

Rock Haven Happenings

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

July 2023

A Note from Natalie

July Dates

July 4

Independence Day

July 11

*World
Population Day*

July 11

*Cheer Up the
Lonely Day*

July 18

*International
Nelson Mandela
Day*

July 20

*Space
Exploration Day*

July 23

Parents' Day

July 24

*International
Self-Care Day*

July 30

*International Day
of Friendship*

I hope this letter finds you in good health and high spirits. As we enter the month of July, we wanted to express our gratitude and share the exciting happening at Rock Haven!

Rock Haven employees thank the Board of Supervisors for Resolution R-2023-233 American Rescue Plan Act (ARPA) Premium Pay for Rock Haven employees. This secondary benefit from the Rock County Board of Supervisors serves as appreciation for the challenging work staff faced due to the COVID-19 pandemic and until the compensation wage grid becomes effective in October. The benefit is pro-rated based on an employee's signed budgeted full-time equivalency (FTE). The maximum amount awarded is \$2000.00.

Health and Wellness: Please remember that routine dental, podiatry, vision, and hearing tests can be coordinated through your unit clinical team (some residents may elect to complete these services within the community).

Rock Haven has collaborated hospice service agreements with Agrace, Promedica, St Croix, and Mercyhealth Hospice. Please note that if the Hospice agency does not update the agreements, the facility will not enroll new service admissions. Notifications have gone out to all hospice agencies. The facility has updated current agreements with Agrace, Promedica, and St Croix. We are accepting new admissions to these agencies when seeking hospice services.

Resident Feedback Sessions: Your opinion matters! Rock Haven strives to enhance customer service while creating a homelike living environment. To gather your valuable feedback, we have "**Let's Chat with Nat every first Saturday of the month at 10 AM in the social room.**" We gather and discuss happenings and follow up with previous feedback. Please join us this Saturday, July 1st, 2023, at 10 AM. Our Food Service Department has promised that a delightful, colorful, and tasty snack will be served.

Safety: We ask that all employees always wear identification badges to ensure the safety of our security.

Lastly, be good to yourselves; you deserve it.

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

News from Nursing

Congratulations to Rock Haven for receiving the Superior Health Certificate of achievement for improvement in health care quality and patient safety in the area of infection control.

Thank you to Chelsea, our Infection Control Nurse, for participating in this Centers for Medicare and Medicaid Services (CMS) Quality Improvement Initiative. Way to go!!

Happy Independence Day!! Be safe and stay cool as we celebrate the birth of American Independence this month.

*Aimee Thomas
Interim DON*

Infection Control Corner

Hand washing vs hand sanitizing facts:

1. Hand sanitizing is the preferred method of hand hygiene due to its quick accessibility, less harsh on our skin, and has been shown to kill germs more effectively than hand washing.
2. Wash your hands for at least 15 seconds. The same is for hand sanitizing, 15 seconds or until dry.
3. Top three areas most missed during hand hygiene: thumbs, fingertips, and between fingers.
4. Protect yourself by keeping your hands clean and asking those who care for you to also clean their hands when visiting.
5. Wearing gloves alone when caring for someone is not enough protection against germs, hand hygiene before and after gloves is recommended.

Reference:

Centers for Disease Control and Prevention. (2016, March 15).
Hand Hygiene in Healthcare Settings. Centers for Disease
Control and Prevention.
<https://www.cdc.gov/handhygiene/patients/index.html>

*Chelsea Phillips, RN
Infection Preventionist*

A Missive from Social Services

"Cheer Up the Lonely Day" Celebrated on July 11
Excerpted from HolidayInsights.com

According to L.J. Pesek, *Cheer Up the Lonely Day* was created by her father, Francis Pesek from Detroit, Michigan. Mr. Pesek "was a quiet, kind, wonderful man who had a heart of gold. He got the idea as a way of promoting kindness toward others who were lonely or forgotten as shut-ins or in nursing homes with no relatives or friends to look in on them." Francis Pesek chose this day because it was his birthday.

It's a terrible feeling to be lonely. It can lead to depression and nothing good comes out of it. Sometimes all it takes is a little attention or a small act of kindness to change a person's entire day for the better. *Cheer Up the Lonely Day* is an opportunity to make a lonely person happy. Any time you can make someone happy, you've done a good thing.

Lonely people usually have few friends and loved ones. They may have lost loved ones and friends over the years. While we often think of elderly people as lonely, loneliness can affect people of any age. Perhaps you are lonely, too. Use this day to make a difference in someone's life. What a lonely person needs, is face-to-face time with other people. Spend some time today cheering up lonely people. When you visit, bring happy things to talk about. Keep the conversation upbeat and lively. When you leave, give them a big hug, and let them know you enjoyed the stay.

