



NURSING & REHABILITATION COMMUNITY

Norwalk's Community Corner

October 2022 | 921 Sunset Dr, Norwalk, IA 50211

Phone: 515-981-0604 | norwalknursingandrehab.com

Resident of the Month

Our Resident of the Month at Norwalk Nursing and Rehabilitation is Pat L.

Patsy was born August 1, 1931 in Trenton, Missouri to Ralph Noel and Louise Foreman. She had two brothers and one sister growing up.

When she was young, she liked to ride her bike and play basketball. She remembers World War II being a very memorable event in the world when she was a child.

One of her brothers had a friend named Johnny. Pat met Johnny when he came to pick her up from the train station. They would eventually become husband and wife! They had one daughter, Marsha, and two sons, Steve and Mike. Her husband taught her to drive when she was around twenty years old. She recalls a Chevy being her first car.

As an adult she worked in the office of a school, which she enjoyed.

Some of Pat's favorites are a good Thanksgiving meal with turkey, dressing and pumpkin pie. She cherishes the times when family can get together and enjoy each other's company, especially at Christmas time.

Some advice she would give to the younger generation would be to stay away from alcoholic drinks. People don't understand how bad it is for you and how easy it is to overindulge.

All in all, Pat feels she has enjoyed life the best she can. Playing basketball and having her children are her happiest moments. She enjoys visiting with the nice people at Norwalk Nursing and Rehabilitation, but there is nowhere like home.



Happy Birthday!

Residents

Teri B.	October 01
Carol K.	October 17 (100th!)
Leonard K.	October 27

Staff

Jane E.	October 03
Cassidy M.	October 14
Kaylynn W.	October 18
Amanda C.	October 22
Joana F.	October 22
Caden C.	October 29
Angie C.	October 29


Try Meatless Mondays during Vegetarian Month

This October, encourage your family and friends to try "Meatless Mondays." Treat your taste buds to well-balanced meals that feature fresh leafy greens, colorful vegetables, plant-based meat or other protein-packed foods. **It's a great time to have fun with food and try something new!** Search online, browse cookbooks, swap recipes with friends or ask your dietitian for ideas.

Norwalk Nursing and Rehab.

October 2022 Calendar

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						1 10:00 Music and Relaxation 2:00 Movie Happy B day Teri
2 9:30 Church Service Fellowship 2:00 Music and Relaxation	3 10:00 Cards 11:20 Moving with Music 1:30 Bingo	4 10:00 Bible study 11:20 Moving With Music 1:30 Painting	5 9:00 Catholic Prayer 11:20 Moving With Music 12:00 Shop for Residents 3:30 UNO 5:00 Sing A Long / Prayer	6 10:00 Board Game 11:20 Moving With Music 1:00 Movie	7 11:20 Moving With Music 1:30 Patio Relaxation	8 10:00 Music and Relaxation 2:00 Movie
9 9:30 Church Service Fellowship 2:00 Music and Relaxation	10 10:00 Cards 11:20 Moving with Music 1:30 Bingo	11 10:00 Bible study 11:20 Moving With Music 12:00 Resident Council	12 9:00 Catholic Prayer 11:20 Moving With Music 3:30 UNO 5:00 Sing A Long / Prayer	13 10:00 Connect four 11:20 Moving With Music 1:30 Bingo	14 10:00 Garden 11:20 Moving With Music 1:30 Ice Cream Social	15 10:00 Music and Relaxation 2:00 Movie
16 9:30 Church Service Fellowship 2:00 Music and Relaxation	17 10:00 Cards 11:20 Moving with Music 1:30 Bingo 2:30 Carol 100th birthday celebration	18 10:00 Bible study 11:20 Moving With Music 1:30 Alpaca visit	19 9:00 Catholic Prayer 11:20 Moving With Music 12:00 Shop for Residents 3:30 UNO 5:00 Sing A Long / Prayer	20 10:00 Board Game 11:20 Moving With Music 1:00 Movie	21 10:00 Music and relaxation 11:20 Moving With Music 1:30 Happy Hour	22 10:00 Music and Relaxation 2:00 Movie
23 9:30 Church Service Fellowship 2:00 Music and Relaxation	24 10:00 Cards 11:20 Moving with Music 1:30 Bingo	25 10:00 Bible study 11:20 Moving With Music 1:30 Paint Pumpkins	26 9:00 Catholic Prayer 9:30 Massage / Song - Jeanne 11:20 Moving With Music 3:30 UNO 5:00 Sing A Long / Prayer	27 10:00 Connect four 11:20 Moving With Music 1:30 Bingo Happy B Day Leonard	28 10:00 Decorate Wheelchairs 11:20 Moving With Music 1:30 Halloween bash	29 10:00 Music and Relaxation 2:00 Movie
30 9:30 Church Service Fellowship 2:00 Music and Relaxation	31 HALLOWEEN 10:00 Cards 11:20 Moving with Music 1:30 Bingo 		Birthdays Teri B. 1 st Carol K. 17 th Leonard K. 27 th		Always Available Menu - Grilled Cheese & Tomato soup - Chicken Noodle Soup & Meat sandwich	Always Available Menu - Hamburger & Chips - Chef salad - Peanut Butter sandwich



NORWALK
NURSING & REHABILITATION COMMUNITY

Activity Highlights

Employee of the Month: Roxanne



Iowa vs. Iowa State Tailgate

Thank you Jordan & Mike for all of the wonderful tailgate goodies!

Welcome back, Christina Rodriguez!



My name is Christina Rodriguez I am the new Environmental Service Supervisor/CNA. I got engaged last year in November to the love of my life. We then combined our families and had a daughter together she is now 3 months old her name is Ialya. I come from a big family and now have a big family of my own. I have my Associates in Arts and only two classes away from my Associates in Science! I studied at DMACC right out of high school in 2006. I went to Signature for my CNA 2016 and went for my Advanced CNA the following year. I enjoy trying different restaurants. I enjoy movies, music and art. My favorite thing to do is spend time with my family. I love animals. We have a giant bunny at home named Levi and a cat named Blanca! My passion is helping others and putting smiles on faces. I am excited for this wonderful opportunity of caring for this building and the people in it!

Our Staff

Karah Applegat
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

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Success Story: Herbert B.

Herbert B. admitted to Norwalk Nursing and Rehabilitation Center on July 27, 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 Herbert'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 Herbert and coordinated with the interdisciplinary team to ensure appropriate clinical care areas were addressed. On September 06, 2022, Herbert successfully discharged home. Herbert worked hard in therapy and was able to discharge home with home health services. Great Job, Herb!

