

Rock Haven Happenings

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

March 2024

March Dates

March 1
Employee Appreciation Day

March 8
International Women's Day

March 10
Daylight Saving Time

March 14
National Pi Day

March 17
St. Patrick's Day

March 19
Certified Nurses Day

March 29
Good Friday

March 31
Easter Sunday

A Note from Natalie

Dear Residents and Staff,

As we approach the Easter holiday, I would like to take this opportunity to express my sincere appreciation for the dedication and commitment each of you has demonstrated throughout the past year. Despite the challenges we have faced, your steadfast efforts have contributed to the success of our organization and the well-being of all those we serve.

To our residents, we extend our heartfelt wishes for a safe, peaceful, and joyous Easter. We recognize that this holiday season may be different than in years past, and we remain steadfast in our commitment to providing the highest quality care and support during this time. We have implemented rigorous safety protocols in accordance with public health guidelines, and we continue to prioritize the health and well-being of our residents above all else.

To our staff members, I offer my sincere gratitude for your diligence, professionalism, and unwavering commitment to our mission. Your tireless efforts to ensure the safety and comfort of our residents are a testament to your passion for excellence and your dedication to our organization. Your contributions have not gone unnoticed, and we are privileged to have you as a part of our team. I know there are concerns about what is being published on Facebook, but remember, each of you know the truth, and Facebook is not the most appropriate platform for any constituents to learn of actual happenings at Rock Haven regarding their loved ones.

As we reflect on the meaning of Easter, let us remember the importance of hope, renewal, and the spirit of giving. Let us continue to work together to support our residents and one another, and to uphold the highest standards of professionalism and compassion.

I extend my warmest wishes for a happy and blessed Easter.

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

News from Nursing



Let's celebrate Certified Nurses Day!

March 19th - Take this time to acknowledge the importance of certified nurses in delivering patient care, emphasizing the value of their specialized knowledge, commitment to quality care, and lifelong learning.

*Aimee Thomas
Interim DON*

Infection Control Corner

Winter hand hygiene tips:

While hand hygiene is very important, frequent hand hygiene plus cold, winter months often results in dry hands. Many of us wash our hands so frequently this can result in cracked, dry and irritated hands. Did you know broken skin, including dry, itchy skin, is likely to have more germs, and more of the kinds of germs that can cause harm.

Often times, because hands are so sensitive from washing, some may choose not to fully wash their hands to remove germs which means not washing the full 20 seconds or applying enough soap. To decrease the pain, irritation or excessive drying of cleaning hands during winter months, here are some tips:

1. Apply lotion or creams to hands overnight while sleeping
2. Pat hands dry vs rubbing with friction after hand washing
3. Try not to use water that is too hot when washing hands
4. Drinking water will provide skin with adequate hydration
5. If frequently cleaning hands, hand sanitizer is preferred but can be more drying due to alcohol content

<https://www.cdc.gov/infectioncontrol/projectfirstline/healthcare/videos-graphics.html>

*Chelsea Phillips, RN
Infection Preventionist*

Some Words from Social Services

The next Statewide election is the 2024 *Spring Election* and *Presidential Preference Vote* on Tuesday, April 2, 2024.

Did you know we have volunteers from the City of Janesville who come onsite to assist with voting? They'll be there the week of March 18th and March 25th to assist anyone who has requested an absentee ballot.

Please contact your social worker, Gail Sullivan or Teena Monk-Gerber, if you need to register to vote and/or need to request an absentee ballot. Family can also assist you do this online at <https://myvote.wi.gov> where you will also find the deadlines for registering and requesting an absentee ballot.

We want you to be able to exercise your right to vote.

Gail - 608-757-5325

Teena - 608-757-5104

Greetings from Finance

As we begin the month of March, we look forward to Spring and more daylight.

We have two birthdays in the Finance Department this month.

Happy Birthday to Michelle and Cheryl, Rock Haven Accounting Specialists.

May your day bring you both all the things that make you smile!

Joanne Foss
Interim Business Office Manager

News from Activities

Valentines Day and the days leading up to it were filled with cards, crafts, chocolate, and Dollar Bingo sponsored by yours truly.

We acknowledged the marriages when families came to visit.



Here is Verna and Harley Janisch who are still in love after 52 years!

Harley visits often and we are sure to include him in Bingo and crafts. We appreciate Harley's volunteering in the community with Mercy System as well as lending a hand here.

We always encourage family participation.

Another Valentine couple is Donna and Duane. They have been married 34 years. Duane visits daily and is a great support to Donna and staff. He quietly assists others at Bingo, helps transport people to Euchre, shuffles, deals, and keeps the Euchre players on Sandstone West happy. We truly appreciate the encouragement our families bring. If you would like to join in, please see me and we will match you with an activity that interests you.

We appreciate our families!



