



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

May 2021 | 921 Sunset Dr, Norwalk, IA 50211

Phone: 515-981-0604 | norwalknursingandrehab.com

Together
Through the Seasons
National Skilled Nursing Care Week • May 9-15, 2021

National Skilled Nursing Care Week

The American Health Care Association (AHCA) recently announced “Together Through the Seasons” as the 2021 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

The theme strives to celebrate the dedication and collaboration between skilled nursing care facilities’ workers, residents and families during these unprecedented times. Healthcare workers, residents, families have all faced many challenges during the pandemic, but have united in providing safe, compassionate care with innovative socially-distanced activities and safety protocols.

Now and through May 9-15, 2021, families, residents and staff are encouraged to create feel-good notes or cards, drawings, or other works of art that incorporate the four seasons and togetherness. Share these projects with the community by creating a gallery, making displays or window art for all to admire.

Meet Our Director of Nursing: Stefani!



A big hello to everyone! I’m so excited to be here. My name is Stefani Phoenix-Bogdan and am your new Director of

Nursing. I have been a nurse for the last 6 years, working mostly in the hospital setting. I’ve worked as a floor nurse at MercyOne Des Moines Medical Center on a Med/Surg trauma floor, as well as in pre/post-surgery at MercyOne West Des Moines Medical Center. This past year has been spent working at the hospital as well as at The Livewell Clinic, a functional medicine clinic in Clive.

I am a fellow Norwalkian, having grown up here and graduated from Norwalk High School. After high school I spent some time traveling, living in Norwalk California and then

in Mexico for a short time. I attended college at Middle Tennessee State University in Murfreesboro Tennessee where I received my Bachelor’s in Business Administration with a minor in Marketing. I met my husband while in Tennessee and we moved back to Iowa in 2009. I went back to school in 2014 to become a Registered Nurse and received my degree from Kaplan University. I have two children, Rowen is 4 and Lola is almost 2.

In my spare time I enjoy spending time with my family and friends, camping, reading, traveling and shopping! My door is always open, feel free to stop in and introduce yourself or to chat anytime. I would love to hear from you!

Our Employee of the Month: Abbi



Happy Birthday!

Residents

Larry W.	May 9
Jeff U.	May 10
Angela D.	May 16
Donna A.	May 17

Norwalk Nursing and Rehab. Community | May 2021 Calendar

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						1 10:00 Music and relaxation 2:00 Movie
2 9:00 Church (TV) 2:00 Music and Relaxation	3 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour	4 10:00 Puzzle 11:20 Moving With Music 1:15 Star wars Movie 2:30 Relaxation hour National Star Wars Day	5 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour	6 10:00 Connect 4 11:20 Moving With Music 2:00 Bingo	7 10:00 Baking 11:20 Moving With Music	8 10:00 Music and relaxation 2:00 Movie
9 MOTHER'S DAY 9:00 Church (TV) 2:00 Mothers day Tea at the Window Happy B day Larry	10 10:00 Cards 11:20 Moving with Music 1:45 Hot air race 2:30 Relaxation hour Happy B day Jeff	11 10:00 Puzzles 11:20 Moving With Music 1:45 toilet paper race 2:30 Relaxation hour	12 11:20 Moving With Music 12:00 Shop for Residents 2:00 Balloon cup 3:00 Relaxation Hour	13 10:00 NNR crossword 11:20 Moving With Music 2:00 Pantyhose race	14 10:00 Grill out 11:20 Moving With Music 2:00 Relax on Patio	15 10:00 Music and relaxation 2:00 Movie
16 9:00 Church (TV) 2:00 Music and Relaxation Happy B day Angie	17 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour Happy B day Donna	18 10:00 Puzzles 11:20 Moving With Music 2:00 Baby Shower 2:30 Relaxation hour	19 11:20 Moving With Music 12:00 Shop for Residents 3:00 Resident Council	20 10:00 Connect 4 11:20 Moving With Music 2:00 Bingo	21 11:20 Moving With Music 2:00 Birthday celebrations	22 10:00 Music and relaxation 2:00 Movie
23 9:00 Church (TV) 2:00 Music and Relaxation	24 10:00 Cards 11:20 Moving With Music 2:00 Scavenger Hunt 2:30 Relaxation hour National Scavenger hunt day	25 10:00 Puzzles 11:20 Moving With Music 1:30 Wii 2:30 Relaxation hour	26 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour	27 11:20 Moving With Music 3:00 Relaxation Hour	28 10:00 Music and relaxation 11:20 Moving With Music	29 10:00 Music and relaxation 2:00 Movie
30 9:00 Church (TV) 2:00 Music and Relaxation	31 MEMORIAL DAY 11:20 Moving With Music 2:30 Relaxation hour		Birthdays Larry W. 9th Jeff U. 10th Angie D. 16th Donna A. 17th		Always Available Menu -Grilled Cheese & Tomato soup - Chicken Noodle Soup & Meat sandwich	Always Available Menu - Hamburger & Chips - Chef salad - Peanut Butter sandwich



NURSING & REHABILITATION COMMUNITY

*Celebrating Doctor's Day:
Dr. O'Conner, Medical Director
Thanks for all you do!*



Our Staff

Karah Appleget
Administrator

Stefani Phoenix-Bodgan
Director of Nursing

Melany Dann-Aadland
Assistant Director of Nursing

Jill Madonia
Business Office Manager

Janiece de Jonge
Social Services

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

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Our Resident of the Month: Dorothy W.

Dorothy was born at home in Adams County on March 4, 1932 with the last name South. She had one older brother. She met her husband, Kenneth White, at school. They have two children, Jeff and Ginny. Before retirement, she worked as a beautician for many years. Dorothy's parents and brother helped her learn to drive.

Her favorite food is about everything that is farm fresh and farm grown. When Dorothy was younger she enjoyed going to school in town, playing games and having lots of fun.

She said she likes everything about Norwalk Nursing and

Rehabilitation. The help is great! Her advice for the younger generation is to try to work with people and get along. It makes life easier. Also, don't take life too serious and cooperate.

If Dorothy could go back to any age she said she wouldn't. She has an amazing family and is as happy as she can be. Dorothy says she has too many family traditions to mention, and they are all perfect. Her happiest and proudest moments are her wedding and having children.

Something Dorothy would like to share about her life is to just stay happy!

UNO Ladies: Cindi D., Phyllis C., Ursula B.

