



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

September 2022 | 921 Sunset Dr, Norwalk, IA 50211

Phone: 515-981-0604 | norwalknursingandrehab.com



Resident of the Month: Horst B.

Horst was born in Germany on April 23, 1950 to Elizabeth and Adolf Baier. His family moved from Germany to Oskaloosa, Iowa in the early 50's. His dad was a farmer. He had two brothers, Heinz and Robert.

Horst has been married twice. His first marriage ended in divorce and his second wife passed away in 2006.

Before retirement, he was a janitor for Iowa Methodist Medical Center for 17 years.

His most memorable event growing up was moving here from Germany.

Horst learned to drive when he was 15 years old and he taught himself! He never owned a car.

Horst doesn't have a favorite food. He will eat pretty much anything! If you notice, his plate is always empty after a meal. His favorite holiday food is turkey and apple pie (pumpkin is OK).

When Horst was younger he loved to play cowboys. As he got older, he liked to ride his bike and drive tractor on the

farm. Now he likes to listen to stories and wait for meals.

Horst says what he likes most about Norwalk Nursing and Rehabilitation is the meals (laughing!). He says the people here are very nice and he gets along with everyone.

His advice for the younger generation is to find a job, do your best at it, and get it done right!

Horst said if he could go back in time, he would like to go back to 1967-1969. He went on lots of bike rides during that time, both by himself and in groups of guys.

He says his most cherished family tradition is just being together as a family, since they didn't have a lot of money. They would always go to church on Christmas Eve and come home to open presents. He got toy cars and he once got a banjo for Christmas!

Horst said he is proud of the fact that he is known for being a good guy and getting along with all people. There isn't anything that he knows now that he wishes he would have known when he was young.



Happy Birthday!

Residents

Judy S.	Sept. 3
Jim W.	Sept. 4
Norma K.	Sept. 4
Curtis T.	Sept. 16
Sarah C.	Sept. 24
Lynn M.	Sept. 28

Staff

Kelli F.	Sept. 2
Maria N.	Sept. 10
Cherokee N.	Sept. 11
Mike W.	Sept. 14
Heather Y.	Sept. 25
Sonya W.	Sept. 27



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Judy S. 3rd Jim W. 4th Norma K. 4th	Birthdays Curtis T. 16th Sarah C. 24th Lynn M. 28th	<u>Always Available Menu</u> - Hamburger & Chips - Chef salad - Peanut Butter sandwich	<u>Always Available Menu</u> - Grilled Cheese & Tomato soup - Chicken Noodle Soup & Meat sandwich	1 10:00 Connect four 11:20 Moving With Music 1:30 Bingo	2 11:20 Moving With Music 1:30 relax on patio	3 10:00 Music and Relaxation 1:30 Movie Happy Birthday Judy S.
4 9:30 Church Service Fellowship 2:00 Music and Relaxation Happy Birthday Norma K. & Jim W.	5 LABOR DAY 11:20 Moving with Music	6 10:00 Bible study 11:20 Moving With Music 1:30 Painting	7 9:00 Catholic Prayer 11:20 Moving With Music 12:00 Shop for Residents 3:30 UNO 5:00 Sing A Long / Prayer	8 10:00 Board Game 11:20 Moving With Music 1:00 Movie	9 10:00 Grilling 11:20 Moving With Music 2:00 Happy hour / Tailgate	10 10:00 Music and Relaxation 3:00 Iowa VS Iowa State game
11 GRANDPARENTS DAY 9:30 Church Service Fellowship 2:00 Music and Relaxation	12 10:00 Cards 11:20 Moving with Music 1:30 Bingo	13 10:00 Bible study 11:20 Moving With Music 12:00 Resident Council 3:00 Music with Bernice S.	14 9:00 Catholic Prayer 11:20 Moving With Music 3:30 UNO 5:00 Sing A Long / Prayer	15 10:00 Connect four 11:20 Moving With Music 1:30 Bingo	16 10:00 Garden 11:20 Moving With Music 1:30 Ice Cream Social Happy Birthday Curtis T.	17 10:00 Music and Relaxation 1:30 Movie
18 9:30 Church Service Fellowship 2:00 Music and Relaxation	19 10:00 Cards 11:20 Moving with Music 1:30 Bingo	20 10:00 Bible study 11:20 Moving With Music 1:30 Pool time	21 9:00 Catholic Prayer 11:20 Moving With Music 12:00 Shop for Residents 3:30 UNO 5:00 Sing A Long / Prayer	22 10:00 Board Game 11:20 Moving With Music 1:00 Movie	23 10:00 Music and relaxation 11:20 Moving With Music 1:30 Happy Hour	24 10:00 Music and Relaxation 1:30 Movie Happy Birthday Sarah C.
25 9:30 Church Service Fellowship 2:00 Music and Relaxation	26 10:00 Cards 11:20 Moving with Music 1:30 Bingo	27 10:00 Bible study 11:20 Moving With Music 1:30 Ice Cream social	28 9:00 Catholic Prayer 11:20 Moving With Music 3:30 UNO 5:00 Sing A Long / Prayer Happy Birthday Lynn M.	29 10:00 Connect four 11:20 Moving With Music 1:30 Bingo	30 11:20 Moving With Music 1:30 relax on patio	

Employee of the Month: Missy



Our Staff

Karah Appleget
Administrator

Stefani Phoenix-Bodgan
Director of Nursing

Melany Dann-Aadland
Assistant Director of Nursing

Maggie Leavens
Director of Rehab

Angie Combs
Human Resources Director

Jill Madonia
Business Office Manager

Jordan Kenne
Food Service Director

Jessica Butters
Social Services Director

Christina Rodriguez
Environmental Services Director

Mike Wolfe
Activities Director

Wayne Wehler
Maintenance Supervisor

Success Story: Lorena W.

Lorena W. admitted to Norwalk Nursing and Rehabilitation Center on June 13th, 2022 under the care of Dr. Michael O'Conner. During the course of the stay, Occupational Therapy, Physical Therapy, and Speech Therapy were initiated to efficiently and effectively identify Lorena W.'s unique needs and tailor specialized treatment plans to successfully transition to the next level of care. The therapy team provided skilled interventions to address the adaptation, compensation, and restoration potential of Lorena Wilcox and coordinated with the interdisciplinary team to ensure appropriate clinical care areas were addressed.



Achieving Excellent Self-Care

Adults often feel like they are running behind schedule, and just don't have the time for everything to get done. As a result, many end up sacrificing their own self-care in order to scratch off items on their to-do lists. Those who skimp on self-care, however, could find themselves eventually feeling burned out.

1. Cover the Basics - Eat right, exercise, and get enough rest - we hear it all the time for good reason! These are the basics that our bodies and minds need to stay fit. Making even small changes in these areas will increase your energy levels and ability to focus.

2. Schedule "Down Time" Every Day - Learning how to slow down and recharge may take some time, but the benefits are well worth it. Try meditating, sitting quietly, or taking a peaceful walk by yourself.

3. Find a Great Doctor or Two! When choosing a doctor, talk to friends and family and find out who they recommend. Make sure the doctor listens to your feelings and concerns, and answers your questions.

4. Indulge in Your Passions - Life should be about more than to-do lists! What do you love to do? Paint, sing, visit the theatre, rock climb? Schedule in regular time to indulge in the activities that you are passionate about.