

Rock Haven Happenings

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

April 2023

April Dates

April 1

April Fools' Day

April 6

Passover

April 7

World Health Day

April 9

Easter Day

April 18

Tax Day

April 22

Earth Day

April 23

World Book Day

April 28

National Arbor Day

A Note from Natalie

Rock Haven Employees, Families, and Community Members,

The Rock County Board of Supervisors has re-established its Ad Hoc Committee on the future of Rock Haven. There are four topics of consideration I wish to share with you:

1. **Staffing:** The United States needs more workers in all areas of healthcare. While the County Board finalizes a plan for increasing base wages, the Ad Hoc Committee is considering requesting a one-time premium pay to help attract and retain staff. In addition, I will be evaluating a possible pilot robotics program to assist with the staffing shortages.
2. **Assisted Living:** The Ad Hoc Committee is considering transitioning a vacant 32-bed unit here at Rock Haven to an assisted living facility or a community based residential facility (CBRF). These units may provide increased revenue to offset losses in the nursing home.
3. **Contracting for Services:** We are reviewing budget comparisons for providing services in house vs. contracting services to determine potential cost savings and operational efficiencies.
4. **Transition of Ownership:** The Ad Hoc Committee has been charged with evaluating all possible future options. They will be having an open discussion on how other counties have transitioned their nursing homes to new ownership and the circumstances under which this would make sense for Rock County to consider.



Only through open and honest discussions can we identify how we can best serve our residents and the community. Please be assured that Rock Haven remains committed to its mission of providing high quality care in a home-like environment to all our residents, who are like family to us.

Natalie Rolling-Edlebeck, M.F.A., MSW
Licensed Nursing Home Administrator
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Meet Amanda in Food Service

My name is Amanda Beaver; I was born and raised close by in the city of Evansville.

I have 12+ years dedicated to the food service industry anywhere from mass production to fine wine dining. I truly believe food is what makes people happy in some of their darkest days and is ALWAYS something anyone can look forward to. I put my heart into what I do not just for myself but for the people.

In my off time I do like to cook but most of my free time is spent with my daughter who is 1 ½ along with my mom. I enjoy hikes, playing sports, and all around enjoying the scenery on a beautiful day. I am looking forward to working with the residents of Rock Haven along with the staff.



*Amanda Beaver
Food Service Manager*

Meet Teena in Social Services

Happy Spring!

I wanted to introduce myself as I'm the new social worker at Rock Haven, serving the Sandstone residents and families. My name is Teena Monk-Gerber. I am a certified social worker with my master's degree in Adult Education focusing on Human Services. I have served in the social work field in Rock County for the past 27 years. Prior to coming to Rock Haven, I worked for Community Action, Inc., CFS Head Start, Catholic Charities, Alzheimer's & Dementia Alliance of WI, and the ADRC of Rock County-Aging Unit.



I specialize in linking others to community resources with my knowledge about working with people who experience Alzheimer's or a related dementia, intellectual and developmental disabilities, physical disabilities, aging issues, and traumatic brain injuries. I am a strong supporter for those without a voice and try to empower others to be self-advocates.

When I'm not busy with my professional life, I enjoy spending time with my son and friends. My personal interests include having a strong faith life, singing, being with friends and family, reading, and spending quiet time with my cats.

*Teena Monk-Gerber
Case Manager*



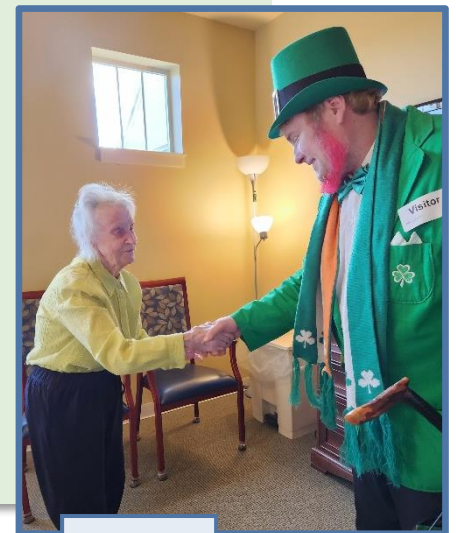


News from Activities



Shelly S.

