

# Rock Haven Happenings

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

January 2024

## January Dates

**January 1**

*New Years Day*

**January 4**

*Trivia Day*

**January 13**

*National Rubber*

*Duckie Day*

**January 15**

*Martin Luther*

*King Jr. Day*

**January 19**

*National*

*Popcorn Day*

**January 23**

*National Pie Day*

**January 25**

*Opposite Day*

**January 29**

*National*

*Puzzle Day*

## *A Note from Natalie*

Dear Rock Haven Community:

As we enter a new year, I want to express my heartfelt wishes for a Happy New Year filled with love, joy, and good health. May the coming year bring you moments of laughter, the warmth of family memories, and renewed friendship.

Let us welcome 2024 with open hearts and the knowledge that we can make it a year to remember together.

Here's to new beginnings, renewed hope, and the promise of brighter days.

May each day of the New Year be filled with comfort, peace, and the company of friends who care.



Our team at Rock Haven is here to support you, and we are committed to making this year a special one for all of you.

I wish you a Happy New Year filled with love and warmth. Take good care!

Light and Love,

*Natalie Rolling-Edlebeck*, M.F.A., MSW  
Licensed Nursing Home Administrator  
[Natalie.RollingEdlebeck@co.rock.wi.us](mailto:Natalie.RollingEdlebeck@co.rock.wi.us)  
608-757-5000



## *News from Nursing*

Wishing you all a Happy New Year!

This is a good time to reflect and to look forward  
to new beginnings!

Please help me welcome Fida S., RN to her new  
position as our Education Nurse/Nurse Supervisor.

Congratulations Fida!

*Aimee Thomas  
Interim DON*

## *Infection Control Corner*

The US Department of Health and Human Services has announced they will resume giving out free Covid-19 tests to U.S. households. Each home is eligible for 4 free at home Covid-19 tests. Additionally, there are local resources that are offering free testing including many Walgreens pharmacies. If you are experiencing respiratory symptoms and/or have been advised someone you have had close contact with has tested positive for Covid-19, testing and isolation are important.

Stay safe, healthy and wash your hands.

*Chelsea Phillips, RN  
Infection Preventionist*

<https://www.covid.gov/tools-and-resources/resources/tests>



# *A Missive from Social Services*

## Celebration Of Life Month

as found in <https://www.daysoftheyear.com/days/celebration-of-life-month/>

It's the beginning of a new year, and that makes it the perfect time to start appreciating the lives that we lead, and the blessings that come to us every day. Part of that recognition is appreciating the physical carriage that is our bodies and preparing to celebrate the year ahead. Celebration of Life Month is the perfect opportunity for you to unwind from the holidays, take a few days to rest, and prepare yourself for the next journey around the sun.

Celebrating this important month can be challenging, as we've always learned to work and to prepare ourselves for the next step in our growth in careers and life. Celebration of Life month reminds you that you need to take some time to revitalize yourself if you want to experience life to its fullest.

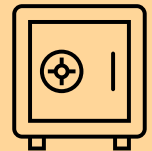
Family and friends are an important part of celebrating life, so be sure to take the time to get together with them during Celebration of Life month. Whether it's a simple lunch date, or a full weekend away, take some time this month to get back together with those you love and who support you throughout the year.

*Please visit your family and friends at Rock Haven as well.  
Celebrate life while we're living!*

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

# *Greetings from Finance*

*Happy New Year's from the Finance Department!*



As we start out the new year, we want to remind everyone that the Cashier's Office is open during business hours from 8:00am to 4:30pm Monday through Friday for residents to deposit/withdraw funds from their trust account. This is a secure place to store residents' money safely.

If you have any questions or would like to open a trust account, please contact Michelle at 757-5153.

Please be aware that effective March 1<sup>st</sup>, 2024, the private pay daily rate for Rock Haven will increase from \$315 to \$340.

The bed holds daily rate will also increase to \$246.



*Joanne Foss  
Interim Business Office Manager*

# News from Activities

Christmas at Rock Haven was a festive affair and full of C's.



Christmas means crocheting. Lorraine thanks the kind people who donated yarn!



We kicked off the season the evening of November 28<sup>th</sup> - the Tuesday after Thanksgiving and have been Christmasing ever since.



We had Crafts, Caroling, Claus, Critters, Cookies and Children.

We were fortunate to have the Waunakee Big Band back on 11/18; they wore Claus hats, played Christmas Carols, and started the season out on the right foot.





I have so many to thank  
and I risk the chance of  
forgetting an organization  
or person that I work with  
- so please if you  
contributed and I have not  
gotten a thank you to you,  
please know that any  
effort to spread joy was  
greatly appreciated.

Many of the churches and parishes that work  
with me on Meals on Wheels stepped up to  
the plate to help with donations.



