

Rock Haven Happenings

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

October 2023

October Dates

October 1
International Coffee Day

October 6
Physician Assistant Day

October 6
World Smile Day

October 9
Columbus Day

October 11
Emergency Nurse Day

October 16
Bosses Day

October 21
Sweetest Day

October 31
Halloween

A Note from Natalie

Howdy,

I hope this newsletter finds you in good health and high spirits as we welcome the beautiful month of October. This is the time of year when the air turns crisp, and the leaves start to change, bringing a sense of coziness and comfort to Rock Haven.

I want to express my gratitude to every one of you. Your strength, resilience, and the incredible support you provide to one another inspires me. The spirit of unity and compassion at Rock Haven is truly remarkable. Each day I arrive at work, I walk in humility, knowing how it was when I arrived, and to see us now—I lift my hands and thank God for His mercy that is renewed daily. Our dedicated staff continues to provide exceptional care and support to our residents. Please take a moment to recognize their hard work and dedication. Your kind words and gestures mean the world to them.

We remain committed to maintaining a safe and healthy environment for all. Our COVID-19 protocols and precautions are still in place to protect our community. We encourage everyone to stay vigilant and follow guidelines for everyone's well-being.

Our monthly Let's Chat with Nat is scheduled for Saturday, October 7. This is an opportunity for our residents and families to share feedback, ask questions, voice concerns, and snack while chatting with me. Your input is invaluable as we strive for continuous improvement at Rock Haven.

Thanksgiving planning is on the horizon, and our Food Service Section is already looking ahead to Thanksgiving, a time for reflection and gratitude. We will organize a special Thanksgiving feast for residents, staff that works (the holiday), and families. More details will follow, but please save the date for November 23.

I wish you all a cozy, peaceful October.

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





News from Nursing

Happy Halloween Rock Haven!

For this Halloween, we are encouraging people to dress up for the holiday to celebrate. I look forward to seeing all the fun costumes and the smiles on our staff and residents alike.

*Aimee Thomas
Interim DON*

Infection Control Corner


International Infection Prevention Week ([IIPW](https://infectionpreventionandyou.org/iipw/)) takes place October 15-21, 2023, and is organized by the Association for Professionals in Infection Control and Epidemiology ([APIC](https://www.apic.org/)). Because infection prevention is more important than ever in the battle against a global pandemic and to keep the world safe from healthcare-associated infections and outbreaks, this year's theme is Celebrate the Fundamentals of Infection Prevention. APIC wants to emphasize the role that individuals can play in the health and safety of their community by showcasing the science behind infection prevention, the importance of countering misinformation, and to inspire the world's future IPs to join the fight. I'd like to ask you to join us in encouraging everybody—healthcare personnel, patients, and families—to celebrate the bravery and expertise the infection prevention and control community has shown before, during, and after the COVID-19 pandemic.

Did you know? Established in 1986 by President Ronald Reagan, International Infection Prevention Week (IIPW) focuses attention on the importance of infection prevention in saving lives and healthcare dollars.

Reference:

<https://infectionpreventionandyou.org/iipw/>

*Chelsea Phillips, RN
Infection Preventionist*





A Missive from Social Services



Celebrate World Smile Day® Friday, October 6th, 2023

As is well known by now throughout the world Harvey Ball, a commercial artist from Worcester, Massachusetts created the smiley face in 1963. That image went on to become the most recognizable symbol of good will and good cheer on the planet.

As the years passed Harvey Ball became concerned about the over-commercialization of his symbol, and how its original meaning and intent had become lost in the constant repetition of the marketplace. Out of that concern came his idea for World Smile Day®. He thought that we, all of us, should devote one day each year to smiles and kind acts throughout the world. The smiley face knows no politics, no geography and no religion. Harvey's idea was that for at least one day each year, neither should we. He declared that the first Friday in October each year would henceforth be World Smile Day®. Ever since that first World Smile Day® held in 1999, it has continued every year in Smiley's hometown of Worcester, MA and around the world.

