

News from the Activity Department....

"May June bring you an abundance of laughter, love, and all the things that make you smile."

May was a busy month for us as we celebrated Cinco de Mayo, Nurses Week, Nursing Home Week and Memorial Day.

Cinco de Mayo was celebrated with a taco bar lunch for staff and residents. The residents got to enjoy a happy hour of margaritas in the afternoon. Thank you to Rachel Dusold for planning Nurses Week and keeping the residents involved. We enjoyed a Nurse & Resident Social which included a popcorn bar, snacks, and games.

Nursing Home Week was a busy week here at the RCNH. The theme this year was

"Cultivating Kindness". Every day had its own theme and the residents and staff dressed up each day. To start off the week, we celebrated the Mothers for Mother's Day. They appreciated fresh flowers and donuts from Hy-Vee. During this week we had a movie night, tie-dyed t-shirts and enjoyed entertainment from Island Fever. Birdsall's ice cream was a favorite and we ended the week with a carnival! The residents voted for the staff member they would most like to get a pie in the face....and Josh Dannen, our Maintenance Director won that prize!

We would like to thank the Dietary Department for spoiling the staff and residents with all of the delicious food they made during this week. On Tuesday, the staff and residents got to enjoy a potluck together.

We had Cedar Valley Food Truck here on Wednesday and that was a hit for all staff and residents.

West Fork Middle Schoolers made "Cultivating Kindness" posters. We hung them up at the beginning of the week throughout the facility and the residents got to vote for a 1st, 2nd and 3rd place winner. They all did a great job at making these!

Char, the department head of Environmental Services, planted flowers around the facility this month and they look gorgeous. The residents LOVE to look out the dining room windows and see the hanging baskets as well as the ones she planted in the garden area. In June, we are going to plant some vegetables. The residents are excited to have some fresh veggies around to enjoy.

If you would like to be a volunteer this summer, please reach out to Hailey at 641-822-3203. We love having new faces around the facility. Whether it's reading stories, taking residents outside, or just simply chatting. We are open to anything!

Hailey & Trish, Activity Department















Cindy Staudt - 5th Julie Sheriff - 15th



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

June 1 st , 2023	June 8 th , 2023	June 15 th , 2023	
Joyce Trimbell	No Care Conferences	Gordon Wickwire	
Delina Etnier		June Wickwire	
June 22 nd , 2023	June 29 th , 2023	July 6 th , 2023	
Donnella Brecke	Darlene Berk	No Care Conferences	
	Darrens Derik	ito dare domiciences	
Clarence Kirchhoff	Nicole Tabor	no date dometerices	

Some funny thoughts about being a Dad......

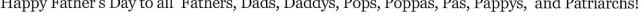
Raising kids is the only job where you work 24 hours a day and it actually costs you money.

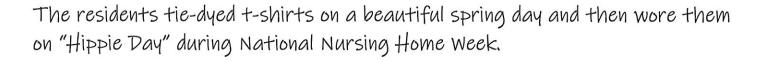
Having a conversation while having children is like trying to do your taxes in an inflatable jump house.

I know when my kids need money because that's when they laugh at my jokes.

No one wants to see Dad dance, but he does it anyway.

Happy Father's Day to all Fathers, Dads, Daddys, Pops, Poppas, Pas, Pappys, and Patriarchs!

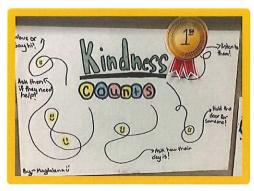


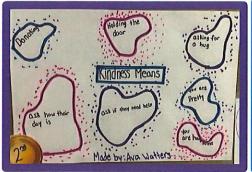














Difficulties

"Cultivate Kindness" poster winners from the West Fork Middle Schoolers.

June is Alzheimer's and Brain Awareness Month!

