

Rock Haven Happenings

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

February 2023

February Holidays

February 2
Groundhog's Day

February 6
*International
Frozen Yogurt Day*

February 14
Valentine's Day

February 17
*Random Acts of
Kindness Day*

February 20
Presidents' Day

February 21
Mardi Gras

February 26
Carnival Day

A Note from Natalie

Rock Haven,

What is love to you?

Loves provides a little more extra help or sitting quietly to hear stories, allowing others to know their lives matter.

Love is being able to listen and have empathy for what others are going through and providing sincere reassurance.

Love is being friendly and having goodwill towards all people.

Love is a commitment in good and bad times.

Love is recognizing the equal worth of all people.

Love seeks to serve everyone with kindness and respect.



It is important to remember that our mission, to provide high-quality care, would be impossible without LOVE.

Happy Valentine's Day

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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,

As we are going into this Month of February...

The Month of LOVE...

Please remember
that we are the
Chosen Ones to
LOVE.



Love your neighbor as
yourself.

Mark 12:31



Our residents,
the families, the
Environment and
especially EACH
OTHER AND
YOURSELF.

BUT let us not forget to keep our love the
whole year as our residents and families
depend on our LOVE.

*Bob Kennison, RN
DON*



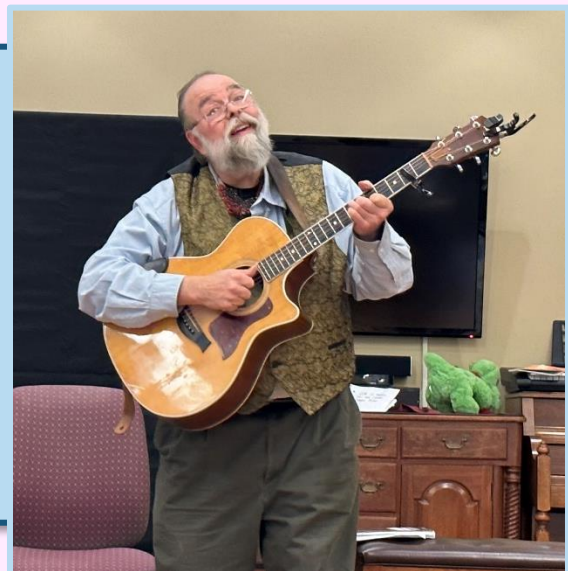
News from Activities

January was a busy month in the Activity Department. We had 8 musical events alone, not counting all the other events Residents have come to love. Let it be known, Euchre and Bingo will never be cancelled!



We are grateful for Hal and Joyce. Hal plays the guitar, piano and clavinova. Sue has a clear and sweet soprano voice. Together they are a wealth of stories, trivia, and humor.

Back by my request was Rich Bauman. A song writer, storyteller, and master of multiple instruments, he entertained us at our monthly birthday party. Anyone that has sung with Pete Seeger is high on my list and he doesn't disappoint.



VFW Post 1621, the Loyal Order of the Cooties and their entire entourage delighted us with Dollar Bingo. Their semi-annual conference was in Janesville, and we even made the VFW newspaper! This group was one of my favorites of the past and I am so glad they are back. We have already set it up for February 26th!



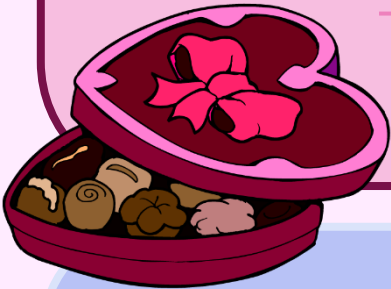
*Vera Polglaze
Activities Director*

From Environmental Services

"In February there is everything to hope for and nothing to regret."

- Patience Strong

Michelle Lynch
ES/Materials Supervisor

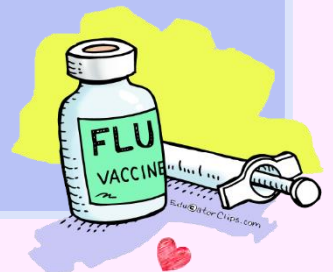


Infection Control Corner

Don't forget!

It's not too late to get a flu shot for the 2022-2023 Influenza season. While no vaccine is 100% guaranteed, vaccines greatly help reduce the chance of getting sick.

Chelsea Phillips, RN
Infection Preventionist





Food for Thought from the Kitchen

Rock Haven Food Service Update

Well wishes to all from everyone at Rock Haven Food Service this new year. Stay Safe and Wash your hands. These words continue to ring clear every day in the Food Service Department as we care for all of the residents. We are continuing to provide healthy, nutritious, and tasty foods for all of our residents here at Rock Haven. These times continue to pose some challenges. The ability to get all the things we order from our food providers is not getting any easier and in many cases it has gotten worse. There will be times that we may have to adjust the menus/items to accommodate for items that continue to be unavailable due to the pandemic, bird flu, and the war in the Ukraine.

