

Rockwell Nursing Home

Newsletter

April 2023



News from the Activity Department....

March was a busy month for the residents and staff here at the nursing home. For St. Patrick's Day, we made clovers to hang in the dining room to make the facility a little "greener"! We celebrated St. Patrick's Day by playing Bingo and then having shamrock shakes and green cupcakes to follow. We also enjoyed a few social hours where we had freshly popped popcorn with a "candy" topping bar to add to our popcorn. The residents also enjoyed a root beer float social last month.

A good day isn't always
Perfect. It challenges you to
Release your potential and
Inspires you to appreciate the
Little amazing things in life

The residents started to make Easter crafts at the beginning of this month so they could have some Easter decorations in their rooms for the holiday. They painted wooden signs that say "Happy Easter" or are a group of eggs. Most of the residents have them hanging on their door or placed on their nightstands. Toward the end of March, we started to get Easter eggs ready for the community Easter Egg hunt. The residents really enjoy putting these eggs together while also snacking themselves. 😊

As some of you may know, it is March Madness time. A few of the residents put together a bracket for the tournament and some brackets are still active! We have been watching the Iowa women's team play and are very impressed with them and hope they continue to fight! Go Hawks!

Our April schedule is full of activities and we are excited about the warm weather. During April, we have van rides scheduled and some garden socials. We are keeping our fingers crossed for the nice weather to stick around and hope for no more snow!

The Sunday school kids from St. Peter Lutheran church are coming to sing with us on Palm Sunday and also do an Easter Egg Hunt where the residents will enjoy being able to watch them. We have a lot of fun games and activities planned for April so check out our Activity calendar!

The residents have been patiently waiting for the plants to start blooming. We have tons of daffodils right outside the dining room window, which are starting to shoot up through the ground. It means Spring is right around the corner!

The third week of April is "Volunteer Appreciation Week". We would like to thank all the volunteers who come to this facility, help with activities, and keep our residents feeling connected to the community. We will be hosting a "Volunteer Social" on Wednesday, April 19th at 2:00 pm and we would love for you to come to join us so we can recognize you and thank you for all you do. If you would like to be a volunteer for this facility, please reach out to us by calling 641-822-3203 and ask for Hailey or Trish.

Hailey & Trish, Activity Department



Employee April Birthdays

Abie Freyholtz – 6th
Sarah Dusold – 13th
Tami Dougherty – 16th
Lindsay Harms- 20th
Rachel Dusold – 21st
Bridget Riser – 27th
Amy White – 27th



Employee April Anniversaries

Denise Martin – 16 years

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

April 6th, 2023

Darlene Berk
Nicole Tabor
Pam Kiel

April 13th, 2023

No Care Conferences

April 20th, 2023

Marilyn Cook
Mary Hoffman

April 27th, 2023

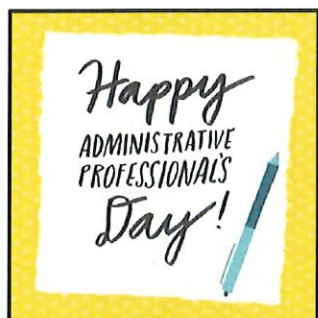
Audrey Harder
John Chaddock
Dorothy Johnson

May 11th, 2023

Jeff Boyes
Peggy Jones
Dorothy Poland

May 18th, 2023

Linda Mau
Doris Drury



Happy Administrative
Professional's Day
to someone who kept us
going for the last 25 years!
Thank you Julie for all
your support.



Happy Earth Day!
Saturday, April 22nd

April is National Occupational Month and here at the Nursing Home we have a great staff of therapists. The occupational therapists that treat our residents are Myranda Runneberg, OTD, and Kayla Strempeke, COTA/L. They put FUN in "functional"! employed by EmpowerMe Wellness and are great at designing strategies for everyday living so residents can maximize their potential with activities of daily living.

Thank you for everything you do for our residents!





Hello from Nursing...

Stress awareness month is April. Why is Stress Month So Important?

