

Rock Haven Happenings

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

September 2023

September Dates

September 4
Labor Day

September 6
*National
Read a Book Day*

September 8
*International
Literacy Day*

September 10
*National
Grandparents Day*

September 11
Patriot Day

September 19
*Talk Like a
Pirate Day*

September 21
*International
Day of Peace*

A Note from Natalie

Howdy,

Happy Labor Day! I wanted to shout out to all of you hardworking folks out there. You guys are amazing! Your dedication and wisdom have significantly impacted so many people's lives. Your journey has been difficult, but you have shown resilience and strength that inspires me daily. Thank you for all you do and for making such a positive impact on the world!

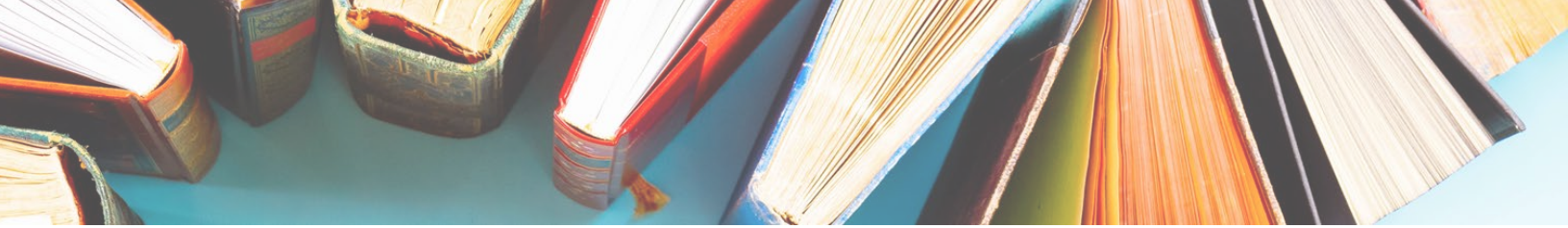
On this Labor Day, let us take a moment to honor your past achievements and the incredible strength that resides within you as you continue to navigate each day with grace and courage. We are truly grateful for the incredible legacy you have created and the wisdom that you so generously share with those around you.

May this Labor Day be filled with joy, laughter, and the knowledge that you are appreciated and loved by all who know you. Thank you for being such an integral part of our community and for all you do to improve our world. We wish you all the best in the coming days and hope you are blessed with comfort, companionship, and contentment. You are truly remarkable, and we are all better for having you in our lives.

With love and appreciation,

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





News from Nursing

Nursing would like to wish everyone in the Rock Haven community a Happy Grandparents Day!

Make some time for the grandparents in your lives to show your love and appreciation.

Aimee Thomas
Interim DON

Infection Control Corner

Antibiotics can save lives, but any time antibiotics are used, they can cause side effects and contribute to the development of antibiotic resistance. In U.S. doctors' offices and emergency departments, at least 28% of antibiotic courses prescribed each year are unnecessary, which makes improving antibiotic prescribing and use a national priority. Antibiotics only treat bacteria. Taking antibiotics when they're not needed won't help you, and their side effects can still cause harm (medication interactions, stomach upset or diarrhea, rash, thrush). Your doctor can decide the best treatment for you when you're sick. Never pressure your doctor to prescribe an antibiotic. When prescribed an antibiotic, make sure to take the entire dose for as many days as prescribed. Never stop taking an antibiotic because you start to feel better.

Reference:

Centers for Disease Control and Prevention. (2021, October 6). *Antibiotic do's & don'ts*. Centers for Disease Control and Prevention. <https://www.cdc.gov/antibiotic-use/do-and-dont.html>

Chelsea Phillips, RN
Infection Preventionist





A Missive from Social Services

National Senior Citizens Day is on Sunday, September 10, 2023

Article excerpts from www.timeanddate.com

Many people honor their grandparents through a range of activities such as gift-giving, card-giving, and for children to invite their grandparents to school for a day where they participate in special lessons or special assembly programs. Many school students take part in story-telling activities that relate to their grandparents, as well as art or poster competitions where children often use a story about their grandparents in their artwork.

