday is important.

You need a combination of all these types of activities to prevent bone loss.

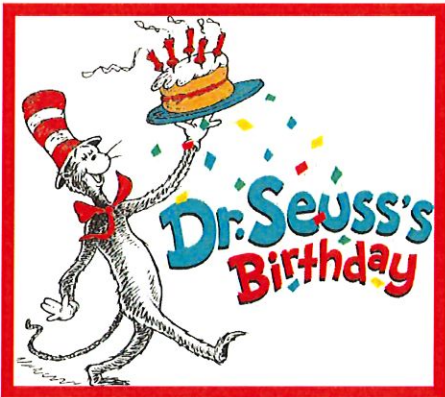
- ✿ Weight-bearing activities: walking, hiking, and dancing
- ✿ Overall strengthening exercises: isometrics, weight lifting, and swimming
- ✿ Postural and core strengthening exercises
- ✿ Balance exercises: yoga or Tai Chi

Proper posture and safe body mechanics are essential for reducing stress on the spine. As osteoporosis progresses, your posture usually gets worse. Poor posture increases compression on the spine, which may lead to spinal fractures. Poor posture may also affect your balance, which can lead to falls.

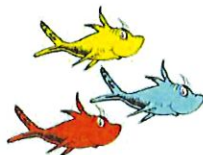
Sarah Kobliska, P.T.A, Restorative

## Happy Birthday to Dr. Seuss!


Dr. Seuss, pseudonym of Theodor Seuss Geisel, American writer and illustrator of immensely popular children's books, which were noted for their nonsense words, playful rhymes, and unusual creatures was born March 2<sup>nd</sup>, 1904 and died September 24<sup>th</sup> 1991.



Arguably the author's most popular book ever written, "Green Eggs and Ham" sits atop the list of top-selling Dr. Seuss books of all-time. Dr. Seuss's honors include 2 Academy Awards, and 2 Emmy Awards, a Peabody Award and the Pulitzer Prize. He also has a star on the Hollywood Walk of Fame!



# MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All activities subject to change!</b></p>		<p>1 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:00 Music Therapy -Talia 2:15 Bingo 3:15 Goodie Cart</p>	<p>2 10:00 Resident Council 1:00 Manicures</p>	<p>3 10:00 Stories w/Sherry 10:30 Sit &amp; Stretch 1:30 Pokeno 2:30 Goodie Cart</p>	<p>4 10:15 Catholic Mass w/ Father Josh 1:30 Quarter Bingo 2:30 Goodie Cart</p>	<p>5</p>
<p>6</p>	<p>7 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:30 Bingo Volunteer 2:30 Goodie Cart</p>	<p>8 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:00 Music Therapy -Talia 2:15 Goodie Cart</p>	<p>9 10:15 Religious Service with Pastor Wendy Methodist 1:00 Manicures</p>	<p>10 10:00 Crafts w/Sherry 10:30 Sit &amp; Stretch 2:00 Pokeno 2:30 Goodie Cart</p>	<p>11 10:15 Catholic Prayer Service w/Kate 1:30 Quarter Bingo 2:30 Goodie Cart</p>	<p>12</p>
<p>13 <b>Daylight Savings Begins</b></p>	<p>14 10:00 Chicken Soup 10:30 Sit &amp; Stretch 1:30 Bingo Methodist 2:30 Goodie Cart</p>	<p>15 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:00 Music Therapy -Talia 2:15 Goodie Cart</p>	<p>16 10:15 Religious Service w/Pastor Jane Lutheran 1:00 Manicures</p>	<p>17 10:00 Stories w/Sherry 10:30 Sit &amp; Stretch 1:30 St. Patrick's Trivia/Bingo 2:00 Mint Ice Cream</p>	<p>18 10:15 Catholic Mass w/ Father Josh 1:30 Quarter Bingo 2:30 Goodie Cart</p>	<p>19</p>
<p>20 <b>1st Day Of Spring</b></p>	<p>21 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:30 Bingo Lutheran 2:30 Goodie Cart</p>	<p>22 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:00 Music Therapy -Talia 2:15 Pokeno 3:15 Goodie Cart</p>	<p>23 10:15 Religious Services w/Pastor Dan Hanford 1:00 Manicures</p>	<p>24 10:00 Crafts w/Sherry 10:30 Sit &amp; Stretch 2:00 Pokeno 2:30 Goodie Cart</p>	<p>25 10:15 Catholic Prayer Service w/Kate 1:30 Quarter Bingo 2:30 Goodie Cart</p>	<p>26</p>
<p>27</p>	<p>28 10:00 Coffee &amp; Chat 10:30 Sit &amp; Stretch 1:30 Bingo Catholic 2:30 Goodie Cart</p>	<p>29 10:00 News Update 10:30 Sit &amp; Stretch 1:30 Resident Choice 2:30 Goodie Cart</p>	<p>30 10:15 Bible Study w/Trish 1:00 Manicures</p>	<p>31 10:00 Stories w/Sherry 10:30 Sit &amp; Stretch 1:30 Pokeno 2:30 Goodie Cart</p>	