

Rock Haven Happenings

Rock Haven | 3400 Country Trunk F, Janesville WI | (608) 757-5000

January 2023

January Holidays

January 1

New Year's Day

January 4

Trivia Day

January 16

Civil Service Day

January 18

Martin Luther King Jr. Day

January 22

Chinese New Year



January 27

Chocolate Cake Day

January 29

National Puzzle Day

A Note from Natalie

Rock Haven,

Happy New Year!

The New Year is a period to reflect on the previous year and celebrate the arrival of a new one. It's also a time to share hopeful Happy New Year wishes with everyone in your life, including friends, family, co-workers, and neighbors.



With that in mind, I want to thank our residents and staff here at Rock Haven for their care, dedication, and hard work in this past year. And as we look forward, I wish them a happy and prosperous year to come.

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Major, United States Army (retired)
Licensed Nursing Home Administrator
Rock Haven Skilled Nursing Facility
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A Message from Bob

Rock Haven,

With all the happiness of the
New Year 2023...

Please remember

*You do not find the HAPPY
life... You make it.*

- Camilla Eyring Kimball

So, let's ALL go make it a HAPPY 2023!

*Bob Kennison
DON*





Resolutions with the Business Office

January is financial wellness month. Financial health is just as important as physical health. As you are setting goals for 2023 take time to reflect on your financial stress of last year. Think about setting and committing to a budget, an emergency fund, saving consistently, or paying off debts in small bites. Don't set yourself up to fail, use the SMART system.

Specific- Be specific in your goals. Whether its saving for a vacation, emergency fund, paying off debt, or a down payment for a house. Write it down and be specific. Instead of saying I want to spend less and save more, write down your specific goal.

Measurable- Make it measurable. If you want to save \$1000 then write down, I am going to save \$1000.

Actionable- What do you need to do to save \$1000? Maybe this means you will have to eat out less or make coffee at home instead of buying it. Write down and act on how you are going to achieve your goal. One option is to pay yourself first. Ask your bank to set up an auto transfer of into your savings every payday.

Realistic- Make sure your goal is attainable. Maybe you can't afford to put \$40 into savings every payday. Set a realistic goal, maybe you start with \$10 every payday.

Time Bound- Set a date to achieve your goal. 1 month, 6 months, 1 year.

Make sure to keep your goal in a place you see it frequently. Put it on your fridge, set a reminder in your phone. Remind yourself why you set this goal, and what it will mean when you achieve it.

*Tonya Colvin
Business Services Manager*





Holidays at Rock Haven

The holidays at Rock Haven were a flurry of activity! We started the weekend after Thanksgiving with a very special concert.

The Choristers, the Ambassadors of the Janesville Senior Center, were our first musical act. Slowly coming out of the Covid era, we were glad to see old friends.



Their new leader, Tom Howe, is a longtime friend of Rock Haven. They helped set the tone for the season. We had 7 musical acts during the season and were grateful for the time we spent together.





Millie C. and Jean S.

Speaking of being grateful, it is important for me to note the many who made our holidays possible. Special thanks go to the Parish of St. Mary of Milton. Their Parish has been so generous to us over the years. Whether working with Vicki or Randi, they have gone above and beyond the past years working in getting every single Resident a special gift. Their generosity has no limit.



Vera, Wendy, and Adele

Our favorite Santa Claus, a/k/a Steve Sparhawk, assisted us with the Christmas Party. He has been our dedicated partner for years and it wouldn't be Christmas without him!



Alice J. and Wendy



Judy C.

Deb, the Dietician, crocheted everyone a stocking to put on their tree and my friend who travels donated enough toiletries to fill every stocking. We also received donations from the Salvation Army, Mary Kay Company, and some friends near and dear to my heart who prefer to remain anonymous. I would also like to acknowledge the family of Gwen Sunby who donated jewelry, clothes, and a stand-alone jewelry chest. These items help keep our Canteen open and operating so that we can offer loved ones an inexpensive shopping trip.



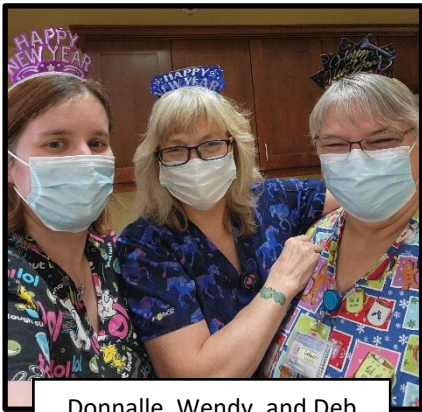
Mary G. and Ann P.

Happy New Year from Activities



Ushering in the New Year, I purchased fresh fruit-watermelon, and the team offered other treats in our annual snackorama. As always, I am grateful for the great team I get to work with each day!

- Vera



Donnalle, Wendy, and Deb



Judy C.



Jean S.



Millie C.



January Birthdays!

Resident Birthdays

Michael D.
January 6

Lois P.
January 22

Rachelle S.
January 31

Walter K.
January 20

Judith H.
January 26

Employee Birthdays

Tara K.
January 1

Terri H.
January 12

Luke P.
January 19

Kayleah W.
January 2

Pat F.
January 13

Laurie G.
January 21

Kelli M.
January 25

Philip A.
January 3

Angela S.
January 15

Mary D.
January 22

Justinia S.
January 29

Shannon L.
January 6

Alexis K.
January 16

Ashley J.
January 22

Kevin F.
January 29

Darlene A.
January 11

Chelsea P.
January 17

Atina P.
January 23

Tibbs B.
January 31

Pam J.
January 19

Melanie A.
January 24



**Welcome to our
New Residents!**

Limestone West



Terry H.
Clarice D.

Sandstone East



Gerald R.

2023

HAPPY NEW YEAR

©DESIGNALIKIE

Sandstone West





Welcome to the Team!

Jazmine L.
CNA

Laz S.
ESW

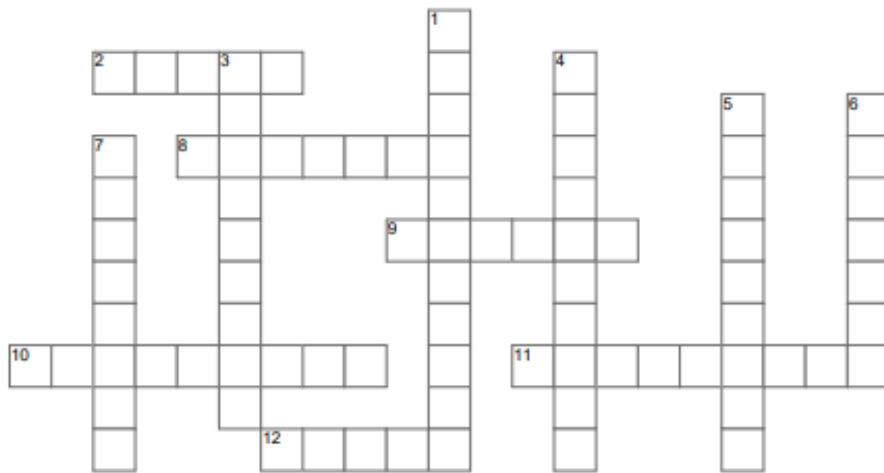
Adele G.
Therapy

Approach the New Year with
resolve to find the opportunities
hidden in each new day.

— Michael Josephson



HAPPY NEW YEAR



ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

FAMILY
MIDNIGHT
BEGINNING

JANUARY
CHAMPAGNE
FIREWORKS

CLOCK
COUNTDOWN
PARTY

RESOLUTION
FRIENDS
NEW YEARS DAY