

# Rock Haven Happenings

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

June 2023

## June Dates

**June 4**  
*National Cancer  
Survivors Day*

**June 14**  
*Flag Day*

**June 14**  
*U.S. Army's Birthday*

**June 15**  
*Nature  
Photography Day*

**June 17**  
*Nursing Assistants Day*

**June 18**  
*Father's Day*

**June 19**  
*Juneteenth*

**June 21**  
*First Day  
of Summer*

## *A Note from Natalie*

Howdy,

As of May 11<sup>th</sup>, the federal Public Health Emergency for COVID-19 has been rescinded. Masks are no longer required to visit your loved ones, and daily screenings discontinued as of May 26<sup>th</sup>. Rock Haven will continue to take the necessary precautions.

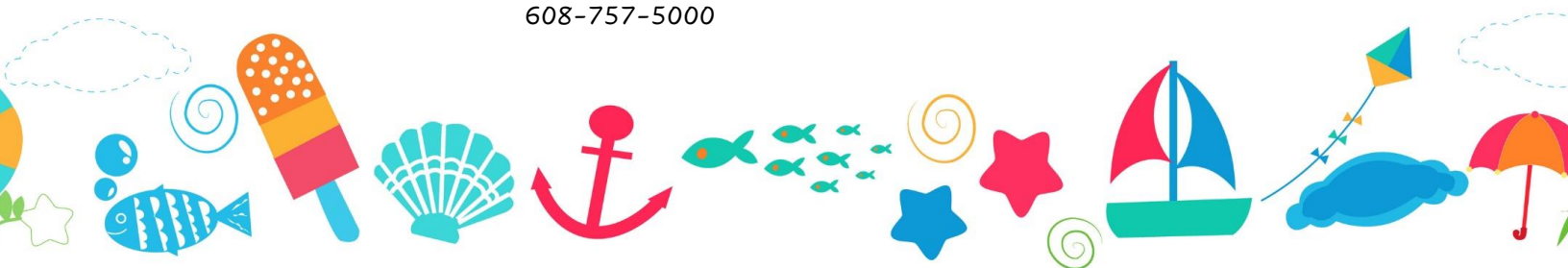
My Dad, who is 92 years young, has quietly served as the peacemaker in our family. Dad corrects me when I am wrong with his gentle words, "Natalie Jewel, let it be now." He continues to motivate me with his jokes and stories; even when he forgets the punch line, he still seems to bring joy to my face and has always prayed for me and now prays for Rock Haven daily at high noon from my childhood home in Texas. Happy Father's Day, Dad, and to all dads, for without you, there would be no "us."

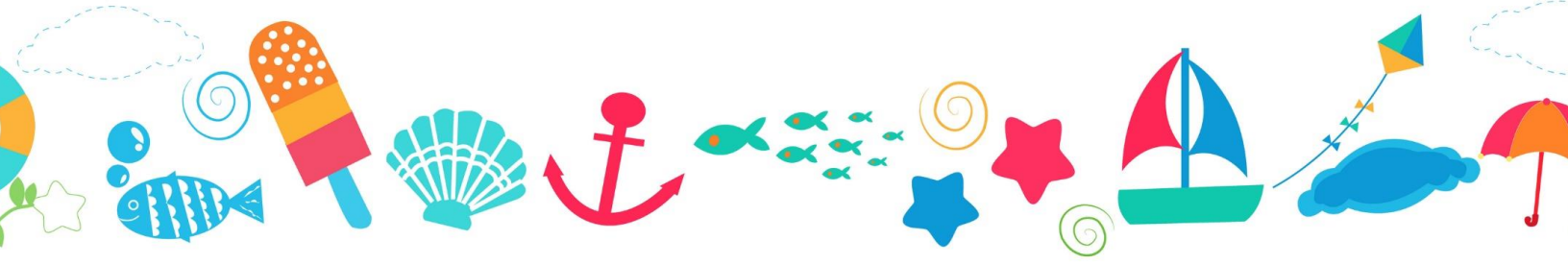
Remember to celebrate and thank the men who have nurtured, raised, and guided each of us in our lives.



Finally, June welcomes the first day of summer! Take the time this season to enjoy the sun and spend time with your loved ones. Be good to yourself, you deserve it!

*Natalie Rolling-Edlebeck*, M.F.A., MSW  
Licensed Nursing Home Administrator  
[Natalie.RollingEdlebeck@co.rock.wi.us](mailto:Natalie.RollingEdlebeck@co.rock.wi.us)  
608-757-5000





## News from Nursing

As we head into the summer months, Nursing has been working hard on our staff competencies. Continued education is a vital part of our field and ensures we are providing the best care possible for our residents.