The residents at Rock Haven always enjoy family and friends coming to visit them. Please visit any day, not just on July 11th. Smiling faces are welcome anytime.

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

A Message from the Business Office

We hope everyone has a safe and fun 4th of July.

Summertime is a busy season for us. The business office is busily working on the 2024 budget. We are wrapping up the 2022 audit with Baker Tilley, and also finalizing some information for Wisconsin Department of Health services for cost reporting.

We have been doing lots of training and cross training. We are anticipating the arrival of Mary's baby next month and wish her the best. We can't wait to meet that bundle of joy.

Tonya Colvin
Business Services Manager

News from Activities

Following one's faith is an important aspect that is identified by our Resident's here at Rock Haven. We are blessed to have First Lutheran here in Janesville and Nativity of St. Mary offer services here. In addition, we offer services every Sunday morning in the Social Room. The team and I provide services on the iN2L (think oversized television). The device allows us to choose from a number of different denominational services including non-denominational. Residents are encouraged to sing along and share their faith. It is followed by Linger Longer (a phrase from my home church), where we enjoy coffee, hot cocoa, something sweet and share our thoughts. Families are welcome. Also, if you have a home church, parish, synagogue, or place of worship who would like to provide services, please let me know. We would be excited to have them join us!



Church Gathering

The Choristers are the singing Ambassadors of the Janesville Senior Center. Led by our good friend, Tom Howe, we always look forward to their programming. Tom's wife, Mary, was a Resident here in the past, and you could hear his beautiful voice singing whenever we had a program. We look

forward to hearing from them again soon-and hopefully from the Senior Center Water Street Band.



The Choristers



Painting Watermelons

What says Summer more than watermelon? Here is one of our large groups led by Donnalie, painting watermelon jars. They are charming and we repurposed jars we already had in storage!

His smile says it all. Hal has a way of brightening up every corner. We enjoyed playing "Name that Tune" as well as trivia when he was here. We have some serious music experts in our group. We are grateful for his dedication.



Music with Hal



And special thanks to The Homestead Apartment Card Makers! They delivered beautifully made cards for each of our residents for July 4th.



Looking Forward

We look forward to our country's birthday party and will be celebrating July 4th with bubbles and root beer floats in the courtyard - weather permitting. We encourage you to invite your friends and family to join us.



July promises to be filled with engaging activities to make the most of our Summer. Our calendar includes gardening sessions, music performances, pet visits, horseshoes, strawberry hulling, and corn shucking. These and more events will help us reminisce, feel productive, socialize, and stay active.

Please mark your calendars for August 14th. It will be Rock Haven's first ever Big Band music event. "Music in the Courtyard" will start at 6:30p (weather permitting), in the Social Room if not. Music will be provided by the Waunakee Big Band. Hope to see you there!

Vera Polglaze
Activities Director



From ES / Materials



The ES and Materials department would like to wish everyone a happy 4th of July.

Summer has finally arrived. Enjoy the beautiful weather, family, and friends as you can.

Be safe this holiday weekend.

Michelle Lynch
ES and Materials Manager

Food for Thought from Food Service

Menus are in full swing for the summer.

We have many delicious and nutritious sandwiches and soups in the evening that we swapped in place of the usual menu items and some wonderful new hearty meals at lunch.

Summer calls for picnics and BBQs and family, so take time out and celebrate. As Independence Day approaches, we want to say enjoy the holiday and everything that it brings!

Amanda Beaver
Food Service Manager

July Birthdays!

Resident Birthdays

Kay T. July 7	Kathleen K. July 13	Linda W. July 23	Millie C. July 30
Margaret Z. July 9	Vicki B. July 14	Richard N. July 25	George T. July 31

Employee Birthdays

Jaimee E. July 1	John S. July 7	Christine S. July 11	Lance M. July 14	Natalie R-E July 18	Michelle P. July 21
Rose A. July 1	Lily R. July 8	Courtney L. July 13	Jordan H. July 14	Tonya C. July 20	Mary C. July 26
Sherri G. July 1	Lucy K. July 8	Susan S. July 13	Barbara H. July 16	Akosua A. July 21	Terri S. July 27
Josh B. July 3	Yovana G. July 9	Aleta S. July 14	Destony C. July 16	Leah T. July 21	Gabby M. July 29
Julie F. July 31					

**Welcome to our
New Residents!**

Limestone West

Margaret Z.

Janice R.

Leo H.

Sandstone East

Alberto D.

Donald Y.

Gerry K.



Sandstone West

Betsy H.

