

Rock Haven Happenings

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

March 2023

March Holidays

March
Women's History Month

March 4
*Employee
Appreciation Day*

March 8
*International
Women's Day*

March 14
National Pi Day

March 17
St. Patrick's Day

March 20
First Day of Spring

March 30
National Doctors' Day

A Note from Natalie

Rock Haven,

With Winter coming to an end, Spring welcomes us with a time of renewal. It is the season of life, rebirth, joy, and love.

Remember this is a time of new beginnings and renewed hope. The blooming flowers of the season serve to remind us that no matter how dark and cold the past winter months may have been, life will begin anew.



And finally, March is the month of National Women's History Month. Since 1987, March is a time to recognize the contributions and achievements women have made in our military services and throughout history. Their courage overseas and at home has paved the way for new generations of women to come.

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Major, United States Army (retired)
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A Message from Bob

Rock Haven,

March is the month for Leprechaun's and Luck
but remember that it doesn't just take luck, but
it also takes LOVE.

Just ponder what the great songwriter and lead
singer of the Beatles said in his song, "With a
Little Luck." He writes...

With a little luck we can help it out
We can make this whole darn thing work out
With a little love we can lay it down
Can't you feel the town exploding?

There is no end to what we can do together
There is no end
The willow turns his back on inclement weather
And if he can do it, we can do it just me and you.

With a little luck and love,

Bob Kennison, RN
DON



News from Activities

We were fortunate to have Mary sing for our Monthly birthday party. Mary Van Galder is a treasure, and we enjoy her calm voice.



We celebrated Valentine's Day several ways over several days. There was painting, picture making and homemade Valentines from the Homestead Apartments.

Let's not forget our feathered friends, either. Heart bird feeders were made and hung for those who bring us so much joy in the winter months. Speaking of birds, the Aviary is now totally run by our team. We are pleased to announce 4 (as of this writing) new babies. Feel free to stop by the Aviary to check them out.



Donor Corner

Do you or anyone you know work for FritoLay? We are looking for a connection to get chips at a lower cost than the grocery store for the Canteen. We know the Residents love their chips, but they are expensive.



Any help is appreciated!

Vera Polglaze
Activities Director

From Environmental Services

I want to say that I not only appreciate my team, but all the staff at Rock Haven. Everyone has been challenged during the last couple years with the pandemic. Everyone has stepped in to help with tasks that may not be theirs, but for the love of the residents, everyone pitched in to help and get the tasks completed.



Michelle Lynch
ES/Materials Manager



Infection Control Corner

From AHRQ (Agency for Healthcare Research and Quality): March is a time to recognize Patient Safety Awareness Week! One easy way to keep ourselves safe is washing hands. Hand hygiene is protection against germs that make us sick. Good hand hygiene is using an alcohol-based hand rub all over the surface of hands until dry or soap and water for 20 seconds. Good times to clean hands are before you eat, after using the restroom and after sneezing or coughing when touching the nose or mouth.

Chelsea Phillips, RN
Infection Preventionist



Food for Thought from the Kitchen

Change is in the Air!!! We will be starting the new Spring Menu Cycle with several revisions based on resident input over the past several months. Our cooks are diligently looking through cookbooks and Food Network to bring updated recipes and ideas to our menus. Watch for all the goodies and please continue to give us your suggestions!

Corned Beef & Cabbage dinner for St. Patrick's Day will be on Wednesday, March 15!!! Happy Hour on Tuesdays will continue as usual.

We are here to serve you!

Deb Potter, RD

Happy March from the Business Office

We find ourselves very busy this time of the year, preparing reports for Medicare, Medicaid, and getting ready for the annual audit.

It's important to balance our hard work with a little fun so here are some of our favorite holidays in March.

March 2nd – National Read Across America Day, which is Dr. Seuss' Birthday. Celebrate by reading *The Cat in the Hat* and/or eating Green Eggs and Ham.

March 17th - St. Patrick's Day – Celebrate today by eating corned beef and cabbage, kissing the blarney stone, and catching a leprechaun. Here is an Irish blessing for each of you 'May your troubles be less, your blessings be more, and nothing but happiness come through your door.' May the luck o' the Irish be with you today and every day! Erin Go Braugh (Ireland Forever).