About four million greeting cards are sent within the United States each year on National Grandparents Day. This day is also an opportunity for people to appreciate and express their love to their grandparents through kind actions such as making a phone call or inviting their grandparents for dinner. People living in retirement villages or nursing homes may receive a visit from their grandchildren or loved ones on this day.

National Grandparents Day was finally signed into law by President Jimmy Carter in 1978. A presidential proclamation on September 6, 1979, made this day official – it designated Sunday, September 9, 1979, (being the “first Sunday of September following Labor Day”) as National Grandparents Day.

The official song of National Grandparents Day is “A Song for Grandma and Grandpa” by Johnny Prill. The official flower for the day is the “forget-me-not” flower.



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

A Message from Maintenance

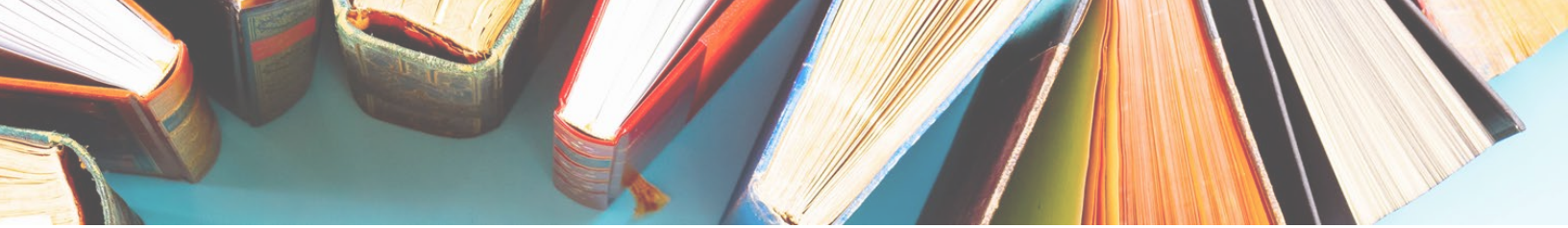
I would like to give a **“Big Shout Out”** to the Rock Haven Facilities maintenance staff for taking pride in their work at Rock Haven Skilled Nursing Home. The entire Facility looks Great!!

With the holiday weekend coming up the Rock Haven maintenance staff have been busy trimming shrubs, touching up paint, and making sure all systems are operating properly to ensure the comfort and happiness of the residents and their families.

Have a Great Labor Day Weekend!!

*Dave Froeber
Facilities Superintendent*





News from Activities



Toes were tapping and hands were clapping when the Waunakee Big Band came to town. The 18-piece band sounded beautiful, and they played all the old tunes that were so familiar. Their soloist was outstanding, and many were singing along. We had a record 9 families attending as well as our devoted volunteers. There was a therapy dog, babies and children, food, and music.



What could be better?



Special thanks to Tony, the Activity Team who carried the program, Connie, and Bill for tripping the light fantastic, Superdog Roxie and Donnalle's littles Damien and Evelyn. It made for a fantastic family evening.

