

Rock Haven Happenings

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

August 2023

August Dates

August 3
National Watermelon Day

August 5
Campfire Day

August 6
Friendship Day

August 9
Book Lover's Day

August 13
Left Hander's Day

August 21
Senior Citizen's Day

August 24
National Waffle Day

August 26
Women's Equality Day

A Note from Natalie

Hello Rock Haven Family,

We are blessed to have Rock Haven Skilled Nursing Facility operating after 160 years. Thank you to our county leaders/board of supervisors for ensuring that we have a county facility for constituents that require skilled care. Please, for nursing home residents and their families need to review their financial options and eligibility for assistance programs to appropriately plan for the cost of care. The regulations and payment systems may vary from one person to another, so it is essential to consider the specific rules and policies for care.

"The facility must not request or require a third party to accept personal responsibility for paying the facility bill out of his or her own funds as a condition of admission, expedited admission, or continued stay in the facility. However, the facility may request and require a resident representative with legal access to the resident's funds available to pay for facility care to access and use the resident's money or other assistance to pay for care, as authorized by law. The facility may request and require this representative to sign a contract, without incurring personal liability, to provide the facility with payment from the resident's income or assets. A third-party guarantee is not the same as a third-party payor, e.g., an insurance company, and this provision does not preclude the facility from obtaining information about Medicare or Medicaid eligibility or the availability of private insurance. The prohibition against third-party guarantees applies to all residents and prospective residents in all certified long-term care facilities, regardless of payment source (The Long-Term Care Survey, 2023, pp 204-205)."

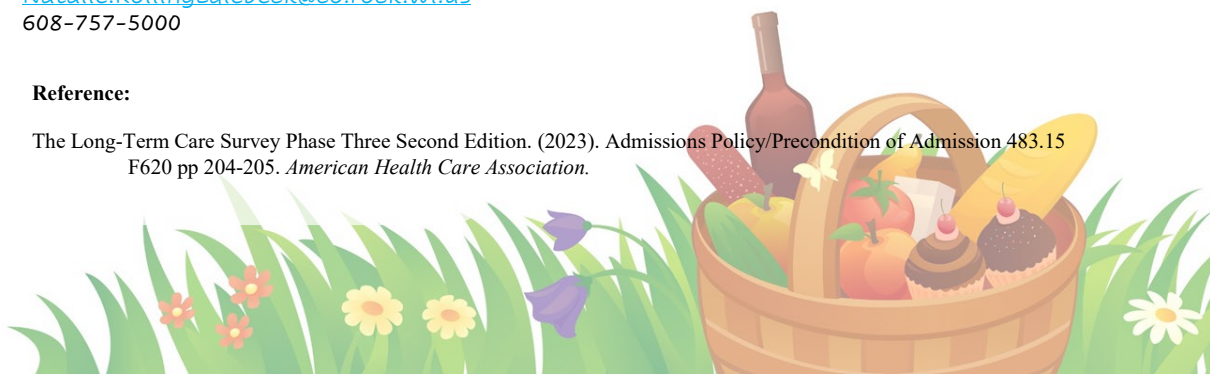


One request I have is trust and transparency so we can work together to resolve it for you and your loved ones financially as we strive to provide you with the best quality care at Rock Haven.

Natalie Rolling-Edlebeck, M.F.A., MSW
Licensed Nursing Home Administrator
Natalie.RollingEdlebeck@co.rock.wi.us
608-757-5000

Reference:

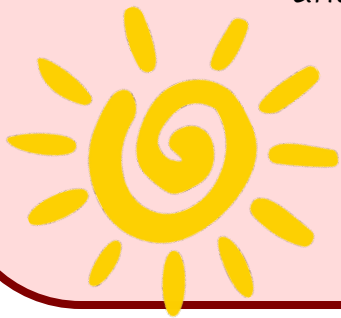
The Long-Term Care Survey Phase Three Second Edition. (2023). Admissions Policy/Precondition of Admission 483.15 F620 pp 204-205. *American Health Care Association*.



News from Nursing

Hope everyone is enjoying the weather and all those much-deserved summer vacations.

Heartfelt thanks to our Nurses and Nursing Management for working extra to fill in for those vacations. Your hard work and long hours are very much appreciated.



*Aimee Thomas
Interim DON*

Infection Control Corner

Did you know?

In May of 2023, a new vaccine was introduced for protection from the RSV (Respiratory syncytial virus). RSV is a virus that mostly affects children less than 1 year of age. However, this can also affect older adults. RSV is spread through coughing, sneezing, close contact with someone with RSV, and touching of objects that may contain droplets of RSV. RSV symptoms are respiratory, which include runny nose, coughing, sneezing and fever. Arexvy and Abrysvo are two new vaccines that adults aged 65 and older with certain health conditions may receive. Beyfortus is a vaccine approved for children less than 24 months. RSV occurs mostly in the fall and winter months. Healthcare providers should be aware of underlying conditions that may increase the risk of severe RSV illness, and who might be most likely to benefit from these new vaccines.

