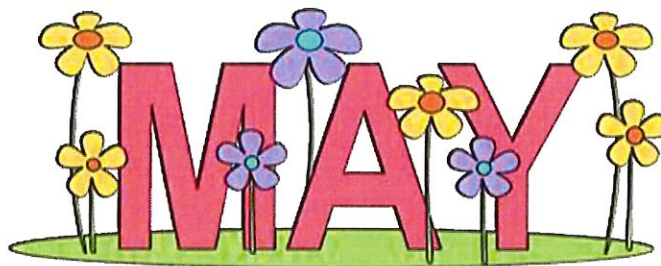


Rockwell Nursing Home



2022 Newsletter

News from the Activity Department...

I can't believe it is May already! We have a lot going on in the Activity Department. We have Cinco De Mayo, Mother's Day and National Nursing Home Week all coming up this month.

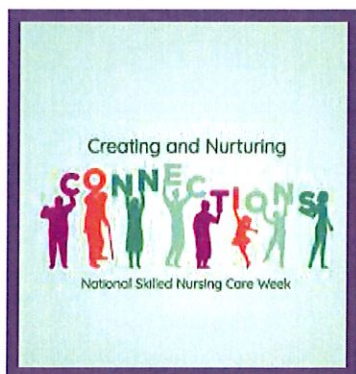
On Friday, May 6th we are having a Mother's Day Tea for all our residents. We will have special treats made by Cathy in the kitchen and entertainment. Mother's hold a special place in our hearts and we want to honor them on this day.

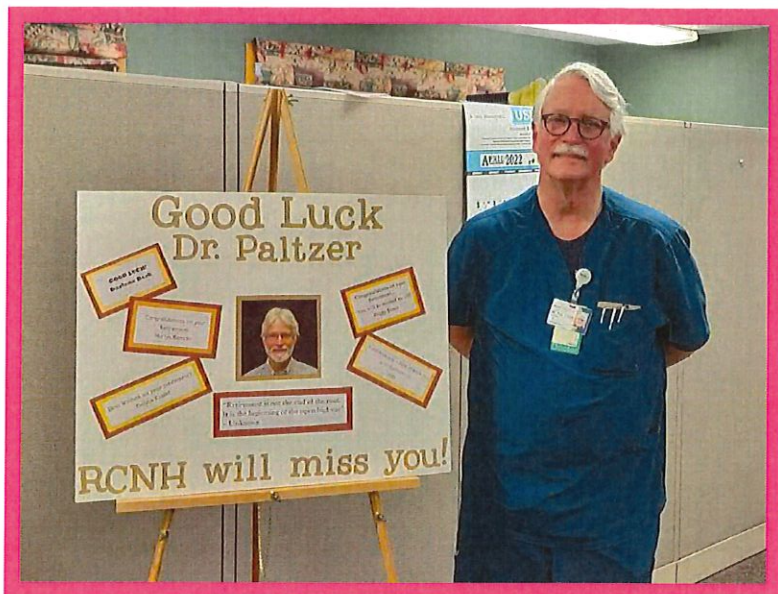
National Skilled Nursing Care Week is May 8th – 14th. This is a week where we honor our staff for all of their hard work and dedication. We have a taco bar planned for Tuesday and a cook out for Friday for residents and staff. Lots of fun prizes and treats throughout the week for an amazing staff!

Memorial Day on Monday, May 30th is a day we honor and remember the men and women who died while serving in the U.S. military. They have made the ultimate sacrifice for our freedom and rights.

Happy Mother's Day to all of the mothers out there!

Trish Kellogg, Activity Department





DR. PALTZER RETIRES!

IT IS WITH A GRATEFUL HEART
THAT WE BID DR. PALTZER
FAREWELL...HE HAS BEEN OUR
MEDICAL DIRECTOR FOR OVER 23
YEARS. WE ARE INCREDIBLY
BLESSED FOR THE DIFFERENCE YOU
HAVE MADE FOR OUR RESIDENTS
AND STAFF.

WE WISH YOU A HAPPY AND
FULFILLING RETIREMENT!



May Employee Birthdays

Katie Abell – 2nd

Reba Struchen – 12th

Joyce Bieth – 28th

May Employee Anniversaries

Deb Krumm – 32 years

Sarah Dusold – 5 years



CONGRATULATIONS TO BAILEIGH BERDING!

Baileigh works in our Dietary Department and will graduate from Newman High School on May 22nd. She has been accepted into Mercy One's Radiologic Technology program. The residents and staff wish Baileigh all the best in her future endeavors!

Below is the Care Conference schedule for
the months of May and early June.

