

Rock Haven Happenings

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

November 2023

November Dates

November 1

All Saint's Day

November 11

Veteran's Day

November 13

*Caregiver
Appreciation Day*

November 13

*Sadie Hawkins
Day*

November 17

World Peace Day

November 20

*Universal
Children's Day*

November 23

Thanksgiving Day

November 27

Cyber Monday

A Note from Natalie

Dear Residents and Families,

As we approach the holiday season, I want to reflect on the past year and express my gratitude for the resilience and strength of our community.

Despite the challenges of the COVID-19 pandemic, our staff and residents have remained dedicated to maintaining a safe and welcoming environment.

As always, our staff continues to implement and enforce strict infection control protocols to ensure the health and safety of our residents.

We encourage all residents and visitors to follow our guidelines. We also have various fun and engaging activities planned for November, including live music performances, movie nights, and holiday-themed crafts. Our Food Service department has worked hard to create special Thanksgiving meals on November 23, and we are welcoming families to come and spend the holiday with their loved ones.

Our staff is committed to providing activities that promote socialization and mental stimulation while adhering to our safety protocols.

Lastly, we want to remind our residents and families that our staff can always assist with any needs or concerns. We value your feedback and encourage you to contact us with any questions or suggestions. Thank you for your continued support, and we look forward to a joyful and safe holiday season.

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





RESERVE NOW

Relax, Renew & Resources

FOR FAMILY CAREGIVERS OF SOMEONE WITH DEMENTIA
JOIN US FRIDAY NOVEMBER 3RD
FOR

A MORNING OF PAMPER SERVICES INCLUDING
MASSAGE, REFLEXOLOGY, SKIN CARE & RELAXATION

Gail, 608-757-5325

Teena, 608-757-5104

A Missive from

Social Services

AN AFTERNOON OF INFORMATIVE SPEAKERS FROM
HOSPICE, LONG-TERM CARE, IN-HOME CARE, ADULT
DAY CARE & ELDER LAW

RESERVATIONS REQUIRED
RESPIRE CARE AVAILABLE WITH RESERVATION

AGING & DISABILITY RESOURCE CENTER
OF ROCK COUNTY
1717 CENTER AVENUE
JANESVILLE, WI



FOR MORE
INFORMATION,
CONTACT KAREN @
608/741-3615



Greetings from Finance

Welcome Back, Mary!

Mary Cummins, Rock Haven Accounting Specialist recently returned to work after being out on maternity leave. The entire team is glad to have Mary back. Congratulations to Mary and her family on their newest addition.

*Joanne Foss
Business Office Manager*



News from Nursing

Nursing wants to give thanks to all our RNs, LPNs, and CNAs who work tirelessly to take care of our residents and their families.

Happy Thanksgiving Rock Haven!

Aimee Thomas
Interim DON


Infection Control Corner

Flu shot season has arrived! Many staff and residents have already started to get their annual flu vaccine. Flu vaccines are recommended yearly. Vaccine composition is reviewed and updated each year since the influenza virus is constantly changing. Influenza vaccines can be given intramuscular or intranasally via a nasal spray device. Influenza is a respiratory virus that affects all ages. Virus is shed in respiratory secretions for 5 to 10 days, with a peak of 1 to 3 days following illness onset. Influenza occurs throughout the world. The Northern Hemisphere has flu season from October to May and the Southern Hemisphere's flu season occurs April to September. If you've received a flu shot consent form in the mail, please return it via mail or drop it off the next time you visit Rock Haven.

Resources:

<https://www.cdc.gov/vaccines/pubs/pinkbook/flu.html#virus>

Chelsea Phillips, RN
Infection Preventionist



News from Activities



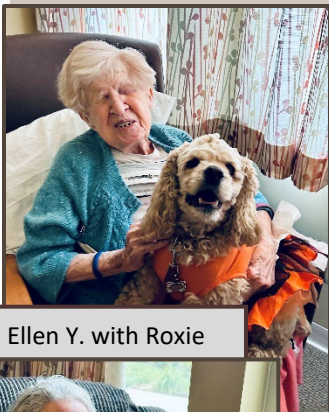
Vera, Deb, and Natalie

It was a humbling moment last Spring when Natalie and I could recognize Deb Harris at her retirement and one of excitement when she came back as a Pool staff member. Deb has oodles of experience as a CNA, housekeeper, and Activity staff. I am grateful that she is comfortable coming back and even more grateful that we can work together again!