This last month also saw Rock Haven celebrate Nursing Home Week! It's wonderful to see everyone coming together for the occasion. We had snacks and fun activities throughout the week; the festivities brought a lot of joy to our staff and residents, and it is little wonder why we look forward to it each year.

*Aimee Thomas  
Interim DON*

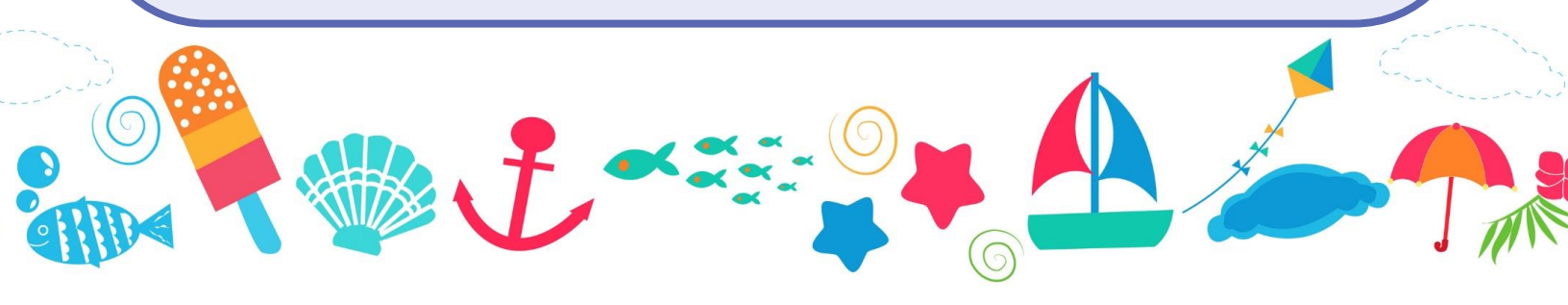
## Infection Control Corner

As the warmer weather is near, remember to take care of your skin. Scrapes, sores and insect bites are recommended to be kept covered with a clean dressing or bandage to promote healing and protect the open area from potential infection. A cut or wound may require a tetanus vaccine depending on how you got that cut or wound (for example construction work, home improvement, working in the garden or farming). It is recommended you stay up to date on your Tetanus vaccine, which can be given every 10 years for adults.

Reference:

Centers for Disease Control and Prevention. (2022, August 29). *Tetanus causes and how it spreads*. Centers for Disease Control and Prevention. <https://www.cdc.gov/tetanus/about/causes-transmission.html>

*Chelsea Phillips, RN  
Infection Preventionist*





## *A Missive from Social Services*

This June, during Alzheimer's & Brain Awareness Month, join the Alzheimer's Association to help raise awareness of this devastating disease. You can start by learning and sharing *10 Ways to Love your Brain*. Nearly six million people in the United States, including 120,000 Wisconsinites are living with Alzheimer's disease. The sixth-leading cause of death and the only leading disease without a prevention, treatment or cure, Alzheimer's kills more Americans every year than breast cancer and prostate cancer combined.

It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial. Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

When possible, combine these habits to achieve maximum benefit for the brain and body:

1. Break a sweat: Exercise your way.
2. Hit the books: Learn something new.
3. Butt out: Quit smoking.
4. Follow your heart: Take care of your heart, and your brain just might follow.
5. Heads up: Protect your head.
6. Fuel up right: Eat a healthy and balanced diet.
7. Catch some ZZZ's.
8. Take care of your mental health.
9. Stump yourself: Challenge and activate your mind.
10. Buddy up: Staying socially engaged may support brain health.

