

# Rock Haven Happenings

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

April 2024

## April Dates

### Occupational Therapy Month

**April 1**

*April Fool's Day*

**April 7**

*World Health Day*

**April 14**

*National Donate  
a Book Day*

**April 22**

*Earth Day*

**April 22**

*Passover Begins*

**April 23**

*World Book Day*

**April 26**

*Admin  
Professionals  
Day*

## *A Note from Natalie*

Dear Rock Haven Community:

As the snow melts away and the flowers begin to bloom, we welcome the arrival of April with open arms.

We should celebrate the season of renewal with a focus on health and wellness. As I write this newsletter from Houston, Texas, I genuinely appreciate fresh air and sunshine and how they can rejuvenate our body and spirit.

April is the perfect time to explore the natural beauty of our beloved outdoor living. I hope that we can all take advantage of the opportunity to witness the breathtaking sights that Wisconsin has to offer.

This Good Friday, let us unite as a family, embracing the values of love, faith, and compassion that unite us. Your presence, support, and kindness make a world of difference to our residents, and we are deeply grateful for your continued dedication to spreading joy and warmth at Rock Haven.



This month is Occupational Therapy Month. We are so grateful for our therapy team, and pictured on our headlines is a picture of resident Janice with our Occupational Therapy team member Monica.

I wish you a blessed Good Friday filled with peace, love, and cherished moments with your loved ones.

*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

April showers bring May flowers!

We are pleased to announce that nursing students from Blackhawk Technical College are back for the first time since the pandemic. We're happy to work with them as they complete their clinicals.

Welcome back BTC students!

*Aimee Thomas*  
*Interim DON*

## Infection Control Corner

Did you know?

Occupations and infection control go hand in hand. While at work, employees are expected to be kept safe from infections and harm. There are many ways an employer is obligated to protect their employees against illness. Examples include offering employees vaccines to prevent illness, providing appropriate PPE (personal protective equipment) such as masks, gowns and gloves, and directing them to the right person when an injury occurs, protection against medications they may offer, safety from hazardous chemicals and others such as workplace violence, mechanical safety (think of back and body health for the employee) and even limits on the amount of hours an employee may work in a day.

References:

Healthcare - overview. Occupational Safety and Health Administration. (n.d.). <https://www.osha.gov/healthcare>

*Chelsea Phillips, RN*  
*Infection Preventionist*



## Some Words from Social Services

National Humor Month was conceived to heighten public awareness of the therapeutic value of humor. Laughter and joy - the benchmarks of humor - lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life.

It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years. Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

<http://humormonth.com/>

"Laughter is good medicine." Have you heard that before? Here at Rock Haven, we use the power of humor and laughter each day to lift everyone's spirits. Please help us spread the joy by bringing a positive attitude and a little humor each day. You'll be glad you did!

Feel free to contact Social Services if you need to talk or need to add a little humor to your life.

*Gail* - 608-757-5325

*Teena* - 608-757-5104

## Greetings from Finance



Did you know that April is Financial Literacy Month?

This was officially recognized in April 2004 by the United States Senate to raise awareness of the importance of having a good understanding of personal finance and how it has a huge impact on our lives. Financial literacy has been in existence since the early 20<sup>th</sup> century when banks and other institutions started offering classes to teach people about money management in the 1920s. Today there are many resources available online that can help you learn and take control of your finances.

*Joanne Foss*  
*Interim Business Office Manager*

# News from Activities



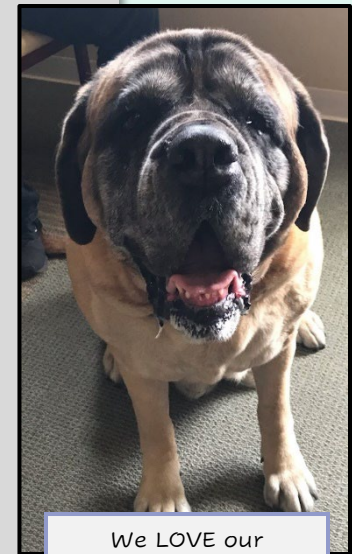
We were pleased to have Oaklawn Academy and Father Thomas join us for our egg decorating extravaganza.



