



Rockwell Nursing Home Newsletter **JULY 2022**

Hello from the Activity Department!

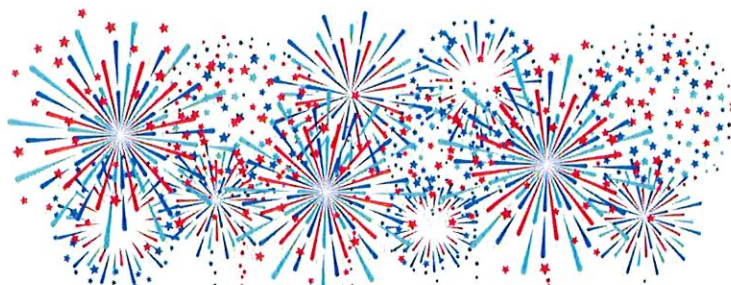
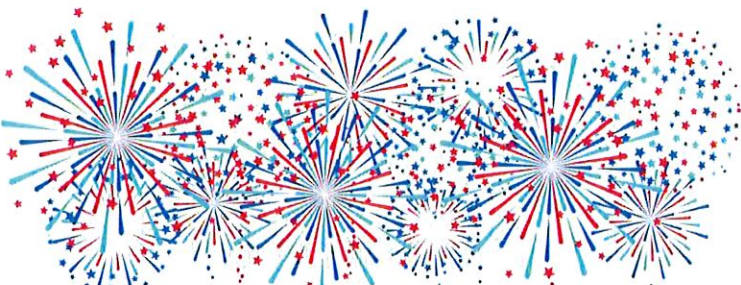
Time has gone by fast; I can't believe it's the end of June already. The Father's Day celebration went over well with the residents. The kitchen made fresh cherry and apple pies to eat with their coffee. We listened to some music while enjoying our snack and celebrating the father's here.

The residents enjoy being able to get outside when the weather cooperates. We have been listening to the birds and enjoying the waterfall out in the garden. We have even taken advantage of the lovely scenery and held our exercise group out there. It is a peaceful place to sit and visit....come check it out the next time you stop by!

We are excited to celebrate the 4th of July Holiday on Friday, July 1st. The kitchen will be setting up a potluck with some classic summer foods for the residents and staff to enjoy for lunch. The residents and staff are encouraged to wear something red, white, or blue to celebrate the holiday!

We hope everyone has a safe and happy 4th of July!

Trish Kellogg, Activity Department



Currently our Beautician is available every other Saturday. Services available are:



Haircut \$15.00
Set & Style \$15.00
Permanent \$54.00
Color \$54.00



If you or your family member would like a permanent or color, an appointment is needed. Prices may vary by beautician available.



8 Tips for Exercising in the Summer Heat

As crazy as Iowa weather can be, it seems that it's finally consistently warm out, which means it's time to get outdoors and have some fun. Summer heat and humidity though, can cause some havoc on our activity plans. Here are a few things to keep in mind to stay safe while exercising outdoors:

- 1) Pay attention to the time of the day when it is the hottest. Avoid that time. Plan to go outside during the cool times of the day.
- 2) Wear loose, light colored clothing. Cotton will help with the evaporation of sweat and light colors reflect heat.
- 3) Don't forget to wear sunscreen.
- 4) Stay hydrated. Drink a glass or two of water before you go outside and when you get back inside. Carry a water bottle and take a drink every 15 minutes, even if you're not thirsty.
- 5) Replenish your electrolyte and salt intake while exercising.
- 6) If possible, pick shaded trails and pathways.
- 7) Watch the weather forecast. If there is heat advisory, plan to exercise inside if possible.
- 8) Listen to your body. Stop immediately if you feel dizzy, faint or nauseous.

Sarah Kobliska, PTA/RA



July Employee Birthdays

Ashley Shellhart – 10th
Tasha Patrick – 23rd
Shaylea Rinnels – 29th

July Employee Anniversaries

Rachel Dusold – 26 years
Julie Sheriff – 24 years
Carrie Demory – 6 years
Alicia Light – 4 years

Below is the Care Conference schedule for the months of July and early August.