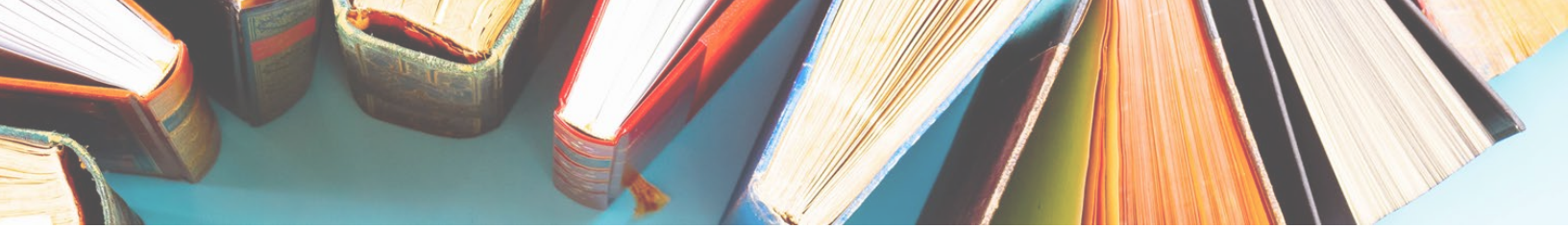


Betty W. and her son Tony



Betty W. dancing with Evelyn





Our birthday party this month was also well attended. Kory Pawelski provided her beautiful soprano voice. (Her husband, Ed from Promedica Hospice, volunteered for us the following week.) It was a great day with cake provided by the Dietary Team and Happy Birthdays all around.



Kory singing a birthday celebration



Betsy H.

Crafts are an integral part of our programming and will become even more so as the weather turns cooler, and we can't plant or harvest.

Thank You Corner

Special thanks to Linda W. and her family for sharing some of their stamping supplies, and Janice R. for her monetary gift in memory of her mother, Betty – who also resided here. Their generosity has made possible a card making cart. Card making will be a monthly feature here at Rock Haven starting in September.



Janice R.



Barb B.

Have crafting supplies gathering dust? Know someone that does? Keep us in mind. We have been known to utilize scraps and recyclables to stay within budget. Wait until you see my medicine bottle pumpkins in October.

Stay tuned!

Vera Polglaze
Activities Director





From ES / Materials

Rock Haven participated in the family fun night. There were four of us that spent 3 hours, enjoying interacting with employee's and their families. I was able to meet some staff from other departments, that I have only had phone conversations with. The kids loved picking ducks out of the pond for prizes. Jessica Nellen guessed how many animal crackers were in the jar and won a nice fall basket.

Thank you to everyone that made it a great family night out.



Michelle and Tina at the booth!

Michelle Lynch
ES and Materials Manager

Food for Thought with Food Service

Fall is upon us and here in Dietary we are currently working on the fall cycle menus that will be full of fun things geared up towards the season. It's time for all things pumpkin and hearty and we are excited and looking forward to all of the positive feedback. Next month residents can look forward to an updated everyday menu that will consist of choices that are most liked and picked on an average.

Enjoy the last bit of summer because fall is just around the corner.

Amanda Beaver
Food Service Manager





September Birthdays!

Resident Birthdays

Mary G.
Sept 3

Vicki P.
Sept 11

Gerald K.
Sept 17

Elaine M.
Sept 18

David L.
Sept 10

Roxane W.
Sept 13

Darlene W.
Sept 18

Elizabeth G.
Sept 24

Mark R.
Sept 29

Employee Birthdays

Makayla L.
Sept 3

Christina P.
Sept 10

Brenda F.
Sept 12

Heidi F.
Sept 19

Jeremy L.
Sept 28

Adele G.
Sept 5

Jeff B.
Sept 12

Christopher D.
Sept 13

Minan R.
Sept 27

Melanie W.
Sept 28

Janice J.
Sept 30





Welcome to our New Residents!

Limestone West



Janet R.

Sandstone East



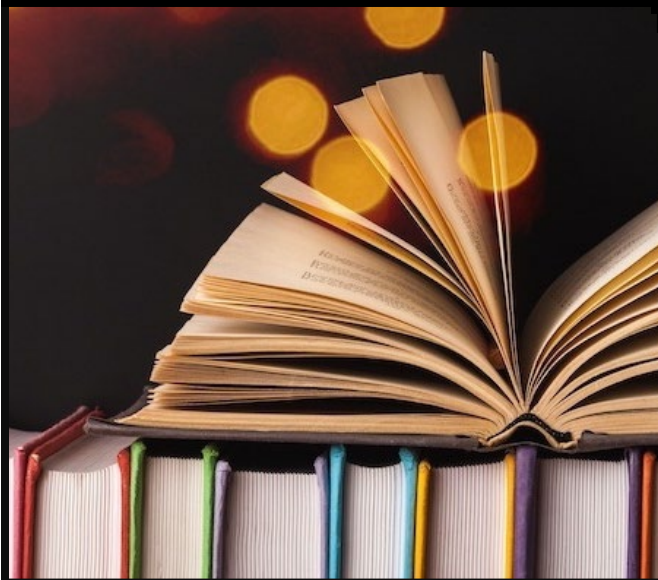
Joyce H.

