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2nd Quarter

2025



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Clarksville Skilled Nursing and Rehabilitation Center

Newsletter

Letter from the Administrator



In May of this year, Clarksville Skilled Nursing and Rehabilitation Center will proudly celebrate 50-years of providing exceptional care and service to our community. For five decades, we have been dedicated to enhancing the lives of those we serve, making a meaningful difference in countless lives along the way.

We are excited to commemorate this milestone during National Nursing Home Week (Sunday, May 11th - Saturday, May 17th) with a variety of special events for all ages, including live entertainment and food vendors. Please stay tuned for updates as we approach our anniversary celebration on May 15th.





I heard a quote recently and feel it is a very appropriate way to describe my feelings during this season, "Spring is proof that there is beauty in new beginnings." Spring is definitely blooming at Westside Assisted Living Suites. With winter slowly releasing its grip, tenants have been taking advantage of warmer days with walks on the grounds and sitting on the outside benches, soaking up the sunshine. Activities have included crafting some decoupage flower pots that will be filled with bright beautiful flowers in the near future. As the weather continues to improve, plans for spring flowers and gardens are on everyone's minds. I encourage family members to bring shepherds hooks, bird feeders, and/or flower baskets for the tenants to place outside their apartment windows for their enjoyment. Tenants will also be encouraged to assist with the vegetable garden boxes along with the residents of Clarksville Skilled Nursing and Rehabilitation Center.

On those cold, snowy days that tend to still make an appearance from time to time, I also encourage friends and visitors to take advantage of the board games and puzzles that are available for use when visiting your loved one. They are located in the cupboards along the west wall of the library.

We look forward to the change of seasons at Westside and as always, we are hopeful that everyone's spring is full of beautiful new beginnings.

Happy early spring from tenants and staff of Westside Assisted Living Suites.

Melissa Debner, RN
Assisted Living Director



New Employee Spotlight

Waylo Mimbar, CNA

Waylo's, favorite colors are red and white, he likes apples, chocolate chip cookies and Snicker candy bars. Waylo likes to work out in his free time, likes evergreen and likes dogs. He likes all the seasons and favorite store is Sam's. His career makes him happy and proud to help others.

Welcome Waylo!

Letter from the Dietary Manager

We have had changes to our menu for Lent. Our Friday menus were revised to include a non-meat option for dinner and supper.

Last but not least, our new spring/summer menus will be out and in use after Easter! If anyone wants to take their loved ones out for Easter or come join them for lunch there will be a sign up sheet at the nurse's station on April 1st. We are looking forward to serving some new food choices and having nice weather.

Rebecca Cramer, Dietary Manager



Clarksville
Skilled Nursing & Rehabilitation Center

A n n i v e r s a r y C e l e b r a t i o n

May 11th - 17th

MUSIC

FOOD
VENDORS

KIDS
DAY

From the DON's Desk

Welcoming the Beauty of Spring!

As we step into the refreshing season of spring, we welcome longer days, blooming flowers, and the warmth of sunshine that brings renewed energy. This is a time of new beginnings, and we are excited to share upcoming activities, health tips, and ways to make the most of this beautiful season!

Embracing the Season

Spring is a time of renewal, and nature is waking up after the winter months. If you have access to outdoor spaces, take a moment to enjoy the fresh air, listen to the birds chirping, and admire the blossoming trees. Even if you prefer to stay indoors, opening windows for a fresh breeze or decorating your room with spring flowers can bring a touch of the season into your space.

Health & Wellness Tips for Spring

With the changing season, here are some tips to stay healthy and enjoy spring to the fullest:

- Stay Hydrated – Warmer weather means your body needs more fluids. Drink plenty of water!
- Allergy Awareness – Spring brings pollen, which can cause allergies. Let the nursing staff know if you experience sneezing, itchy eyes, or congestion.
- Sun Protection – If you spend time outside, wear a hat and use sunscreen to protect your skin.
- Spring Cleaning – A tidy and organized space can uplift your mood. Ask for assistance if you'd like help refreshing your room.
- Nutritious Spring Foods – Enjoy seasonal fruits and vegetables like strawberries, spinach, and carrots to boost your health.

A Message from Our Nursing Team

Our nursing staff is here to support you through every season! As we transition into spring, we encourage you to keep up with your health checkups, take advantage of wellness programs, and reach out if you need assistance. This is also a great time to review medications and make any necessary adjustments to your care plan with our team.

Spring is for Smiles!

Spring is a wonderful time to focus on joy, laughter, and positivity. Whether through a friendly chat, participating in activities, or simply appreciating the beauty of the season, we hope you find moments of happiness each day.

We look forward to enjoying this vibrant season with you! If you have any suggestions or needs, we can assist with, please let us know.

Wishing you a bright and joyful spring!

Warm Regards,
Jordan – Director of Nursing
Cindy – Assistant Director of Nursing



From the Activity Department

Activities Quarterly News letter

The year 2025 has arrived, and activities are well on their way to a fun-filled year of making memories.

We started off with a New Years Party first of January, along with all our other activities that we enjoy regularly, and took time to remember our past Presidents, and we talked about our new President taking office on January 20th.

February brought us our Valentines couple's dinner, party, and music entertainment. We also brought a tropical feel to the nursing home by having a Luau on the 21st. It was a fun gathering with our resident, Joyce Toenjes, leading us in the hula, followed by a non-alcoholic tropical drink and snacks. Pictures were taken to always remember this special day.

March is here, and with the recent purchase of a 2nd van, Activities will be having residents van outings! We are excited to offer these outings and look forward to the adventures!

March also has us celebrating Mardi Gras on the 4th, and St. Patty's on the 17th. We are also planning out our garden, which we will plant in the court yard once again this year. We are going to try acorn squash and cantaloupe.