After Harvey died in 2001, the Harvey Ball World Smile Foundation was created to honor his name and memory. The Foundation continues as the official sponsor of World Smile Day® each year.

This website (www.worldsmileday.com) was created to provide information about World Smile Day®, Harvey Ball and Smiley. Browse the archives to learn more about past World Smile Day® events, Smiley and his creator - Harvey Ball. And be sure to join the celebration this year on Friday, October 6th 2023, and "Do an act of kindness. Help one person smile"!

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

Greetings from Finance

Greetings Rock Haven Residents! It's nice to be back 😊

My name is Joanne Foss, and I am the Interim Project Business Manager for the Rock Haven Finance Department. I will be working part-time until the Business Service Manager position is filled. For those who do not know me, I served as the Controller and Financial Office Manager for Rock Haven Finance from 2015 until my retirement in January 2022. Most of my retirement time is spent staying active while watching my two grandsons, Logan and Luke, ages 6 and 2. I look forward to serving the residents of Rock Haven.

*Joanne Foss
Interim Project Business Manager*



News from Activities



Beth G. celebrating her birthday...

The Social Room at Rock Haven is a popular place for parties, get togethers, and scheduled activities. It is utilized every day for Activities and can be reserved by families for special events if the family reserves it in time. With the holidays fast approaching, this is a kind reminder to get your reservations in to me so that you won't be disappointed. Please be sure to contact me and I will post it on the computer calendar for departments to see. Due to the fact that it is first come-first served, it is best that you

contact me or have Virginia patch you through to my voice mail. This will be my 8th holiday season here and we juggle people around, but find a place for your holiday gatherings so they are special for all. This was the scene this past Sunday 9/24 when friends from Mount Zion Methodist Church celebrated Beth!



with her friends!



Joyce H. with ice cream

The Canteen remains a popular destination for our Residents. We started it 9 years ago with Dave Froeber's refrigerator, furniture from my Rec Room in Milton, donations from my friends, and the goal to bring the community in to the Residents. The Mission of the Canteen is to provide an outlet for shopping, a place to socialize as well as to provide part of the past lifestyle people are accustomed to. Initially it was self-funded, but now the proceeds go into the general fund.

What this means to us, is that we rely even more on the generosity of others. All food items are bought out of the Activity Budget, and anyone that buys groceries knows what that means! So, if you or a friend have clothing, stuffed animals, toiletries, trinkets, please feel free to drop them off. Think upper end garage sale. If you have friends or family that work at FritoLay, know of a donor who I could contact, please let me know. Speaking of donors, both GIFTS and the Re-Tag It Store have been very gracious to Rock Haven. Please know that anything you donate that we can't use, will be equally shared with organizations that serve. It is great to have friends in the community!

Music is a pillar of our programming here. September we had 5 music programs. I strive to find different genres and we had dulcimers, beautiful voice, piano, and spiritual music by Donna twice, guitar, piano, and voice by Hal and Sue (along with jokes, puns and sing alongs) and the Water Street Band was back!! I missed these folks and they gave us a great show! We want them back. They are the brave musicians from the Janesville Senior Center, and we enjoyed them immensely.



Water Street Band

I am eternally grateful for all of our Volunteers. There are so many, and many like myself like to work behind the scenes. We started with 2 very brave volunteers from Loose Threads, Nancy, and Mary. They belong to a group of quilters from the store Loose Threads in Milton. They made us wheelchair bags, foley bags, and some quilts. Their workmanship is superb. They use bright colors and their donations insure everyone will get a birthday gift lovingly made for them. Thank you, Loose Threads. (They are also known as The Strip Club 😊)



Wendy showing off some beautiful donations

Another group that helped us were the Ladies of First Lutheran. They made lap blankets as well. It is important to know that we can always use more of these items as they are washed a great deal and eventually wear out. (Think of your favorite t-shirt.) So, we gratefully acknowledge all our volunteers that work behind the scenes to make the days here a little brighter for those we serve.

