



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

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



Rehab to Home
 We focus on exceptional service and quality care
 For more information please give us a call today!

Meet our Director of Rehab!



Hi! I'm Maggie Becker. I am the Director of Rehabilitation at Norwalk Nursing and Rehab.

I live in Gilbert, Iowa with my husband Josh and two kids, Everett who is 4 years old and Lillian who is 1.5 years old.

I graduated from NIACC in Mason City, Iowa from the Physical Therapist Assistant program in 2013. I have been working for Reliant Rehabilitation, the company Norwalk Nursing and Rehab contracts with for therapy services, since I passed my boards in August of 2013 and I have been the Director of Rehab in the Norwalk building for 4.5 years.

Happy Birthday!

Residents

Eleanor C.	Aug. 8
Jim D.	Aug. 9
Virginia B.	Aug. 15
Laura G.	Aug. 18
Norma V.	Aug. 30

Skilled rehab has had my heart since I started working in these facilities 8 years ago. It is so rewarding to see our patients reach their goals and discharge from therapy services. It is truly inspiring to see people of all ages work hard in therapy, no matter what challenges that they may have, to meet their goals towards independence and a more functional and happy life. I feel blessed that I get to be a part of it.

Maggie Becker, Director of Rehabilitation

Photo Highlights

Norwalk Firefighters



Norwalk Police

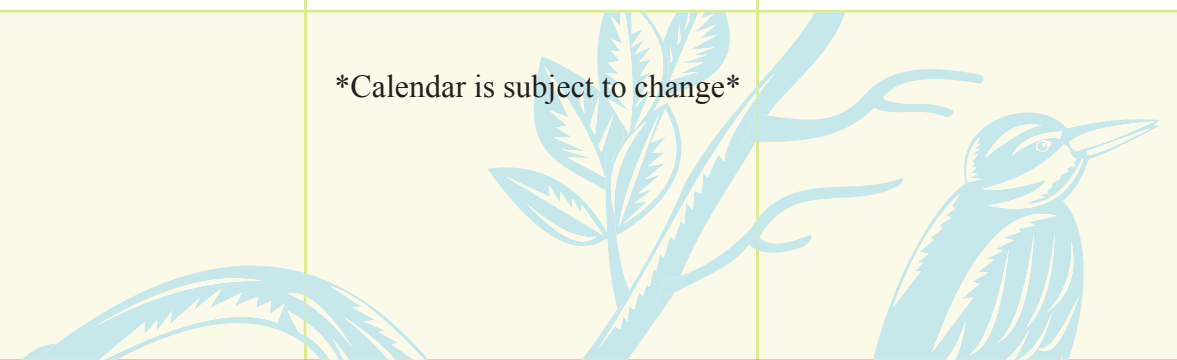


Norwalk Nursing and Rehab.

