



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

July 2021 | 921 Sunset Dr, Norwalk, IA 50211

Phone: 515-981-0604 | norwalknursingandrehab.com



Happy Birthday!

Residents

Sarah C. July 24
Lynn M. July 28

Staff

Brooke B. July 01
Jill M. July 06
Josselyn P. July 08
Angela M. July 13
Cheyenne V. July 19
Judith J. July 25
Kiara C. July 30

Staff Anniversaries

Tracie P. July 1, 2017

Meet our MDS Coordinator- Tasha Fleming!

Greetings, my name is Tasha Fleming, and I am the new MDS Coordinator. I am a Licensed Practical Nurse and have been so since 2012. My background is Long Term Care, Home Care, and Group Home Care. My passion is Geriatrics.

I married my husband, Kevin Fleming in Las Vegas, Nevada in 2018. Kevin is a Carpenter for the Union, Local 106. We now have a blended family of 6 children, three of my own, (Two boys and one girl). I have one dog-child; a black lab mix named Sadie Girl. I also have two Grand-Dogs, and two Grand-Cats.

In my free time I enjoy spending time with my family and friends. I love to cook most everything. My husband and I spend a lot of time riding our 2017 Harley Davidson Street Glide. Together we enjoy traveling, boating, going out to watch movies, going out for dinner, and we also do home renovations and small home/commercial projects together.

I am so excited to be a member of the Norwalk Nursing and Rehab family! I look forward to caring for the residents here and getting to know their families!



Our Employee of the Month: Jessica



Baby Shower



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Always Available Menu -Grilled Cheese & Tomato soup - Chicken Noodle Soup & Meat sandwich	Always Available Menu - Hamburger & Chips - Chef salad - Peanut Butter sandwich		Birthdays Sarah C. 24th Lynn M. 28th	1 10:00 Garden 11:20 Moving With Music 1:15 Movie	2 11:20 Moving With Music 2:00 Music and Relaxation	3 10:00 Music and Relaxation 2:00 Movie
4 INDEPENDENCE DAY 9:00 Church (TV) 2:00 Music and Relaxation Happy 4th of July	5 11:20 Moving With Music 2:30 Relaxation hour	6 10:00 Puzzle 11:20 Moving With Music 1:30 Balloon Volleyball 2:30 Relaxation hour	7 10 Horse show 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour 5:00 Sing A Long / Prayer	8 10:00 Garden 11:20 Moving With Music 2:00 Bingo	9 10:00 Baking 11:20 Moving With Music 2:00 Happy Hour	10 10:00 Car Show 2:00 Movie
11 9:30 Church Service Fellowship 2:00 Music and Relaxation	12 10:00 Cards 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	13 10:00 Bible study 11:20 Moving With Music 1:30 Pool Time 2:30 Relaxation hour	14 11:20 Moving With Music 12:00 Shop for Residents 3:00 Resident Council 5:00 Sing A Long / Prayer	15 10:00 NNR crossword 11:20 Moving With Music 1:15 Movie	16 11:20 Moving With Music 2:00 Relax on Patio	17 10:00 Music and Relaxation 2:00 Movie
18 9:30 Church Service Fellowship 2:00 Music and Relaxation	19 10:00 Cards 11:20 Moving with Music 3:00 Relaxation hour	20 10:00 Bible Study 11:20 Moving With Music 2:30 Relaxation hour	21 11:20 Moving With Music 5:00 Sing A Long / Prayer	22 11:20 Moving With Music 1:15 Movie	23 11:20 Moving With Music 2:00 Relax on Patio	24 10:00 Music and Relaxation 2:00 Movie Happy B day Sarah
25 9:30 Church Service Fellowship 2:00 Music and Relaxation	26 10:00 Cards 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	27 10:00 Bible Study 11:20 Moving With Music 1:30 Pool Time 2:30 Relaxation hour	28 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour 5:00 Sing A Long / Prayer Happy B Day Lynn	29 10:00 NNR crossword 11:20 Moving With Music 1:15 Movie	30 10:00 Garden time 11:20 Moving With Music 2:00 Birthday celebrations	31 10:00 Music and Relaxation 2:00 Movie

Memory Jars

Instead of keeping a journal or starting a scrap book, a memory jar is an alternative way to record summer nostalgia. If all the memories will not fit into one jar, you may want to make several for special days or outings that happened during the summer. You will need a large clear glass jar with a lid. Collect small mementos or other meaningful objects that will fit inside a jar. They can be photographs, a special rock found, something you made, or a friendship bracelet. The options are really only limited to your imagination.

Our Staff

Karah Appleget
Administrator

Stefani Phoenix-Bodgan
Director of Nursing

Melany Dann-Aadland
Assistant Director of Nursing

Maggie Becker
Director of Rehab

Tasha Fleming
MDS Coordinator

Jill Madonia
Business Office Manager

Janiece de Jonge
Social Services

Micheal Wolfe
Activities Director

Grant Pearson
HR/Payroll Coordinator

Wayne Wehler
Maintenance Director

Barb Hinds
Dietary Manager

Jordan Kenne
Environmental Supervisor

Our Resident of the Month: Warren H.

Our Resident of the Month is Warren H.

Warren was born November 11, 1938 to Harold and Nadine Harne. He was born at Mercy Hospital in Des Moines. He has two older sisters and one younger brother.

His wife's name is Sheila and they met in grade school.

Before retirement, Warren worked for the Des Moines Fire Department for 29 years.

When he was 13 years old, his mother taught him to drive. His first car was a 1946 2-door black Chevy. He says it burned oil like crazy!

He liked playing kick the can when he was younger. All the kids in the neighborhood got together and split into two teams. One team hid the can while the other team counted and then had to find the can and bring it back by kicking it.

Now he enjoys sitting in the recliner watching TV and trying to keep Kenny out of trouble!

Warren's favorite food is fried chicken and his favorite holiday meal is ham and turkey.

He says having Kenny as a roommate at Norwalk Nursing and Rehabilitation is both his favorite and least favorite thing. Warren says his feet are always cold and Kenny is always warm.

His advice for the younger generation is....Peace.

Warren says if he could go back in time, he would go back to junior high school where he placed 1st in the state broad jump competition. He says next time he would go uphill, now down.

His most cherished family tradition is going on family outings and spending time with kids and family.

His happiest/proudest moments in life are the birth of his children and fighting fires.

Something he knows now that he wishes he knew when he was younger would be to let his first wife know he will stand his ground, and that he would have met his second wife sooner.

Warren says he is proud of his whole life!



Photo Highlights



Phyllis



Renee



Grace