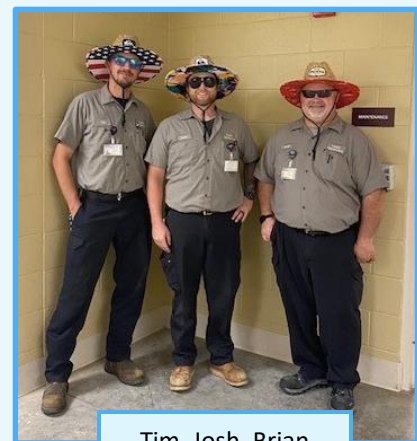
*Gail 608-757-5325; Teena 608-757-5104*

## *A Message from Maintenance*

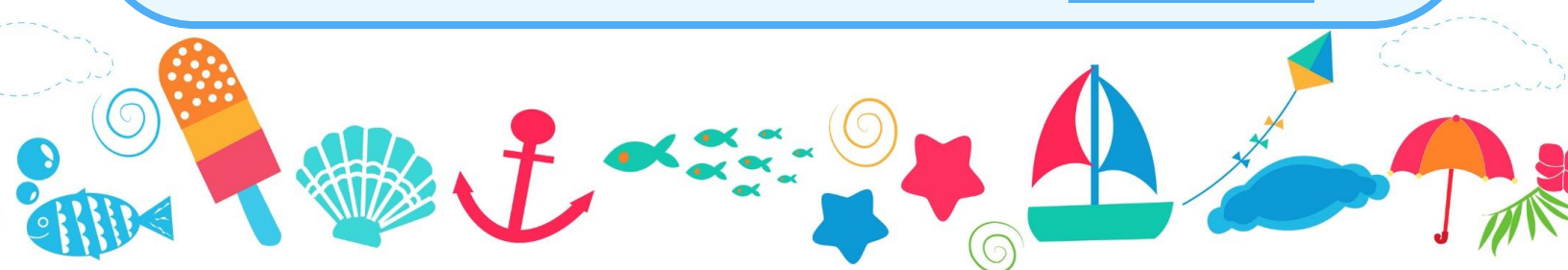
Facilities has been busy getting the grounds looking good for summer.

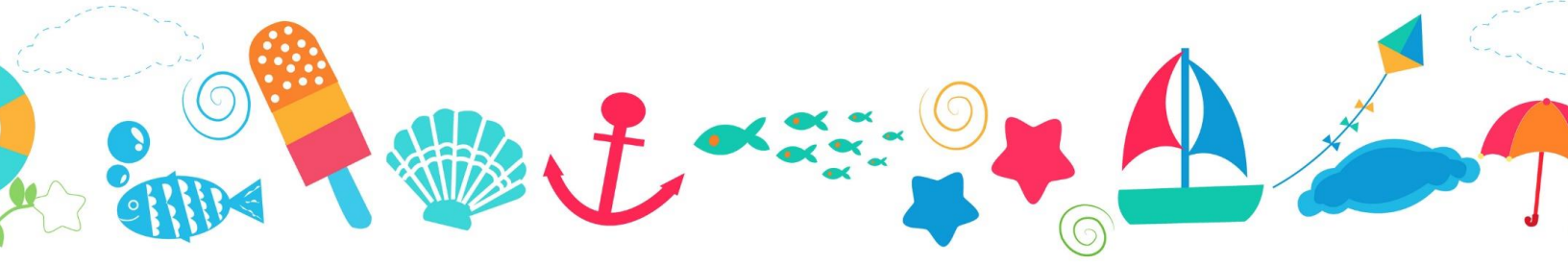
We put a fresh layer of rock in the flower beds in the courtyards. The flowers are planted in the flower boxes in the courtyards and around the flagpole.

We celebrated Nursing Home Week with the rest of Rock Haven and wore some fun hats for the occasion!



Tim, Josh, Brian





## News from Activities



Mother's Day weekend we were busy with many activities. A huge shout out to Brody's flowers and Brody's babies for delivering such joy. Megs Emanuel and her crew (pictured) delivered a potted plant to each lady in Residence. In addition, they provided "babies" to anyone wishing to have one. To

see the mothers hold and rock the dolls brought tears to anyone that saw it. Megs had been with us before, and we are so grateful she is back. She does this in memory and honor of her son, Brody, who was taken from her too soon. If interested, Brody's Flowers is on Facebook.



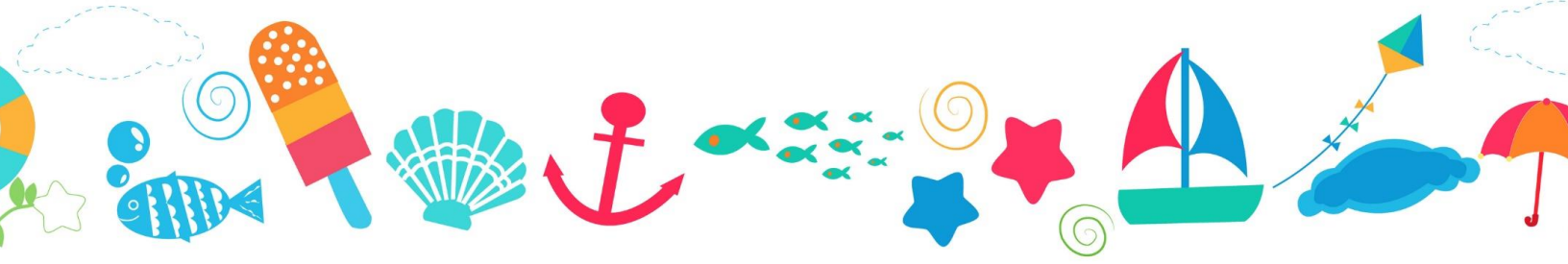
Esther

Mother's Day weekend was also filled with chocolates, cards from my friends at Homestead Apartments in Milton, root beer floats and outdoor visits. We also started our planting in earnest. Please feel free to check out the Resident's (and Activity staff's) hard work in the courtyards. We found a new breed of raspberry plant that is thornless, transplanted strawberries, and Mike has his potatoes planted. Looks like I will be making hash browns again this Fall!