Margaret U.

Michael A.

Roger D.

William H.



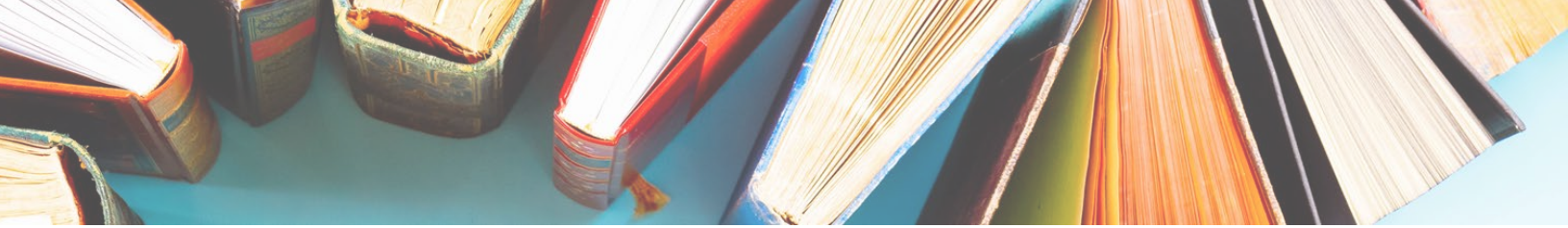
Sandstone West



Susan H.

Mary H.





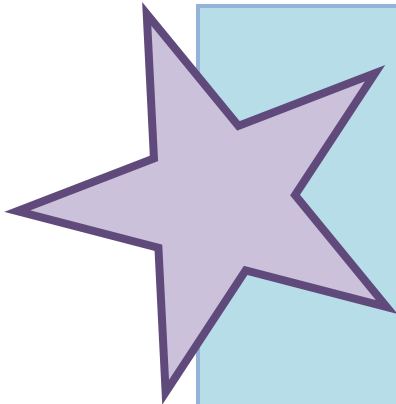
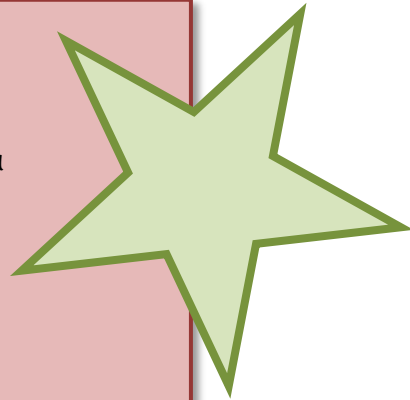
Rock Stars of the Month

August Winners

Sherry G.

Sherry is always here and on time. She is a very kind person to work with. She completes her job in a timely manner.

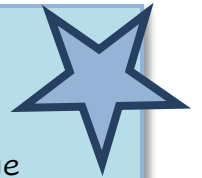
Thank you, Sherry!



Brooke S.

Brooke is always willing to change her schedule to accommodate the facility. She is always smiling.

Thank you, Brooke!

