



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

September 2021 | 921 Sunset Dr, Norwalk, IA 50211
Phone: 515-981-0604 | norwalknursingandrehab.com

Employee Spotlight: Angie Combs, HR Coordinator!



Hello all! My name is Angie Combs and I am the new Human Resources Coordinator. I am so excited to be part of the community at Norwalk Nursing and Rehab. This is my first time jumping into the healthcare field and I anticipate great things. I enjoy interacting with the residents and listening to them and I find it very rewarding.

I graduated from Urbandale High school and then attended DMACC and obtained my Paralegal certificate. Then I traveled to Missouri Western and earned a Bachelors Degree in Business Administration. I worked almost 20 years at Principal Financial Group as a Litigation Paralegal and when the economy dropped in 2008 I found myself without a job. I have worked at Casey's Corporate in Human Resources also the Waldinger Corporation in Pre Construction.

I grew up in Urbandale and about 10 years ago moved to an acreage in Runnells. I raised micro mini pigs and then I tried Nigerian dwarf goats and totally adored them. I recommend that everyone should own one. There would be more laughter and less stress in the world. Now, the only thing I have is an adorable dog named Stewie.

I have two grown children and one grandbaby who is 6 months old and already crawling all over the place. We usually all get together for Sunday dinner to catch up.

I like to garden, I have a greenhouse to keep me busy, love to go to the movies, try new places to eat, and I love a good concert and a good book.

Horse Show Photo Highlights



Happy Birthday!

Residents

Norma K.	Sept. 4
Joan F.	Sept. 4
Curtis T.	Sept. 16
Sarah C.	Sept. 24
Lynn M.	Sept. 28

Staff

Mark H.	Sept. 2
Sarah F.	Sept. 2
Kelli F.	Sept. 2
Miranda H.	Sept. 14
Mike W.	Sept. 14
Julie H.	Sept. 22

Our Employee of the Month: Kiara C.



Norwalk Nursing and Rehab.

September 2021 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Joan F. 4th Norma K. 4th Curtis T. 16th Sarah C. 24th Lynn M. 28th			1 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour 5:00 Sing A Long / Prayer	2 10:00 Balloon Volleyball 11:20 Moving With Music 1:15 Movie	3 11:20 Moving With Music	4 10:00 Music and Relaxation 2:00 Movie Happy B Day Joan & Norma
5 9:30 Church Service Fellowship 2:00 Music and Relaxation	6 LABOR DAY 11:20 Moving with Music 3:00 Relaxation hour	7 10:00 Bible study 11:20 Moving With Music 1:30 Relax on Patio 2:30 Relaxation hour National Beer Lover day	8 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour 5:00 Sing A Long / Prayer	9 11:20 Moving With Music 1:30 Bingo	10 11:00 Catholic prayer 10:00 Baking 11:20 Moving With Music	11 10:00 Music and Relaxation 2:00 Movie
12 GRANDPARENTS DAY 9:30 Church Service Fellowship 2:00 Music and Relaxation	13 10:00 Cards 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	14 10:00 Bible study 11:20 Moving With Music 3:00 Music with Bernice National Cream filled Doughnuts	15 11:20 Moving With Music 12:00 Shop for Residents 3:00 Resident Council 5:00 Sing A Long / Prayer	16 10:00 NNR crossword 11:20 Moving With Music 2:00 Bingo Happy B Day Curtis	17 11:00 Catholic prayer 11:20 Moving With Music 2:00 Happy Hour	18 10:00 Music and Relaxation 2:00 Movie
19 9:30 Church Service Fellowship 2:00 Music and Relaxation	20 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour National Pepperoni pizza day	21 10:00 Bible study 11:20 Moving With Music 1:30 Mini golf 2:30 Relaxation hour National Mini golf day	22 11:20 Moving With Music 12:00 Shop for Residents 3:00 Ice Cream Cones 5:00 Sing A Long / Prayer	23 11:20 Moving With Music 1:15 Movie	24 11:00 Catholic prayer 11:20 Moving With Music 2:00 Relax on Patio Happy B Day Sarah	25 10:00 Music and Relaxation 2:00 Movie
26 9:30 Church Service Fellowship 2:00 Music and Relaxation	27 10:00 Cards 11:20 Moving With Music 1:30 Bingo 2:30 Relaxation hour	28 10:00 Bible Study 11:20 Moving With Music 1:30 Wii 2:30 Relaxation hour Happy B Day Lynn	29 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour 5:00 Sing A Long / Prayer	30 10:00 Balloon Volleyball 11:20 Moving With Music 1:30 Bingo	Always Available Menu - Hamburger & Chips - Chef salad - Peanut Butter sandwich	Always Available Menu - Grilled Cheese & Tomato soup - Chicken Noodle Soup & Meat sandwich



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Healthy Aging Month

Celebrate Healthy Aging Month by trying the tips below, which may help you age slower and improve your quality of life.

Eat a varied and healthy diet. Be sure to include plenty of fruits, vegetables and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.

Keep moving. Exercise strengthens muscles and bones and improves digestion, circulation, and appetite.

Quit smoking/avoid secondhand smoke. Smoking increases risk of cancer and heart disease.

Manage stress. Take time to unwind every day to relieve stress. Try meditation or other relaxation methods.

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

Jessica Butters
Social Services

Mike Wolfe
Activities Director

Angie Combs
Human Resources Coordinator

Wayne Wehler
Maintenance Director

Ben McGee
Dietary Manager

Jordan Kenne
Environmental Supervisor

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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!

Mare Horse Show Photos