Wanda





Donnalle, ATA, is leading the crafts program. From card making, to painting on paper, to painting on jars, May was a busy month.



Irene



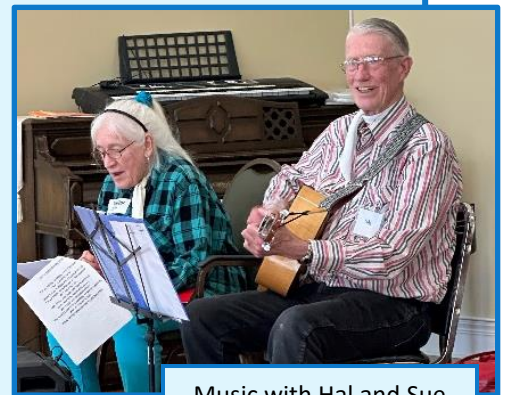
Tami

You can see the joy on Irene's face as she paints her flowers. Arts and crafts were a big part of her life. Tami is painting her watermelon jar. They both turned out beautiful.



## Star Volunteer

Our Volunteer(s) of the month are Hal and Sue. We love these folks, and it shows on the faces of the Residents when they perform. Both Hal Joyce and Sue McWilliams grew up with music as youngsters. They started singing at around the age of 3. They both had 4 children and were involved in music in their respective churches. Hal plays guitar and piano; Sue sings and they both tell jokes and share their stories. It is like visiting with lifelong friends and they encourage the residents to interact. Hal's experience working at Mendota Mental Health for 28 years in Recreational Therapy has provided the team with wonderful resources. They play every third Monday at 1:30. We are grateful.

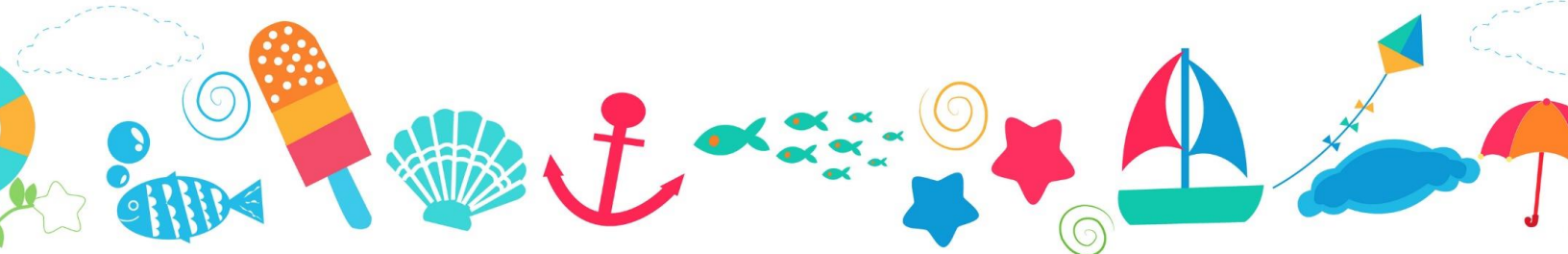


Music with Hal and Sue



*Vera Polglaze  
Activities Director*

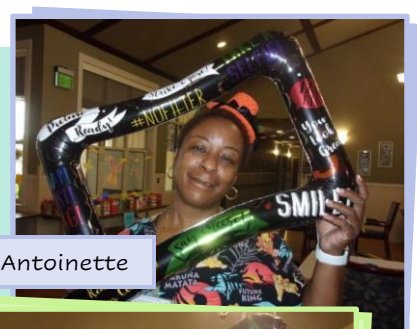




# Nursing Home Week



Michelle



Antoinette

On May 14-20<sup>th</sup>, Rock Haven celebrated National Nursing Home Week!

Every day was a new theme, and snacks and drinks were provided for all our staff and residents to enjoy. Here are some highlights of our week.



Tonya



Jeanette and Betty



Chris and Patti

On Tuesday, we got to show off our bright smiles with some crazy hats and headbands.



