

Rock Haven Happenings

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

February 2024

A Note from Natalie

February Dates

Black History Month

February 2
Groundhog's Day

February 10
*Chinese
New Year*

February 13
Mardi Gras

February 13
Galentine's Day

February 14
Valentine's Day

February 17
*Random Acts of
Kindness*

February 19
President's Day

February 29
Leap Day

Dear Rock Haven Community,

February is commonly acknowledged as the month dedicated to love, with Valentine's Day being the day to express affection towards one's significant others, family, and friends.

On this day, individuals exchange cards, gifts, sweets, and offer exclusive treatment to their loved ones.

For those who hold religious beliefs, love finds its best definition in 1 John 4:16, which states, "And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." (NIV)

Yes, agreed, it is challenging to maintain healthy relationships with those in our closest circles, and it requires continued effort, prayer, and dedication to sustain love and respect.



Happy Valentine's Day. I hope you have a wonderful day filled with love and happiness. Here's to never giving up on love!

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



News from Nursing



In February there is everything to hope for and
nothing to regret.

~ Patrice Strong



Wishing you a month of love
and sweet surprises!!

Aimee Thomas
Interim DON

Infection Control Corner

Respiratory disease activity in the United States remains high despite recent declines in some indicators. Influenza (flu) is currently the respiratory virus causing the most emergency department visits.

As of 01/22/24, hospital admissions in Rock County for Covid-19 are listed as "low." At least 20% of Rock County residents have an updated Covid-19 booster. People aged 12 years and older who received COVID-19 vaccines before September 12, 2023, should get 1 updated Pfizer-BioNTech, Moderna, or Novavax COVID-19 vaccine. Residents at Rock Haven are offered Moderna brand vaccines unless given outside of Rock Haven.

Centers for Disease Control and Prevention. (2024, January 18). *Stay up to date with covid-19 vaccines.*

Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Centers for Disease Control and Prevention. COVID Data Tracker. Atlanta, GA: U.S. Department of Health and Human Services, CDC; 2024, January 29. <https://covid.cdc.gov/covid-data-tracker>

Chelsea Phillips, RN
Infection Preventionist

Some Words from Social Services

CELEBRATE Random Acts of Kindness Week
February 11-17, 2024

Random Acts of Kindness means doing something nice for another person without expecting anything in return. By doing this, we can lift our mood and make someone else smile at the same time. There's even a website dedicated to it:

www.randomactsofkindness.org. This website has great ideas for anyone. We can perform acts of kindness at home, school, or work.

If you have someone living at Rock Haven, please shower acts of kindness on the residents and/or staff. Being kind doesn't need to cost money. It can be a smile, opening the door for someone else, or just saying "hello." Our residents appreciate any positive attention they receive. It's a wonderful surprise to receive kindness and then pass it on.

Feel free to contact Social Services for *Random Acts of Kindness* ideas.

We're always here to assist.

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

How do we change the world?
One random act of
kindness at a time.
~ Morgan Freeman

Greetings from Finance

Happy February!

As we head into the month of February that also includes 29 days this year, we just want to remind everyone effective March 1, 2024, the Private Pay daily rate for Rock Haven will increase from \$315 to \$340 per day. The bed hold daily rate will also increase from \$221 to \$246 per day.

Thank you.

Joanne Foss
Interim Business Office Manager

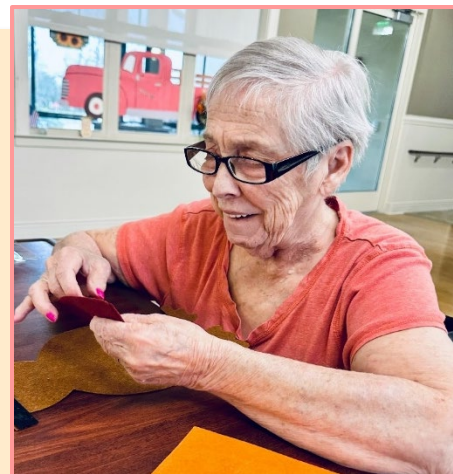


News from Activities

Volunteers are the cornerstone to any Activity program. From dogs to quilts, art to music, Rock Haven is blessed with a wonderful Volunteer program. This month I would like to highlight the artwork of Debbie Davis. She is the proud Mother of Alexis who works in our department. She has volunteered in so many ways that help support our Canteen. These beautiful arrangements were made by her and display her artistic talent. The beautiful centerpieces are then enjoyed by the Residents either as decorations or to purchase from the Canteen.



Arts and crafts remain a fun activity during the winter months. Whether it is coloring, drawing, painting, stamping, building, dough, frosting, glue or glitter (gasp!), art is a great way to get the conversation started.



We are getting ready for the Valentine season where cards will be made and shared with friends and family alike!

Keeping active during the winter months is important to both mind and spirit. You can find the Activity Team exercising with the Residents 6 days a week.

