



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

October 2020 | 921 Sunset Dr, Norwalk, IA 50211

Phone: 515-981-0604 | norwalknursingandrehab.com

Healthcare Food Service Week

Food is one of the great unifiers of the human condition; we all need sustenance to survive.

When we go out to eat, it is an indulgence to be able to relax while a chef skillfully prepares a meal just for us. As we age, we once again rely on others to help us with the cooking and the shopping. Being taken care of feels so good, it really is a gift.

From October 4-10, please help ensure that healthcare food service workers know how much we appreciate them during Healthcare Food Service Week. Honor your food service workers and recognize the integral role they have played in helping us stay well-nourished and healthy.

Happy Birthday!

Residents

Teri B. 10/1
Patricia S. 10/21

Staff

Addie S. 10/03
Joanna F. 10/22

Meet our new Dietary Manager

Hello, my name is Barb Hinds, I'm the Dietary Manager also known as the CDM, CFPP (Certified Food Protection, Professional)

I have been working in Health care for almost 30 years. I started out as a dietary aide in 1990 at a hospital in Orange City, IA. I married my high school sweetheart in 2013. I have 1 son Travis he lives in Sioux City, IA.

My husband and I own our business of Hinds Mechanical heating and cooling, he stays very busy he also works with hospitals and nursing home and reconstruction of kitchens in restaurants and bars. We live in Milo, IA for the last 6 years in the country.

I also have a small business inside my home called Yo boo's Party Platters. I make Platters and finger foods for Parties, Weddings, Special Occasions. I love to cook and bake. I really enjoy working in the healthcare field. I excited to start at Norwalk Nursing and Rehab and being a part of the Team.

Barb Hinds, CDM, CFPP

Short-Term Therapy Success Story

Christine M., was admitted to Norwalk Nursing and Rehabilitation Center on 8/19/2020. A customized rehabilitation program was implemented to address functional deficits related to the diagnosis of C-Diff. Christine came to Norwalk Nursing and Rehab after developing weakness from C-Dif. She worked hard with her therapies and was able to return home within 3 weeks at an independent level. Christine was discharged from Norwalk Nursing and Rehabilitation Center on 9/11/2020. It was a pleasure serving your patient's rehabilitation needs.

Huge shout out to our amazing Therapy Team! ▶



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Teri B. 1st Patricia S. 21st		*Calendar is subject to change*		1 10:00 Noodle ball 11:20 Moving With Music 2:00 Bingo Happy Birthday Teri B.	2 11:20 Moving With Music 2:00 Relax on Patio 3:00 Relaxation Hour	3 11:20 Moving with music 3:30 Relaxation hour
4 9:00 Church (TV) 2:00 Music and relaxation	5 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour	6 10:00 Puzzles 11:20 Moving With Music 2:00 Paint Nails 2:30 Relaxation hour	7 11:20 Moving With Music 2:00 Resident Council 3:00 Relaxation Hour	8 10:00 Noodle ball 11:20 Moving With Music 1:15 Movie	9 10:00 Baking 11:20 Moving With Music 2:00 Happy hour 2:30 Relaxation Hour	10 11:20 Moving With Music 3:30 Relaxation hour
11 9:00 Church (TV) 2:00 Music and relaxation	12 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour	13 10:00 Puzzles 11:20 Moving With Music 2:00 M&M's day 3:30 Relaxation hour	14 11:20 Moving With Music 12:00 Shop for Residents 2:00 Decorate 3:00 Relaxation hour	15 10:00 Noodle ball 11:20 Moving With Music 2:00 Bingo	16 10:00 Baking 11:20 Moving With Music 2:00 Relax on Patio 3:00 Relaxation Hour	17 11:20 Moving With Music 3:30 Relaxation hour
18 9:00 Church (TV) 2:00 Music and relaxation	19 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour	20 10:00 Puzzle 11:20 Moving With Music 2:00 Paint Nails 3:00 Relaxation Hour	21 11:20 Moving With Music 2:00 Resident choice 3:00 Relaxation hour Happy Birthday Patricia S.	22 10:00 Noodle ball 11:20 Moving With Music 1:15 Movie	23 10:00 Baking 11:20 Moving With Music 2:00 Birthday party 2:30 Relaxation hour	24 11:20 Moving With Music 3:30 Relaxation hour
25 9:00 Church (TV) 2:00 Music and relaxation	26 10:00 Paint Pumkins 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour	27 10:00 Puzzles 11:20 Moving With Music 2:00 Paint Nails 2:30 Relaxation hour	28 11:20 Moving With Music 12:00 Shop for Residents 2:00 Resident choice 3:00 Relaxation Hour	29 10:00 Noodle ball 11:20 Moving With Music 1:15 Movie	30 11:20 Moving With Music 2:00 Halloween treats 2:30 Relaxation hour	31 HALLOWEEN 11:20 Moving With Music 3:30 Relaxation hour 



NURSING & REHABILITATION COMMUNITY

Our Staff

Karah Appleget

Administrator

Kymerly Gabriel

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

Grant Pearson

HR/Payroll Coordinator

Wayne Wehler

Maintenance Director

Maggie Becker

Director of Rehab

Barb Hinds

Dietary Manager

Jordan Kenne

Environmental Supervisor

Our Resident of the Month is Phyllis C

Phyllis was born in Jefferson, Iowa on November 15, 1927 to Harold and Helen Wright. She had a brother, Dale, and a sister, Julian, who have passed away. She met her husband, Wayne, at a dance. They have two daughters, Joyce and Brenda. Before retirement, she worked at French Way dry cleaners. Phyllis learned to drive after she was married and had two girls. Her first car was a Ford. Her favorite food is hot dogs and Country Buffet.

When Phyllis was younger she played basketball, bowled in 3 leagues, played clarinet and saxophone in the band, played games, played cards and went outside when the weather was good. She liked socializing with people and going to church.

Her favorite thing about Norwalk Nursing & Rehabilitation is that her granddaughter lives in town and takes care of her. She also likes meeting new friends. Her least favorite thing is when they serve liver. She doesn't like it!

Her advice for the younger generation is to be whoever you dream to be. Also, don't smoke. If Phyllis could go back to any age she would go back to her teenage years. She enjoyed playing basketball in school, hanging out with the boys, and making friends. Phyllis says her most cherished family memory is family get-togethers because they don't do them anymore. Also, at Christmas, they always met in her grandma's parlor.

She enjoys her granddaughters, her grandson, and her great grandkids! A few things Phyllis wanted to share about herself is that she went to Iowa School of Beauty, she loves to play cards, she loves the outdoors in the summer, and going on vacations.

Missy is our Employee of the Month! Congrats Missy!



National Physical Therapy Month:

Did you know that physical therapy may be a safe, effective alternative route to treat chronic pain conditions? According to the APTA (American Physical Therapy Association) physical therapy is "the safer way to manage pain," without using potentially harmful and addictive medication. If you're wondering if physical therapy might be a good treatment for you, now might be the perfect time to do some research! During this month's celebrations, those who have benefited from physical therapy can share their stories in hopes to inspire others. Physical therapy may require a lot of work, but with the help of certified physical therapists, people all around the world have seen improvements in their daily lives. Be sure to talk to your physician today to see if physical therapy might be right for you!