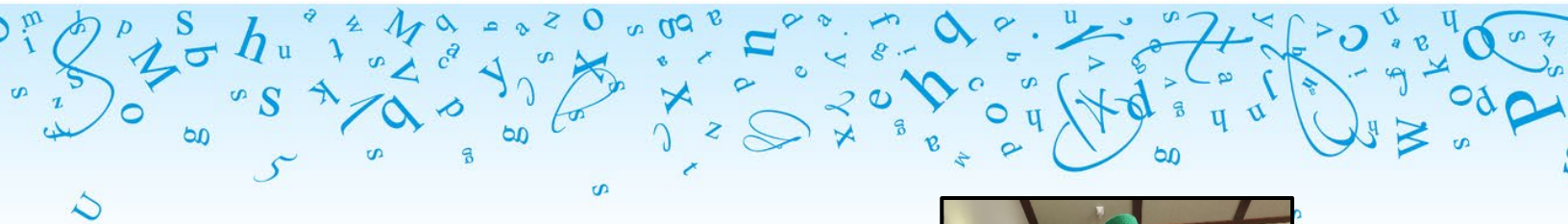
The youth were so kind and respectful, and we learned from each other. When we say coloring eggs, we mean dyeing them. They are accustomed to painting them.



We had a great time-sharing stories and learning about their plans to travel to Rome.



We LOVE our 4 legged visitors!



It was shenanigans, shamrocks, and sunny smiles St. Patty's Day weekend. We kicked it off on Friday with our annual visit from William the Leprechaun. We have been so blessed to have Bill Hanauska volunteer here for years. He follows in his Grandpa Tom Kennedy's footsteps in bringing joy and laughter to our folks. There was a lovely article in the Janesville Gazette regarding him and we were listed!



On Sunday we were graced by 2 large volunteer programs. Our local VFW provided us with green beads, snacks and dollar Bingo better known as "Winning of the green." In addition, our youth from Oaklawn Academy came back to assist us. We are

extremely grateful for the youth as there are a great deal of players who benefit from assistance. It was great to see the intergenerational conversation. We had one lady who usually falls asleep during Bingo stay wide awake and fully engaged in the game when she had 1-1 company. I say it over and over again, but I am truly grateful for the external teams that support our Activity team. We could not provide the extensive programming we do without their assistance.



*Vera Polglaze  
Activities Director*



## From ES/ Materials

Earth Day helps to promote international awareness of environmental protection and earth conservation.

Here are some interesting facts:

1. Earth Day was originally proposed as a nationwide environmental teach-in on April 22, 1970 by Wisconsin Senator Gaylord Nelson.
2. Earth Day helped to inspire the creation of the EPA and the Clean Air, Clean Water, and Endangered Species Act.
3. Earth Day became internationally recognized in 1990 and was demonstrated in 141 countries.
4. About 1 billion people participate in Earth Day each year.

Resource:

<https://www.parents.com/fun/parties/special-occasions/fun-facts-about-earth-day/>

*Michelle Lynch*  
ES and Materials Manager

Earth Day  
is April 22<sup>nd</sup>!



## Food for Thought from the Kitchen

APRIL SHOWERS BRING MAY FLOWERS!

Dietary continues to bounce around ideas and bring major improvements to cycle menus and cooking procedures daily. We are looking forward to summer and all the fresh produce we will have available for resident meals regularly. Spring cycle menus are getting wrapped up this week and we are excited for the new items we will be exploring with the residents.

Food makes the heart happy!

*Amanda Beaver*  
Food Service Manager

## Message from Maintenance

Happy April!

Maintenance is currently getting our courtyards ready for Spring.

We are looking forward to getting the flowers planted in early May.

*Maurine Braun*  
Facilities Administrative Assistant



# April Birthdays!

## Resident Birthdays

**Ronald N.**  
April 4

**Delores N.**  
April 7

**Sheila R.**  
April 7

**Norma**  
April 16

**Lorraine M.**  
April 17

**Margaret C.**  
April 20

## Employee Birthdays

**Keysha M.**  
April 3

**Nancy L.**  
April 3

**Alyce M.**  
April 5

**Natalie S.**  
April 7

**Sylvia A.**  
April 8

**Lindsay L.**  
April 8

**Shauna U-S.**  
April 9

**Tony R.**  
April 11

**Michelle L.**  
April 13

**Jameka W.**  
April 15

**Brooke S.**  
April 19

**John G.**  
April 22

**Nicole B.**  
April 23

**Joanne F.**  
April 24

**Andrew F.**  
April 25

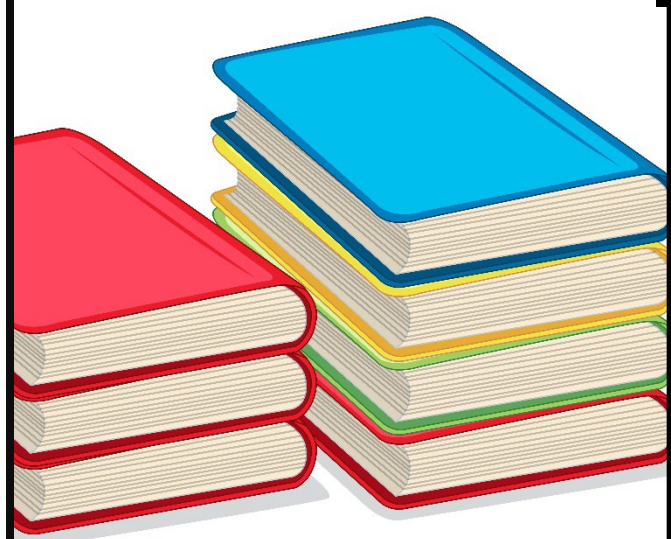
Welcome to our  
New Residents!