The month of March was full of shamrocks, smiles, shenanigans and singing. Our favorite leprechaun, AKA Bill Hanauska, came back to visit. A great friend from the past, he took his time visiting every Resident that was allowed visitors. His room visits near the supper hour were a big hit, and more than 1 lady wanted to touch his red beard.



Betty W.



Carol M.

Our art groups continue to be very popular. Card making, painting with Donnalle and many other crafts keep people engaged. It is great to see eyes light up with what they create.



Dorothy E.





It was standing room only for Jesse Walker. Boy did we miss him! Jesse is a complete entertainer; from playing the spoons, the guitar, yodeling and dancing with the ladies. His military tribute is not to be missed. He even stayed afterward until we had everyone returned, so that no one felt lonely. It is a privilege to work with him.



Jesse and his Guitar



Jesse playing the Spoons

'Let's Chat with Nat' on Saturday has become a popular Activity here at Rock Haven. The first Saturday of the month, Natalie sets aside time just for the Residents, so she can meet them 1-1 and really listen to their concerns. April 1st was an Easter theme with Natalie providing the chicken and the



Geri B.

Activity team providing the rest. We did not have to decide which came first-the chicken or the egg as we had them both! Chicken wings, deviled eggs, fresh vegetables, homemade salad dressing, jellybeans, chocolate bunnies and punch - oh my!

Happy Easter!

*Vera Polglaze
Activities Director*



Millie C.



Let's Chat with Nat



Gail A.

Dorothy S.

Every first Saturday of the month, I hold a "Let's Chat with Nat" with our residents to stay connected and to ensure every resident is heard. Residents are able to voice their opinion directly with the Administrator.



Christine T.

It's always important that we, as health care providers, touch base to give the best care possible.



Betty C.



Left to Right: Ruth B, Lorraine M, Gail A, Dorothy S

We keep our community alive with these discussions and most importantly... we eat! For April, we celebrated Easter early with chicken and Easter treats, and I look forward to our next "Let's Chat with Nat."

Happy Easter!

Natalie (Nat)

From ES / Materials



Spring is here!

Environmental Services will be preparing to get windows washed, and the patios in order for outdoor visits!

Easter Blessings to all!

*Tina Russell
Central Supply*

Infection Control Corner

What's the difference?

Disinfect/Sanitize – remove most bacteria and viruses on the surface.

Sterilize – remove all microorganisms (bacteria, virus, fungus) either with physical or chemical means.

Reference:

CDC, Guideline for Disinfection and Sterilization in Healthcare Facilities,
<https://www.cdc.gov/infectioncontrol/guidelines/disinfection/introduction.html#:~:text=Sterilization%20describes%20a%20process%20that,by%20physical%20or%20chemical%20methods,2016.>

*Chelsea Phillips, RN
Infection Preventionist*



Food for Thought from the Kitchen

Happy Spring!

We are changing up the menus with the 4-week Spring Cycle! Please give us your feedback on the changes. We are also adding back the Biscuits & Gravy once per week at breakfast, adding Baked Potatoes weekly, and changing up the “starches” at meals for a bit more variety. Pie for dessert on Sunday.

Please welcome our new Food Service Manager, Amanda, starting with us on April 10! Thanks to everyone in the Dietary Department for all their hard work in this transition!

*Deb Potter, RD
Dietitian*

Happy Spring from the Business Office

April Showers Bring May Flowers.

April 1st National One Cent Day The one cent coin has been in circulation in the United States since 1793. The modern image of the coin, bearing the face of President Abraham Lincoln didn't come into circulation until 1909. Previous to this the coins showcased a Native American in traditional head-dress.

