



NURSING & REHABILITATION COMMUNITY

# Norwalk's Community Corner

October 2021 | 921 Sunset Dr, Norwalk, IA 50211

Phone: 515-981-0604 | [norwalknursingandrehab.com](http://norwalknursingandrehab.com)

## Employee Spotlight: Jessica Butters, the new Social Services Director

Hey everyone! My name is Jessica Butters I'm the new Social Services Director. I have been at Norwalk Nursing and Rehab for almost 4 years now. Most of you have probably seen me around working as a CNA or a Medication Aide. I've loved working here- this is my home away from home.

In my free time I love going to the beach. I spent a lot of time in Florida growing up. I also enjoy camping and living in Iowa I spend most of my winter watching Netflix. I love food and food festivals. Some of my favorites are tacos, chicken, pasta, and anything with cheese! I'm a cheese fanatic!

I currently live on the southside of Des Moines with my Fiancé, Donny, and our 2 cats Simba and Mufasa. I've lived on the southside for all my life. In the near future I plan to buy a house in Norwalk or south of Norwalk. I love the community here and think it's a great area for a young family. I'm very excited to be working with everyone in my new position and I'm sure I'll be speaking with everyone soon!



*Happy Birthday!*

### Residents

Teri B.	10/1
Carol K.	10/17
Pasty S.	10/21
Grace D.	10/27t

### Staff

Amanda Cozad	10/2
Cassidy McCool	10/14
Joana Freeman-Dorley	10/22
Atria Jackson	10/22
Angie Combs	10/29

## Our Employee of the Month: Jen Burger



## Short-Term Therapy Success



Ruth J. came to Norwalk Nursing and Rehab after a hospitalization to receive therapy prior to returning home. While at Norwalk, Ruth received both PT and OT to increase her strength, safety with functional mobility, safety with ADLs, and to increase gait distance and tolerance. Ruth worked very hard in therapy and was able to return home independently with home health services.

# Norwalk Nursing and Rehab.

# October 2021 Calendar

FRIDAY

SATURDAY

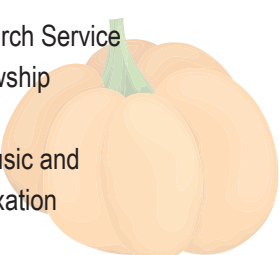
SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 11:00 Catholic prayer 11:20 Moving With Music 2:00 Relax on Patio Happy B day Teri	<b>2</b> 10:00 Music and Relaxation 2:00 Movie
<b>3</b> 9:30 Church Service Fellowship 2:00 Music and Relaxation	<b>4</b> 10:00 Decorate 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	<b>5</b> 10:00 Bible study 11:20 Moving With Music 1:30 Relax on Patio 2:30 Relaxation hour	<b>6</b> 11:20 Moving With Music 12:00 Shop for Residents 3:00 Relaxation Hour 5:00 Sing A Long / Prayer	<b>7</b> 10:00 Choc. Covered Pretzels 11:20 Moving With Music 1:30 Bingo National Choc. Cover pretzels day	<b>8</b> 11:00 Catholic prayer 10:00 Baking 11:20 Moving With Music	<b>9</b> 10:00 Music and Relaxation 2:00 Movie
<b>10</b> 9:30 Church Service Fellowship 2:00 Music and Relaxation	<b>11</b> 10:00 Cards 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	<b>12</b> 10:00 Bible study 11:20 Moving With Music 2:00 Halloween craft	<b>13</b> 11:20 Moving With Music 12:00 Shop for Residents 3:00 Resident Council 5:00 Sing A Long / Prayer	<b>14</b> 10:00 Halloween Craft 11:20 Moving With Music 2:00 Bingo	<b>15</b> 11:00 Catholic prayer 11:20 Moving With Music 2:00 Happy Hour	<b>16</b> 10:00 Music and Relaxation 2:00 Movie
<b>17</b> 9:30 Church Service Fellowship 2:00 Music and Relaxation Happy B day Carol	<b>18</b> 10:00 Cards 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	<b>19</b> 10:00 Bible study 11:20 Moving With Music 1:30 Paint / carve pumpkins 2:30 Relaxation hour	<b>20</b> 11:20 Moving With Music 12:00 Shop for Residents 3:00 Ice Cream Cones 5:00 Sing A Long / Prayer	<b>21</b> 10:00 NNR crossword 11:20 Moving With Music 1:15 Movie Happy B day Patricia	<b>22</b> 11:00 Catholic prayer 11:20 Moving With Music 2:00 Relax on Patio	<b>23</b> 10:00 Music and Relaxation 2:00 Movie
<b>24</b> 9:30 Church Service Fellowship 2:00 Music and Relaxation	<b>25</b> 10:00 Cards 11:20 Moving with Music 1:30 Bingo 3:00 Relaxation hour	<b>26</b> 10:00 Bible Study 11:20 Moving With Music 1:30 Paint / carve pumpkins 2:30 Relaxation hour	<b>27</b> 9:30 Massage / Song with Jeanne 11:20 Moving With Music 12:00 Shop for Residents 5:00 Sing A Long / Prayer	<b>28</b> 10:00 Balloon Volleyball 11:20 Moving With Music 1:30 Bingo	<b>29</b> 11:00 Catholic prayer 11:20 Moving With Music 2:00 Halloween party	<b>30</b> 10:00 Music and Relaxation 2:00 Movie
<b>31</b> HALLOWEEN 9:30 Church Service Fellowship 2:00 Music and Relaxation 		Birthdays Teri B. 1st Carol K. 17th Patricia S. 21st Grace D. 27th	Happy B day Grace	Always Available Menu -Grilled Cheese & Tomato soup - Chicken Noodle Soup & Meat sandwich	Always Available Menu - Hamburger & Chips - Chef salad - Peanut Butter 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: Kenneth (Kenny/Ken) T.

Kenny was born November 1 to Fred and Lisa. He is the youngest of 8 children: Fred, Earl, Marybell, Norman, Rita, Esther, and Herman. He says his parents were very strict and ran a tight ship. Kenny has been married three times.

Before retirement, he worked a variety of jobs. His favorite was working as an engineer for Des Moines Steel Fence Co. and his least favorite was being a custodian at Dallas Center Grimes.

Kenny doesn't recall a memorable moment or world event from growing up.

His mother taught him to drive when he was 16 years. His first car was a '51 Nash. Kenny had lots of cars and trucks throughout the years but nothing really stood out as his favorite.

His favorite food is spaghetti and meatballs. His favorite holiday meal is turkey with all the fixins.

When Kenny was younger, he liked playing hide and seek with his siblings and the neighborhood kids. What he enjoys now is sitting outside when the

weather is nice.

He says what he likes most about Norwalk Nursing and Rehabilitation is they let him do what he wants, they don't make him do activities if he doesn't want to, and they let him sleep and sit outside.

His advice for the younger generation is to listen to not grow up and enjoy being a kid!

If Kenny could go back to any age, it would be his 50's. He enjoyed his job and his life.

Kenny says he didn't have any family traditions, just being a large family.

What he has liked best about his life so far is that he took pride in his work and he raised his kids trying to show them how to be good and work hard.

Kenny said if there is something he could have known when he was young that he knows now it would be how to raise his kids. He had five kids with his first wife, one before her and one after her, for a total of seven.

## State Fair Day!