There are currently more than 6 million Americans age 65 and older living with Alzheimer's. Age is the greatest factor for Alzheimer's disease, but not the only one. While we age some brain changes are inevitable, there is a growing body of research to suggest that adopting healthy life style behaviors may help our brains age healthier.

Here are 5 tips to promote better brain health and help reduce the risk of cognitive decline:

• Exercise regularly—Regular cardiovascular exercise helps increase blood flow to the body and brain,

and there is strong evidence that regular physical exercise is linked to better memory and thinking.

 Maintain a heart-healthy diet—stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet.

- Get proper sleep—Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain.
- Stay socially and mentally active—Meaningful social
 engagement may support cognitive health, so stay connected with friends and family. Engage your
 mind by doing activities that stump you, like completing a puzzle or playing strategy games.
- Keep your heart healthy—Recent study shows strong evidence that a healthier heart is connected to a healthier brain.

These are great steps to take at any age. Research shows that incorporating these behaviors in combination will have the greatest benefit. For more information visit www.alz.org or call 24/7 helpline at 1-800-272-3900.

Infection Prevention Team

June 2023								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	All Activities Subject To Change			10:00 Stories w/ Sherry 10:30 Group Exercise 2:00 Pokeno	10:15 Rosary 2:00 Quarter Bingo 3:00 Root beer Floats	2:00 Independent Activity — "Bored Board"		
10:00 St. Peter Lutheran Church Service on T.V.	10:00 Wordsearch 10:30 Group Exercise 2:00 Swaledale Methodist Volunteer Bingo	9:30 Gardening 1:00 Music w/ Talia 2:15 Take Away Poker	7 10:15 Bible Study w/ Trish 2:00 Van Rides Manicures	8 10:00 Garden Social 10:30 Garden Exercise 1:30 Stories w/ Jolynn 2:15 Pokeno	10:15 Prayer Service w/ Kate 2:00 Quarter Bingo	2:00 Independent Activity — "Bored Board"		
10:00 St. Peter Lutheran Church Service on T.V.	10:00 Crossword 10:30 Group Exercise 2:00 Rockwell Methodist Volunteer Bingo	10:00 Resident Council 1:00 Music w/ Talia 2:15 Yahtzee	14 10:15 Rockwell Methodist Church Service 2:00 CNA & Resident Social 6:30 Take Away Poker Manicures	10:00 Stories w/ Sherry 10:30 Group Exercise 2:00 Prize Pokeno	10:15 Mass w/ Father Josh 2:00 Quarter Bingo 3:00 Ice Cream Social	2:00 Independent Activity — "Bored Board"		
18 10:00 St. Peter Lutheran Church Service on T.V. Father's Day Donuts and Coffee	19 10:00 Coffee Social w/ Puzzle 10:30 Group Exercise 2:00 Rockwell Lutheran Volunteer Bingo	20 10:00 4th of July Craft 1:00 Music w/ Talia 2:15 Activity Center	21 10:15 Bible Study w/ Trish 2:00 Van Rides Manicures	10:00 Garden Social 10:30 Garden Exercise 1:30 Stories w/ Jolynn 2:15 Pokeno	10:15 Prayer Service w/ Kate 2:00 Quarter Bingo	24 2:00 Independent Activity — "Bored Board"		
10:00 St. Peter Lutheran Church Service on T.V.	10:00 Coloring Social 10:30 Group Exercise 2:00 Sacred Heart Volunteer Bingo	10:00 Rock Painting 1:00 Music w/ Talia 2:15 Pokeno w/ Tickets	10:15 Hanford Church Service 2:00 Van Rides 6:30 Take Away Poker Manicures	10:00 4th of July Wordsearch 10:30 Group Exercise 2:00 Pokeno	10:15 Rosary w/ Trish 2:00 Quarter Bingo 3:00 Popcorn Bar			

Saturday's: When you are finished with a sheet from the "Bored Board", turn it in on Hailey's desk! $\ensuremath{\mathfrak{S}}$