May 5th, 2022

Donnie Brecke
Darlene Berk

May 12th, 2022

Dorothy Johnson
Marilyn Cook
Dorothy Poland

May 19th, 2022

Audrey Harder
John Chaddock
Mary Hoffman

May 26th, 2022

Jon McCorkle
Peggy Jones

June 2nd, 2022

No Care Conference

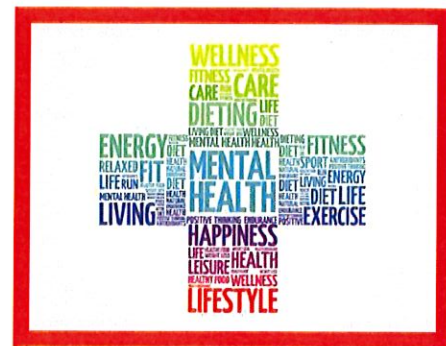
June 9th, 2022

George McNamara
Agnes Voss

Mental Health Awareness Month

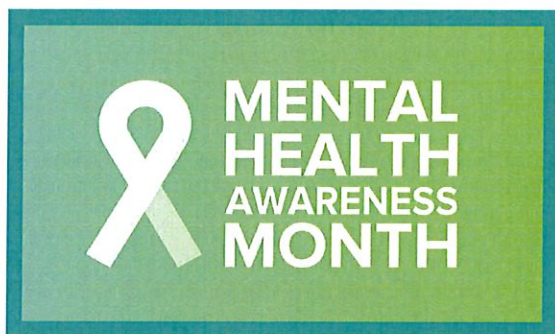
Hello from Nursing,

May is recognized as Mental Health Awareness Month. During this month, we try to educate ourselves and others to raise awareness on the issues many face. This is the time to stand up for those living with mental or behavioral health issues to help reduce the stigma around the subject. Mental illness stigma can cause those suffering to feel judged or bullied, which makes the road to recovery more difficult. Each year millions of Americans face the reality of living with a mental illness. Mental health is an incredibly important part of our overall health.



Maintaining good mental health can be difficult for nursing home residents. They have to adjust to life in a long-term care facility in addition to dealing with other medical conditions like Alzheimer's and Dementia.

According to a study from the American Geriatrics Society (AGS), between 65% and 90% of nursing home residents have a mental or behavioral health problem.



We provide our residents with mental health services, including:

- Turning Leaf counseling services
- A nurse practitioner from Mason City psychiatry that does rounds on a routine basis

Connecting with a mental health professional will help residents learn more effective ways to cope with their emotions and work through any trauma. Psychiatrists (and some psychologists) can also prescribe patients with medications to help manage their mental health issues.

If you have any questions or concerns about your loved one, please call and talk to a nurse.

Cindy Staudt, IP



Did you know that restorative exercises recommended by PT/OT/ST go hand in hand with the activity department? Besides traditional exercises done in group exercise class or music therapy, many games/activities encourage use of at least the arms and fingers or even exercise the mind.

Here are a few reasons why Speech Therapy places importance on participating in activities: meeting others from other walks of life; making friends and connections; having fun and increasing joy; taking your mind off of pain or negative emotions; practicing tasks you learn in therapies; distracting yourself to stay awake so may sleep better overnight; avoiding isolation/depression from being in a new setting; receiving extra opportunities for snacks or to engage in conversations; allow yourself to be creative/feel purpose; have an opportunity to share your feelings and experiences.

Keeping active is an important part of daily living and we encourage residents to participate in what they would like or to try new things.

Sarah Kobliska, PTA/RA



MAY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>All activities subject to change!</p>	<p>2</p> <p>10:00 Chicken Soup 10:30 Sit & Stretch 2:00 Bingo Volunteer 3:00 Goodie Cart</p>	<p>3</p> <p>10:00 News Update 10:30 Sit & Stretch 1:00 Music Therapy w/Talia 2:00 Goodie Cart</p>	<p>4</p> <p>10:15 Bible Study with Trish 1:00 Manicures</p>	<p>5</p> <p>10:00 Craft w/Sherry 2:00 Resident Choice 3:00 Goodie Cart</p>	<p>6</p> <p>10:15 Rosary w/Trish 2:00 Mother's Day Tea Cupcakes</p>	<p>7</p>
<p>8</p> 	<p>9</p> <p>10:00 Coffee & Donuts 10:30 Sit & Stretch with Ball Toss 2:00 Bingo Methodist</p>	<p>10</p> <p>PAJAMA DAY! 10:00 News Update 10:30 Sit & Stretch TACO BAR FOR LUNCH 1:00 Music Therapy 2:00 Fresh Fruit</p>	<p>11</p> <p>10:15 Religious Service w/ Pastor Wendy - Methodist 2:00 Dan's Band 3:00 "Dip Day"</p>	<p>12</p> <p>10:00 NH Trivia 10:30 Sit & Stretch Balloon Bat 1:30 Craft w/ Jolynn 2:00 Resident Choice 3:00 Popcorn Bar</p>	<p>13</p> <p>10:15 Prayer Service 11:30 Grill Out 2:00 Island Fever 3:00 Root Beer Floats</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>10:00 Chicken Soup 10:30 Sit & Stretch 2:00 Bingo Lutheran 3:00 Goodie Cart</p>	<p>17</p> <p>10:00 News Update 10:30 Sit & Stretch 1:00 Music Therapy w/Talia 2:00 Goodie Cart</p>	<p>18</p> <p>10:15 Religious Service w/ Pastor Jane – Lutheran 1:00 Manicures & Van Rides</p>	<p>19</p> <p>10:00 Stories w/ Sherry 10:30 Sit & Stretch 2:00 Resident Choice</p>	<p>20</p> <p>10:15 Catholic Mass w/ Father Josh 2:00 Pass the Pig 3:00 Goodie Cart</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>10:00 News Update 10:30 Sit & Stretch 2:00 Bingo Catholic 3:00 Goodie Cart</p>	<p>24</p> <p>10:00 News Update 10:30 Sit & Stretch 1:00 Music Therapy w/Talia 2:00 Goodie Cart</p>	<p>25</p> <p>10:15 Religious Service w/ Pastor Dan 2:00 Chef Salads</p>	<p>26</p> <p>10:00 Chicken Soup 10:30 Sit & Stretch 1:30 Stories w/ Jolynn 2:00 Resident Choice 3:00 Goodie Cart</p>	<p>27</p> <p>10:15 Prayer Service w/ Kate 2:00 Pass the Pig 3:00 Goodie Cart</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Memorial Day</p> 	<p>31</p> <p>10:00 News Update 10:30 Sit & Stretch 2:00 Resident Choice 3:00 Goodie Cart</p>				