

Rockwell Nursing Home

September 2022



Hello from the Activity Department...



The staff and residents had a lot of fun during the activities we planned for Iowa State Fair week. We had a theme for each day of the week for attire and food the kitchen prepared. The residents enjoyed drumming to music with the Adventures of Social Drumming, which you can see on our Facebook page. We also had a carnival for the residents to play some games and earn prizes. To end our State Fair week the residents enjoyed grilled Chicken, corn on the cob, potato salad, and a cookie from the Kickin' n Chicken barbeque at Zeidler Park.

We hope you all are enjoying the nice weather as it starts to get cooler for fall. The residents have been enjoying the fresh air and their time outside in the garden and porch. The kids have started back to school and we are excited to start seeing some kids outside walking to school again.

We hope everyone has a happy school year!

Trish Kellogg, Activity Department

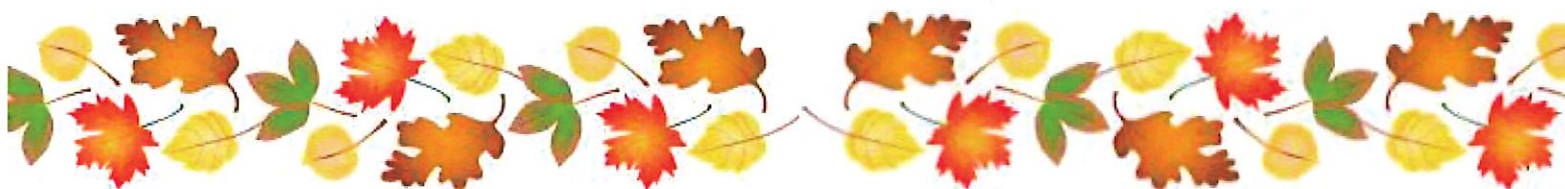


New Medical Director

The Nursing Home has a new Medical Director! Josh Baker, D.O., F.A.A.F.P., has joined our team here at the Nursing Home as Medical Director beginning June 1st. He is affiliated with Iowa Specialty Hospital – Rockwell, (formerly known as West Fork Family Medicine) which is located across the parking lot from the Nursing Home.

We said good-bye to Dr. Paltzer earlier in the summer and we are happy that Dr. Baker has agreed to step in to the Medical Director role for us.

The Medical Director helps coordinate and evaluate medical care within the facility. He will also participate in facility quality improvement, utilization review and compliance programs.



Below is the Care Conference schedule for the months of September and early October.

<u>September 1st, 2022</u>	<u>September 8th, 2022</u>	<u>September 15th, 2022</u>
No Care Conference	Agnes Voss Eldon Grarup	No Care Conference
<u>September 22nd, 2022</u>	<u>September 29th, 2022</u>	<u>October 6th, 2022</u>
Joyce Trimbell Delina Etnier	No Care Conferences	Gordon Wickwire June Wickwire Dennis Barkela

September Employee Birthdays

Deb Krumm - 12
Trish Kellogg - 18
Carrie Smith - 18
Nicole Rogers - 21
Keanna Peterson - 25

September Employee Anniversaries

Charlene Star - 20 years
Trish Kellogg - 14 years
Abie Freyholtz - 11 years
Jeanne Baxter - 7 years
Claire Nash - 6 years
Cathy Logan - 4 years
Lindsay Harms - 2 years

Hello from Nursing...

As we are getting closer to fall, we need to think about Influenza Vaccinations. Influenza is a viral infection that attacks the lungs, nose and throat. Older adults, young children, pregnant women, and people with chronic disease or weak immune system are at high risk.

Influenza is spread by airborne respiratory droplets (coughs or sneezes), by touching a contaminated surface (doorknob, etc.), through saliva (kissing or sharing drinks), and skin to skin contact (shaking hands or hugging).

Symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches and fatigue. Many are the same symptoms as COVID-19.

Influenza is not treated with antibiotics because it is viral and not bacterial. The flu is treated primarily with rest and fluids to let the body fight the virus on its own. Over the counter anti-inflammatory pain relievers may help with symptoms. An annual Influenza vaccine can help prevent the flu and limit its complications.

As COVID-19 and new variants continue to be prevalent, here are some thoughts:

1. Vaccination is extra important again this year. We need to continue to conserve resources for COVID-19 patients, hospital beds, doctor visits, etc. We also want to reduce symptoms that can be confused with COVID-19. There is no reason to believe that you can't get influenza and COVID-19 at the same time.
2. The best time to receive the vaccine in September or October. Getting the vaccine in August could cause waning immunity by the end of influenza season.

The best prevention is to wash your hands often with soap and water or hand sanitizer, cover your coughs and sneezes. Stay home if you are feeling ill or running a fever. Social distancing and wearing a mask are recommended.

There has been talk about COVID-19 vaccine boosters, we have not heard anything official about that yet, we will keep you informed and updated when we receive information.

We will continue to do our assessments daily and follow guidelines from CMS, IDPH, and CDC.

We are sending out Influenza consent forms to be filled out and mailed back. We encourage everyone to receive an Influenza vaccine, (unless contraindicated) this year.

Please call with any questions or concerns.


Cindy Staudt, IP





SEPTEMBER CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL ACTIVITIES SUBJECT TO CHANGE!				1 10:00 Stories w/ Sherry 10:30 Sit & Stretch 10:45 Ball toss 2:00 Pokeno 3:00 Goodie Cart	2 10:15 Catholic prayer service w/ Kate 2:00 Bingo 3:00 Goodie Cart	3
4	5 	6 10:00 Newspaper Read 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 500 game 3:00 Goodie Cart	7 10:15 Bible Study w/ Trish 1:00 Manicures 2:00 Yahtzee	8 10:00 Resident Council 1:30 Stories with Jolynn 2:15 Pokeno 3:00 Goodie Cart	9 10:15 Catholic prayer service w/ Kate 2:00 Bingo 3:00 Goodie Cart	10
11	12 10:00 Garden Chat 10:30 Sit & Stretch 2:00 Bingo – Methodist 3:00 Goodie Cart	13 10:00 Newspaper Read 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 500 game 3:00 Goodie Cart	14 10:15 Religious Service – Methodist 1:00 Manicures 6:30 Take away Poker	15 10:00 Stories w/ Sherry 10:30 Sit & Stretch 10:45 Ball toss 2:00 Pokeno 3:00 Goodie Cart	16 10:15 Catholic Mass w/ Father Josh 2:00 Bingo 3:00 Goodie Cart	17
18	19 10:00 Garden Chat 10:30 Sit & Stretch 2:00 Bingo – Lutheran 3:00 Goodie Cart	20 10:00 Newspaper Read 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 500 game	21 10:15 Religious Service w/ Jane – Lutheran 1:00 Manicures	22 10:00 Men's Coffee 10:30 Sit & Stretch 10:45 Ball toss 1:30 Stories w/ Jolynn 2:15 Pokeno	23 10:15 Catholic prayer service w/ Kate 2:00 Island Fever 3:00 Goodie Cart	24
25	26 10:00 Garden Chat 10:30 Sit & Stretch 2:00 Bingo – Catholic 3:00 Goodie Cart	27 10:00 Newspaper Read 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 500 game	28 10:15 Religious Services w/ Dan – Hanford 1:00 Manicures 2:00 Yahtzee	29 10:00 Women's Coffee 10:30 Sit & Stretch 10:45 Ball toss 2:00 Pokeno 3:00 Goodie Cart	30 10:15 Catholic prayer service w/ Kate 2:00 Bingo 3:00 Goodie Cart	