March 20th – Spring Equinox – The first official day of spring!!! Of course, anyone who lives in Wisconsin knows this is right around high school boys' basketball tournament, and means we'll be shoveling snow!

Stop by and say Hi to Cheryl, Michelle, Mary, or Tonya. See our shamrock plant and see how many leprechauns you can find.

Tonya Colvin
Business Office Manager



March Birthdays!

Resident Birthdays

Beth W.
March 4

Billy K.
March 20

Phyllis C.
March 25

Karen S.
March 15

Dean A.
March 24

Dorene H.
March 26



Employee Birthdays

Antoinette C.
March 13

Tracy T.
March 18

Michelle Y.
March 26

Monalisa B.
March 3

Glenda A.
March 14

Kim B.
March 20

Kim W.
March 28

Robin S.
March 5

Virginia J.
March 16

Tirzah A.
March 22

Debra H.
March 30

Wendy L.
March 9

Patti H.
March 17

Sarah V.
March 24

Trishna B.
March 30

Kayla G.
March 11

Cheryl C.
March 18

Sherry W.
March 25



Welcome to our New Residents!

Limestone West



Shirley W. Billy K.
Donna F. Dale J.
Ron P.

Sandstone East



Joseph K.



Sandstone West



Liz P. Mary B.
Beverly P. Wanda R.



Welcome to the Team!

Tyra B.
CNA

Carley M.
CNA

Jordan H.
CNA

Courtney L.
RN

Happy St. Patrick's Day!

CLOVER
GREEN
GOLD
IRISH
MARCH



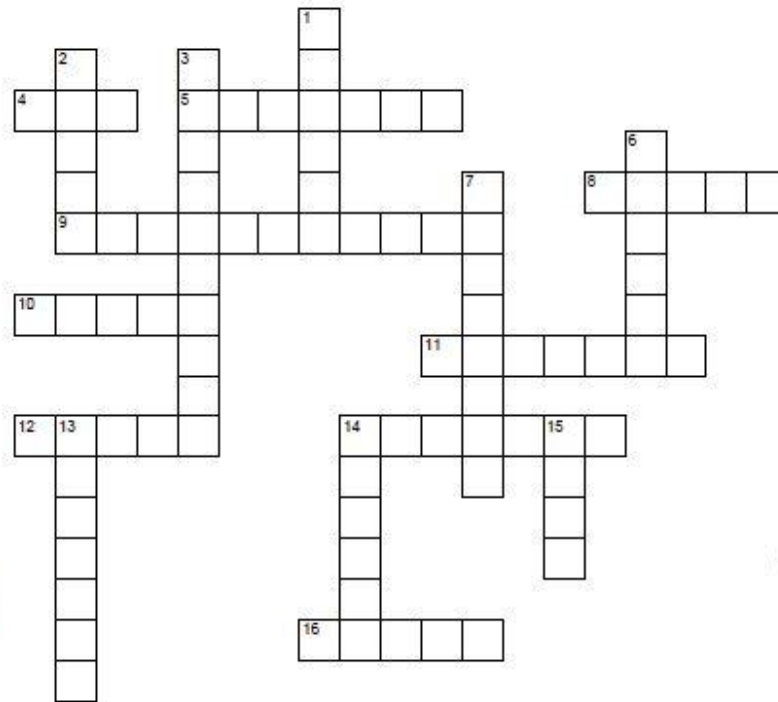
D	H	N	V	X	C
L	S	E	H	M	L
O	I	E	S	A	O
G	R	R	P	R	V
B	I	G	Q	C	E
J	I	P	F	H	R



St. Patrick's Day Crossword



Solve the following puzzle based on the clues given!



Across

- [4] ___ of gold you find at the end of the rainbow
- [5] The _____ Isle
- [8] Having good luck
- [9] Day of the month that St. Patrick's Day falls on
- [10] Month that St. Patrick's Day is in
- [11] Country where St. Patrick's Day started
- [12] Color associated most with St. Patrick's Day
- [14] Major US city that dyes river green for St. Patrick's Day
- [16] The official language of Ireland

Down

- [1] People marching at the street
- [2] Round metal used as money
- [3] Small, mischievous spirit
- [6] Capital of Ireland
- [7] 3 leaved green plant that is a national emblem of Ireland
- [13] What you follow to get to the pot of gold
- [14] Symbol of good luck
- [15] Color of coins