*Limestone West*

Yetiva G.

*Sandstone West*

Sheila R.  
Sandra H.



*Sandstone East*

Robert S.      Janice C.  
Michael H.     Donald B.  
Bernard E.



# Welcome to the Team!

**Soyoun C.**  
**CNA**

**MaKayla S.**  
**CNA**

**Emyah S.**  
**CNA**

**Dena L.**  
**CNA**

**Anne Z.**  
**FSW**

**Keysha M.**  
**CNA**

**Aleshia M.**  
**CNA**

## APRIL FOOLS' DAY WORD SEARCH

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

PRANK

FARCE

HUMOR

JOKE

FOOL

SPOOF

DECEPTION

LAUGHTER

TOMFOOLERY

HOAX

MISCHIEF

FUNNY

GAG

TRICK

JEST

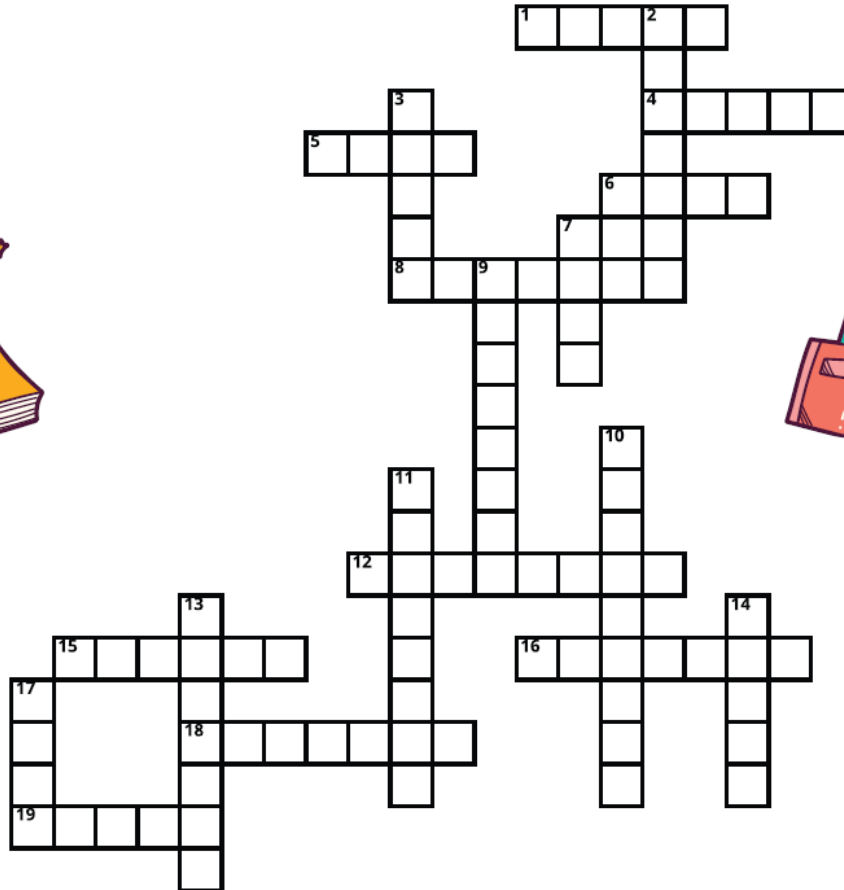
BAMBOOZLE

SURPRISE

TRICKERY

# BOOKS CROSSWORD

Solve the following puzzle based on the clues given!



## Across

- [1] A play for theater, radio, or television
- [4] An account of imaginary or real people and events
- [5] A written or printed work consisting of pages glued or sewn together
- [6] The process of identifying the words in print and making meaning from them
- [8] A building or room containing collections of books
- [12] A person devoted to reading
- [15] A writer of a book, article, or report
- [16] Literature in the form of prose that describes imaginary events and people
- [18] To produce or release for distribution
- [19] The name of a book, composition, or other artistic work

## Down

- [2] A fiction that describes a crime and how it was solved
- [3] Writings of prose fiction of considerable length
- [7] One side of a sheet of paper in a collection of sheets bound together
- [9] Something placed in a book to mark a page
- [10] The mental and moral qualities distinctive to an individual
- [11] A piece of furniture consisting of shelves to hold books
- [13] A main division of a book, typically with a number or title
- [14] Causing or meant to cause laughter
- [17] The series of events that unfolds from start to finish