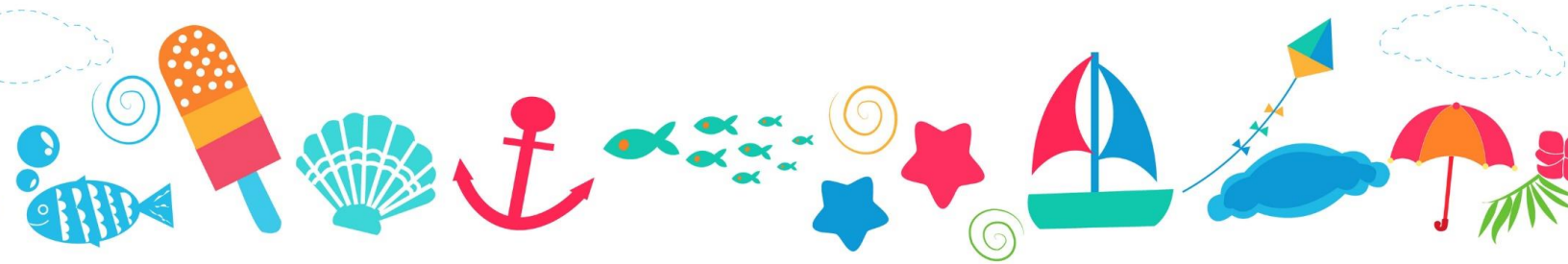
Sheila

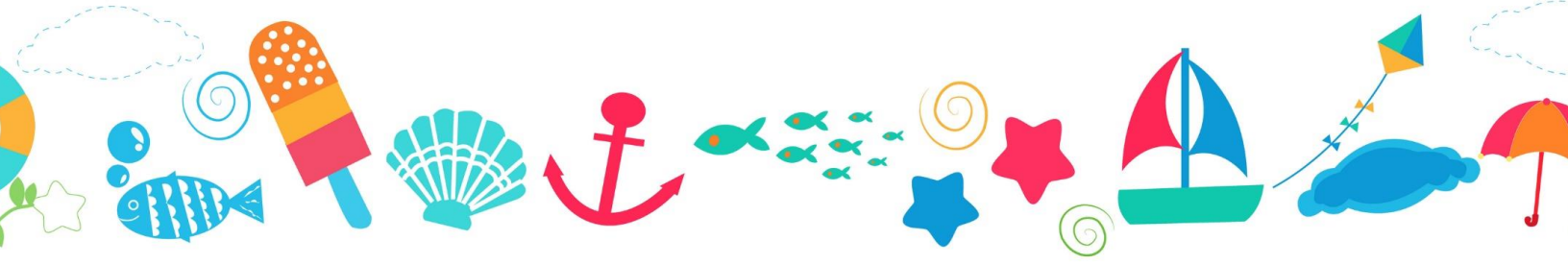


Cheryl, Mary, Michelle



Wendy, Donnalie, Alexis, Vera





Tina



Sue

On Thursday, we celebrated in our red, white, and blues!



Michelle, Tina, Destony



Leah, Jaimee, and Nicole

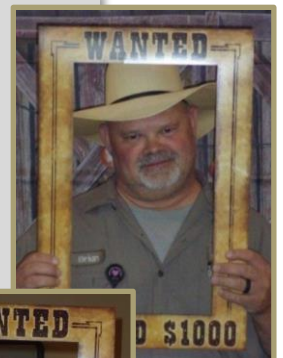


Nat, Christina, and Bailey

And on Friday, we grabbed our cowgirl and cowboy hats and dressed up in our western best! Giddy up, ya'll!

Natalie's daughter Christina visited home from Texas A&M for the summer. She visited Rock Haven with her Blue Heeler Bailey!

We had a lot of fun during Nursing Home Week, and we look forward to next year.