We also like to incorporate activities that are exercise, but don't say that word. Bowling is one of those activities. It is loved by all, and we can adapt it to any situation.



Here is Mary helping Joyce with the ball ramp. Look at that concentration!



Ruth B., her son Doug, and D.K. of Harmonica Hour

January 25th was a great day here at Rock Haven. It was the first time we were able to host the "Harmonica Hour" and it was a trip down Memory Lane.

Rock Haven Resident, Ruth, has a very accomplished son who is part of an accomplished duo. Storytelling, joke telling, instrumentals and sing alongs

were enjoyed by all who attended. They perform primarily in the Madison area, so we were glad to have them willing to play here.

We hope to have them back this Spring.

Vera Polglaze
Activities Director





From ES / Materials

“Without Valentine’s Day,
February would be well,
January.”

- Jim Gaffigan

Michelle Lynch
ES and Materials Manager

Food for Thought from the Kitchen

Coming into February we have a few upcoming special menu events, with the Superbowl around the corner and most especially Valentine’s Day we will be having a special meal both days for the occasions. Along with that we will be making Valentine’s Day Cutout cookies for the residents to enjoy decorating and eating on Valentine’s Day with activities. We sincerely appreciate all of the feedback we receive from resident council on the items that they would like to have and the items that no longer interest them on their daily menus. Always remember we are here for the residents, and if there is ever something that they prefer to have for a snack or meal to reach out to our dietary team and let us know! Food is the fastest way to anyone’s heart!

From our dietary team we wish you a
HAPPY VALENTINES DAY!

Amanda Beaver
Food Service Manager

Message from Maintenance

Maintenance would like to
wish everyone a
Happy Valentine’s Day
this February!



Maurine Braun
Facilities Administrative Assistant

February Birthdays!

Resident Birthdays

Sandra D. Feb 2	Richard R. Feb 8	Judith C. Feb 12	Mary C. Feb 18
Sylvia J. Feb 19	Joyce M. Feb 20	Verna J. Feb 25	Thomas H. Feb 27

Employee Birthdays

Laura H. Feb 2	Lori B-N. Feb 4	Dominique R. Feb 8	Steve B. Feb 13	Michelle J. Feb 23
Tina P. Feb 3	Megan W. Feb 5	Becky C-H. Feb 8	Angela J-W. Feb 14	Maria L. Feb 25
Bobbie B. Feb 4	Isabel H. Feb 5	Tammy H. Feb 9	Austin D. Feb 16	Amanda S. Feb 27
	Teresiah K. Feb 27		Jerin H. Feb 28	

**Welcome to our
New Residents!**

Limestone West

Ann P.

Sandstone West

Joann B.



Sandstone East

Welcome to the Team!

Tyronae H.
CNA

Aaliyah S.
CNA

Bobbie B.
CNA


Celia C-K.
FSW

Valentine Sudoku




1						2	7	6
		9	1	4				
	2				6		9	1
	8				9	6	1	
7	3			8	4			
		2			5		8	
5		6			3			
		7					5	
3	4		5	9				





		Name				Red Fruit				Party Item			
		Amber	Beth	Clara	Darcy	Apples	Cherries	Strawberries	Watermelon	Balloons	Candles	Streamers	Table Cloth
Red Flower	Daisies												
	Poppies												
	Roses												
	Tulips												
Party Item	Balloons												
	Candles												
	Streamers												
	Table Cloth												
Red Fruit	Apples												
	Cherries												
	Strawberries												
	Watermelon												



Track your answers			
Name	Red Fruit	Party Item	Red Flower
Amber			
Beth			
Clara			
Darcy			

4 friends are planning a Valentine's Day party and want all the decorations and food to be red. With the clues below, you must determine which red fruit, red flower, and party decoration each person brought with them.

- The person who brought a bowl full of cherries loves the flower that starts with the same letter as her first name.
- The person who loves red roses is not Amber.
- Beth didn't bring the apples or strawberries.
- The friend who loves poppies is Clara.
- The person who loves candles didn't bring red apples.
- The friend who brought streamers is not Clara.
- The person who brought balloons is Amber.
- Of the person who brought watermelon and the person who brought strawberries, one also brought streamers and the other loves tulips.
- Either the friend who brought red daisies or the friend who brought red tulips also brought the candles.



mathgeekmama.com

3	4	8	5	9	7	1	6	2
2	9	7	4	6	1	3	5	8
5	1	6	8	2	3	9	4	7
9	6	2	3	1	5	7	8	4
7	3	1	6	8	4	5	2	9
4	8	5	2	7	9	6	1	3
8	2	3	7	5	6	4	9	1
6	7	9	1	4	2	8	3	5
1	5	4	9	3	8	2	7	6

Darcy	cherries	table cloth	daisies
Clara	apples	table cloth	poppies
Beth	watermelon	streamers	roses
Amber	strawberries	balloons	tulips

Solutions