

# Rock Haven Happenings

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

August 2024

## August Dates

**August 2**

*National  
Coloring Book  
Day*

**August 4**

*Friendship Day*

**August 7**

*National Purple  
Heart Day*

**August 13**

*Left Handers'  
Day*

**August 16**

*National Tell a  
Joke Day*

**August 21**

*Senior Citizen's  
Day*

**August 25**

*National Park  
Service Day*

## *A Note from Natalie*

We are blessed to have Rock Haven Skilled Nursing Facility operating after 160 years. We extend our heartfelt gratitude to our county leaders and board of supervisors for their unwavering support in ensuring that we have a county facility for constituents who require skilled care. Their dedication is a testament to the strong community we are a part of.

As part of our commitment to your well-being, we encourage nursing home residents and their families to take an active role in reviewing their financial options and eligibility for assistance programs. This proactive approach will help you plan for the cost of care appropriately, considering the specific rules and policies for care that may vary from one person to another.

"The facility must not request or require a third party to accept personal responsibility for paying the facility bill out of his or her funds as a condition of admission, expedited admission, or continued stay in the facility. However, the facility may request and require a resident representative with legal access to the resident's funds available to pay for facility care to access and use the resident's money or other assistance to pay for care, as authorized by law. The facility may request and require this representative to sign a contract, without incurring personal liability, to provide the facility with payment from the resident's income or assets. A third-party guarantee is not the same as a third-party payor, e.g., an insurance company, and this provision does not preclude the facility from obtaining information about Medicare or Medicaid eligibility or the availability of private insurance. The prohibition against third-party guarantees applies to all residents and prospective residents in all certified long-term care facilities, regardless of payment source (The Long-Term Care Survey, 2023, pp 204-205)."

One request I have is trust and transparency so we can work together to resolve the financial issue for you and your loved ones as we strive to provide you with the best quality care at Rock Haven.

*Natalie J. Rolling-Edlebeck,*  
Doctor of Healthcare Administration, DHA  
Licensed Nursing Home Administrator, LNHA  
[Natalie.RollingEdlebeck@co.rock.wi.us](mailto:Natalie.RollingEdlebeck@co.rock.wi.us)  
608-757-5114

### Reference:

The Long-Term Care Survey Phase Three Second Edition. (2023). Admissions Policy/Precondition of Admission 483.15 F620 pp 204-205. *American Health Care Association.*





## News from Nursing

August is National Wellness Month.

It's time to prioritize your care, reduce stress and create healthier habits to feel like your best self!

### Policy and Procedure Update-

Residents with CPAP (continuous positive airway pressure) machines will notice increased cleaning and maintenance of their equipment. This will prevent germs and contaminants from growing inside of your equipment that can make you sick.

*Aimee Thomas, RN  
Interim Director of Nursing*

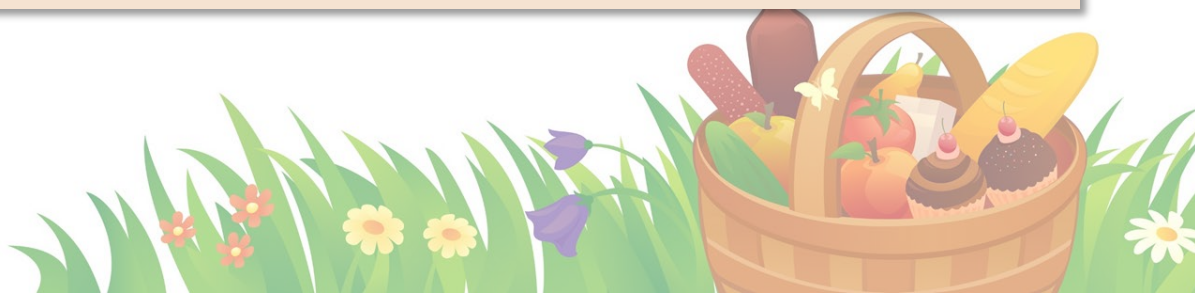
## Infection Control Corner

The CDC is investigating a link to deli meats and rising Listeria infections. Thirty-four infections have occurred throughout the United States with one case being found in Illinois. The Listeria infection has been linked to deli meats, with most interviews the leading to a popular brand of Boars Head liverwurst. The CDC is still investigating if other deli meats have been linked to this.