Reference:

Centers for Disease Control and Prevention. (2023, July 12). *For healthcare professionals: RSV (respiratory syncytial virus)*. Centers for Disease Control and Prevention. <https://www.cdc.gov/rsv/clinical/index.html>
Kempner, Carly (n.d.). *FDA approves first respiratory syncytial virus (RSV) vaccine*. U.S. Food and Drug Administration. <https://www.fda.gov/news-events/press-announcements/fda-approves-first-respiratory-syncytial-virus-rsv-vaccine>

*Chelsea Phillips, RN
Infection Preventionist*



A Missive from Social Services

National Senior Citizens Day celebrated on August 21, 2023

Article excerpts from www.holidayinsights.com

National Senior Citizens Day honors our elderly population. On this August 21 holiday, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family, and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

On National Senior Citizens Day, those of us who are not seniors should:

- Spend some time with them.
- Show your appreciation for them.
- Do volunteer work in support of the elderly.

If you are a senior citizen:

- Go to a senior citizen center and see what they have to offer.
- Enjoy your day any way you desire. After all, this is your day!
- Do something that is fun and age appropriate.
- Get out of your comfort zone and do something challenging.
- Get some exercise for your mind and body.
- Make sure to take advantage of senior citizen specials and discounts.

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

A Message from the Business Office

Happy August from the Business Office.

We have been very busy cross training in anticipation of Mary welcoming her new bundle of joy. We can't wait to meet him.

The audit has been wrapped up, and many hours have been spent working on the 2024 budget.

As you can imagine, it is a big job to prepare the budget for the year. Thank you to everyone who has contributed to budget preparation.

Tonya Colvin
Business Services Manager

News from Activities

Star Volunteer of the Month

Hats off to our Volunteer of the Month - Roxie! Roxie is a snow dog as her owners head for warm weather in the Winter. We go through Roxie withdrawal and are so glad when she returns. Her people are Connie and Bill Niemuth and we are grateful for their generosity with their time. Roxie visits most Mondays and Thursdays. Connie and Bill have trained her so well, she has an extended bag of tricks to perform. However, her greatest gift is the love and snuggles she provides to everyone at Rock Haven. I could fill a newsletter full of happy smiles she provides for Residents and staff alike. Connie and Bill have also provided yarn, kind words of encouragement, and laughter to Rock Haven.

Please thank them for all they do!



Roxie!



Roxie with Bill and Connie

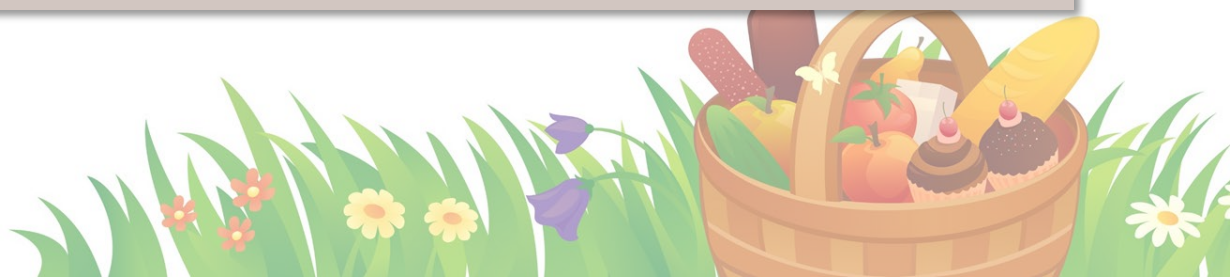


Lois P.

July was chock full of activity here at Rock Haven. The 4th of July found us celebrating with Root Beer floats, making bubbles and outdoor visits. We made 4th of July decorations, had special music, and enjoyed the beautiful outdoor weather.



Millie C. and Roxie



When it became too hot to enjoy the weather, we came inside and painted. We have some real artists and crafters here at Rock Haven.



Group crafting



Millie pulling up beets

We have been reaping the benefits from our gardens. We have been picking strawberries, tomatoes, peas, beans, and weeds 😊.

Here, Millie is harvesting our beets. Mike's potatoes are going gangbusters! Unfortunately, some of our vegetables were planted over with flowers, so our carrots and onions aren't doing very well. There is always next year!

