

# Rock Haven Happenings

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

May 2023

## May Dates

**May 1**

*May Day*

**May 3**

*Teacher  
Appreciation Day*

**May the 4<sup>th</sup>**

*Star Wars Day*

**May 5**

*Cinco de Mayo*

**May 14**

*Mother's Day*

**May 20**

*Armed Forces Day*

**May 22**

*National  
Maritime Day*

**May 29**

*Memorial Day*

## *A Note from Natalie*

Rock Haven,

Since it was established in 1907, we take this time every year in May to celebrate Mother's Day. We acknowledge mothers' role in our lives and the importance of motherhood inside and outside the home.

Remember to take the time to express your love and gratitude for the mothers in your life. Whether they be family, friends, or colleagues, celebrate their hard work and care that has positively impacted all our lives. Happy Mother's Day.

Later this month is Memorial Day, when we honor and mourn the lives lost while serving our country.



We use this day of remembrance to recognize the bravery of these men and women whose sacrifice protected our nation and our freedoms today. We are blessed!

*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



## *A Message from Aimee*

Hello Rock Haven,

The lead up to this month has been busy as we prepare and make the move to our new facility pharmacy, PharMerica. This change will help us continue our goal to provide the best care possible for our residents. Thank you to everyone who has worked hard to make this transition smooth.

And finally, May 18<sup>th</sup> is Mother's Day! I want to wish every mother a heartfelt Happy Mother's Day!

*Aimee Thomas, RN  
Interim DON*

## *Getting to Know Social Services*

Social Services is busy at Rock Haven serving the residents and their families.

There are two social workers who oversee the social services department. Gail Sullivan is assigned to Limestone and Teena Monk-Gerber is assigned to Sandstone. It is our goal to ensure the psychosocial wellbeing of each resident. We work with the interdisciplinary team to develop and maintain the residents' plan of care. Getting to know each residents' story is the best part of our day.

Feel free to contact us if you have any questions about your loved one's care or want us to know more about their story.

*Gail 608-757-5325; Teena 608-757-5104*





# News from Activities



Nellie L.

April was an enjoyable month at Rock Haven. We were blessed to have Kayla Hartley and her daughters; Marissa, Magnolia, and McKenna join us for an Easter celebration.

They visited our folks and provided each one with a bag they decorated themselves with goodies inside. Lorraine got to hold baby Magnolia and gave them each a hat. The joy they brought to us is immeasurable.



Lorraine M. and the Hartley Family



Esther V.

Spring crafts were a large hit. From the traditional dyeing of Easter eggs, to egg cups, to painting, we all got to use our inner artist.

It was great to have Ed Pawelski entertain us again. We know him as our ProMedica Hospice Rep, but he is an accomplished musician. When he entertains, you can fill the mood lift in the room.



Ed

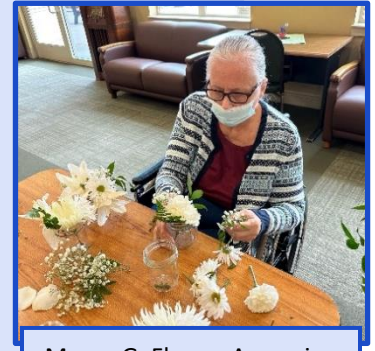






Marge G. Painting

Donations of all kinds are used in this department. When people have a celebration of life, sometimes they donate flowers to us. We use what could be a sad moment and turn it into a flower arranging activity for the Residents. Many of them remember their gardens, cutting and arranging flowers. The Residents that can take part, enjoy it immensely and others enjoy the beauty of the arrangements. Families are comforted knowing that their donation provides pleasure to others.



Marge G. Flower Arranging



Lois P.

I am fortunate to have such a great team in this department! Deb Harris recently retired March 31<sup>st</sup>. We miss her smile and calm demeanor. However, our plan is to have her back to work as a "pool" employee by mid-Summer.

Looking forward to May, we will be celebrating National Nursing Home Week May 14-19. We will kick it off (weather permitting), Mother's Day with planting and Root Beer Floats in the Courtyard. There will be 4-count them 4 music events (with snacks) as well as Dollar Bingo that week. Activities are Resident driven, and music and food were on the list. And you never, ever take Bingo off the schedule 😊.



Deb H.

*Vera Polglaze  
Activities Director*





Gabby

## From ES / Materials

I would like to introduce the central supply clerks, Gabby Mireles and Tina Russell. They are both part of the materials team. All supplies delivered to Rock Haven are ordered by these two ladies. They place the order, check the orders in and deliver them to the units or residents as needed.