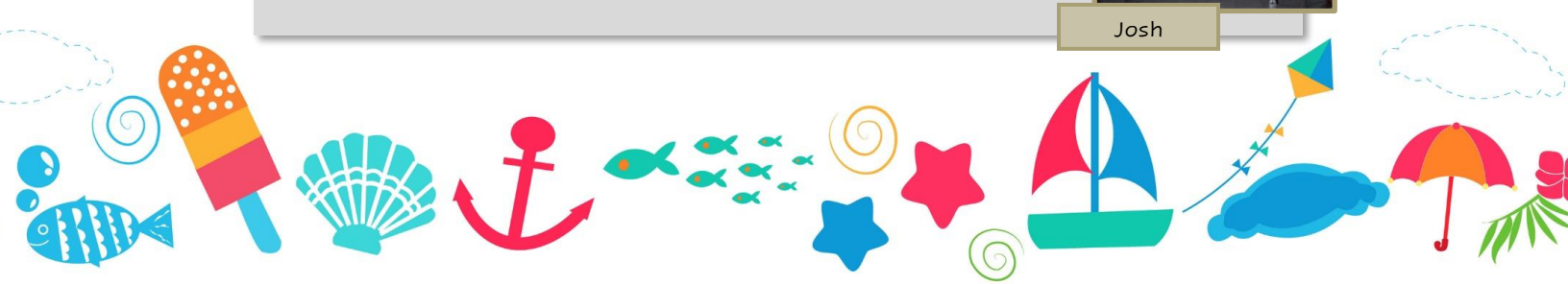


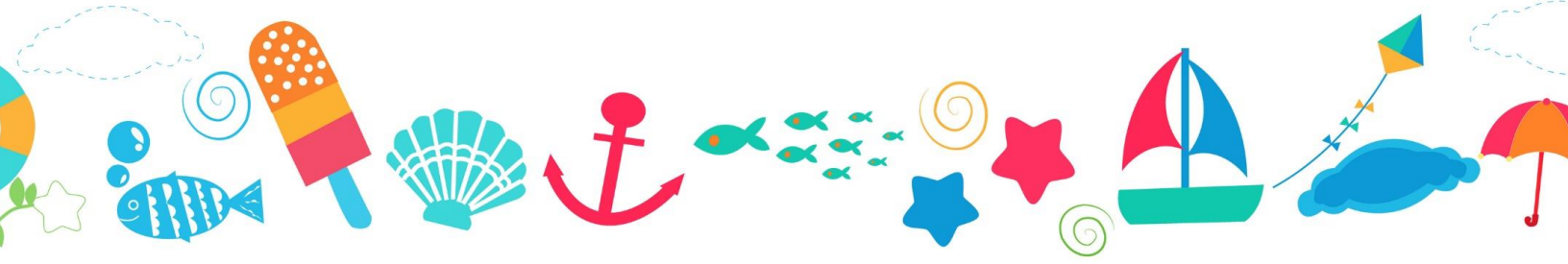
Brian



Josh

Warrants are still out on Josh and Brian!





## From ES / Materials

Laurie Kingsley is the linen clerk for Rock Haven. She has worked over 40 years here and I hope to have several more with her. Her tasks are to mark all the residents' personal laundry on admission or when they receive things for holidays or just because. She folds all the linens daily and stocks the closets for the use in the rooms. Laurie enjoys chatting with the residents as she is on the units stocking the closets or delivering personal clothing. She is always smiling and now can see the beautiful smile with no mask covering it up.

The Environmental Services and Materials department would like to wish all the dads a Happy Father's Day.



Laurie K.

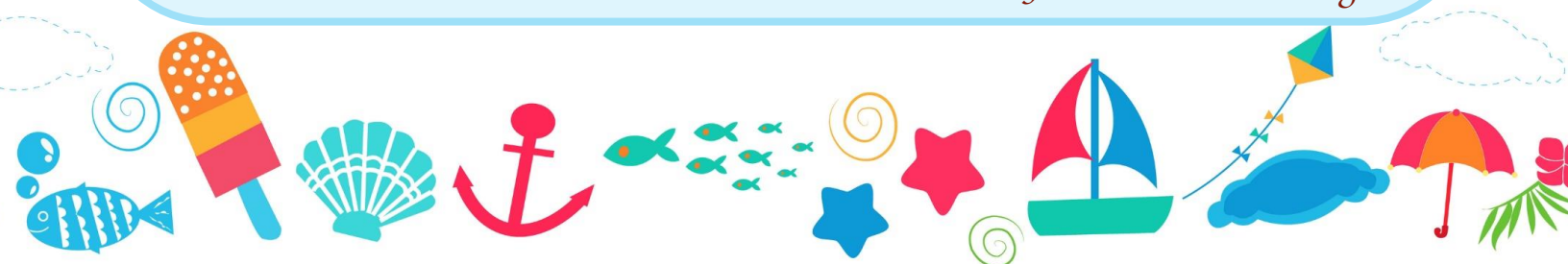
*Michelle Lynch*  
*ES and Materials Manager*

## Food for Thought from Food Service

Summer is here finally! Here at Rock Haven, we are getting ready for lift off our new summer menu where we will be featuring more light meals at night along with other new and interesting options. We are really looking forward to the menu changes being made and hope that with the input of the residents and the families that we may continue making positive changes. With Father's Day around the corner don't forget about dear dad and making it a special day, maybe with some fishing and a nice grilled out meal made with love. Often times life is stressful, and we forget to show how much we appreciate these people and all they have done for us, so take the time out enjoy the sun and enjoy your families.

From our family here at Rock Haven to yours have a great start to your summer!