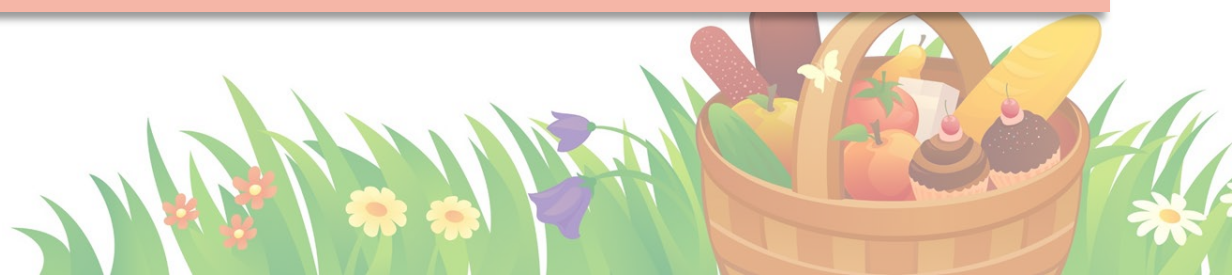
Looking forward to August, please everyone mark your calendars for August 14th. The Waunakee Big Band will be playing in the Courtyard at 6:30P (weather permitting), in the Social Room if not. This is a special event, and I would like Residents, family, and friends to feel welcome and enjoy time together. There will be ice cream, lemonade, and music. Please join us!

By the time the next newsletter rolls around, we will be looking toward autumn and hopefully a race to the Series. As a ball playing farm girl, all I can say is, "Go Brewers!"



Dancing with Dave

*Vera Polglaze
Activities Director*



From ES / Materials

Join us for Family Fun Night!

All Rock Haven employees and their families are welcome!

We'll have food, raffles, and games!

When: August 3rd, 4-7pm

Where: Public Works
3715 N Newville Rd



and more!

Michelle Lynch
ES and Materials Manager

Message from Maintenance

Facilities Management wants to remind you to stay safe in the heat!

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear lightweight, loose-fitting clothing, and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on friends and neighbors and have someone check on you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

Food for Thought with Food Service

Food service has been working diligently towards bettering the food and environment here at Rock Haven, we believe good food creates happy people and that is what all of the workers strive towards. They all do the best that they can do to provide nutritious, hot, and delicious meals every day.

The fall cycle menus will be coming up in September and we will be working towards bettering the next set of menus to meet our resident's wants but also making sure they are getting the nutrition that they need.

Good food equals happy people. Have a safe rest of the summer and spend as much time as you can with family before school starts back up.

Thank you.

Amanda Beaver
Food Service Manager

August Birthdays!

Resident Birthdays

Sam T.
August 5

Jan K.
August 10

Dorothy S.
August 17

Tamara M.
August 25

Dorothy B.
August 9

Ruth B.
August 15

James F.
August 20

Mary S.
August 28

Joanne P.
August 29

Employee Birthdays

Tricia K.
August 4

Justice S.
August 10

Brian L.
August 15

Ava W.
August 17

Katrina J.
August 26

Christine C.
August 5

Nancy A.
August 13

Mary F.
August 16

Thomas P.
August 18

Matt N.
August 28

Emma J.
August 7

Susan B.
August 14

Patricia S.
August 17

Amber D.
August 22

Kim S.
August 29



Welcome to our
New Residents!

Limestone West

Roxanne W.

Sandstone East

Carol M.

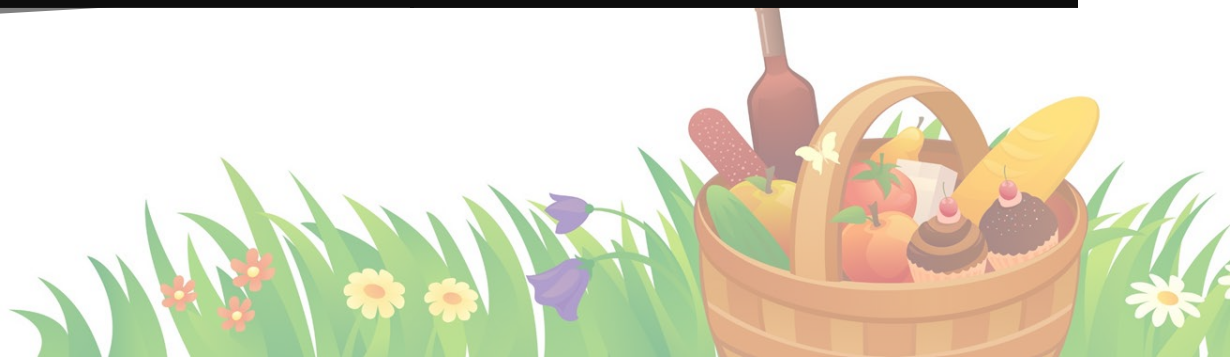
Elaine M.

Ronald S.



Sandstone West

Crystal G.



Rock Haven Rock Stars of the Month

July Winners

Amber A.

