

Rock Haven Happenings

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

December 2023

December Dates

December 2

*National
Fritters Day*

December 7

Hanukkah

December 10

*International
Children's Day*

December 15

Bill of Rights Day

December 18

*Bake
Cookies Day*

December 21

*First Day
of Winter*

December 25

Christmas

December 26

Kwanzaa Begins

A Note from Natalie

Dear Residents and Families,

As the festive season approaches, I want to send my warmest wishes to each and every one of you. Christmas is a time of magic and wonder, bringing love, hope, and togetherness to our hearts and homes.

This special time of year reminds us of the importance of treasuring the moments we share with loved ones and appreciating the beauty of spreading happiness and joy wherever we go. I am constantly inspired by the strength, resilience, and positive attitude of everyone at Rock Haven, and I feel truly blessed to be a part of this incredible community.

I hope that the season's twinkling lights, and beautiful melodies fill your hearts with peace and contentment. Your stories, laughter, and wisdom enrich our lives in ways that words cannot describe, and we are grateful to have you as a part of our extended family.

Our staff members, thank you for your unwavering commitment and compassion throughout the year. Your tireless efforts ensure that our residents receive exceptional care and joy, and we are grateful for everything you do.

As we celebrate this festive season, may the spirit of Christmas fill your hearts with love, hope, and joy. I wish you a Merry Christmas and a Happy New Year filled with blessings.

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

News from Nursing

Happy Holidays Rock Haven!

As we move into the holidays, our employees had fun decorating the facility for the season.

Lucy K., our Education Nurse, will be retiring this month after 41 years here at Rock Haven. She has been such a warm presence here for co-workers and residents alike. And while it is true that she will be missed, we are so excited for her.

Congratulations Lucy!

*Aimee Thomas
Interim DON*

Infection Control Corner

I hope everyone enjoys the upcoming holidays with family and friends! Remember, being indoors during the cooler months can lead to an increase in illness due to frequent gatherings and being cooped up in the house. During these gatherings remember your hand hygiene, cooking food and maintaining cooked food at safe temperatures and staying away from others if you are experiencing illness.

*Chelsea Phillips, RN
Infection Preventionist*



A Missive from Social Services

Holiday Greetings from Rock Haven Social Services! No matter how you celebrate, please include your loved ones at Rock Haven however they can best enjoy the season. Social services staff are here to help with suggestions, if needed. Wishing you a safe and healthy holidays and New Year!

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

Greetings from Finance

There will be a 3.2% increase in Social Security benefits for 2024 which will increase patient liability amounts. If you have any questions, please contact Mary in the Finance Department at 757-5332.

The Rock Haven Finance Department wishes you a Happy Holiday Season!

*Joanne Foss
Business Office Manager*



News from Activities

Turkey and card making were two of the many crafts offered in the month of November.



Crafting brings out the artist in everyone, utilizes eye/hand coordination, encourages reminiscing, and offers the Residents something to share with others.



Pet visits remain a highlight for Residents here at Rock Haven. We were able to introduce two new pets in November.

We now have Cash and Carson who visit us. It appears that Cash would like to play Bingo!



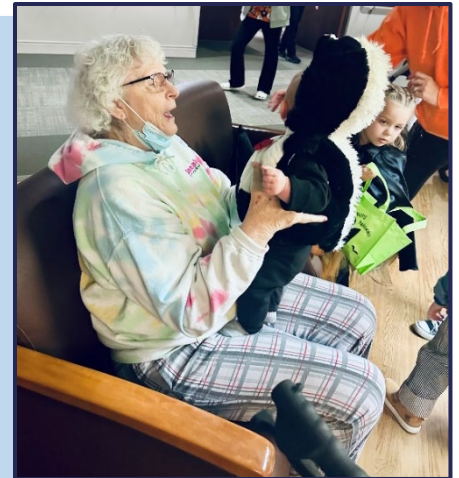


Although we are gearing up for Christmas, Halloween was just a few weeks ago. There were pumpkins carved, costumes worn by Residents and staff alike, spooky music and of course - treats.



We were glad to have trick or treaters come to visit.

Here is Irene holding her great grandson - Sonny the skunk as well as visiting with his friends.



*Vera Polglaze
Activities Director*

From ES / Materials



The grinch maybe my favorite Christmas movie, but this time of year everyone should enjoy the beauty of the season. Spend as much time with family and friends. Be thankful for what you have and who you have to enjoy each day with

Happy Holidays

Michelle Lynch
ES and Materials Manager

Food for Thought from the Kitchen

We want to start off with a BIG THANK YOU to all of the family members that came out to join our team at Rock Haven. We had a total of 40 family members which I consider amazing for this first major time around for Thanksgiving this year. I also would like to thank all of the teams in pulling together to make sure our guests felt right at home and were accommodated to in a timely fashion. Special thank you to our culinary team for all the hard work and prep that was put into planning and executing the wonderful Thanksgiving meal. Seeing all the family members come in and enjoy themselves and their family members was memorable experience that I hope we can continue on with.