*Amanda Beaver*  
*Food Service Manager*







# June Birthdays!

## Resident Birthdays

**Sandra C.**  
June 1

**Carole B.**  
June 8

**Mike S.**  
June 17

**Loyal L.**  
June 25

**Carol R.**  
June 5

**Roberta A.**  
June 17

**Marjorie H.**  
June 20

**Lynn H.**  
June 25

**Geraldine T.**  
June 5

**Beverly F.**  
June 17

**Nancy J.**  
June 21

**Edward J.**  
June 26

**Martha S.**  
June 29

## Employee Birthdays

**Casedy B.**  
June 1

**Audrey B.**  
June 5

**Alyssa C.**  
June 19

**Bonnie L.**  
June 24

**Keylee F.**  
June 1

**Fasean M.**  
June 8

**Carley M.**  
June 20

**Cerenna J.**  
June 24

**Tim N.**  
June 2

**Donnalle G.**  
June 14

**Shelly H.**  
June 21

**Maile D.**  
June 24

**Jeanette D.**  
June 4

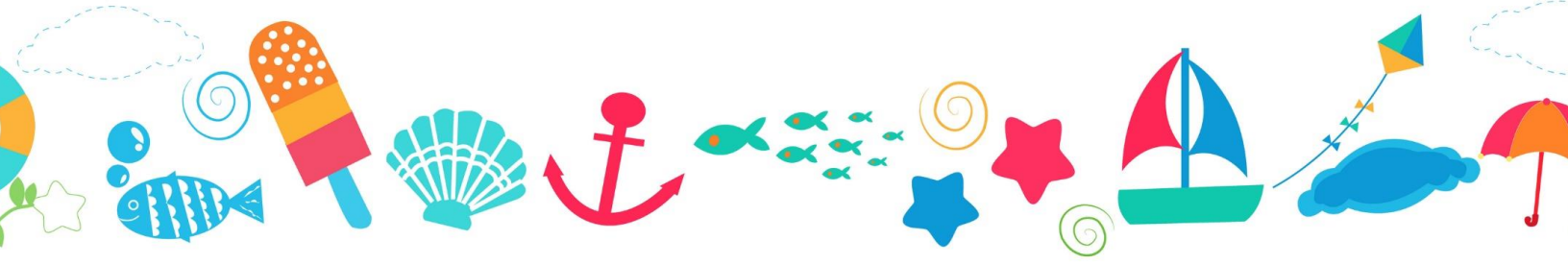
**Natalie D.**  
June 17

**Elizabeth B.**  
June 22

**Laura F.**  
June 25

**Maurine B.**  
June 27





Welcome to our  
New Residents!

*Limestone West*

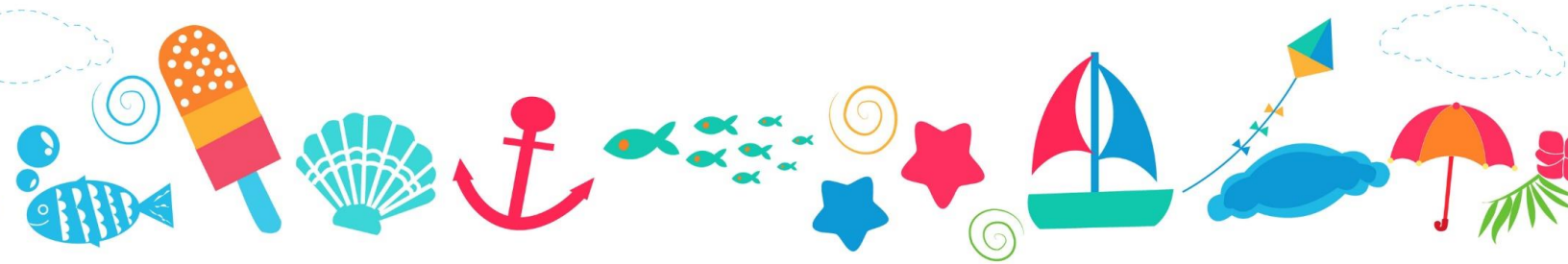
David L.  
Melody C.

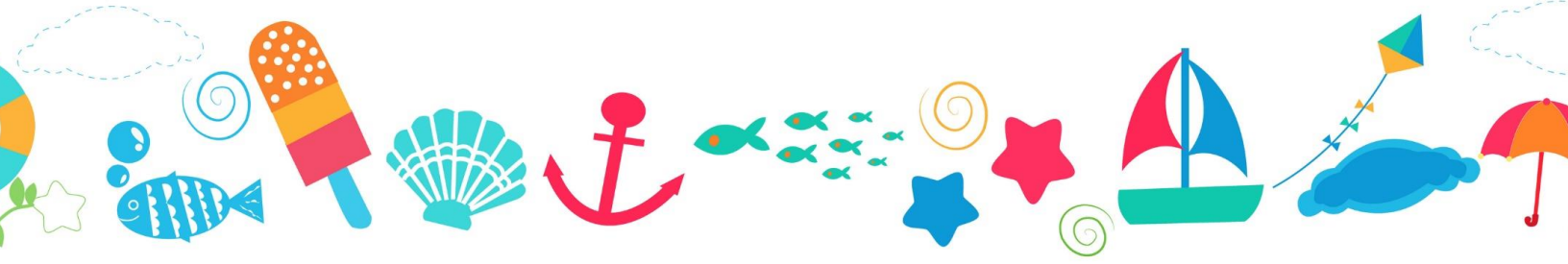
*Sandstone East*

George M.  
Dale C.