Stress can be debilitating, and it can cause and/or aggravate health problems. Every April, healthcare professionals from across the country join forces to increase public awareness about not only the causes but also the treatments for the growing stress epidemic in our country.

There are 3 types of stress:

Acute stress: Most common and frequent. Acute stress is usually brief and caused by reactive thinking and negativity toward an event that has happened or is coming up.

Episodic Acute stress: People who frequently experience acute stress, or whose lives present with frequent triggers of stress, have episodic acute stress. Individuals who frequently suffer acute stress often live a life of chaos and crisis.

Chronic Stress: Most harmful and if left untreated over a long period of time can damage your physical and mental health.

Ways to help relieve your stress:

1. Exercise 20-30 minutes a day, even if it's a simple walk.
2. Relaxation may include reading, journaling, or yoga.
3. Have fun, and go out with family and friends.
4. Visit your Doctor.
5. Eat well and get plenty of sleep and rest.

Combat your stress:

1. Recognize when you don't have control and let go
2. Don't get anxious about situations you can't change.
3. Focus your mind on something that makes you feel calm and in control.

IP Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 APRIL 2023 					1
2 10:00 St. Peter Lutheran Church – Sunday School Kids Easter Egg Hunt with Music	3 10:00 Easter Wordsearch 10:30 Chair Yoga 2:00 Swaledale Methodist Bingo	4 10:00 Fill Easter Eggs 1:00 Music w/ Talia 2:15 Color Easter Eggs	5 10:15 Bible Study w Trish 2:00 Easter Egg Hunt 6:30 Take Away Poker Nail Day	6 10:00 Stories w/ Sherry 10:30 Group Exercise 2:00 Pokeno	7 10:15 Rosary w/ Trish 2:00 Easter Bingo 3:00 Happy Hour	8 1:30-3:30 Doris Drury Birthday Party - Residents and Staff Welcome to Join!
9 10:00 St. Peter Lutheran Church Service on T.V. Easter Sunday	10 10:00 Spring Color by Number 10:30 Group Exercise 2:00 Rockwell Methodist Bingo	11 9:30 One on One's 1:00 Music w/ Talia 2:15 Pokeno w/ Tickets	12 10:15 Rockwell Methodist Church Service 2:00 FFA Kids Activity 3:00 Popcorn Bar Nail Day	13 10:00 Coffee Social 10:30 Group Exercise 1:30 Stories w/ Jolynn 2:15 Pokeno	14 10:15 Prayer Service w/ Kate 2:00 Quarter Bingo	15 2:00 Bingo w/ Tom
16 10:00 St. Peter Lutheran Church Service on T.V.	17 10:00 Hidden Objects 10:30 Chair Yoga 2:00 Rockwell Lutheran Bingo	18 10:00 Paint a Birdhouse 1:00 Music w/ Talia 2:15 Activity Center	19 10:15 Bible Study w/ Trish 2:00 Volunteer Social 6:30 Take Away Poker Nail Day	20 10:00 Stories w/ Sherry 10:30 Group Exercise 2:00 Prize Pokeno	21 10:15 Mass w/ Father Josh 2:00 Quarter Bingo 3:00 Dirt Cups	22 Earth Day
23 10:00 St. Peter Lutheran Church Service on T.V.	24 10:00 Garden Social w/ Scavenger Hunt 10:30 Garden Exercise 2:00 Sacred Heart Bingo	25 10:00 May Day Baskets 1:00 Music w/ Talia 2:15 Yahtzee	26 10:15 Hanford Church Service 1:00 Van Rides / Garden Social 2:00 Birthday Month Social w/Ice Cream Bar Nail Day	27 10:00 Coffee Social 10:30 Group Exercise 1:30 Stories w/ Jolynn 2:15 Pokeno	28 10:15 Prayer Service w/ Kate 2:00 Quarter BingO	29 2:00 Bingo w/ Tom
30 10:00 St. Peter Lutheran Church Service on T.V.						<div>All Activities Subject To Change!</div>