The Canteen remains a focal point  
for the Activity program. Even  
though we don't benefit from it  
financially, the benefits for the  
Residents are many. It is a place  
to meet for the guys, a chance to  
connect with other staff and  
Residents, an opportunity to pick  
out a card for a loved one or  
friend, an option for a snack,  
jewelry shopping or to pick out a  
gift for a family member.

All food is fresh and dated, many items are new,  
some are gently used and all priced low. The  
smiles in this picture are contagious! The ladies  
are chatting over an ice cream and sometimes  
the conversations in here are hilarious.

*Vera Polglaze*  
*Activities Director*

## *From ES / Materials*

I hope everyone has a happy and safe New Year!

There have been many missing clothing items recently. Please make sure that all items get logged in and marked for residents. All items should be given to staff to fill out the proper paperwork and labeled by linen staff. We want to make sure that the resident always gets their personal belongings back.

Linen has piles of clothing that came back from laundry with no labels on them. If you think you can identify clothing, please call me and we can setup a time to look.

*Michelle Lynch*  
*ES and Materials Manager*

## *Food for Thought from the Kitchen*

HAPPY NEW YEARS TO EVERYONE!

Wishing everyone a safe and happy holiday from the Dietary team at Rock Haven. We are working diligently on changing the winter cycle menus at this time as well as bringing in items that the residents have not been getting before. Thank you to all the families that participated in Thanksgiving with us this year; it was a wonderful turn out and we hope to continue to do this in the future. Reminder to all family members and staff, if you would like to partake in a meal there are meal tickets up in the front office for \$8.50 a piece and all are welcome to them.

*Amanda Beaver*  
*Food Service Manager*

## *Message from Maintenance*

Maintenance would like to wish everyone a Happy New Year!

We have some announcements to share:

On January 8<sup>th</sup>, the new nurse call system will begin.

And starting that same day, Charter will be coming to Rock Haven to upgrade our service. Our residents can look forward to some new channels for their rooms!

*Maurine Braun*  
*Facilities Administrative Assistant*





# January Birthdays!

## Resident Birthdays

**Michael D.**  
Jan 6

**Cathy E.**  
Jan 19

**Lois P.**  
Jan 22

**Jae M.**  
Jan 22

**Shelley S.**  
Jan 31

## Employee Birthdays

**Tara K.**  
Jan 1

**Amber L.**  
Jan 7

**Alexis K.**  
Jan 16

**Mary D.**  
Jan 22

**Kelli M.**  
Jan 25

**Kayleah W.**  
Jan 2

**Terri H.**  
Jan 12

**Chelsea P.**  
Jan 17

**Ashley J.**  
Jan 22

**Justinia S.**  
Jan 29

**Philip A.**  
Jan 3

**Pat F.**  
Jan 13

**Pam J.**  
Jan 19

**Atina P.**  
Jan 23

**Kevin F.**  
Jan 29


**Shannon L.**  
Jan 6

**Mercy K.**  
Jan 13

**Laurie G.**  
Jan 21

**Melanie A.**  
Jan 24

**Tibbs B.**  
Jan 31





**Welcome to our  
New Residents!**

*Limestone West*



Marie G.

*Sandstone West*



Diana B.

Rosemarie M.



Happy New Year  
2024

Quotessquare.com

*Sandstone East*



Barb E.      Joseph K.

Felomina C.      Bill P.





# Rock Stars of the Month

## December Winners

**Jeremy L.**

Jeremy is always amazing with his residents.

Thank you, Jeremy!



**Frank B.**

Frank is amazing always willing to help and is a joy to be around.

Thank you, Frank!

**Stephanie S.**

Stephanie goes above the call of duty for our residents and their families.

Thank you, Stephanie!



# Welcome to the Team!

**Janice M.**  
**CNA**



## Caregiver GPS

Learn how to navigate  
the journey of caregiving

Join us in 2024 for a monthly webinar series



Thursdays beginning 1/18/2024  
Noon-1pm



Expert speakers



Useful tools



Topics including: dementia information;  
communication & caregiving skills; legal,  
financial & crisis planning; home safety; difficult  
conversation; asking for & getting help; traveling  
and enjoying the holidays

If you have questions or would like the link to join us, please contact  
Karen at 608/741-3615 or  
Ellen & Kayla at [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com)



Facilitated by the ADRCs of Dane & Rock Counties







# New Year's Crossword Puzzle

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

GLASS  
 FIREWORKS  
 MIRROR BALL  
 TIME  
 HOURGLASS  
 RESOLUTIONS

BALLOONS  
 GOALS  
 BEGINNING  
 YEAR  
 PARTY  
 JANUARY

CONFETTI  
 CHEERS  
 CELEBRATION  
 BABY NEW YEAR  
 COUNTDOWN  
 CLOCK

HAPPY  
 CHAMPAGNE  
 NEW  
 FIRST  
 MIDNIGHT  
 CALENDAR