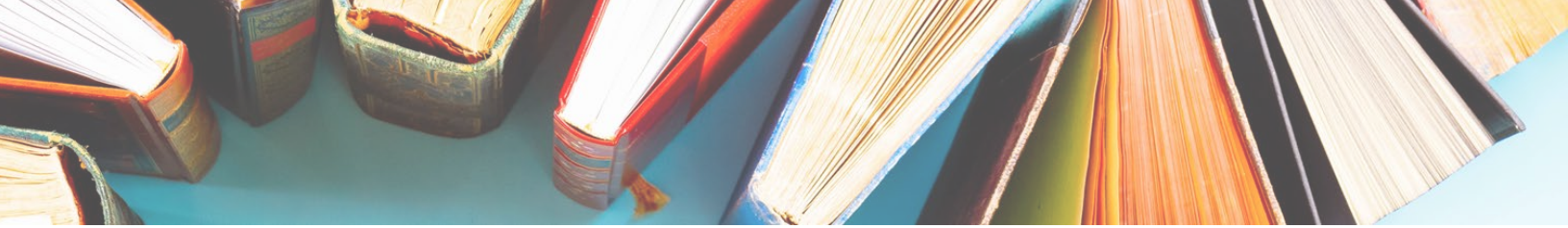


Courtney L.

Courtney is always willing to help out with staffing issues. She is willing to change shifts and work overtime to accommodate staff.

Thanks, Courtney!





Welcome to the Team!

Shylique C.
CNA

FAMOUS BOOKS

R E 5 J 4 E T T H E H A N D M A I D S T A L E I
 F T L I I A S O B C B Y L A T U W U Y H P S C F
 P I L I P J Y N C P G E J A I M C Z D A 4 L H Y
 B T F A H R E N H E I T 4 5 I B U W D G M 4 A T
 F H F M I P U G L R F H F C 4 4 P I M F E Z M I
 M E L J S R R 5 R 4 B P F I P M P G H C D P L L
 P G H J U F J S H O C I B I J A I Y J I O T E I
 R R S 4 W D D N T N O B C Z F I E S Y H C B T B
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 N A C 5 E L G P R B M R O F D D R J B L M O H S
 D T M Z Z Y 5 4 L M Y 5 M U Z O 4 L 4 T Y 5 D D
 P S S M D N R C I O S R A F I N L 5 1 5 C 4 H N
 R B Y D R E N N U R E Z A M E H T R E A D O A A
 E Y J F U I U A J B G I H W F B A D E O D E Y E
 J R R E T T O P Y R R A H O A B D C F 5 U 1 D S
 U B I T Y L M T O D 5 N L C O H H R J G F M Z N
 D C G A Z M S T H G I E H G N I R E H T U W L E
 I H B S Y 5 S P H L O R D O F T H E F L I E S S
 C I R Y G I I F S N F 5 Y I Y U Z C S G G 5 A R
 E D J I D D I B T B Z D Z G Z Z U W O W I M F I
 A U 4 B J 4 1 W 5 U W E W D P E F F W H U L H M