*Sandstone West*





# Welcome to the Team!

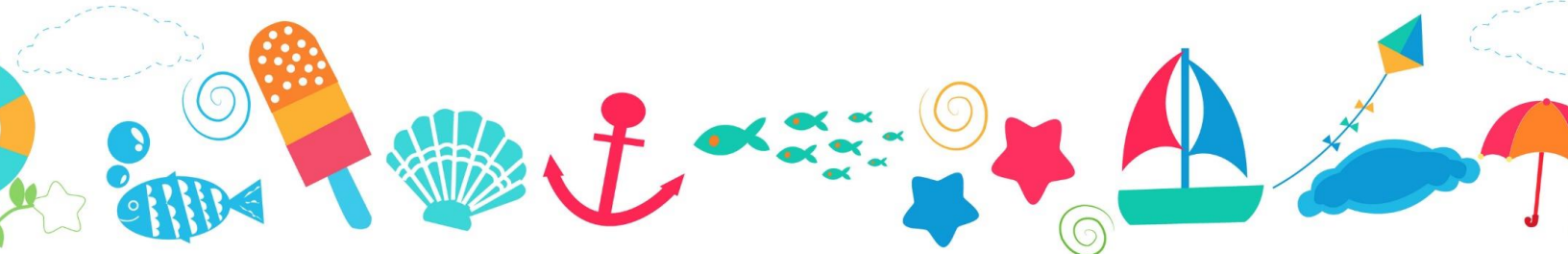
<p><b>Mercy K.</b> <b>RN Pool</b></p> <p><b>John S.</b> <b>FS Supervisor</b></p>	<p><b>Alexis D.</b> <b>CNA Pool</b></p> <p><b>Angelina J.</b> <b>FSW</b></p>
--	--

## SUMMER WORDSEARCH

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

- Word Bank
- |          |          |
|----------|----------|
| BARBECUE | LEMONADE |
| BASEBALL | OCEAN    |
| BEACH    | PICNIC   |
| CAMP     | POOL     |
| COOKOUT  | SAILING  |
| HEATWAVE | SAND     |
| HIKING   | SUMMER   |
| HOT      | TENNIS   |
| HUMID    | TRAVEL   |
| KITE     | WARM     |

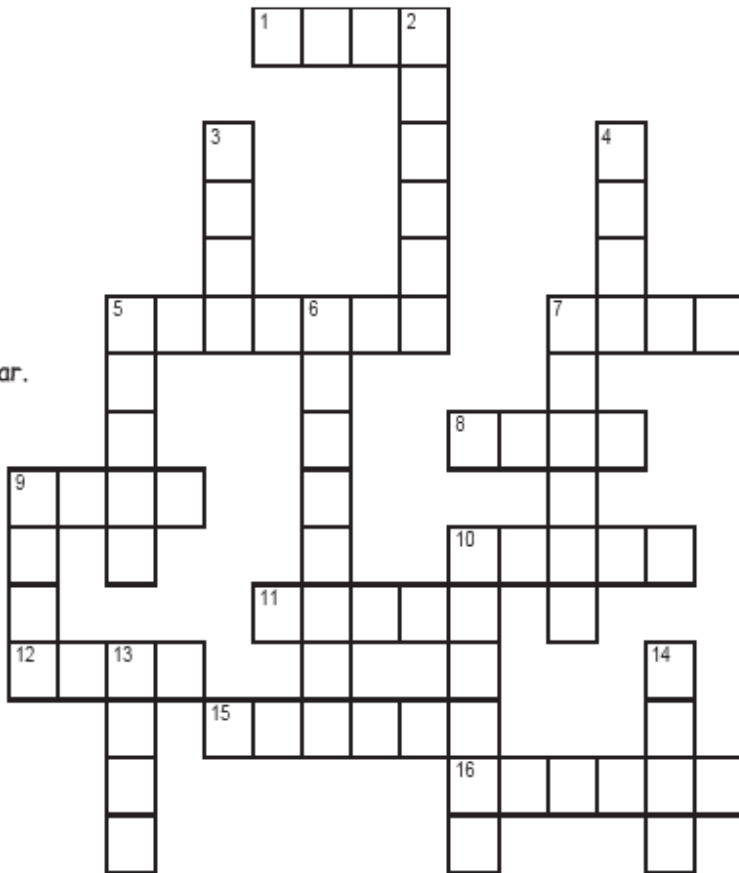




# Summer

**Across**

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.



**Down**

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.