★ "Thank you" seems such a small phrase for the outpouring of donations from our Rock County Team. Last year, with the help of Katie M. in Human Resources we listed Rock Haven as a drop off point for our employee Health Fair that was held recently. The other divisions of Rock County stepped up to the plate and made generous donations that will be used throughout the year. Having worked in other departments myself, it is great to know about the goodwill throughout Rock County. We appreciate you all!



Wendy and Donnalie



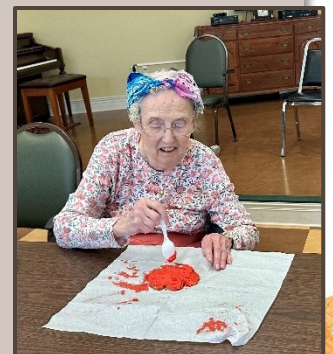
Ellen Y. with Roxie

It was our last visit with Roxie for the season as she is a true snow dog, heading south for the winter. She brings such joy to us April through October. And yes, I have another dog in the works once her training is complete. We welcome dogs, just please remember they need to be on a lead when in an open area, vaccines need to be on file, and no dogs in the dining room when meals are served. These are not my rules, basic standards for safety in a health care facility. We want to keep our pet programming running smoothly!

Amanda and her team made cookies, Chris made the frosting and the Activity team and Residents decorated away. What a fun activity, it brought back conversations of days gone by. We hope to make this a monthly event because who doesn't like cookies?



Vicki P. with Roxie



Beth G. making cookies!



Bonnie and Ceramics

The Activity Department extends a heartfelt thank you to Bonnie of Dietary and her sister Barb. Barb was downsizing her ceramic supply and Bonnie kindly thought of us. This beautiful collection will keep us busy when the snow falls deep around us. Thank you, ladies!

Pumpkins, gourds, and seeds, oh my! There is always something brewing in the Activity Department. This is one of the many days we carved pumpkins. There were tales told about the proper way to carve a pumpkin and how best to remove



Jan

the innards! Just for the record, 32 pumpkins can fit in the back of my Equinox with the seats up. I had a farmer try to tell me I couldn't make those 33 pumpkins!



Pumpkin carving!

*Vera Polglaze
Activities Director*



From ES / Materials



Wishing everyone a safe and happy holiday. Enjoy the time with family, friends and loved ones.

Michelle Lynch
ES and Materials Manager

Food for Thought from the Kitchen

This month we look forward to meals with our family and friends, and here at Rock Haven we would like to extend our offer out to come join the residents in Thanksgiving meals November 23, 2023, at 12pm. Meal tickets will be available for purchase at the front desk.

We look forward to seeing families joined together as one no matter how close or far away and creating new lasting memories.

Amanda Beaver
Food Service Manager

Message from Maintenance

Maintenance is getting the grounds ready for winter. It won't be long until they start getting all the holiday decorations up. I appreciate all the work they put in to keep Rock Haven looking so good.

We also would like to wish everyone a Happy Thanksgiving.

Maurine Braun
Facilities Administrative Assistant



November Birthdays!

Resident Birthdays

Margaret U.
Nov 9

Richard R.
Nov 10

John S.
Nov 20

Donna T.
Nov 9

Michael G.
Nov 12

Randy R.
Nov 20

Donna P.
Nov 14

Employee Birthdays

Sheila G.
Nov 3

Sherry G.
Nov 3

Pamela R.
Nov 10

Patti G.
Nov 17

Angie B.
Nov 19

Patti W.
Nov 3

Ryan S.
Nov 5


Ashley G.
Nov 15

Heather S.
Nov 17

Heather K.
Nov 20

Betty W.
Nov 25

Teena M.G.
Nov 30





Welcome to our
New Residents!

Limestone West



Sandstone East



Richard R.



Sandstone West



Kathleen S.





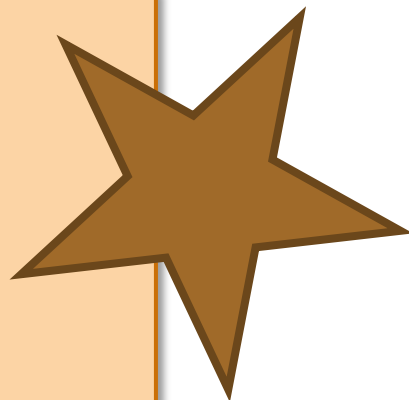
Rock Stars of the Month

October Winners

Michelle K.

Michelle works very hard to fill staffing vacancies and still approve, "Request time off" Michelle works her "magic" to ensure proper staffing levels. She often has come in early or stays late for scheduling and staffing issues.

