

# Rockwell Nursing Home

# November

## 2022 Newsletter

Hello from the Activity Department...

Fall is upon us and we have enjoyed watching the leaves turn colors and the farmers out in the fields. We have been busy doing lots of crafts for Halloween. The residents enjoyed painting pumpkins that Anderson Market donated. The West Fork FFA students also came in to make some pumpkin and ghost crafts with the residents. The students will be coming back again next month, and we are excited to see them again.

For Veterans Day this year, we will have a program to honor each of our Veterans and their wives. Mike Flatness will be our speaker on Friday, November 11<sup>th</sup> at 2:00 p.m. in the dining room. All friends and family are welcome to join our Veterans Day service. We want to thank all Veterans for their sacrifices for our country.

We hope everyone has a happy and healthy Thanksgiving!  
Trish Kellogg, Activity Department





Below is the Care Conference schedule for the months of November and early December.

November 3<sup>rd</sup>, 2022

Marilyn Cook

November 10<sup>th</sup>, 2022

Audrey Harder  
John Chaddock  
Dorothy Johnson

November 17<sup>th</sup>, 2022

Jon McCorkle  
Peggy Jones

November 24<sup>th</sup>, 2022

No Care Conferences

December 1<sup>st</sup>, 2022

Agnes Voss  
Eldon Grarup

December 8<sup>th</sup>, 2022

Linda Mau  
Doris Drury



November Employee Birthdays

Marguerita Abujobarah – 2

November Employee Anniversaries

Bonnie Krause – 23 years

Cindy Staudt – 15 years

Teya Adams – 6 years

Dianne Poole – 6 years

A Note from the Maintenance Director...

On Tuesday October 25<sup>th</sup>, Rockwell Community Nursing Home participated in a full-scale Derecho exercise. This full-scale exercise included 14 long term care facilities spread out between Worth, Mitchell, and Cerro Gordo counties and the respective County Emergency Management Teams. Participating in this exercise allowed staff to have a refresher on policies and procedures during an emergency situation and giving us a better idea of our team's response.

Thank you to all staff who were able to participate.

Josh Dannen, Maintenance







### Halloween at the Nursing Home!

We had skeletons, witches, a bumble bee, crab, Michael Myers, giraffes, a cheerleader, Mike and Sully from Monsters Inc., Lucy and Desi, and even a bowl of Kraft® Easy Mac! A "spooktacular" lunch was served by the Dietary Dept. which included Mummy Meatloaf, Spooky Salad, Snake Breadsticks, Poison Apple Crisp and Witches Brew. It was a really fun day and lots of laughs were heard up and down the hallways!

### Hello from Nursing...

November is National Hospice and Palliative Care Month. This year's theme is "It's About How You Live." Hospice and palliative care programs across the country are reaching out to raise awareness about hospice and palliative care.

Hospice is not a place but high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness.

Every year, nearly 1.4 million people living with a life-limiting illness receive care from hospices in this country. These highly trained professionals ensure that patients and families find dignity, respect and love during life's most difficult journey. Hospice and palliative care programs provide pain management, symptom control, psychosocial support and spiritual care to patients and their families when a cure is not possible. These programs combine the highest level of quality medical care with the emotional and spiritual support that families need most when facing a serious illness or the end of life.

We are lucky to have Hospice of North Iowa here in our area. They also offer therapies such as musical and massage therapy to residents, along with spiritual and social therapies.

All residents who were eligible have received their influenza vaccine and their bivalent booster. Hope you have all been enjoying fall and the nice weather. Stay healthy and safe.

Happy Thanksgiving!  
Cindy Staudt, LPN







# NOVEMBER CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ALL ACTIVITIES SUBJECT TO CHANGE!</b>		1 10:00 News Update 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 Bingo	2 9:00 Voting 1:00 Manicures	3 10:00 Stories w/ Sherry 10:30 Sit & Stretch 10:45 Kickball 2:00 Pokeno 3:00 Goodie Cart	4 10:15 Prayer Service w/ Kate 2:00 Quarter Bingo 3:00 Goodie Cart	5 2:00 Movie
6 10:15 Rockwell Lutheran Church Service Online 2:00 Bingo w/ Tom	7 10:00 Reader's Digest Story 10:30 Sit & Stretch 10:45 Ball toss 2:00 Bingo- Swaledale 3:00 Goodie Cart	8 10:00 News Update 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 Yahtzee	9 10:15 Bible Study w/ Trish 1:00 Manicures	10 10:00 News Update 10:30 Sit & Stretch 10:45 Kickball 1:00 Stories w/ Jolynn 2:00 Dan's Band	11 10:15 Prayer Service w/ Kate 2:00 Veterans Program 3:00 Cake & Coffee	12 2:00 Bingo w/ Tom
13 10:15 Rockwell Lutheran Church Service Online 2:00 Bingo w/ Tom	14 10:00 Reader's Digest Story 10:30 Sit & Stretch 10:45 Ball toss 2:00 Bingo – Methodist 3:00 Goodie Cart	15 10:00 News Update 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 Uno	16 10:15 Church Service- Methodist w/ Pastor Wendy 1:00 Manicures 2:00 FFA Craft	17 10:00 Stories w/ Sherry 10:30 Sit & Stretch 10:45 Kickball 2:00 Pokeno 3:00 Goodie Cart	18 10:15 Catholic Mass w/ Father Josh 2:00 Quarter Bingo 3:00 Goodie Cart	19 2:00 Movie
20 10:15 Rockwell Lutheran Church Service Online 2:00 Bingo w/ Tom	21 10:00 Reader's Digest Story 10:30 Sit & Stretch 10:45 Ball Toss 2:00 Bingo- Lutheran 3:00 Goodie Cart	22 10:00 News Update 10:30 Sit & Stretch 10:45 Ball toss 1:00 Music Therapy 2:15 Make Words From Thanksgiving	23 10:15 Church Service- Lutheran w/ Pastor Jane 1:00 Manicures	24 	25 10:15 Prayer Service w/ Kate 2:00 Quarter Bingo 3:00 Goodie cart	26 2:00 Bingo w/ Tom
27 10:15 Rockwell Lutheran Church Service Online 2:00 Bingo w/ Tom	28 10:00 Reader's Digest Story 10:30 Sit & Stretch 10:45 Ball toss 2:00 Bingo- Catholic 3:00 Goodie Cart	29 10:00 News Update 10:30 Sit & Stretch 10:45 Ball toss 2:00 Adult Coloring 3:00 Goodie Cart	30 10:15 Church Service w/ Trish 1:00 Manicures			