July 7th, 2022

No Care Conference

July 14th, 2022

Gordon Wickwire

June Wickwire

Dennis Barkela

July 21st, 2022

No Care Conference

July 28th, 2022

Doni Brecke

Pam Kiel

Nicole Tabor

Darlene Berk

August 4th, 2022

Mary Hoffman

Marilyn Cook

Dorothy Poland

August 11th, 2022

No Care Conference



July 4th Trivia

- ✳ **There are some copies of the Declaration of Independence with a woman's signature on it.**

Mary Katharine Goddard wasn't one of the official signers in 1776, but the printer and publisher added her name to the Declaration of Independence after she was hired by Congress to print copies.

- ✳ **Three U.S. presidents have died on the 4th of July.**

James Monroe, John Adams, and Thomas Jefferson all died on the patriotic day. (Adams and Jefferson passed in 1826, and Monroe passed five years later in 1831.)

- ✳ **There were only about 2.5 million people living in the United States in 1776.**

That number is drastically different from the approximately 332 million people that live here today!

- ✳ **Our national anthem wasn't 'The Star-Spangled Banner' until 1931.**

It took 117 years for the words written in 1814 by Francis Key Scott to gain federal recognition. Now, it is easily one of the most famous songs in the country.

- ✳ **Americans consume *a lot* of hot dogs on July 4th. About 150 million, to be exact.**

Yes, you read that right! According to the National Hot Dog and Sausage Council, Los Angeles residents alone consume about 30 million pounds of hot dogs on July 4th. It's safe to say they're a holiday favorite!






- ✳ **John Adams predicted that Independence Day would be a huge celebration for many generations to come.**

In a letter he wrote to his wife, Abigail Adams, he declared that the day should be filled with games, sports, parades, and laughter. He basically wrote out our list of the best things to do the 4th of July!



JULY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL ACTIVITIES SUBJECT TO CHANGE!					1 10:15 Rosary w/ Trish 2:00 Bingo 3:00 Goodie Cart	2 2:00 Movie & Popcorn
3	4 	5 10:00 News Update 10:30 Sit & Stretch 1:00 Music Therapy 2:00 Goodie Cart	6 10:15 Bible Study w/ Trish 1:00 Manicures	7 10:00 Stories w/ Sherry 10:30 Sit & Stretch 2:00 Pokeno 3:00 Goodie Cart World Chocolate Day!	8 10:15 Catholic Prayer service w/ Kate 2:00 Bingo 3:00 Goodie Cart	9 2:00 Movie & Popcorn
10	11 10:00 Garden Chat 10:30 Sit & Stretch 2:00 Bingo 3:00 Goodie cart	12 10:00 News Update 10:30 Sit & Stretch 1:00 Music Therapy 2:00 Goodie Cart	13 10:15 Religious Services- Methodist 1:00 Manicures 6:30 Bingo	14 10:00 Chicken Soup Stores 10:30 Sit & Stretch 1:30 Stories with Jolynn 2:15 Pokeno 3:00 Goodie Cart	15 10:15 Catholic Mass w/ Father Josh 2:00 Quarter Bingo 3:00 Goodie Cart	16 2:00 Movie & Popcorn
17	18 10:00 Garden Chat 10:30 Sit & Stretch 2:00 Bingo 3:00 Goodie Cart	19 10:00 News Update 10:30 Sit & Stretch 1:00 Music Therapy 2:00 Goodie Cart	20 10:15 Religious Service- Lutheran 1:00 Manicures	21 10:00 Stories with Sherry 10:30 Sit & Stretch 2:00 Pokeno 3:00 Goodie Cart	22 10:15 Catholic Prayer service w/ Kate 2:00 Quarter Bingo	23 2:00 Movie & Popcorn
24/31	25 10:00 Store 10:30 Sit & Stretch 2:00 Bingo 3:00 Goodie Cart	26 10:00 Store 10:30 Sit & Stretch 1:00 Music Therapy 2:00 Goodie Cart	27 10:15 Religious Service- Hanford 1:00 Manicures 6:30 Bingo	28 10:00 Store 10:30 Sit & Stretch 1:30 Jolynn 2:15 Pokeno National Refreshment Day Hawaiian Shirt Day	29 10:15 Prayer Service w/ Kate 2:00 Bingo	30 2:00 Movie & Popcorn