
Rockwell Nursing Home Newsletter

AUGUST
2024



Hello from Nursing....

August is Vaccine Awareness Month. Why vaccinate? On-time vaccinations throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening disease. Vaccinations are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Vaccinations begin at 2 months of age and are recommended well into our adulthood. Here are recommended vaccines we should receive in adulthood;

***Flu vaccine every year before the end of October.**

***Adults need Td (Tetanus and Diphtheria) vaccine every 10 years.**

***Healthy adults 50 years and older should get shingles vaccine.**

*** Adults 65 and older need one dose of pneumococcal conjugate vaccine followed by one dose of pneumococcal polysaccharide vaccine.**

***Adults younger than 65 who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get both of these vaccinations.**

***Adults may need other vaccines based on health conditions, job life-style, or travel habits**

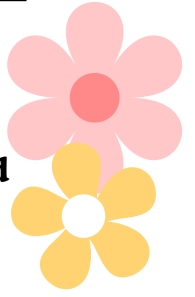
It always important to discuss this with your primary physician. If you would like more information, you can go to the CDC website.

We routinely check the residents vaccination status and make sure they are current on all their required vaccinations.

As always if you have any question or concerns, please don't hesitate to call. As a reminder, COVID is on the rise in the community. Please refrain from visiting if you care symptomatic or have been exposed. Hand hygiene is the best defense against infection.

Cindy Staudt, IP

News from the Activity Department....



In July we celebrated Independence Day with a Pot luck with all residents and staff. To get into the spirit of the holiday, we enjoyed Independence Day Trivia and created festive decorations. We also prepared for the 2024 Olympics by tasting french pastries and popular snacks throughout Paris.

Cleo O'Connor was the lucky winner for July's "Resident of the Month". Cleo enjoys baking, reading, spending time with family, and bingo. For her special activity we baked delicious cookies from Cleo's very own recipe.

Peggy Jones is August's "Resident of the Month". She enjoys playing bingo, listening to Elvis Presley, drinking a hot cup of coffee and conversing with other residents and employees.

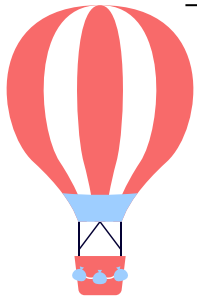
In August we look forward to having Island Fever perform live music, celebrating the Iowa State Fair, and cheering on the USA in the Olympics!

As the summer weather permits, we are still actively trying to start outdoor activities and enjoy our garden area!

Sammy and Trish, Activity Department :)

**THE RESIDENTS
ENJOYING OUR
4TH OF JULY
CRAFT &
POTLUCK!!**





Below is the Care Conference schedule for August and early September. We invite family members to attend, so please call to schedule a time. For your convenience and ours, we limit to 30 minutes per conference.

Thursday, August 1st and Thursday, August 8th

No Care Conferences

Thursday, August 15th

Gordon Wickwire
June Wickwire
Laura Gail Etzen
Clarence Kirchoff

Thursday, August 22nd

No Care Conference

Thursday, September 5th

No Care Conference

Thursday, August 29th

Pamela Kiel
Nicole Tabor
Janet Wright



Employee August Birthdays

Jenny H. - 1st
Emersyn B.- 13th
Chloe N. - 13th
Mackenzie S. - 24th
Keyona H. - 24th
Jessica W. - 26th

Happy Birthday!

Resident August Birthdays

John Chaddock - 23rd
Peggy Jones - 29th

Employee July Anniversaries

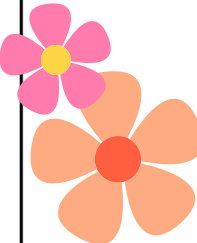



Jenny H.- 2 years

Physical Therapy vs. Occupational Therapy

Physical Therapy (PT) focuses on helping improve your movement, mobility, and function. This is done by using a variety of exercises, stretches, or other physical activities. Occupational Therapy (OT) focuses on helping you perform daily tasks more easily. There are many situations when PT and OT services could overlap. While they may have similar goals and treat many of the same conditions, they also differ. Which type of therapy you need depends on your specific condition and individual needs.

Sarah Kobliska, PTA/RA

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*ALL SUBJECTS ARE SUBJECT TO CHANGE*</p>				<p>1</p> <p>9:45 Stories with Sherry 10:30 Music with Talia 2:00 Prize Pokeno</p>	<p>2</p> <p>10:15 Rosary 2:00 Quarter Bingo 3:00 Social</p>	<p>3</p> <p>Independent Activity "Bored Board"</p>
<p>4</p> <p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>5</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Swaledale Methodist Church</p>	<p>6</p> <p>10:00 Coffee & Convos 10:30 Exercise 2:00 Trivia</p>	<p>7</p> <p>10:15 Bible Study with Louise 2:00 USA Olympics Watch Party 6:30 Take Away Poker</p> 	<p>8</p> <p>10:30 Music with Talia 1:30 Stories with Jolynn 2:00 Card Games</p>	<p>9</p> <p>10:15 Prayer Service with Kate 2:00 Quarter Bingo 3:00 Social</p>	<p>10</p> <p>Independent Activity "Bored Board"</p>
<p>11</p> <p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>12</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Faith United Church</p>	<p>13</p> <p>10:00 Coffee & Convos 10:30 Exercise 2:00 Island Fever</p>	<p>14</p> <p>10:15 Bible Study with Pastor Wendy 2:00 State Fair Carnival</p>	<p>15</p> <p>9:45 Stories with Sherry 10:30 Music with Talia 2:15 Prize Pokeno</p>	<p>16</p> <p>10:15 Mass with Pastor Josh 2:00 Quarter Bingo 3:00 Social</p>	<p>17</p> <p>Independent Activity "Bored Board"</p>
<p>18</p> <p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>19</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Rockwell Lutheran Church</p>	<p>20</p> <p>10:00 Coffee & Convos 10:30 Exercise 2:00 Baking Class</p>	<p>21</p> <p>10:15 Bible Study with Louise 2:00 Movie & Popcorn 6:30 Take Away Poker</p> 	<p>22</p> <p>10:30 Music with Talia 1:30 Stories with Jolynn 2:00 August Craft</p>	<p>23</p> <p>10:15 Prayer Service with Kate 2:00 Quarter Bingo 3:00 Social</p>	<p>24</p> <p>Independent Activity "Bored Board"</p>
<p>25</p> <p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>26</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Rockwell Sacred Heart</p>	<p>27</p> <p>10:00 Coffee & Convos 10:30 Exercise 2:00 Monthly Birthday Party 3:30 Music with Talia</p> 	<p>28</p> <p>10:15 Hanford Church Service 2:00 Resident of the Month Activity</p>	<p>29</p> <p>10:00 One on Ones 2:00 Short Stories in the Garden 2:45 Music Trivia</p>	<p>30</p> <p>10:15 Bible Study 2:00 Quarter Bingo 3:00 Social</p>	<p>31</p> <p>Independent Activity "Bored Board"</p>