Ellen Y.

Rock Haven

Rock Stars of the Month

June Winners



Chelsea P.

Chelsea is a team player. She jumps in whenever and wherever the team needs something, yet she still finishes her Infectious disease and wound assessment tasks.

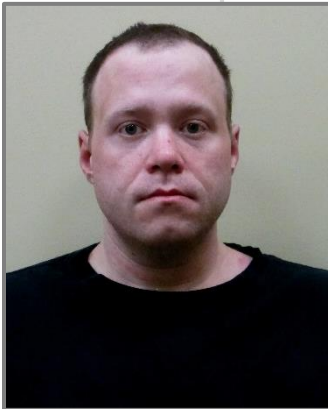
Thank you, Chelsea!



Matt N.

Matt has really stepped up to help the dietary team. He knows all the residents he serves very well. He has been helping with deliveries and takes on extra work. He has shown exceptional professional growth.

Thank you, Matt!



Rose A.

Rose is friendly with all the residents. She is efficient and caring all at the same time. She picks up shifts when needed and works hard when asked to do extra.



Thank you, Rose!



Welcome to the Team!

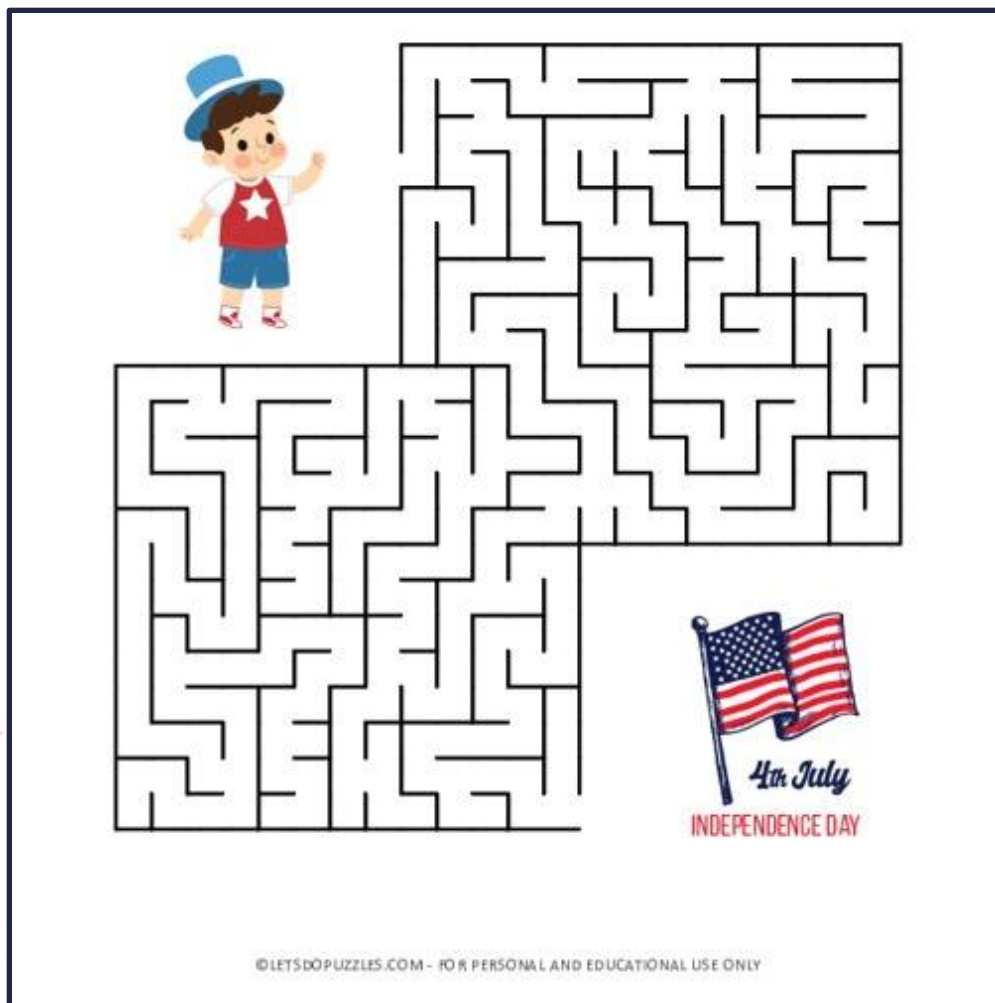
Andrew F.
Maintenance

Mark W.
ESW

Deb H.
Activities

Terri E.
Nurse Supervisor

Makayla L.
CNA



4th of July Maze

Can you help the
little boy through
the maze to
reach the flag?