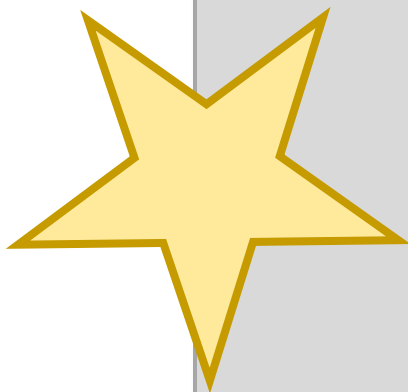
Thanks Michelle!
We appreciate everything you do!



Mona Lisa B.

Mona is always kind and caring to all her residents. She goes above and beyond picking up overtime when needed. Her residents feel safe when she is working.

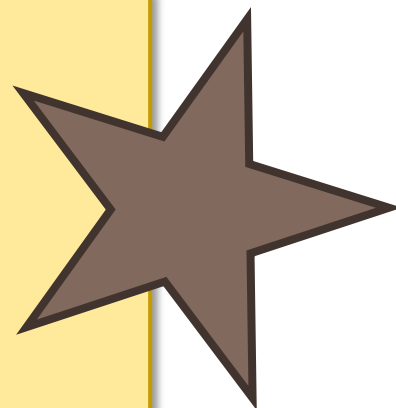
Thanks Mona Lisa!



Maria L.

Maria has worked hard in the kitchen to pick up hours for call offs and making the food delicious and on time for all the residents.

Thanks Maria!



Welcome to the Team!

Sylvia A.
Nursing Scheduler

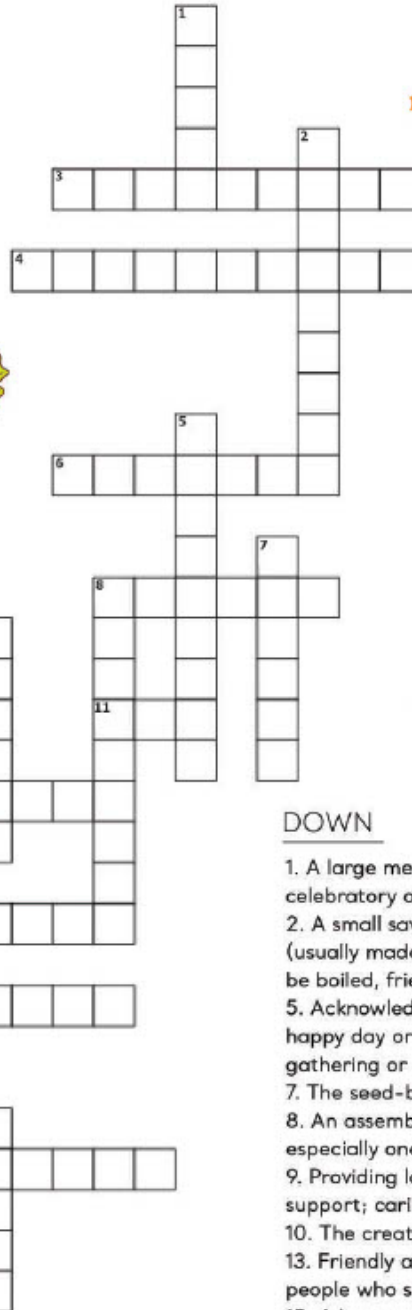


Thanksgiving

Solve the Crossword

ACROSS

3. Being thankful
4. A symbol of plenty consisting of a goat's horn overflowing with flowers, fruit, and corn
6. A person with whom one has a bond of mutual affection
8. To eat quickly
11. A shaped covering for the head worn for warmth, as a fashion item, or as part of a uniform
12. A formal evening meal
14. A sweet and creamy drink
15. People who travel to holy places
16. Salted or smoked meat from the upper part of a pig's leg
18. The gathering of crops



DOWN

1. A large meal, typically a celebratory one
2. A small savory ball of dough (usually made with suet) which may be boiled, fried, or baked in a casserole.
5. Acknowledge (a significant or happy day or event) with a social gathering or enjoyable activity
7. The seed-bearing part of a plant
8. An assembly or meeting, especially one held for a specific purpose
9. Providing love or other emotional support; caring
10. The creator and ruler of the universe
13. Friendly association, especially with people who share one's interests
15. A large rounded orange-yellow fruit with a thick rind
17. A sauce made by mixing the fat and juices exuded by meat during cooking with stock and other ingredients.