Word Bank

A Christmas Carol

Harry Potter

The Great Gatsby

Sense and Sensibility

The Maze Runner

Fahrenheit 451

The Handmaids Tale

Wuthering Heights

Of Mice and Men

Hamlet

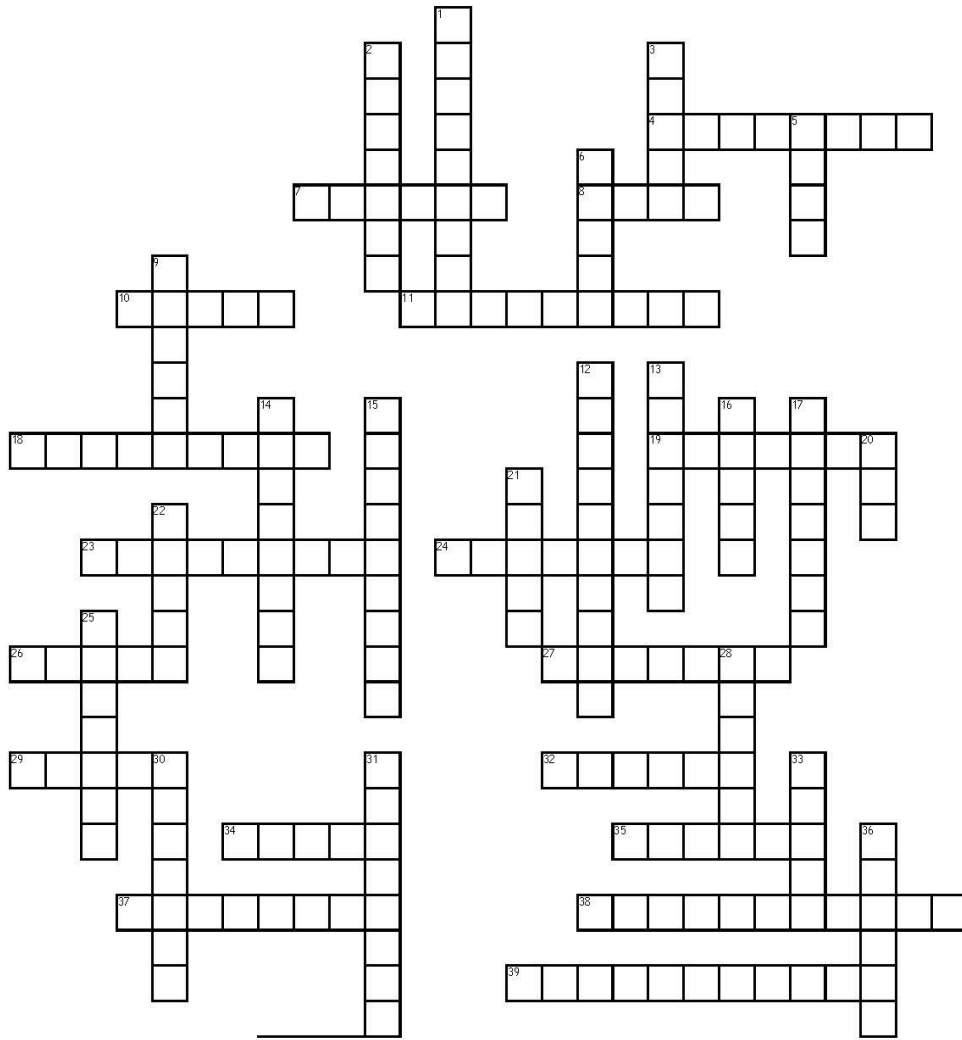
Lord of the Flies

Pride and Prejudice





Classic Books & Authors



Across

- 4. Gone With The Wind
- 7. Paradise Lost
- 8. Swiss Family Robinson
- 10. The Complete Sherlock Holmes
- 11. Don Quixote
- 18. The Old Man And The Sea
- 19. Alice's Adventures In Wonderland
- 23. Dr. Jekyll And Mr. Hyde
- 24. The Lord Of the Rings
- 26. Uncle Tom's Cabin
- 27. Invisible Man
- 29. Gulliver's Travels

32. Jane Eyre

- 34. The War Of The Worlds
- 35. Brave New World
- 37. Moby-Dick
- 38. Crime and Punishment
- 39. Tragedy Of Hamlet
- 40. The Good Earth

Down

- 1. The Scarlet Letter
- 2. Frankenstein
- 3. The Three Musketeers
- 5. Les Miserables
- 6. The Adventures Of Huckleberry Finn
- 9. The Call Of The Wild

12. The Great Gatsby

- 13. David Copperfield
- 14. The Catcher In The Rye
- 15. The Grapes of Wrath
- 16. The Red Badge Of Courage
- 17. Anna Karenina
- 20. To Kill A Mocking Bird
- 21. The Picture Of Dorian Gray
- 22. Robinson Crusoe
- 25. The Lord Of The Flies
- 28. 1984
- 30. Walden
- 31. Dr. Zhivago
- 33. Ulysses
- 36. Pride and Prejudice

