

# Rock Haven Happenings

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

May 2024

## *A Note from Natalie*

### May Dates

May 1

*May Day*

May the 4<sup>th</sup>

*Star Wars Day*

May 5

*Cinco de Mayo*

May 12

*Mother's Day*

May 12-18

*National Skilled  
Nursing  
Care Week*

May 15

*International  
Family Day*

May 18

*National Visit  
Relatives Day*

May 27

*Memorial Day*

**Mother's Day** celebration is an annual event celebrated worldwide to honor and appreciate the love, care, and sacrifice of mothers. It is typically celebrated on the second Sunday of May and is a time to recognize and express gratitude for all that mothers do. The celebration often involves giving gifts, cards, flowers, or taking mom out for a special meal or activity. It is a day to show our love and appreciation for the incredible women who have played such an important role in our lives.

**National Skilled Nursing Care Week** (NSNCW) May 12-18, 2024.

This observance week of events celebrates and recognizes employees working in skilled nursing homes nationwide. It is a time to highlight the skills and expertise required for providing high-quality skilled nursing care and to raise awareness about the importance of this profession. During this week, various organizations, hospitals, and nursing homes organize events, seminars, and workshops to educate and train employees and to promote their professional development. This event is also an opportunity for the public to show their appreciation and gratitude towards employees working in the nursing home for their tireless efforts in providing patient care and improving healthcare outcomes.

**National Visit Relatives Day** May 18, 2024, is a special occasion celebrated annually on May 18th, providing an opportunity for individuals to make time for and visit their relatives. This day is all about reconnecting with family members who may live far away, or whom we may not have seen for some time. It is a perfect opportunity to catch up, reminisce, and create new memories with loved ones. So, take some time out of your busy schedule to visit your relatives and make them feel special on this day.

**Memorial Day** is a federal holiday in the United States, observed on the last Monday of May each year. This day is dedicated to honoring and remembering the brave men and women who died while serving in the U.S. military. This year, Memorial Day falls on May 27th. Many people celebrate this day by visiting cemeteries or memorials and placing flowers or flags on the graves of fallen soldiers. It is also a time for parades, picnics, and other gatherings to honor those who made the ultimate sacrifice for their country.

As you can see, we have many events scheduled for May.  
Remember, you are loved and cared for dearly.

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*

Happy National Nurses Week – Heartfelt thanks for all you do!

Happy National Nursing Home Week – Celebrating all individuals who reside, work and volunteer in nursing homes!

Practicing compassion and kindness not only can improve health and well-being but can also strengthen human connections and bonds.

Enjoy this month and the inspiration around you.

*Aimee Thomas  
Interim DON*

## *Infection Control Corner*

CDC (Centers for Disease Control & Prevention and ACIP (Advisory Committee on Immunization Practices) have updated Covid-19 vaccine guidance. As of March 2024, those age 65 and above are eligible and considered up to date on Covid-19 vaccines when they have received a second 2023/2024 Covid-19 vaccine.

The second vaccine should be given at least 4 months after the first vaccine. We are excited to get things in place to be able to offer this to Rock Haven residents. Consent letters are in process to be mailed out, please watch for it in the mail and return when able.

*Chelsea Phillips, RN  
Infection Preventionist*



# Some Words from Social Services

## **Celebrating Older Americans Month: Powered by Connection**

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults – a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#). By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

### **What can we do to connect?**

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

*Gail* - 608-757-5325

*Teena* - 608-757-5104

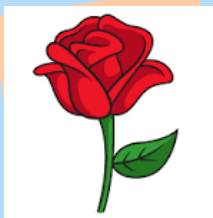
# Greetings from Finance

Wishing all moms a Mother's Day full of rest, relaxation and appreciation for everything you do.

*Happy Mother's Day!*

*from the Rock Haven*

*Finance Department*



*Joanne Foss*  
*Interim Business Office Manager*

# News from Activities



At Rock Haven we enjoy celebrations. The large, the small, the happy and yes even the sad- which may be happy memories that they had. We celebrate birthdays, a Resident being able to read back their winning Bingo card numbers independently, coming to an activity, a memory they recall, someone returning home, donut day, exercise day (today April 18<sup>th</sup>).