A couple of things we are excited about are as follows:

- 1) We will continue to offer an everyday menu that includes some items to choose from if neither of the daily entrée choices sound like something you would like. They are: Hamburger, Hot Dog, Chef Salad, Grilled Cheese, Cottage Cheese Fruit Plate w/ Muffin, and a Deli Sub Sandwich.
- 2) We are pleased to share in the excitement of opening the Isolation areas of our facility
- 3) We will continue to survey residents in the facility at our normal Resident Council Meetings and monthly "Chat with Nat" Food Committee the first Friday of each month. All residents are encouraged to join us. We will use this information to bring at least one new item to the menu each month.
- 4) We have worked with the Activities Department and have changed the day of our Happy Hour to Tuesdays now so that there is a better opportunity for more participation.

Thank you for trusting us to provide for your loved ones.

Tim Brown
Food Service Manager



February Birthdays!

Resident Birthdays

Sandra A.
February 2

Judith C.
February 12

Sylvia J.
February 19

Ginger L.
February 7

Lois B.
February 17

Joyce M.
February 20

Betty C.
February 11

Norman F.
February 17

Thomas H.
February 27

Employee Birthdays

Laura H.
February 2

Becky C.
February 8

Austin D.
February 16

Tina P.
February 3

Brandie H.
February 9

Michelle J.
February 23

Amanda S.
February 27

Lori B.
February 4

Steve B.
February 13

Maria L.
February 25

Jerin H.
February 28

Megan W.
February 5

Dorothy S.
February 16

Teresiah K.
February 27

Kara B.
February 29





Welcome to our New Residents!

Limestone West



Beverly S.
Bernerd E.
David H.

Sandstone East



John N.
Richard K.
Richard A.



Sandstone West



Marjorie H. Jacqueline T.
Jae M. Ellen Y.
Nellie L. Doreen B.
Louise O.





Welcome to the Team!

Nancy A.
FS Supervisor

Brendin J. Amanda K. Patti H.
CNA *CNA* *CNA*

X Z N E I H E S S B W V
 H Z B M S W Q X F S V H B T J U V S
 Z Q J F O O A A M C S P T N N N U F J E K M
 C B I G L R R R T A F D X J W R H I M F R Q B L J C
 Q G E A O H T U S X E I B B W D X A C S H D W W G O D H
 U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z
 U R F Q E B Q E Z H R U C B U B X H U L I J X F D E D A
 I A J W R R E N U Y S C E B Q E F O O R D B F E X W Z Y
 W G S S S E N D N I K P T S K Z A T W C L G R P H N K M
 T J U W O E S E R V I C E C S N O F R J O U A Q M U C E
 L K C O T M B L U F T H G U O H T C P Q L L Q T M F N U
 D O I Y B Q D Y G H A P P I N E S S T O S Z A H G E Z Y
 J Z Z H D U V Q P D R P I H S D N E I R F G R T N I T
 D E T S N R P E E P C D W H R M S Q D T L F O E S C
 F M J W A G H O B T O K L W U P O D F O Z A P J
 A Z K V C V H O R X X P X J C L E T T E R S
 T G I F T S R M H S F E K N I P P T I A
 D I R D A W G D C A X R G T B F K F
 E I T B B P J K C V B A Z I M D
 Q F P V I O Z Z I N C H Y J
 J S Q Y D D Z M H E Y S
 H T B V S H H I X Q
 W I K L Z F M Z
 B O T G P J
 L V I R
 V R

Valentine's Day Word Search

Word Bank

- | | | |
|--------|----------|------------|
| ARROWS | CANDY | CHOCOLATE |
| CUPID | FLOWERS | FRIENDSHIP |
| FUN | GIFTS | HAPPINESS |
| HEARTS | KINDNESS | LETTERS |
| LOVE | NICE | PINK |
| RED | ROSE | SERVICE |
| SHARE | SWEET | THOUGHTFUL |





Love Song Match-Up

1. Straight from the Heart _____
2. Valentine: A Singing Card _____
3. I Left my Heart in San Francisco _____
4. The Power of Love _____
5. Be My Friend _____
6. Valentine, Valentine _____
7. Be My Valentine _____
8. Hungry Heart _____
9. A Big Hunk O' Love _____
10. Heart of Gold _____
11. A Room in My Heart _____
12. Accidentally in Love _____
13. Just for You _____
14. Where is Your Heart _____
15. Every Beat of my Heart _____
16. Love is in My Heart _____
17. Achy Breaky Heart _____
18. V-A-L-E-N-T-I-N-E _____
19. Un-Break My Heart _____
20. Always on My Mind _____

- A. Marla Lewis
- B. Andrea Moon
- C. Ron Brown
- D. Denise Gagne
- E. Faith Hill
- F. Celine Dion
- G. Billy Ray Cyrus
- H. Jack Hartmann
- I. Willie Nelson
- J. Tony Bennett
- K. Brian McKnight
- L. Mary Flynn
- M. Elvis Presley
- N. Bryan Adams
- O. Kelly Clarkson
- P. Counting Crows
- Q. Neil Young
- R. Toni Braxton
- S. Bruce Springsteen
- T. Hap Palmer

Answer Key: 1.N 2.A 3.J 4.F 5.T 6.D 7.H 8.S 9.M 10.Q 11.E 12.P 13.B 14.O 15.K 16.L 17.G 18.C 19.R 20.I

