



NURSING & REHABILITATION COMMUNITY

July 2020 | 921 Sunset Dr, Norwalk, IA 50211 | Phone: 515-981-0604 | norwalknursingandrehab.com

Norwalk's Community Corner



Happy Birthday!

Residents

Alice "Lou" G. July 11

Staff

Jill M. July 6

Kiara C. July 30

Featured Staff: Michael Wolfe – Activity Director



Hello, my name is Mike Wolfe, and I'm the Activities Director here at Norwalk Nursing and Rehabilitation Community. Let me tell you a little bit about myself.

I was born in September 1968 and grew up in Hampton, Iowa. My mother, Jean, still lives in Hampton. My father, Bill, passed away in 1998. I have one older brother, Steven, and two younger sisters Ann and Amy. While in school I was very active in running, basketball and baseball as well as just having fun running around with friends.

I currently live in Norwalk and have lived here for little over 7 years with my wife, Justine, and our two boys. Matthew is 17 and will be a senior next school year and Andrew is 13 and will be a freshman. We also have a goldendoodle named Jake who is 6 years old. He loves to come to the nursing home and visit with the residents (he has been coming here since he was 8 weeks old).

I started out working with people with learning disabilities back in 1993 at Link Associates. I worked there for 17 years and by the end was the manager of the Development Center for Adults where I helped them with everyday learning skills and hand- eye coordination skills. During this time I helped create different activities for each person to help them adapt and become more independent.

From there I went to REM Iowa to help start HCBS homes in Iowa for individuals with brain injuries so they would be able to live in the community and be as independent as possible. During this time I help figure out different ways to adapt their apartments so they could do more things on their own and feel more independent.

While at REM, I got a call from a former boss who was working at Dallas, Inc. She told me with my background in the DCA department I would be perfect for her open position there, so I said I would try it out and I loved it from the start. I always tell people that my job is to play, have fun and help the residents play and have fun. I was the activities director at Dallas, Inc. for 4 years.

My family then moved from Des Moines to Norwalk to be in a smaller community with great schools. Shortly after we moved, I got a call from a former co-worker who told me of the opening here at Norwalk Nursing and Rehabilitation. I've been here ever since, doing the job I love, and helping others to enjoy life as well.

I can't tell you how happy and fulfilling it is to help our residents continue to stay active and enjoy life and to be a part of it.

Mike Wolfe, Activities Director


Success Story

Michael Nassif, was admitted to Norwalk Nursing and Rehabilitation Center on 5/4/2020.

Michael came to Norwalk Nursing and Rehab following an infection in his foot following and amputation. Michael was determined to return home and his PLOF. He was treated by PT, OT, & ST services and was able to return home in 2 short weeks.

It was a pleasure serving your patient's rehabilitation needs. If you have any further questions please contact Maggie Becker at (515) 981-0604 or norwalk@reliant-rehab.com.

