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# Rockwell Nursing Home Newsletter

# FEBRUARY 2025



## **Hello from the Activity Department...**

**In the month of January, we celebrated and reflected the new year with a New Year's Party. We participated in our normal activities such as Bingo, Pokeno, Music Therapy, Exercise, and Bible Study. We enjoyed a Hot coco bar and delicious slices of pie while working on a few puzzles! For our baking class this month, we made confetti cake dip (and yes it was as sweet as it sounds.) We also tried the game badminton and learned that we may have to start a badminton club! Unfortunately, we had a outbreak of illnesses throughout the facility and that resulted in one on ones in our rooms for two weeks. Although isolation is never fun, we continued to have smiles on our faces. We are officially out of isolation and are running back to normal.**

**We want to caution visitors when visiting the facility that we are in the process of painting so please be aware of misplaced furniture or other items. We are very excited to see the outcome of the re-design.**

**Sammy and Trish, Activity Department :)**







## Hello from Nursing...

February is American Heart month, a time when all people can focus on their cardiovascular health.

What is heart disease? Heart disease refers to several types of heart conditions. The most common type of heart disease in the United States is Coronary Artery Disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack. What are the symptoms of heart disease? Sometimes heart disease can be silent and not diagnosed until a person experiences signs and symptoms of heart attack, heart failure, or an arrhythmia. Symptoms may include:

**Heart Attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heart burn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

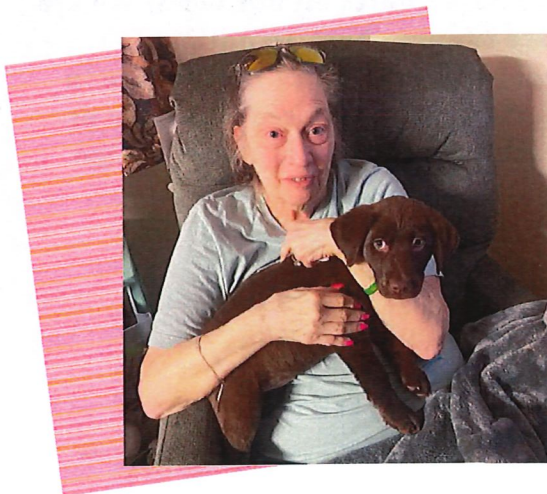
**Arrhythmia:** Fluttering feeling in the chest (palpitations).

**Heart Failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen or neck veins.

What are the risk factors of heart disease? High blood pressure, high cholesterol, and smoking are the key risk factors. Almost half of the people with heart disease have at least one of these three risk factors. Other medical conditions and lifestyle choices can also put people at a higher risk, including: diabetes, obesity and overweight, unhealthy diet physical inactivity, excessive alcohol use.

Have your blood pressure checked regularly and see your physician if you are experiencing any of these symptoms.

Cindy Staudt - LPN, IP



**OUR SWEET LITTLE  
VISITOR MR.  
GOOSE**

Below is the Care Conference schedule for February. 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, February 6th      Thursday, February 13th

Gordon W.

Pam K.

June W.

Nicole T.

Norma S.

Thursday, February 20th      Thursday, February 27th

No Care Conferences

Linda M.

Mary H.

Marlene R.

**Illness Reminder: We have experienced an increase in respiratory illness among the residents and staff the past few weeks with Influenza A and COVID. If you are ill, or have been exposed please refrain from visiting.**

**As a reminder, if you have test positive for COVID, Influenza, RSV, or Norovirus, please refrain from visiting. With COVID positive results, visitors need to follow the residents' guidelines of refraining from visiting for 10 days after symptoms start. Influenza and RSV is a 7-day isolation, Norovirus is at least 48 hours after symptoms end.**

**If you have any questions or concerns, please call the nursing home and we will be happy to help.**

**Thank you!**

**IP Team**

#### EMPLOYEE-FEBRUARY-BIRTHDAYS

Charlene S. - 10th

Barb J. 17th

#### EMPLOYEE-FEBRUARY-ANNIVERSARIES

Kaylee L. - 1 year

Sandy N. - 1 year

Tina M. - 5 years





Nicole R. - 8years

#### RESIDENT-FEBRUARY-BIRTHDAYS

Margaret M. - 12th



# FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				*ALL ACTIVITIES SUBJECT TO CHANGE *		1  Independent Activity "Bored Board"
2  10:15 St. Peter Lutheran Church Service on T.V.	3  10:00 Coffee Social 10:30 Morning Movement 2:00 Prize Bingo	4  10:00 Today in History 10:30 Exercise 2:00 Bowling 3:00 Rootbeer Floats	5  10:15 Bible Study with Louise 2:00 Valentines Day Craft 3:00 Super Bowl Picks 6:30 Take Away Poker	6  9:45 Stories with Sherry 10:30 Music with Talia 2:00 Prize Pokeno 3:00 Popcorn Bar	7  10:15 Rosary 2:00 Quarter Bingo 3:00 Social	8  Independent Activity "Bored Board"
9  10:15 St. Peter Lutheran Church Service on T.V. 2:00 Pregame Super Bowl Party 	10  10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Faith United Church	11  10:00 History of Valentine's Day 10:30 Exercise 2:00 Baking Class	12  10:15 Bible Study with Wendy 2:00 Valentine Boxes & Cards 3:00 Valentine's Day Movie	13  10:30 Music with Talia 1:30 Stories with Jolynn 2:15 Prize Pokeno	14  10:15 Prayer Service with Kate 2:00 Quarter Bingo 3:00 Valentine's Day Party!!	15  Independent Activity "Bored Board"
16  10:15 St. Peter Lutheran Church Service on T.V.	17  10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Rockwell Lutheran Church	18  10:00 Coffee Social 10:30 Exercise 2:00 Monthly Birthday Party	19  10:15 Bible Study with Louise 2:00 Pass the Pig 6:30 Take Away Poker	20  9:45 Stories with Sherry 10:30 Music with Talia 2:15 Prize Pokeno	21  10:15 Mass with Father Josh 2:00 Quarter Bingo 3:00 Rootbeer Floats	22  Independent Activity "Bored Board"
23  10:15 St. Peter Lutheran Church Service on T.V.	24  10:00 Coffee Social 10:30 Morning Movement 2:00 Bingo Rockwell Sacred Heart	25  10:00 Today in History 10:30 Exercise 2:00 Resident of the Month Activity	26  10:15 Handford Bible Study 2:00 Trivia 3:00 Caramel Apple Bar	27  10:30 Music with Talia 1:30 Stories with Jolynn 2:00 Prize Pokeno	28  10:15 Prayer Service with Kate 2:00 Quarter Bingo 3:00 Social	