We have a Social Room that can be reserved for larger festivities. (Mother's Day weekend is almost filled up). We have overflow in the Aviary area. Some folks would rather party in their neighborhood and that can be accommodated as well.

Here is Norma Jean "Jeannie" Freeman at her 95<sup>th</sup> birthday with her family. (I had a picture of her in my office honoring her on her 90<sup>th</sup> birthday that I showed the family.) It is important to celebrate the special moments.





VFW Bingo is one of the highlights of our programming. These men and women from Post 1621, the Auxiliary, the Cooties and all their volunteers go above and beyond in community service. They provide snacks, a caller, bingo winnings and a great feeling to all of us- Residents, families and staff alike. We appreciate them so much. They take the summer off and will be back at Rock Haven in September.

We will miss them!



We are so fortunate to have the nursing students of Blackhawk working with us here at Rock Haven! They are here to learn, but we can learn so much from them.

They provide a fresh set of eyes and a new perspective for all of us, and we all can learn from each other.

Here they are helping Sylvia, Olive, and Judy to the Canteen and looking through the jewelry we have to offer. Their smiles and laughter are contagious.



*Vera Polglaze*  
*Activities Director*

## From ES/ Materials

Just a reminder to staff, residents, and family. To prevent missing clothing and personal items of the residents, please make sure a belongings form is filled out and have the clothing labeled. If the resident prefers the clothing not to be labeled, a belongings form should still be filled out with it stating do not mark. This is to help find anything missing and we know who it belongs to and the description of the items. Any personal items such as furniture, decorations, pictures should also be on the belongings form and marked somewhere on the items.

This helps everyone know that the personal item belongs to someone and not the facility when discharged.

*Michelle Lynch*  
ES and Materials Manager

## Food for Thought from the Kitchen

“A Mother is the one who fills your heart in the first place.” - Amy Tan

It is Mother's Day May!! Happy Mother's Day to all of the mom's out there. We want to invite you and your family to come celebrate Mother's Day at Rock Haven for lunch on May 12 at 12:00pm. The price per meal ticket will be \$12.00 and will include a beverage and our fabulous desert. Tickets can be purchased at the front desk area from 8:00am-4:30 pm Monday - Friday. Deadline for purchases will be May 9, 2024 so we can get a proper number and seating arrangements. Let us celebrate mom's and all the love they have to share and what better way then a special meal to feed the soul. We would like to see as many people attend as they can. Also, May 13- May 17 we will be celebrating all of our hard-working staff for Nursing Home week with many special days full of special treats. The Dietary Department is looking forward to celebrating these special days coming up with all of you. If there are any questions regarding meal ticket purchase for Mother's Day please feel free to reach out to Dietary Manager Amanda Beaver at 608-757-5095 or Michelle Youderin 608-757-5153 and we will get back to you as soon as possible.

*Amanda Beaver*  
Food Service Manager

## Message from Maintenance



It's time to enjoy the spring weather in the courtyards.

Maintenance will be working on getting the planters looking nice and planting the flowers in the next few weeks.

*Maurine Braun*  
Facilities Administrative Assistant



# May Birthdays!

## Resident Birthdays

**Lorraine S.**  
May 2

**Barbara B.**  
May 3

**Geri B.**  
May 17

**Joyce H.**  
May 21

**June P.**  
May 23

**Irene D.**  
May 25

**Zandren C.**  
May 31

## Employee Birthdays

**Deb P.**  
May 1

**Kaylynn J.**  
May 8

**Mark W.**  
May 10

**Lisa M.**  
May 11

**Laz S.**  
May 11

**Minda T.**  
May 12

**Charly D.**  
May 15

**Todd K.**  
May 17

**Brendin J.**  
May 21

**Tina R.**  
May 24

**Teri E.**  
May 24

**LaShonda M.**  
May 26

**Stephanie S.**  
May 26

**Kristin P.**  
May 27

**Carroll C.**  
May 30

**Kim H.**  
May 30

**Ashley T.**  
May 30





Welcome to our  
New Residents!

*Limestone West*

Beverly B.    Lucille H.  
Zandren C.    Orin S.  
Judith H.    Ester S.