Recommendations include to throw away any of the recalled product, clean refrigerator and any item that may have been in contact with the recalled product and heat up any deli meat you are going to consume. Listeria can be fatal in pregnant women and those at higher risk of getting infections (elderly, immunocompromised) and symptoms include fever, fatigue and muscle aches.

Resource:  
<https://www.cdc.gov/media/releases/2024/s0726-listeria.html>

*Chelsea Phillips, RN  
Infection Preventionist*





## *Some Words from Social Services*

Effective August 1<sup>st</sup>, Gail Sullivan, MSW, will be taking over the social service responsibilities of Sandstone East Upper. This includes all residents in rooms 417-432. Gail will continue to work with the residents on Limestone West as well.

Teena Monk-Gerber, CSW, MSE will continue to work with the residents on Sandstone West and Sandstone East Lower. This evens out the workload for both of our dedicated social workers.

Please contact your assigned social worker if you have any questions.

*Gail - 608-757-5325*

*Teena - 608-757-5104*

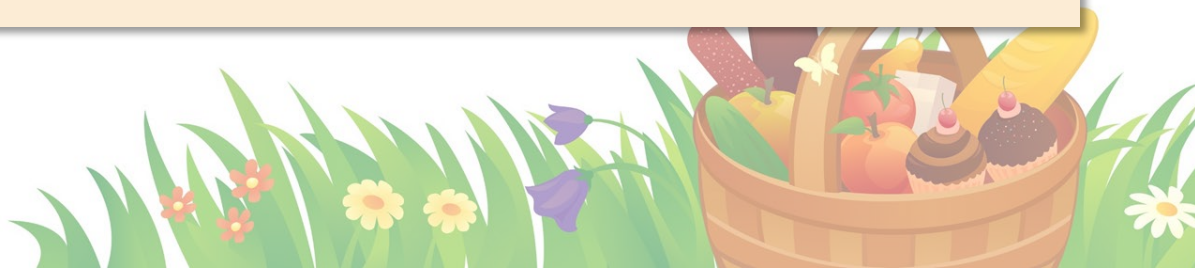
## *Greetings from Finance*

The 2025 budget was successfully submitted by the deadline of August 1, 2024.

We extend our gratitude to Joanne Foss for her dedicated efforts in meticulously crafting and finalizing the budget within the specified timeframe.

We eagerly anticipate the forthcoming developments within the Finance Department as Amy Sather and Graig Kittelson further assimilate into their respective roles.

*Graig Kittelson  
Business Services Manager*



# News from Activities

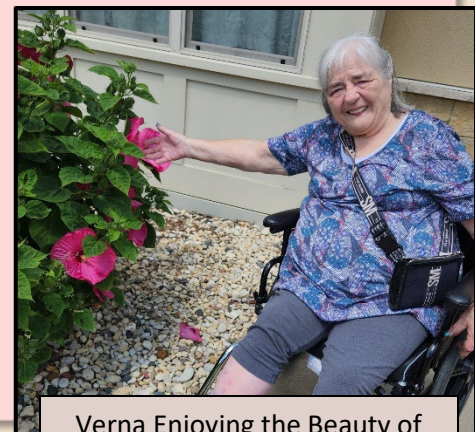
July was jam packed with indoor and outdoor events. From pet visits with Roxie, 7 music events including Hal and Sue, Birthday Party with Ferne, the Choristers, Special Music with Mary, Donna Thompson X 2 and Bernie plus the Trivia Tournament with Paul there was something for everyone.



Sandy Enjoying an Ice Cream Sundae

Ice Cream was a favorite snack and Readings with Jay were introduced. The Social Room was reserved for 6 events this past month! Please remember to reserve the room for the upcoming holidays as it is already booked for Christmas Day!

Our gardens continue to be a source of pride and enjoyment for our Residents. From picking strawberries to peas, watching the potatoes bloom and enjoying the flowers, our courtyards are a great place to visit and renew. Please remember that it doesn't require an ATA to take you outside!



Verna Enjoying the Beauty of our Hibiscus Plants



Code Black Singalong

Code Black: When a code black is paged overhead that means that the weather is unstable. Perhaps you have been visiting when that occurs as it has happened frequently this Spring and Summer. Staff then move the Residents and visitors to an interior hallway, along with various other duties. For some Residents, this can be worrisome. We usually sing, reminisce or otherwise engage folks in something familiar.