August 2020 Calendar

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:30 Game of Sorry 11:20 Moving with music 2:00 Bingo 3:30 Relaxation hour 4:30 Relax in Garden
2 9:00 Church (TV) 10:30 Current events 2:00 Ice cream Sandwiches 4:00 Music and relaxation National Ice Cream sandwich day	3 10:00 Cards 11:20 Moving With Music 1:30 Watermelon 2:30 Relaxation hour National watermelon day	4 10:00 Music and Relaxation 11:20 Moving With Music 2:00 Jazz Music 2:30 Relaxation hour 4:00 Paint Nails	5 11:20 Moving With Music 2:00 Resident Council 3:00 Relaxation Hour	6 10:00 Noodle ball 11:20 Moving With Music 1:15 Pool party 4:15 Bingo	7 11:20 Moving With Music 2:00 Elvis Music/Trivia 2:30 Relaxation Hour	8 10:30 Cards / UNO 11:20 Moving With Music 2:00 Bingo 4:00 Relax in Garden Happy Birthday Eleanor C.
9 9:00 Church (TV) 10:30 Current Events 2:00 Movie 4:00 Music and relaxation Happy Birthday Jim	10 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour 3:00 Make Smores 4:00 Relax on patio National Smores day	11 10:00 Puzzles 11:20 Moving With Music 2:00 Painting 3:30 Relaxation hour 4:15 Paint Nails	12 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation hour	13 10:00 Noodle Ball 11:20 Moving With Music 1:15 Movie (Elvis) 4:15 Bingo	14 11:20 Moving With Music 2:00 Creamsicles on Patio 2:30 Relaxation Hour	15 10:30 Game of Sorry 11:20 Moving with music 2:00 Bingo 3:30 Relaxation hour 4:30 Relax in Garden Happy Birthday Virginia
16 9:00 Church (TV) 11:00 Music by the Window 2:00 Ice Cream Social 4:00 Music and relaxation	17 10:00 Cards 11:20 Moving With Music 2:00 Fair games 4:00 Relax on patio	18 11:20 Moving With Music 2:00 Fair Games 3:00 Relaxation Hour 4:15 Paint Nails Happy Birthday Laura	19 11:20 Moving With Music 2:00 Fair Games 3:00 Relaxation hour	20 11:20 Moving With Music 2:00 Fair Games 4:15 Bingo	21 11:20 Moving With Music 2:00 Fair Games 2:30 Relaxation hour 4:00 Relax on Patio	22 10:30 UNO 11:20 Moving With Music 2:00 Birthday Party 3:30 Relaxation hour 4:30 Relax in Garden
23 9:00 Church (TV) 10:30 Current Events 2:00 Bingo 4:00 Music and relaxation	24 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour 4:00 Pool Party	25 10:00 Puzzles 11:20 Moving With Music 2:00 Book club (Danish and Coffee) 2:30 Relaxation hour 4:15 Paint Nails	26 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour	27 10:00 Noodle ball 11:20 Moving With Music 1:15 Movie 4:15 Bingo	28 11:20 Moving With Music 1:30 Cards 2:30 Relaxation hour	29 10:30 Game of Sorry 11:20 Moving with music 2:00 Lemoade / Tea and snack on Patio 3:30 Relaxation hour 4:30 Relax in Garden
30 9:00 Church (TV) 10:30 Current Events 2:00 Bingo 4:00 Music and Relaxation Happy Birthday Norma	31 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour 4:00 Relax on patio		Birthdays Eleanor C. 8 th Jim D. 9 th Virginia B. 15 th Laura G. 18 th Norma V. 30 th		*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

Resident of the Month: *Jeff U.*

Jeff was born May 10 to James and Dorothy U. He has two sons, Robert and Edward (Teddy). He has one older brother, Tom (TJ) and one younger sister, Lisa. His older sister, Kim, passed away and is dearly missed. She was super funny!

Before retirement, he worked at the Des Moines post office for 31 years. He liked his co-workers, pay check and parties at work.

Jeff's mom taught him how to drive when he was 15 or 16 years old. He had a 1976 CJ7. It was blue and had a hard top. It had 0 miles on it when he bought it! He could take it mudding and wash it inside and out.

His favorite food is Chinese-- Beef Egg Foo Young! His favorite holiday meal is steak and potatoes.

When Jeff was younger he enjoyed sports and playing in the neighborhood. He got into some mischief, but he can't tell you about that! He wouldn't get into trouble though because he would go home and tell his mother right off the bat.

What he enjoys now is playing with his granddaughter.

His favorite thing about Norwalk Nursing & Rehabilitation is breakfast---it's great! He thinks they should add hash browns. His least favorite thing is wearing diapers.

His advice for the younger generation is to stay in school and get a good job that you like.

If Jeff could go back to any age he would go back to his early 20's because of all the girls he met!

Jeff says they didn't have a lot of family traditions growing up, but they did take a trip to Mount Rushmore and he would do that again. He also would like to see his grandparents and great grandmother as he misses them.

He says the best part of his life is his kids. His proudest moments include his kids, especially watching them play sports.

Something he knows now, and wishes he would have known when he was younger is to never make a pretty girl your wife.

August – 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

AWARD

BOOK

BREAD

CHEESE

DAUGHTER

FILLING

HEART

JELLY

MEDIATE

PURPLE

READ

RELAX

REOPEN

SANDWICH

SON