

**Rockwell nursing home newsletter**

**october 2023**

**Hello October!**

September was a busy month here at the RCNH. We celebrated Environmental Service week and Rehab Awareness week. For E.S. week, we invited the department to play a game of Uno with us. There were lots of laughs and a good time had by all. In the therapy room, there was a photo booth posted for staff and residents to take pictures with. The theme for Rehab Awareness week was “Rehab Rocks” and the staff got to dress up as “rockstars” or wear rock music attire. Our therapists sure do rock!

During September, the residents enjoyed movies in the afternoon especially during those cool, fall days. We are going to keep doing this on Wednesday afternoons during October. The residents did some scratch art on leaves for some fall decoration in the dining room. As some of you know, we have been celebrating national days of each month. This month we enjoyed chocolate milkshakes, watched a 9/11 documentary, ice cream cones, and a baking class to name a few. For the baking class, each resident got to make two mini pies. One was strawberry flavored and the other was smores flavored. These were delicious and we will definitely be making these again!

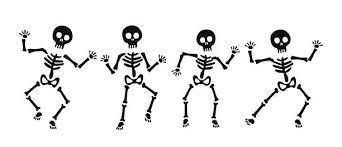
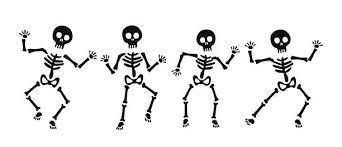
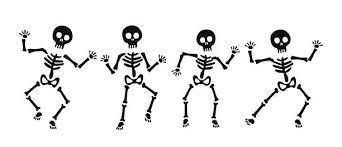
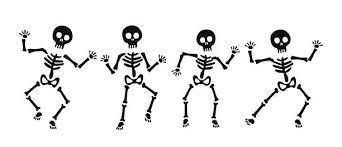
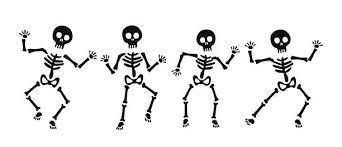
As some of you may know, the Iowa vs. Iowa State game was last month. We had a “rivalry” day where staff and residents could wear their Iowa or Iowa State gear. We also had a bag tournament that was Iowa Hawkeyes versus the Iowa State Cyclones. The winners were of course, the Iowa Hawkeyes!!!

Our September Resident of the Month was Pam Kiel. Her choice of activity was decorating fall sugar cookies. We all enjoyed decorating these, and maybe eating them too. 😉

Agnes Voss was the lucky choice winner of October’s Resident of the Month. Agnes was chosen because she has participated in the most activities in the month of September. Her average number of activities that she attended is 50!! Agnes is very involved in the facility and enjoys every activity we have to offer.

We have a lot planned for October including painting/carving pumpkins, Halloween crafts, cupcake decorating, and a costume party! We hope to see the Rockwell community come by the nursing home on Trick or Treat night so we can see all of the costumes … and give out candy!

Hailey & Trish

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**Below is the Care Conference schedule for the months of**

**October and early November.**

**October 5th, 2023 October 12th, 2023\_\_\_\_\_ October 19th, 2023**

**No Care Conference Dorothy Johnson Peggy Jones**

**Linda Mau**

**October 26th, 2023 November 2nd, 2023 November 9th, 2023**

**Audrey Harder Jeffery Boyes No Care Conference**

**John Chaddock Dorothy Poland**

**Agnes Voss**

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Iowa vs. Iowa State



The residents enjoying playing Uno with a couple ladies from the E.S. Department for E.S. Week!

Agnes making her smores pie!

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**Employee October Birthdays October Anniversaries**

**Kiera Woodbury – 12th Carrie Smith – 13 years**

**Alicia Light – 21st Tammy Stowe – 3 years**

**Gracie Ditsworth – 27th  Marguerita Abujobarah – 3 years**

**Tina Miller – 27th Chloe Nedved – 1 year**

**Brianna Jindra – 31st**

Fire Prevention 2023

Fire Prevention week 2023 is October 8th-14th and its theme is “Cooking safety starts with you!”.  Cooking is the leading cause of home fires, with nearly half of all home fires involving cooking equipment. Fire Prevention week is a great time to check your smoke detectors, fire extinguishers, and refresh your fire escape routes. At the Rockwell Community Nursing Home we practice monthly fire drills and extinguisher checks and semi-annual smoke detector and fire alarm inspections.

Fire Prevention week commemorates the Great Chicago Fire in 1871.

The fire began on October 8th, but continued into

and did most of its damage on October 9th.

The tragic fire killed more than 250 people, left 100,00

homeless, destroyed more than 17,400 structures

and burned more than 2000 acres.

In 1920, President Woodrow Wilson issued

the first National Fire Prevention Day proclamation,

and since 1922, Fire Prevention Week has been

observed on the week that October 9th falls.