Please feel free to contact me regarding donations, volunteering, reserving the Social Room or to share something about your loved one!
608-757-5308

*Vera Polglaze
Activities Director*

From ES / Materials

What do witches
ask for at hotels?
Broom service.



Environmental Services
and Materials
wishes everyone a
Happy Halloween!

Michelle Lynch
ES and Materials Manager

Food for Thought with Food Service

This month we look forward to all things full of spice and harvest goodness, here in the Food Service department we are looking forward to our new cycle menu for the upcoming months and we hope the residents are too! It is Food Service week October 1-7 of this month so I would like to give a huge shout out and THANK YOU to all the staff in the department that have been working through all the positive changes here. Without input from staff and working together as a team we would not flow and progress how we do as a TEAM, and I thank you all for everything you all do! If you see one of these employees out and about, shout them out a thank you because it takes hard work and effort as well to do what each of them do!

Amanda Beaver
Food Service Manager

Message from Maintenance

Facilities is starting to prepare for Winter. They will be working on fall clean up and getting the grounds ready for the colder weather. Thanks to Kevin, Brian, and Andrew for all they do to keep things looking good around Rock Haven.

Maurine Braun
Facilities Administrative Assistant

Rock County Senior Fair



Good Morning All,

I am sharing some feedback from the 2023 Rock County Senior Fair. It was Friday, September 15, 2023, at the Dr. Daniel Hale Williams Resource building on Center Street.

I had the privilege to speak with many county residents about Rock Haven and learned quite a bit. I did not speak with anyone with negative thoughts on Rock Haven. I spoke with former residents, employees, and community members who had or have a loved one in Rock Haven.

Each person I spoke with had the highest regard for Rock Haven and the work we do every day. We are an asset to our community; not only does this come from leadership at Rock Haven, but the many people I spoke with at the Senior Fair said the same thing.

Excellent job, team Rock Haven.
Thanks for all you do!



Wizard of Oz was well represented!

This year's theme was "Movies, One Memory at a Time."



Steve Barnett
Admissions Coordinator



October Birthdays!

Resident Birthdays

Nona D.
Oct 8

Jim M.
Oct 8

Leo H.
Oct 15

Margie G.
Oct 8

Harry W.
Oct 14

William H.
Oct 18

Clemmie E.
Oct 26

Employee Birthdays

Jessica R.
Oct 1

Ashley J.
Oct 3

Dave F.
Oct 8

Connie R.
Oct 11

Fida S.
Oct 12

Deb H.
Oct 2

Mary B.
Oct 5

Alexis D.
Oct 8

Sheila M.
Oct 11

Laurie K.
Oct 13

Erin S.
Oct 16

Jazmine S.
Oct 17

Kristine G.
Oct 31

**Welcome to our
New Residents!**

Limestone West



**Delores A.
Joseph D.
Mary G.**

Sandstone East



**Elaine M.
Mary C.**



Sandstone West



Susan T.



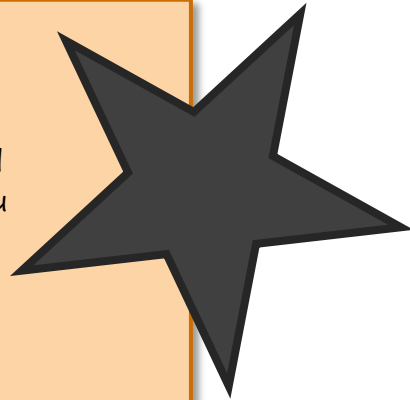
Rock Stars of the Month

September Winners

Kim R.

Thank you, Kim for offering a helping hand to adjust your schedule. We appreciate you and your hard work!

Thanks, Kim!



Andrew F.

Andrew is very friendly and helpful. When materials ask for help, he is always willing to help. When we ask for repairs, he is always on it.