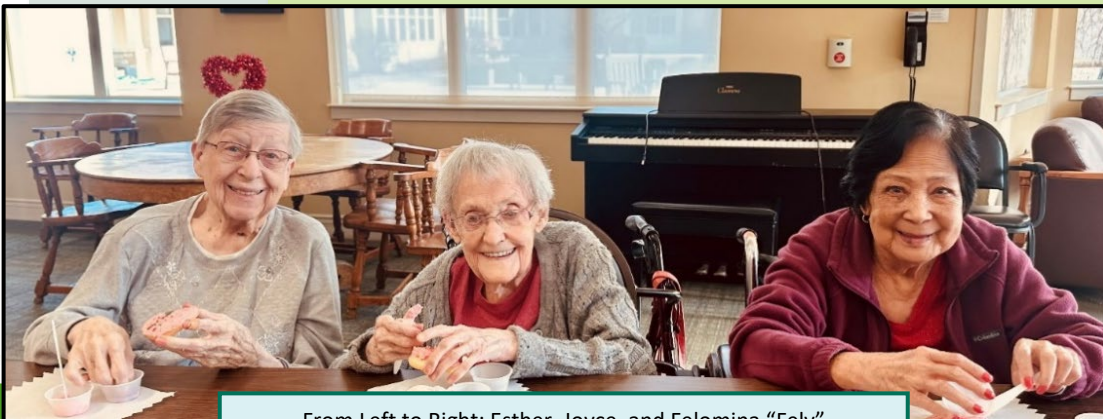
February is a month to remember those we care for and who are kind to us. I couldn't pass up the opportunity to include Cindy Gardner, the Volunteer Ombudsman who assists our Residents here.

Cindy is a welcome listener to the Residents of Rock Haven. She provides another opportunity to see things from a different angle. Here she is listening to a Resident's thoughts, and you can see the genuine caring on her face. Cindy has a long history of advocacy for the elderly, and we are glad to have her on our team.

Thank you, Cindy!



These 3 lovely ladies can be found together often. They have developed a great friendship and look out for each other. When there is an activity, they make sure the other one is there. If not, they better have a good reason!



From Left to Right: Esther, Joyce, and Felomina "Fely"

Anne gets into the holiday by decorating cookies with frosting and sprinkles.



Jan's welcoming smile always makes people feel better. She always has an encouraging word and joins in. When asked what she likes about decorating cookies the best, she is quick to respond, "Eating them, of course!"

Bev was all decked out for Valentines Day with hearts on her shirt and hearts to frost.



Vera Polglaze
Activities Director

From ES / Materials

March 2nd is Dr. Seuss' birthday.

Here are some things you may not have known about him:

1. He was not a doctor and Seuss wasn't his real last name
2. Leading up to and during WWII, he made political cartoons and war propaganda films
3. Green Eggs and Ham was written on a bet
4. He is responsible for some words in the Oxford English Dictionary



Michelle Lynch
ES and Materials Manager

Food for Thought from the Kitchen

SPRING IS IN THE AIR!!

We have a lot of new things coming up for the Spring that we are looking forward to in the Dietary this year. Menus are in full force again with more options and up to date ideas. Recipes are being revamped and upgraded at this time in the kitchen, we are looking forward to the new ideas and creativeness that is flooding into the upcoming menus.

Get outside, enjoy the time with family, and make every day special. St. Patrick's Day we will be featuring Corned beef and cabbage among a new desert we will be trying out called a Shamrock Lasagna. If you would like to join us on St. Patty's feel free to stop into the main office and grab a meal ticket.

Amanda Beaver
Food Service Manager

Message from Maintenance

Maintenance would like to wish everyone a Happy St. Patrick's Day and a Happy Easter!

Maurine Braun
Facilities Administrative Assistant

March Birthdays!

Resident Birthdays

Elizabeth W.
March 4

Wanda R.
March 9

Karen S.
March 15

Phyllis C.
March 25

Kathleen S.
March 5

Ellen Y.
March 11

Dean A.
March 24

Dorene H.
March 26

Olive H.
March 26

Employee Birthdays

Monalisa B.
March 3

Antoinette C.
March 13

Patti H.
March 17

Tirzah A.
March 22

Terri M.
March 26

Robin S.
March 5

Amanda B.
March 13

Cheryl C.
March 18

Sarah V.
March 24

Lacoya M.
March 26

Angelina J.
March 6

Glenda A.
March 13

Tracy T.
March 18

Sherry W.
March 25

Debra H.
March 30

Wendy L.
March 9

Virginia J.
March 16

LaKeasha M.
March 22

Michelle Y.
March 26

Trishna B.
March 30

Welcome to our
New Residents!

Limestone West

Olive H.
Susan T.

Sandstone West

Eva R.
Donald R.
Sheila R.



Sandstone East

Charles A.
Donna U.


Welcome to the Team!

Cynthia L.
LPN

Kim B.
Unit Clerk Coordinator

Scrambled Eggs for Easter

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. NETOBN

2. DYASUN

3. RFOLWE

4. YDNAC

5. ULPIT

6. TSABEK

1. _____
 1 2

2. _____
 3 4 5

3. _____
 6

4. _____
 7 8

5. _____
 9

6. _____
 10 11

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5

© 2022 puzzles-to-print.com

Answers: 1. Bonnet; 2. Sunday; 3. Flower; 4. Candy; 5. Tulip; 6. Basket
A funny bunny

St. Patrick's Day Word Search

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

WORD LIST:

BLARNEY
 CELTIC
 CLOVER
 COINS
 DUBLIN

GOLD
 GREEN
 IRELAND
 IRISH
 JIG

LEPRECHAUN
 LIMERICK
 LUCKY
 MARCH
 PARADE

PATRICK
 POTOFGOLD
 RAINBOW
 SAINT
 SHAMROCK