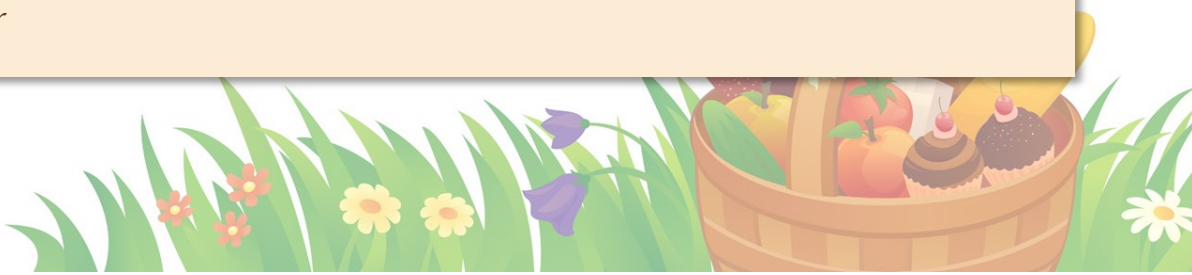
On 7/16/24, our beloved Donna Thompson came to play. As we were all settled, a Code Black was called. Out we went to the Aviary, we couldn't move the piano-so we chose the Clavinova. While we were doing that, Irene was leading us in Old Mc Donald.



Carol Enjoying the Code Black Shenanigans

We had so much fun they wanted to do it again!

*Vera Polglaze*  
*Activities Director*



## From ES / Materials

No updates this month.

Have a happy month of August!

*Michelle Lynch*  
*ES and Materials Manager*



**Why did the poodle buy  
a clock?**

It wanted to be a  
watch dog.



## Food for Thought from the Kitchen

Summer is coming to an end fast and fall is approaching, we will soon be looking over the next cycle of menus for the upcoming season.

We welcome family and staff to join in at any meal with a purchase of a meal ticket for \$8.50, they are located at the front office and can be bought Monday – Friday, 8am – 4:30pm. Soon dietary will be planning for all the wonderful holidays approaching and we look forward to seeing lots of family.

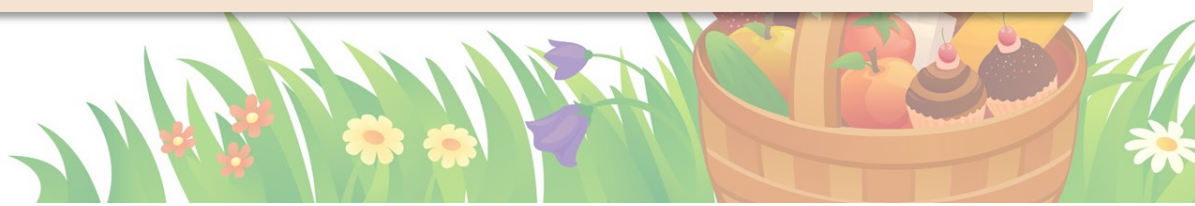
*Amanda Beaver*  
*Food Service Manager*

## Message from Maintenance



No updates this month.

*Maurine Braun*  
*Administrative Assistant*



# August Birthdays!

## Resident Birthdays

**Sam T.**  
Aug 5

**Willis P.**  
Aug 6

**Dorothy B.**  
Aug 9

**Jan K.**  
Aug 10

**Felomina C.**  
Aug 11

**Susan B.**  
Aug 13

**Ruth B.**  
Aug 15

**Dorothy S.**  
Aug 17

**Jim F.**  
Aug 20

**Joanne P.**  
Aug 29

## Employee Birthdays

**Tricia K.**  
Aug 4

**Christine C.**  
Aug 5

**Justice S.**  
Aug 10

**Nancy A.**  
Aug 13

**Susan B.**  
Aug 14

**Brian L.**  
Aug 15

**Mary F.**  
Aug 16

**Ava W.**  
Aug 17

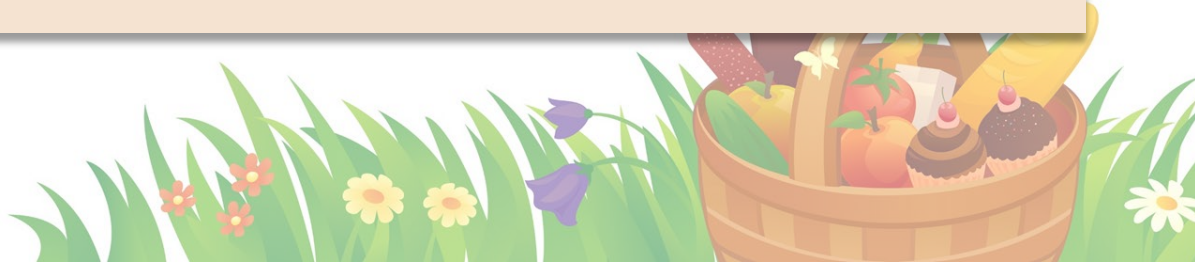
**Tom P.**  
Aug 18

**Amber D.**  
Aug 22

**Katrina J.**  
Aug 26

**Matt N.**  
Aug 28

**Kim S.**  
Aug 29



Welcome to our  
New Residents!