April 18: Tax Day Don't forget to get your income tax returns completed.

April is National Financial Capability Month, formerly known as Financial Literacy Month. Since I know financial matters can be very stressful it is fitting that this month is also Stress Awareness Month. There are a lot of free resources available to cut the stress of finances. They can help you set and achieve financial goals, reduce stress and worry, and improve your future. One of my favorite free resources is www.handsonbanking.org. They have information on a variety of topics, no matter what stage of life you are in. Take this opportunity to think about your financial goals and make a plan to work toward them. A little planning today can go a long way tomorrow.

*Tonya Colvin
Business Office Manager*





April Birthdays!

Resident Birthdays

Ron N.
April 4

Delores N.
April 7

Lorraine M.
April 17

Christine T.
April 4

Norma F.
April 16

Margaret C.
April 20



Employee Birthdays

Emily P.
April 8

Michelle L.
April 13

Nicole B.
April 23

Nancy L.
April 3

Lindsay L.
April 8

Jasmine L.
April 17

Desirea O.
April 30

Alyce M.
April 5

Shauna U.
April 9

Brooke S.
April 19

Natalie S.
April 7

Tony R.
April 11

John G.
April 22





Welcome to our New Residents!

Limestone West

**Verna J.
Christine T.
Doris M.**

Sandstone East

**John S. Linda W.
Richard N. Daniel R.**



Sandstone West

**MeMe F.
Sherry H.
Carol R.**



Welcome to the Team!

Fasean M.
CNA

Teena M.
Case Manager

Amanda B.
Food Service Manager

EASTER

WORD
SEARCH



Word Bank

BUNNY

GRASS

EGGS

CANDY

CHICK

HUNT

JELLYBEAN

DYE

BASKET

BONNET

SPRING

SUNDAY

FLOWER

PEEPS

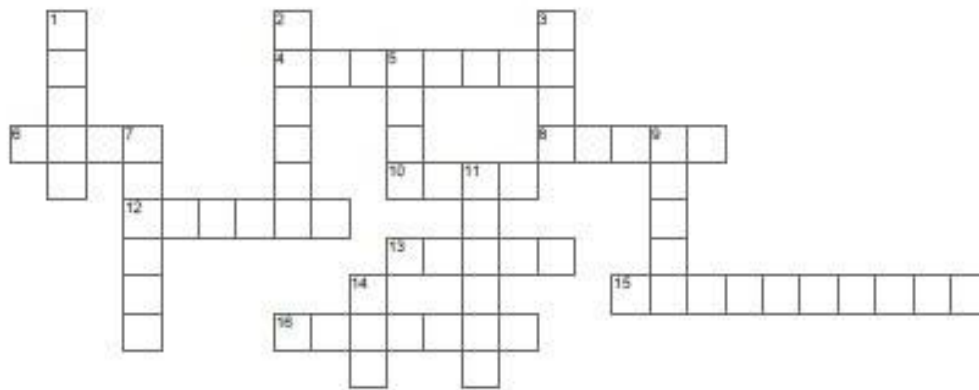
EASTER

LAMB





Spring Crossword



ACROSS

4. Rain or sun protection.
6. Flying a _____ is the perfect windy day activity.
8. What snow does in Spring.
10. Where a bird lays its eggs.
12. A brief period of rain.
13. First month of Spring.
15. A day for playing tricks.
16. Spring, Summer, Fall, Winter.

DOWN

1. Fourth month of the year.
2. A small accumulation of water.
3. Not cold or hot.
5. Drops of water that fall from clouds.
7. The day kids hunt for eggs.
9. A Spring flower.
11. The season after winter.
14. Mother's Day is celebrated this month.

SEASONS	KITE	MARCH	SHOWER
EASTER	WARM	PUDDLE	UMBRELLA
TULIP	RAIN	APRIL FOOLS	APRIL
MAY	SPRING	NEST	MELTS