Both ladies are not only a big part of Rock Haven, but the residents daily lives also. While delivering supplies to the residents, they get to know the residents needs, preferences and learn about their families.

Tina is a huge football fan. She loves the Green Bay Packers and Wisconsin Badgers. She will make copies of the season schedule for the residents that also enjoy watching the games. She will wear her favorite sports scrubs to brighten the residents day by showing off her team spirit.



Tina

The Environmental Service Workers and Central Supply Department want to wish everyone a Happy Mother's Day.

*Michelle Lynch  
ES and Materials Manager*

## Infection Control Corner



Oral health is essential to general health and well-being. The baby boomer generation is the first where the majority of people will keep their natural teeth over their entire lifetime. This is largely because of the benefits of water fluoridation and fluoride toothpaste.

However, threats to oral health, including tooth loss, continue throughout life. For 75 years, people in the United States have been drinking water with added fluoride and enjoying the benefits of better dental health. Regular dental checkups and preventative maintenance can ensure teeth stay healthy!

Reference:

Centers for Disease Control and Prevention. (2021, January 25). *Oral Health Fast Facts*. Centers for Disease Control and Prevention. Retrieved April 19, 2023, from <https://www.cdc.gov/oralhealth/fast-facts/index.html>

*Chelsea Phillips, RN  
Infection Preventionist*







## Food for Thought from the Kitchen

Celebrate Mother's Day this year by making something special from the heart for your mom. Doesn't matter what it is as long it is made with lots of love. Moms go without a meal all the time just to ensure the rest of the table eats. So, let's take some extra time out for them and show that their selflessness is never unnoticed.

HAPPY MOTHER'S DAY!

*Amanda Beaver  
Food Service Manager*

## Happy Spring from the Business Office

We have lots of things blooming on the horizon. We are wrapping up the cost reports for Medicare and Medicaid. This month we will be completing our portion of the annual county audit. Soon we will begin working on the 2024 budget.

Important information to note for residents and their families regarding Medicaid: With the public health emergency ending, Medicaid renewals will begin again. Be on the lookout for a letter letting you know of your next renewal date. You will receive a renewal packet in the mail about 45 days prior to your renewal. It is very important to make sure you return the requested information by the due date to avoid any lapse in coverage. If you need assistance completing your renewal you can call 877-947-2211.

Information is also available on the website  
[www.dhs.wi.gov/forwardhealth/renewals.htm](http://www.dhs.wi.gov/forwardhealth/renewals.htm)

If you have additional questions, please reach out to Mary Cummins or Cheryl Cikar in the Business Office.

I would like to wish a Happy Mother's Day  
to all of the Moms among us.

*Tonya Colvin  
Business Office Manager*





# May Birthdays!

## Resident Birthdays

Lorraine S.  
May 2

Geraldine B.  
May 17

Irene D.  
May 25

Barbara B.  
May 3

June P.  
May 23

## Employee Birthdays

Deb P.  
May 1

Kasey S.  
May 12

Todd K.  
May 17

Tanishia D.  
May 3

Minda T.  
May 12

Brendin J.  
5/21

Kristin P.  
May 27

Kaylynn J.  
May 8

Sue E.  
May 15

Tina R.  
May 24

Kim R.  
May 30

Laz S.  
May 11

Charly D.  
May 15

LaShonda M.  
May 26

Ashley T.  
May 30

Lisa M.  
May 11

Frank B.  
May 16

Stephanie S.  
May 26

Carroll C.  
May 30







Welcome to our  
New Residents!

*Limestone West*

*Sandstone East*

Kathleen K.    Loyal L.  
Donna T.        Chuck S.  
Irene D.        Willard Q.  
Cathy E.        Hubert B.



*Sandstone West*

Constance G.  
Donna P.







# Welcome to the Team!

Brooklynn S. FSW		Ava W. FSW
Kaylynn J. CNA	Maile D. CNA	Amber L. CNA



## Happy Mothers Day



- |              |          |            |
|--------------|----------|------------|
| Appreciation | Guidance | Nurture    |
| Beautiful    | Hugs     | Perfume    |
| Breakfast    | Jewelry  | Protection |
| Candy        | Joy      | Share      |
| Charming     | Kisses   | Telephone  |
| Comfort      | Laughter | Tender     |
| Devoted      | Love     | The Best   |
| Flowers      | Maternal | Warm       |
| Forgiving    | Mom      | Wise       |
| Gifts        | Mother   |            |







# Name that Flower

1.



2.



3.



4.



5.



6.



7.



Answer Key:  
1. Hydrangea 2. Daffodil 3. Iris 4. Lily 5. Peony 6. Rose 7. Sunflower