**Hello from Nursing…**

**COVID-19 2023-2024 Vaccine:**

**CDC recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter. Updated COVID-19 vaccines from Pfizer-BioNTech and Moderna will be available soon.**

**Vaccination remains the best protection against COVID-19-related hospitalization and death. Vaccination also reduces your chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration.  If you have not received a COVID-19 vaccine in the past 2 months, get an updated COVID-19 vaccine to protect yourself this fall and winter.**

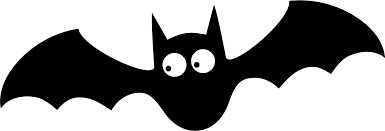
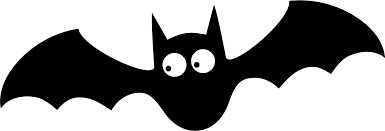
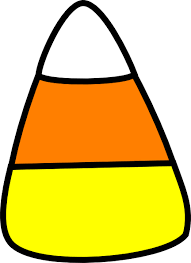
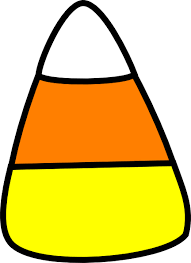
**The virus that causes COVID-19 is always changing, and protection from COVID-19 vaccines declines over time. Receiving an updated COVID-19 vaccine can restore protection and provide enhanced protection against the variants currently responsible for most infections and hospitalizations in the United States.  Last season, those who received a 2022-2023 COVID-19 vaccine saw greater protection against illness and hospitalization than those who did not receive a 2022-2023 vaccine.**

**Consent forms for the COVID-19 2023-2024 vaccine will be sent in the mail soon.**

**Please return those as soon as possible. We will give vaccinations once available.**

**Any questions please call. Thank you!**

**IP Team.**

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10:00 St. Peter Lutheran Church Service on T.V. | 10:00 Smarties Facts  10:30 Group Exercise  2:00 Swaledale Methodist Bingo  3:30 Sensory Group | 10:00 One on One’s  1:00 Music w/ Talia  2:15 Craft  3:30 Sensory Group | 10:15 Bible Study  3:30 Sensory Group  6:30 Take Away Poker | 10:00 Stories w/ Sherry  10:30 Group Exercise  2:00 Pokeno  3:30 Sensory Group | 10:15 Rosary  2:00 Quarter Bingo  3:30 Sensory Group | Independent Activity –  “Bored Board”  OR  Activity Packet |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 10:00 St. Peter Lutheran Church Service on T.V. | 10:00 Columbus Day Reading  10:30 Group Exercise  2:00 Rockwell Methodist Bingo  3:30 Sensory Group | 10:00 One on One’s  1:00 Music w/ Talia  2:15 Uno  3:30 Sensory Group | 10:15 Bible Study  1:30 Fire Prevention Speech from Josh  3:30 Sensory Group  **Fire Prevention Week** | 10:00 American Agriculture History  10:30 Group Exercise  1:30 Stories w/ Jolynn  2:15 Pokeno  3:30 Sensory Group | 10:15 Prayer Service w/ Kate  2:00 Quarter Bingo  3:30 Sensory Group | Independent Activity –  “Bored Board”  OR  Activity Packet |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| .  10:00 St. Peter Lutheran Church Service on T.V. | 10:00 Coffee w/ Puzzle  10:30 Group Exercise  2:00 Rockwell Lutheran Bingo  3:30 Sensory Group | 10:00 One on One’s  1:00 Music w/ Talia  2:15 Yahtzee  3:30 Sensory Group | 10:15 Bible Study  3:30 Sensory Group  6:30 Take Away Poker | 10:00 Stories w/ Sherry  10:30 Group Exercise  2:00 Prize Pokeno  3:30 Sensory Group | 10:15 Mass w/ Father Josh  2:00 Quarter Bingo  3:30 Sensory Group | Independent Activity –  “Bored Board”  OR  Activity Packet |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 10:00 St. Peter Lutheran Church Service on T.V. | 10:00 Wordle  10:30 Group Exercise  2:00 Sacred Heart Bingo  3:30 Sensory Group | 10:00 One on One’s  1:00 Music w/ Talia  2:15 Pumpkin Painting/Carving  3:30 Sensory Group | 10:15 Hanford Church Service  2:00 Monthly  B-Day Party  3:30 Sensory Group | 10:00 Pumpkin Trivia/Facts  10:30 Group Exercise  1:30 Stories w/ Jolynn  2:15 Pokeno  3:30 Sensory Group | 10:15 Prayer Service w/ Kate  2:00 Quarter Bingo  3:00 Beer & Cheese  3:30 Sensory Group | 5:00p – 7:00p  **Join us to welcome Rockwell Trick or Treater’s!** |
| 29 | 30 | **Costume Day** 31 |  |  |  |  |
| 10:00 St. Peter Lutheran Church Service on T.V. | 10:00 Coffee Social w/ Candy Corn Facts  10:30 Group Exercise  2:00 Prize Bingo  3:30 Sensory Group | 10:00 Halloween Trivia  10:30 Group Exercise  2:00 Halloween Party  3:30 Sensory Group |  | **ALL ACTIVITIES ARE SUBJECT TO CHANGE** | **Reminder:**  **There is a sign-up sheet for manicures on the beauty shop door!** | Halloween Streamers PNG Transparent Images Free Download | Vector Files |  Pngtree |
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