*Limestone West*

Judith M.

*Sandstone West*

Kathy H.

Carol M.

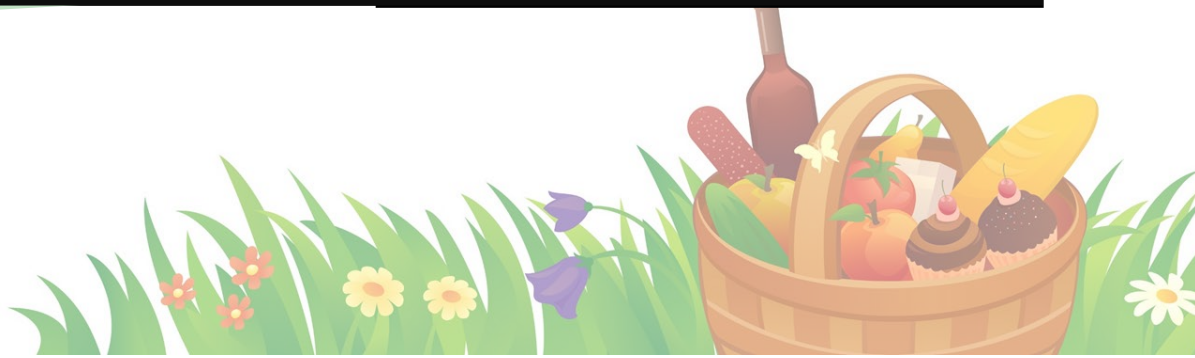


*Sandstone East*

Donald R.

Elmer T.

Jeanne Y.





# Welcome to the Team!

**Monikka H.**

CNA

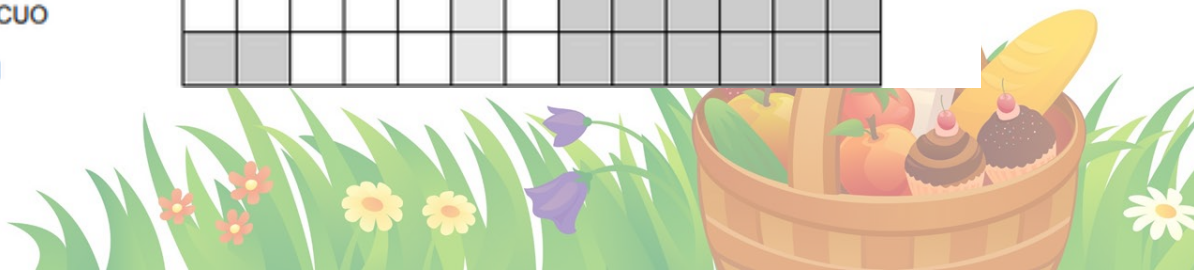
**Eve B.**

CNA

## Picnic Word Scramble

Unscramble each picnic-related word and write it in the grid. When you've finished unscrambling all the words, the letters reading down highlighted column will spell two items that you just might need on your picnic! *Hint: Not all of the words are foods.*

1. MAYLIF
2. ERRUGBS
3. STABEK
4. STAPLE
5. NOELDEAM
6. LIGLR
7. DACHWINS
8. MESGA
9. NSAT
10. STOODRUO
11. SCIPELK
12. GIVESGE
13. REELOWMANT
14. ROCLOE
15. RICASH
16. TOKOCUO
17. SCIPH

# Picnic

## Word Search

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



ANTS  
BASKET  
BLANKET  
CASUAL  
CONTAINER  
FORK  
FRIED CHICKEN  
GRASS  
HAMMOCK  
HAMPER

HUNGRY  
ICE  
KNIFE  
LEMONADE  
MEADOW  
NAPKINS  
PARK  
PEPPER  
PLASTIC  
PLATE

POTATO SALAD  
SALT  
SANDWICH  
SPOON  
SPRING  
TABLECLOTH  
THERMOS  
TRASH  
WASPS  
WATERMELON