Norwalk Nursing and Rehabilitation Community | July 2020 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Alice "Lou" G. - 11th			1 11:20 Moving With Music 12:00 Shop for Residents 1:15 Pet Therapy 3:00 Relaxation Hour 5:00 Sing Along	2 10:00 Connect 4 11:20 Moving With Music 1:15 Movie	3 11:20 Moving With Music 2:30 Relaxation Hour 3:30 Bible study	4 INDEPENDENCE DAY Happy Independence Day !!!! 
5 9:00 Church (TV) 10:30 Catholic Communion 2:00 Leisure Closet	6 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour 4:00 Ring toss	7 10:00 Take out Tuesday 11:20 Moving With Music 2:00 Garden 3:30 Relaxation hour 4:00 Paint Nails National Strawberry sundae day.	8 11:20 Moving With Music 1:15 Pet Therapy 2:00 Resident Council 3:00 Relaxation Hour 5:00 Sing A Long National Freeze pop day	9 10:00 Noodle ball 11:20 Moving With Music 1:15 Movie 4:15 Bingo National Sugar cookie day	10 10:00 Baking 11:00 Catholic Prayer 11:20 Moving With Music 2:00 Relax on Patio 2:30 Relaxation Hour 3:30 Bible study	11 10:00 UNO 11:20 Moving With Music 2:00 Bingo Happy Birthday Lou Blue Berry Muffin day
12 9:00 Church (TV) 10:00 Make Jello 10:30 Catholic Communion 2:00 Pass out / Eat Jello National Eat Jello day	13 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour 4:00 Relax on patio National French Fry day	14 10:00 Puzzles 11:20 Moving With Music 2:00 Garden 3:30 Relaxation hour 4:15 Paint Nails	15 11:20 Moving With Music 1:15 Pet Therapy 5:00 Sing A Long National Hotdog Day	16 10:00 Connect 4 11:20 Moving With Music 1:15 Movie 4:15 Bingo	17 11:00 Catholic Prayer 11:20 Moving With Music 2:30 Relaxation Hour 3:30 Bible study	18 10:00 Game of Sorry 11:20 Moving with music 2:00 Bingo
19 9:00 Church (TV) 10:30 Catholic Communion 2:00 Ice Cream Social National Ice Cream day	20 11:20 Moving With Music 1:30 Bingo 4:00 Ring toss National Lollipop Day	21 11:20 Moving With Music 4:15 Paint Nails	22 11:20 Moving With Music 1:15 Pet Therapy 5:00 Sing A Long National Hot dog Day	23 11:20 Moving With Music 4:15 Bingo	24 11:00 Catholic Prayer 11:20 Moving With Music 2:30 Relaxation hour 3:30 Bible Study	25 10:00 UNO 11:20 Moving With Music 2:00 Hot Fudge Sundaes National Hot Fudge Sundaes Day
26 9:00 Church (TV) 10:30 Catholic Communion 2:00 Bingo	27 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour 4:00 Relax on patio	28 10:00 Puzzles 11:20 Moving With Music 1:30 Water games 2:30 Relaxation hour 4:15 Paint Nails National Water park days	29 11:20 Moving With Music 12:00 Shop for Residents 1:15 Pet Therapy 3:00 Relaxation Hour 5:00 Sing Along	30 10:00 Noodle ball 11:20 Moving With Music 1:15 Movie 4:15 Bingo	31 11:00 Catholic Prayer 11:20 Moving With Music 2:00 Happy Hour 2:30 Relaxation hour 3:30 Bible Study	*Calendar is subject to change*



NURSING & REHABILITATION COMMUNITY

Our Staff

Karah Appleget

Administrator

Kymerly Gabriel

Director of Nursing

Monica Foust

Assistant Director of Nursing

Codee Gerlach

MDS / Nurse Manager

Jill Madonia

Business Office Manager

Janiece DeJonge

Social Services

Tresa Duncan

Admissions / Marketing Director

Micheal Wolfe

Activities Director

Wayne Wehler

Maintenance Director

Stephanie Williams

Dietary Manager

Maggie Becker

Director of Rehab

Priceless Collections



From postcards, to coins, stamps, plates, baseball cards, vinyl albums, figurines and even thimbles, the makings of an un-intentional collection could be right under your nose. According to a Nielsen survey, one in ten collectors developed an interest in the hobby by slowly acquiring similar or sets of items over time, and only later decided to establish and showcase their acquired collections.

Use the following suggestions to enhance your collection:

Be picky - It's okay to pass on pieces that aren't necessarily attention grabbers. Waiting for that personal "wow" aspect really helps to give each piece in a collection a unique value.

Become familiar - Research the collection before beginning the hunting and buying process. The more knowledgeable one is, the better the chance of getting a great deal on the price.

Budget - Along with researching the details on each piece, know what others are paying for it and one's own personal budget.

Of course, the value of any collection goes well beyond the value of each item for most collectors. Some collections are a lifelong hobby, filled with personal fulfillment and memories about each item that are then passed on for generations, making them priceless.

July – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

BOREDOM
 CELEBRATE
 COLLECTION
 COURAGE
 CREATIVE
 FLAVOR
 FRIENDSHIP
 HEAT
 HOTDOG
 HYDRATE
 ICE CREAM
 INDEPENDENCE
 JULY
 PRICELESS
 UNITY