Amber is always going above and beyond to take excellent care of both residents and staff. Residents love her comical antics and her TLC. Amber assisted a number of coworkers to get signed into the new technology systems. Amber is a pleasure to have around!

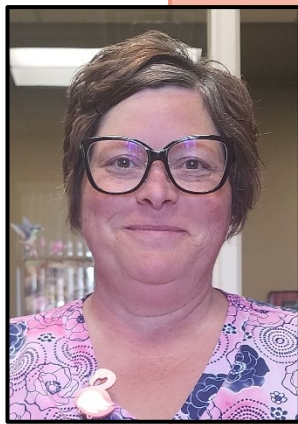
Thank you, Amber!



Michelle J.

Michelle is helpful whether it is answering questions or helping with tough deep cleans. She is always there for her coworkers. We appreciate her so much!

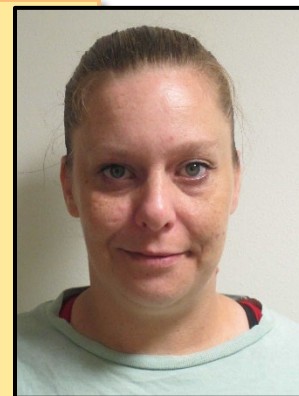
Thank you, Michelle!



Melanie A.

We enjoy working with Mel. We feel she is good to the residents and is willing to help whenever a favor or help is asked.

Thank you, Melanie!



Welcome to the Team!

Hannah W.
CNA

Kristin S.
CNA

Justice S.
FSW

Katrina J.
LPN

PICNIC TIME

Word Search Puzzle



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

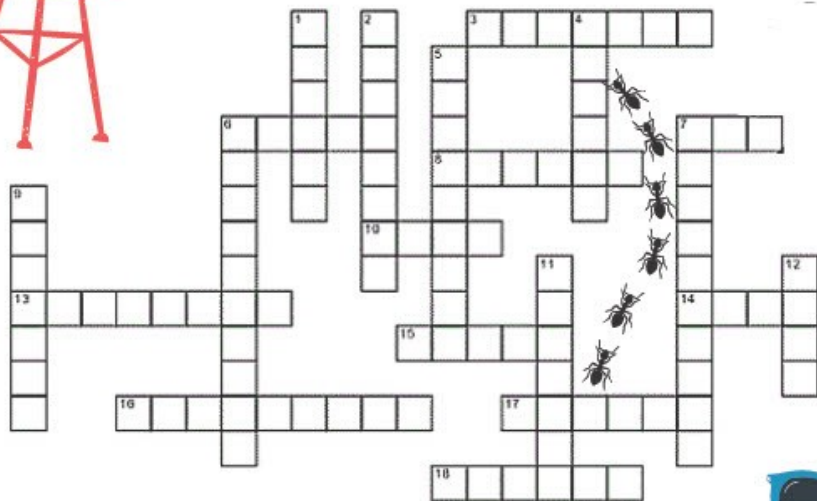
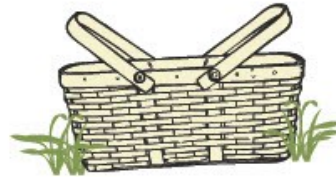
Word Bank

ANTS	LEMONADE
BASKET	NAPKINS
BLANKET	OUTING
CAKE	PLATES
CHICKEN	POTATO SALAD
COLESLAW	SANDWICH
FRUIT	SODA POP
GRAPES	SUMMER
GRASS	SUNSHINE
HOT DOGS	TABLECLOTH
ICE CREAM	THERMOS
KETCHUP	WATERMELON



PICNIC CROSSWORD

Answer the questions below by filling in the blanks in the puzzle.



ACROSS

- 3. A fun picnic game played with a disc shaped toy.
- 6. Coleslaw is a type of ____.
- 7. A popular round-shaped bake dessert that is cut into wedges to serve.
- 8. One type of container used to carry picnic goodies.
- 10. It's yummy on the cob.
- 13. This comes in black lumps and is sometimes used on a picnic grill.
- 14. This type of weather can often ruin a picnic.
- 15. Tall and leafy, these provide shady places for your picnic blanket
- 16. A bright evening show that sometimes follows a picnic.
- 17. A square of cloth or paper used to keep things clean when eating your picnic meal.
- 18. Grilled weiner on a bun.

DOWN

- 1. A picnic container that keeps food cold.
- 2. Two pieces of bread stuffed with meat, cheese, or other good stuff.
- 4. Most popular season of the year for picnics in North America.
- 5. A ground beef patty on a bun.
- Eye protection from the sun.
- A fun areas for kids inside some parks.
- 9. Red condiment made from tomatoes.
- 11. Yellow sauce sometimes used on picnic food.
- 12. Tiny picnic invaders.