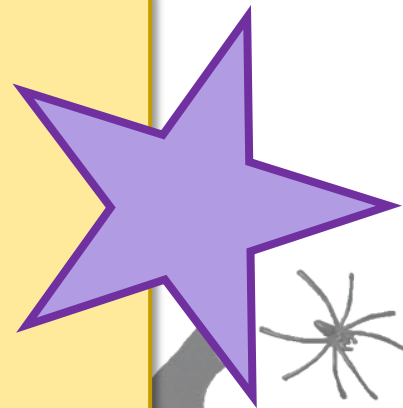
Go Andrew!



Shelly H.

Shelly always goes above and beyond. She is always on time for meals and to help pass trays and feed people. It's amazing to have her help.

Thanks, Shelly!





Welcome to the Team!

Angela J.
ATA

Theresa L.
CNA

Joanne F.
Business Office Manager

Sue R.
Admin Assistant

Employee Recognition Ceremony

The **3rd Quarter Recognition Ceremony** is around the corner!
Join us as we recognize our employees' years of service.

When: Thursday, October 19

Where: DWRC
1717 Center Avenue
Room J1015 (Beckman Mill)

Time: 9:00 am

RSVP with HR: Friday, October 13

Celebrating 1 year of service:

Alexis K.	ATA
Glenda A.	CNA
Michelle P.	CNA
Karen F.-A.	CNA
Chris D.	FS Supervisor
Desirea O.	Registered Nurse
Keylee F.	Unit Clerk Coordinator

Celebrating 5 years of service:

Amy T.	CNA
Michelle J.	ESW

Celebrating 10 years of service:

Minda T.	CNA
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Celebrating 15 years of service:

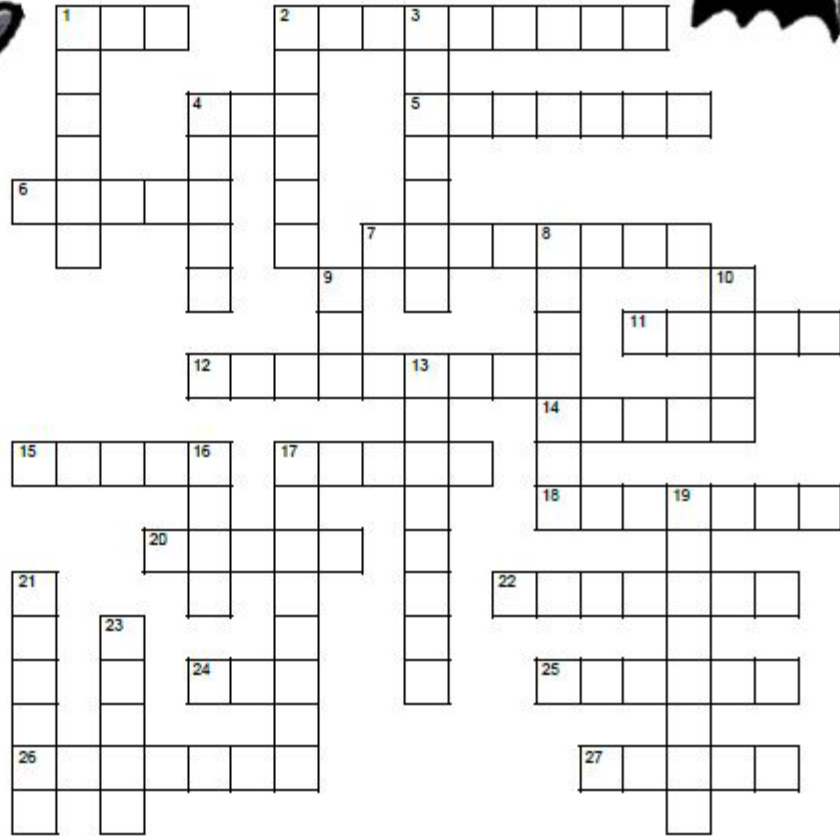
Tina P.	FS Worker
Tricia K.	FS Worker

Celebrating 30 years of service:

Sue E.	ESW
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Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.
9. Who? Who?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.

