

## Hello from the Activity Department...

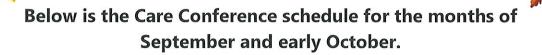
In August we coordinated some activities with the National Days of the Month. Some of the activities included a "Book Club", Banana Splits, and a Beached Themed Monthly B-Day Party. The residents seemed to enjoy including the National Days so we are going to continue this through the next month!

We also got to participate in some dress up days, fair food and games for the lowa State Fair week. The residents and staff always enjoy special weeks that bring everyone together to have fun and socialize. Island Fever stopped in to play for us and this is always great entertainment to have.

This month we are so glad to be able to bring back the Family/Friends picnic! This will be held on Saturday, September 16<sup>th</sup> at 11:30 a.m. *Please call the Nursing Home to RSVP by September 8<sup>th</sup>*. We are excited to see everyone who is able to join us!

There are two weeks in September that are going to give us some time to say thank you and show our appreciation for the Environmental Service & Rehabilitation Departments. The residents have planned to invite these departments to a social to play games and have yummy snacks to show how thankful we are for them!

Starting this month, we will be having a sign-up sheet for manicures that will be posted on the beauty shop door. This will let us spend more time with you during your manicure because they will be spread out during the week!



September 7 <sup>th</sup> , 2023	September 14 <sup>th</sup> , 2023	September 21st, 2023		
Gordon Wickwire	Clarence Kirchhoff	Pamela Kiel		
June Wickwire	Rose McClemons	<b>Donnella Brecke</b>		
Laura Gail Etzen	Darlene Berk	Nicole Tabor		
September 28 <sup>th</sup> , 2023	October 5 <sup>th</sup> , 2023	October 12 <sup>th</sup> , 2023		
<b>No Care Conference</b>	Marilyn Cook	Linda Mau		
	Mary Hoffman	<b>Dorothy Johnson</b>		

Employee September Birthdays	September Anniversaries
Deb Krumm – 12 <sup>th</sup>	Charlene Starr – 21 years
Trish Kellogg – 18 <sup>th</sup>	Trish Kellogg – 15 years
Carrie Smith – 18 <sup>th</sup>	Abie Freyholtz – 12 years
Nicole Rogers – 21 <sup>st</sup>	Jeanne Baxter – 8 years
Keanna Peterson – 25 <sup>th</sup>	Cathy Logan – 5 years
	Lindsay Harms – 3 years

## **THANK YOU!**

The residents would like to thank the community members who have brought in tomatoes, sweetcorn and veggies for them to enjoy. We look forward to enjoying the fresh produce from the garden!



## A Note from the Environmental Services...

Fall is right around the corner and that means colder weather! Please help your family member go through their closets and take home any unused items. If your loved one doesn't have a winter coat, gloves, hat and scarf, please make sure they have one for any doctor appointments or outings they might go out for.

We would also gladly accept any donations for bird seed to feed our feathered friends. The residents love watching the birds from their windows!

During Iowa State Fair Week, the residents had a bag tournament and got to enjoy some entertainment from Island Fever followed by Happy Hour.



## 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 high at risk.

Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes. An annual season flu vaccine is the best to help reduce the risk of getting flu and any of its potentially serious complications. Vaccination has been shown to many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death. While some people who get a flu vaccine may still get sick with influenza, flu vaccination has been shown in several studies reduce severity of illness.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against flu illness. Seasonal flu vaccines are designed to protect against the influenza viruses that research indicates will be most common during the upcoming season. All flu vaccines in the United States are "quadrivalent" vaccines, which means they protect against four different flu viruses: an influenza A(H1N1) virus, an influenza A(H3N2) virus, and two influenza B viruses.

We are sending out Influenza consent forms to be filled out and mailed back. We encourage everyone to receive an influenza vaccine. Please call with any questions or concerns.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep	tem	Der	All activities are subject to change!	There is a sign-up sheet on the beauty shop door for manicures ③	1 10:15 Rosary 2:00 Quarter Bingo	2 Independent Activity – "Bored Board"
10:00 St. Peter Lutheran Church Service on T.V.	Halley Halley LABOR DAY	10:00 One on One's 1:00 Music w/ Talia 2:15 Yahtzee 3:30 Sensory Group	10:15 Bible Study 2:00 Movie w/ Popcorn 6:30 Take Away Poker	7 10:00 Stories w/ Sherry 10:30 Group Exercise 2:00 Pokeno 3:30 Sensory Group	10:15 Prayer Service w/ Kate 2:00 Quarter Bingo 3:30 Sensory Group	9 Independent Activity – "Bored Board"
10:00 St. Peter Lutheran Church Service on T.V. Grandparents Day	10:00 Garden Social 10:30 Garden Exercise 2:00 Rockwell Methodist Volunteer Bingo	10:00 One on One's 1:00 Music w/ Talia 2:15 Chocolate Milkshake Social 3:30 Sensory Group	10:15 Rockwell Methodist Church Service 1:00 Baking Class Environmental Services Week	14 10:00 E.S. & Resident Social w/ Games 2:00 Pokeno w/ Tickets 3:30 Sensory Group	15 10:15 Mass w/ Father Josh 2:00 Quarter Bingo	11:30 Family/Friends Potluck!
17 10:00 St. Peter Lutheran Church Service on T.V.	10:00 Coffee Social w/ Puzzle 10:30 Group Exercise 2:00 Rockwell Lutheran Bingo	19 10:00 One on One's 10:30 Group Exercise 1:00 Music w/ Talia 2:15 Uno	10:15 Bible Study 2:00 Movie w/ Popcorn 6:30 Take Away Poker  Rehabilitat	10:00 Resident Council 2:00 Prize Pokeno 3:30 Sensory Group	10:15 Rosary 2:00 Quarter Bingo 3:00 Ice Cream Cones	Independent Activity — "Bored Board"
10:00 St. Peter Lutheran Church Service on T.V.	25 10:00 Activity Packet 10:30 Group Exercise 2:00 Sacred Heart Volunteer Bingo	3:30 Sensory Group  26  10:00 One on One's 10:30 Group Exercise 1:30 Resident of the Month Activity Choice 3:30 Sensory Group	Awareness V  27  10:15 Hanford Church Service 2:00 Monthly B-Day Party	28 10:00 Coffee Social w/ Puzzle 10:30 Group Exercise 2:00 Pokeno 3:30 Sensory Group	10:15 Rosary 2:00 Quarter Bingo	30 Independent Activity – "Bored Board"
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