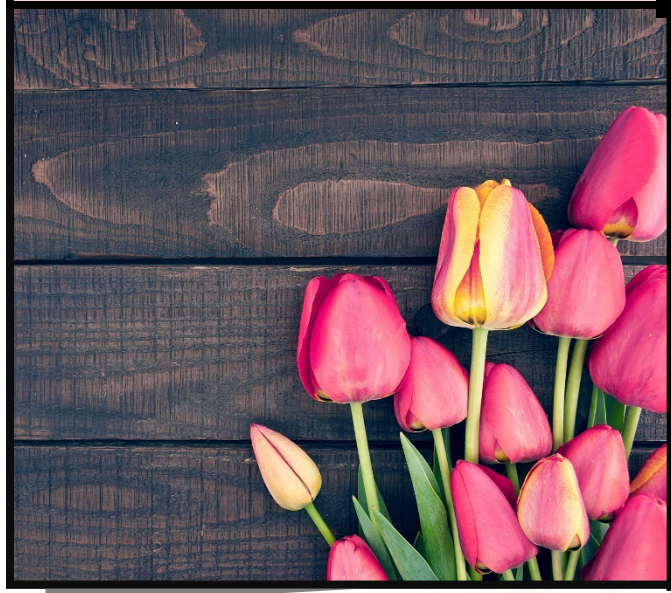
*Sandstone West*



*Sandstone East*



Debra B.  
Jean H.  
Cynthia K.





# Welcome to the Team!

**Candice H.**  
CNA

**Teresa P.**  
CNA

**Mackenzie W.**  
CNA

**Emily B.**  
RN

**Elida W.**  
ESW

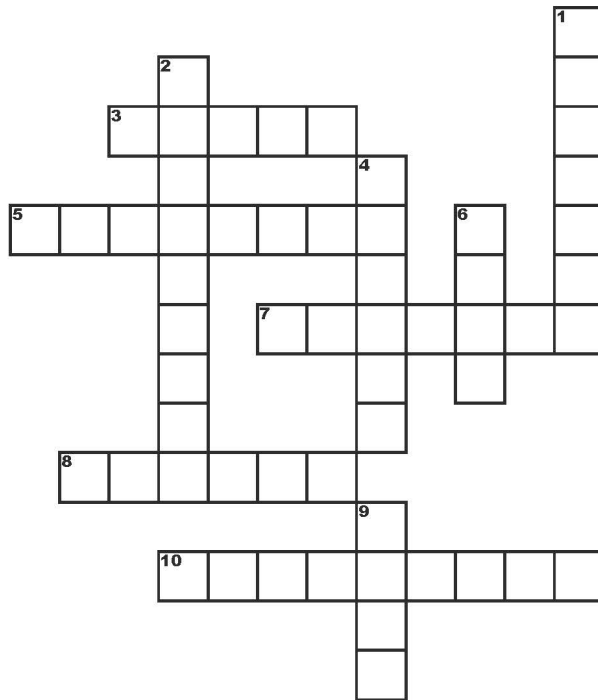
**Jenniveve B.**  
CNA

**Christine B.**  
CNA

**Kristen S.**  
RN Manager

**Jeanette K.**  
ESW

## May Day .....May Flowers



### Word Bank

Daffodil  
Blooms  
Pollinate  
Seed  
Tulip  
Garden  
Sprouts  
Sunflower  
Flowers  
Lily

#### Across

- A yellow nodding flower with a cup shape petal in the center
- A species of plants that grows from a bulb, with brightly colored petals
- April showers bring May \_\_\_\_
- a place to plant flowers or plants
- To transfer position from one flower to another

#### Down

- Young growing plant
- a yellow flower that faces the sun
- Plants that are flowering
- Plant a \_\_\_\_ and wait for a flower to grow
- This flower is also the symbol of France





**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

# MERRY MONTH OF MAY

## Word Search

- BASEBALL
- BLOSSOM
- BUMBLEBEE
- BUTTERFLY
- CINCO DE MAYO
- FLOWERS

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



- GARDEN
- GEMINI
- GREEN
- LADYBUG
- LAWNMOWER
- MAYPOLE
- MEMORIAL DAY
- MOM
- MOTHER'S DAY
- PIÑATA
- PLANT
- SEEDS
- SPRING
- SUNSHINE
- TAURUS
- TEACHER