This month, Christmas is coming and we will have a special Christmas menu for the resident's for lunch that day, we always have meal tickets for standard purchase if any family member would like to join.

Have a safe and fun Holiday!

Amanda Beaver
Food Service Manager

Message from Maintenance

Thank you to everyone who helped decorate the wreaths this year. We have some talented staff. Some are already hung outside on the stone monuments. Please take a look at all the creative work our staff put into making the season festive.

A friendly reminder that now that the first snow has fallen at Rock Haven, the Courtyards are now closed for the season for your safety.



Maurine Braun
Facilities Administrative Assistant

December Birthdays!

Resident Birthdays

Ann P.
Dec 4

Jean S.
Dec 9

Esther V.
Dec 16

Pat L.
Dec 4

Arvilla K.
Dec 13

Carol M.
Dec 19

Dorothy E.
Dec 25

Employee Birthdays

Sue R.
Dec 1

Amy T.
Dec 14

Aimee T.
Dec 17

Andrew A.
Dec 19

Zachary B.
Dec 23

Michelle K.
Dec 7

Marilyn B.
Dec 16

Sarah L.
Dec 18

Jaime B.
Dec 21

Vera P.
Dec 26

Lois C.
Dec 27

Jennifer R.
Dec 27

Karen F.A.
Dec 30

Welcome to our New Residents!

Limestone West

Richard S.
Carol B.

Sandstone East

Ruby N.
David H.



Sandstone West

Cynthia K.

Rock Stars of the Month

November Winners

Audrey B.

Audrey has stepped forward to help with staffing. She has offered to pick up hours and change her schedule when needed. She is always kind and knows what is the best for our residents when their health condition changes

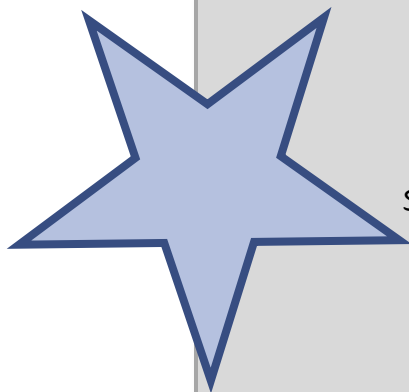
Thank you, Audrey!



Amanda B.

Amanda has a terrific attitude when working with our residents and staff. She is ready to work extra hours at any time to provide nutrition for our residents.

Thank you, Amanda!



Terri H.

Terri is an excellent worker. She goes above and beyond to clean spots on the carpets. She is amazingly kind to all our residents and knows what they need to feel safe and happy.

Thank you, Terri!



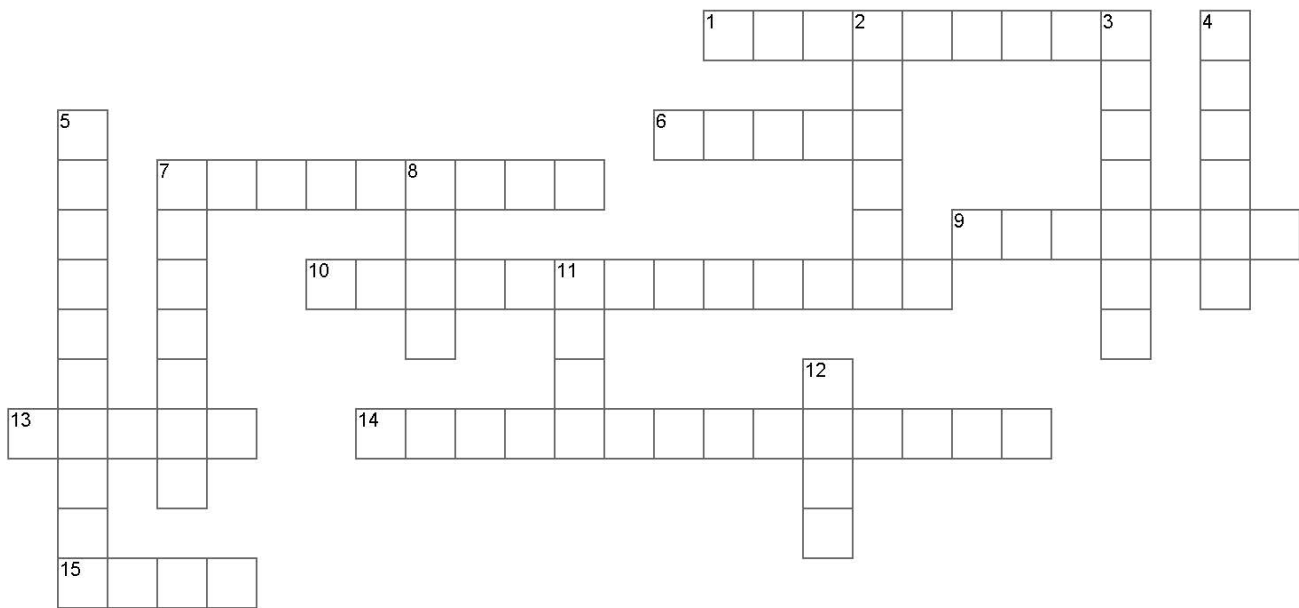
Welcome to the Team!