We are looking forward to planting flowers as well and welcoming all that spring and summer offers us in nature.



APRIL 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------|
|  | |  | | | | |
| 6 1:30 Coffee and Cookies | 7 9:30 Exercise (AR) 10:00 Lawn Dart Game 1:30 Bowling | 8 9:30 Name 5 game 11:15 Exercise (DR) 1:30 Abigail's classical guitar | 9 9:30 Exercise (AR) 10:30 Pleasant Valley 1:30 Bingo | 10 9:30 Exercise (AR) 10:00 Dominos 1:30 Norrah Bruns | 11 9:30 Dan's one man band 1:30 Color Easter Eggs and small craft | 12 9:30 Devotions 11:15 Exercise 1:00 Trivia |
| 13 1:30 Coffee and Cookies | 14 9:30 Exercise (AR) 10:00 Garden planning and coffee 1:30 Annette from the Nature Center | 15 9:30 Music Therapy 11:15 Exercise (DR) 1:30 Fill Easter eggs | 16 9:30 Exercise (AR) 10:30 Pleasant Valley 1:30 Bingo | 17 9:30 Exercise (AR) 10:00 Resident Council 1:30 Easter Party | 18 9:30 Devotions 1:30 Easter Reminisce (Good Friday) | 19 9:10 EASTER HOP 11:15 Exercise |
| 20 HAPPY EASTER!  | 21 9:30 Exercise (AR) 10:00 Garden planning 1:00 Van ride to Heery Park | 22 9:30 Do-Gooders 10:00 Name 5 12:30 4th grade friends | 23 9:30 Exercise (AR) 10:30 Church of Christ 1:30 Bingo | 24 9:30 Volunteer Brunch 10:00 Volunteer craft 1:30 Plant more garden | 25 9:30 Devotions 10:00 Exercise (AR) 1:30 Birthday Party | 26 10:00 Tim the Music Man 11:15 Exercise 1:00 Name 5 |
| 27 1:30 Coffee and Cookies | 28 9:30 Robin on piano 1:30 Plant Flowers | 29 9:30 Exercise (AR) 10:00 Communion 1:30 Rootbeer floats on the Front porch | 30 9:30 Exercise (AR) 10:30 Church of Christ 1:30 outside/garden time | | | |
| | |  | Birthdays Joyce T. 04/05 Ruthie H. 04/07 Jerry V. 04/08 Elston B. 04/11 Mavis D. 04/15 Milo T. 04/24 | | PM Exercises: Every Sunday, and the 3rd, 11th, 18th, and 24th | |



ANNIVERSARY WEEK

at a glance

Sunday
May 11th

Happy Mother's Day!



Monday
May 12th

Dragon Express Food Truck * 11 a.m. to 7 p.m.

Tuesday
May 13th

Black Sheep Coffee Trailer * 7 a.m. to 10 a.m.
Funky Pepperoni Food Truck * 11 a.m. to 7 p.m.
Vendor Fair * Time TBD

Wednesday
May 14th

Cosmic Smash Food Truck * 11 a.m. to 7 p.m.

The Balloon Man * 2 p.m. to 3:30 p.m.



Thursday
May 15th

Black Sheep Coffee Trailer * 7 a.m. to 10 a.m.
Boyd's Food Truck * 11 a.m. to 7 p.m.
Iowa Sweet Food Truck * 11 a.m. to 7 p.m.
Tom Hofer & the Iowa Playboy's * Time TBD



Friday
May 16th

Iowa Beef Promoters Employee Appreciation Meal * Time TBD

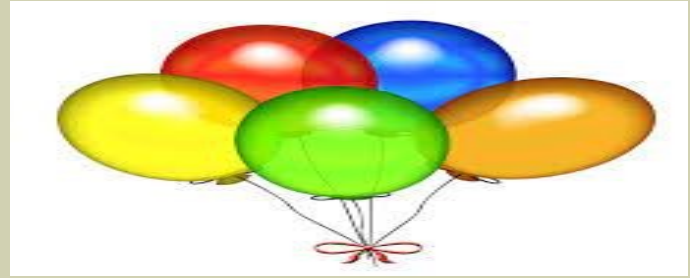
Thank you!

Saturday
May 17th



Follow us on Facebook
for updates!

★ **HAPPY** ★
BIRTHDAY!



**If you would like your statement e-mailed to you
Please e-mail Kristol at
cnhfin@clarksvilleskillednursing.com**

Joyce T - April 5th Ruthie H - April 7th
Jerry V - April 8th Elston B - April 11th
Mavis D - April 15th
Milo T - April 24th Bernice G - May 7th
Donald N - May 26th
Mary J - June 5th Eunice N June 28th



\$20.00 Meal punch card for 5 meals.
Please present this card when getting a meal.
This card is nonrefundable.

We have started a meal punch card for our resident's family and friends that want to have a meal with them. The card can be purchased for \$20.00 and then it is good for 5 meals. The card can be purchased only in the business office. Just present the card to the kitchen staff and they will mark off a star. We hope that this makes things easier for everyone.

Reminder: Our center's suggestion box is a small box mounted to the wall of the Solarium.
We encourage you to share your suggestions!



***** Numbers to Know *****
Clarksville Skilled Nursing & Rehab Center
T - 319-278-4900
F - 319-278-4166
Westside Assisted Living Suites
T - 319-278-4909

Did you know you can send greeting cards to any resident of our nursing home from our website? Just visit <http://www.clarksvilleskillednursing.com> and in the middle of the homepage you can click the link and you will be directed to all available cards! We will print them here and delivered right to your loved one!