
Rockwell Nursing Home Newsletter

JULY 2024



Hello from Nursing.... The Benefits and Dangers of Sunlight for Seniors

Happy Summer! We are at the time of the year when we are enjoying trips out to the garden.

When it comes to senior health, we all want easy answers. But sometimes, senior health can be complicated for seniors and senior care providers alike. The sunshine can be both beneficial and dangerous for seniors.

Sunlight has been linked to a range of benefits for seniors. Most of these benefits are linked to vitamin D. Human beings are only able to produce vitamin D naturally through exposure to the sun.

Healthy levels of vitamin D carry a range of benefits for seniors that include: Stronger bones, better mood, improved cognition, and cardiovascular health.

Exposure to sunlight is also linked to improved sleep patterns in seniors. Our natural sleep schedule is heavily influenced by sunlight, so lack of exposure to sun can trigger insomnia or irregular sleeping patterns.

Sunlight Carries Risk of Skin Cancer:

The biggest danger of sunlight is commonly known: skin cancer. Skin cancer is the most common cancer in America, and its number one risk factor is overexposure to sunlight.

Finding a Healthy Balance:

With the benefits and dangers of sunlight for seniors, it can be tough for seniors care providers to find a healthy balance. A good guideline to follow is to ensure that seniors receive 5-10 minutes 2-3 times a week. This is the amount that is needed to produce healthy levels of vitamin D. It is also enough that the increased risk of skin cancer is typically minimal. It's also recommended to wear sunscreen when going outdoors.

We hope that you are enjoying your summer!

IP Team



News from the Activity Department....

In June we celebrated Fathers Day by having Donuts and Coffee at breakfast. We want to give a special thank you to all of the volunteers who joined us for activities in the month of June and the kind donation such as puzzles we have received.


Clarence Kirchhoff was the lucky winner for June's "Resident of the Month". Clarence enjoys bingo and everything that involves the Minnesota Twins. He chose Bingo for his special activity of the month.

Cleo O'Connor is July's "Resident of the Month". She enjoys any board game, bingo, activities involving music, and all conversations regarding baking.

We will celebrate the 4th of July with a Social that will include a pot luck and holiday trivia!

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

Sammy and Trish, Activity Department



THE. RESIDENTS
ENJOYING OUR
BAKING CLASS
AND SUMMER
CRAFT!



Below is the Care Conference schedule for July and early August. 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.

<u>Monday, July 1st</u>	<u>Monday, July 8th</u>	<u>Thursday, July 18th</u>
John Chaddock	Cleo O'Connor	No Care Conference
Jeff Boyes	Duane Ballhagen	
Christine Holt		

Thursday, July 25th Thursday, August 1st
No Care Conferences

Employee July Birthdays

Avah H. - 18th
Shaylea R. - 29th

Resident July Birthdays

Audrey H. - 9th
Jeff B. - 25th
June W. - 27th

Employee July Anniversaries

Julie S. - 26 years
Rachel D. - 28 years
Alicia L. - 6 years



*Happy
Birthday!*

FALL PREVENTION

An estimated 1 in 4 Americans over the age of 65 fall each year. Falls are the most common cause of hospital admissions in the US. Currently, the National Council on Aging offers six steps that can help prevent a fall:

1. Find an exercise program that can help build strength and flexibility.
2. Speak to a healthcare provider to understand the risk of falling.
3. Regularly review medications with a doctor/pharmacist to understand the side effects.
4. Get both hearing and vision checked annually.
5. Reduce tripping hazards at home.
6. Enlist the support of family and friends.

Sarah Kobliska, PTA/RA

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*ALL SUBJECTS ARE SUBJECT TO CHANGE*</p> 	<p>1</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Swaledale Church</p>	<p>2</p> <p>10:00 Coffee & Convos 10:30 Exercise 2:00 4th of July Craft</p>	<p>3</p> <p>10:15 Bible Study w/ Louise 2:00 4th of July Social</p>	<p>4</p> <p>Independent July Activity Packet</p>  <p>Ind Day</p>	<p>5</p> <p>10:00 Rosary 2:00 Quarter Bingo 3:00 Ice Cream Social</p>	<p>6</p> <p>Independent Activity "Bored Board"</p>
<p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>8</p> <p>10:00 Coffee & Convos 10:30 Morning Movement 2:00 Bingo Rockwell Methodist Church</p>	<p>9</p> <p>10:00 Coffee Social 10:30 Glow in the Dark Fitness 2:00 Movie & Popcorn</p>	<p>10</p> <p>10:15 Bible Study w/ Pastor Wendy 2:00 Trivia 6:30 Take Away Poker</p>	<p>11</p> <p>9:45 Stories w/ Sherry 10:30 Music w/ Talia 2:00 Prize Pokeno</p>	<p>12</p> <p>10:15 Prayer Service w/ Kate 2:00 Quarter Bingo 3:00 Happy Hour</p>	<p>13</p> <p>Independent Activity "Bored Board"</p> <p>2:00 Bingo w/ Tom</p>
<p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>15</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Rockwell Lutheran Church</p>	<p>16</p> <p>10:00 Coffee & Convos 10:30 Exercise 2:00 Bean Bag Tournament</p>	<p>17</p> <p>10:15 Bible Study w/ Louise 2:00 Baking Class</p>	<p>18</p> <p>10:30 Music w/ Talia 1:30 Stories w/ JoLynn 2:15 Uno</p>	<p>19</p> <p>10:15 Mass w/ Pastor Josh 2:00 Quarter Bingo 3:00 Afternoon Social</p>	<p>20</p> <p>Independent Activity "Bored Board"</p>
<p>10:15 St. Peter Lutheran Church Service on T.V. 2:00 Movie and Popcorn</p>	<p>22</p> <p>10:00 Coffee & Convos 10:30 Morning Movement 2:00 Bingo Rockwell Sacred Heart</p>	<p>23</p> <p>10:00 Coffee Social 10:30 Mobility Masters 2:00 Short Stories in the Garden</p>	<p>24</p> <p>10:15 Hanford Church Service 2:00 Taste of Paris (Olympics) 6:30 Take Away Poker</p>	<p>25</p> <p>9:45 Stories w/ Sherry 10:30 Music w/ Talia 2:00 Prize Pokeno</p>	<p>26</p> <p>10:15 Prayer Service w/ Kate 2:00 Quarter Bingo 3:00 Rootbeer Floats</p>	<p>27</p> <p>Independent Activity "Bored Board"</p> <p>2:00 Bingo w/ Tom</p>
<p>10:15 St. Peter Lutheran Church Service on T.V.</p>	<p>29</p> <p>10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Hanford Church</p>	<p>30</p> <p>10:00 Coffee & Convos 10:30 Mindful Movement 2:00 Monthly Birthday Party</p>	<p>31</p> <p>10:15 Bible Study w/ Louise 2:00 Resident of the Month Activity</p>			