**Dominique R.
RN**

**Jameka W.
CNA**

**Isabel H.
CNA**

**Terri M.
CNA**



ACROSS

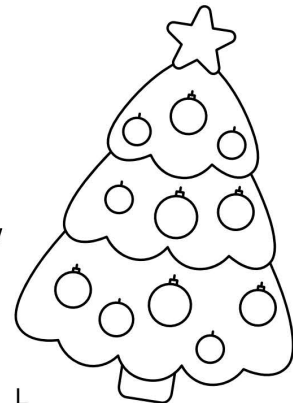
1. You can fill it with small toys, candy, fruit or coins.
6. A popular Christmas color.
7. A hard candy with stripes.
9. Santa Claus comes through it.
10. People have it in their home and like to decorate it.
13. Santa's helpers.
14. Used to count the days of Advent in anticipation of Christmas.
15. It's cold and white.

DOWN

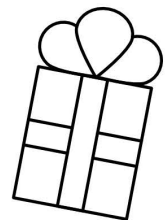
2. Light made of wax.
3. It looks like a man made of snow.
4. In what season is Christmas Day?
5. He brings children their presents on Christmas day.
7. Homemade and cut into various shapes related to Christmas.
8. Sent by mail as an expression of goodwill at Christmastime.
11. Santa Claus is coming to...
12. On January 1st we say "Happy New"

Answers: 1. Stocking; 2. Candle; 3. Snowman; 4. Winter; 5. Santa Claus; 6. Green; 7. Cookies; 8. Card; 9. Chimney; 10. Christmas Tree; 11. Year; 12. Town; 13. Elves; 14. Advent Calendar; 15. Snow

HOLIDAY WORDSEARCH



F
 KNX
 UCAEL
 JDHKVSE
 QJURNSAGG
 OMCRIJNVFON
 EDXJGSLXROUNA
 NLJHHOTDQVXWCGI
 PPDTUVFMZIWZJQSGC
 ZORNPFIFAVBJPIEQBEW
 AFRPESUZRGNQD
 OCEASNTJEQNGPYI
 ICPGHTORSYWALYRET
 HALWYGOHEBUBLESENGE
 ORAAAZWCNEDFTVBZRNZEL
 LOCMIIIGQTKCRIKKEFPEMODU
 LLEJKMQTGRVEVCANLIEKKISFY
 YSSLAOCEWIDZDGMHVLZMELGHFQB
 NIUKSWGLTSINLEQYLRSEWRRPYCBFD
 HBAKAOUSFELHVIMADET
 RUZRFZJZGEBHSYOSPMOER
 AASIFCAGOTCLMHHIOTPGRDA
 EBSNAMBJCIZWKZHNQYBMOJNNE
 YBAGREKCARCTUNGRXEQQXAZZAIP
 WPYLTSL EIGHBELLSVXPSQXWSEBMEO
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 GSTOCKINGJXTOYEENAXPMOSEIKOOCEIJTSC
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WORD LIST

ADVENT
 ANGEL
 BAUBLE
 CANDLE
 CAROLS
 CHESTNUTS
 CHIMNEY
 CHRISTMAS TREE

COAL
 COOKIES
 DECK THE HALLS
 EGGNOG
 FATHER CHRISTMAS
 FIREPLACE
 HOLLY
 JINGLE BELLS

KRIS KRINGLE
 NEW YEAR
 NOEL
 NUTCRACKER
 ORNAMENT
 PEAR TREE
 PRESENT

REINDEER
 SLEIGH BELLS
 SNOWBALL
 STAR
 STOCKING
 TINSEL
 YULETIDE