

October Birthdays



17th Dorothy

20th Carolyn

23rd Bill

Birthday party October 5th



2885 McFarland Road Rockford IL

61107

815 282-3340

September 2021

Our Management Team

Community Manager:

Jessie Metz

Health Care Coordinator:

Nancy Carrasquillo

Life Enrichment Coordinator:

Terese Voll

Culinary Coordinator:

John Anderson

community Relations Coordinator:

Kyle Rognstad

Featured Resident (Larry)

Larry owned Gillette Sheet Metal. After retiring he volunteered at Rockford Road Runners as a basketball and soccer coach. Larry enjoyed running everyday, and ran many marathons



Larry we are glad you are here.

Welcome John Anderson our new Culinary Coordinator John has many years of experience. He brings with him some fresh ideas. We are excited he is here.

Afternoon Wednesday movie with popcorn



Community Manager-Jessie Metz

I just want to say a quick thank you to everyone for making me feel so welcome here at The Atrium. It has been a joy getting to know the residents, families and staff. If anyone has any concerns, please feel free to stop by my office or call me. I am looking forward to meeting more family members as time goes on. Thank you for sharing your loved ones with us and becoming part of The Atrium Family.

Life Enrichment Coordinator Terese

Halloween Party!

Halloween party October 29th the fun starts at 200 Staff will be in costumes for our residents, costume contest, games, yummy treats and goodie bags. Trick or treat at 6:00pm bring your kids or grandkids. residents will be in the back courtyard handing out candy.



Health Care Coordinator-Nancy Carrasquillo

Healthcare Coordinator – Nancy Carrasquillo, RN

Handwashing Saves Lives

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, handwashing with soap and water can protect you and your family.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects

Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet

After changing diapers or cleaning up a child who has used the toilet

- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats

After touching garbage

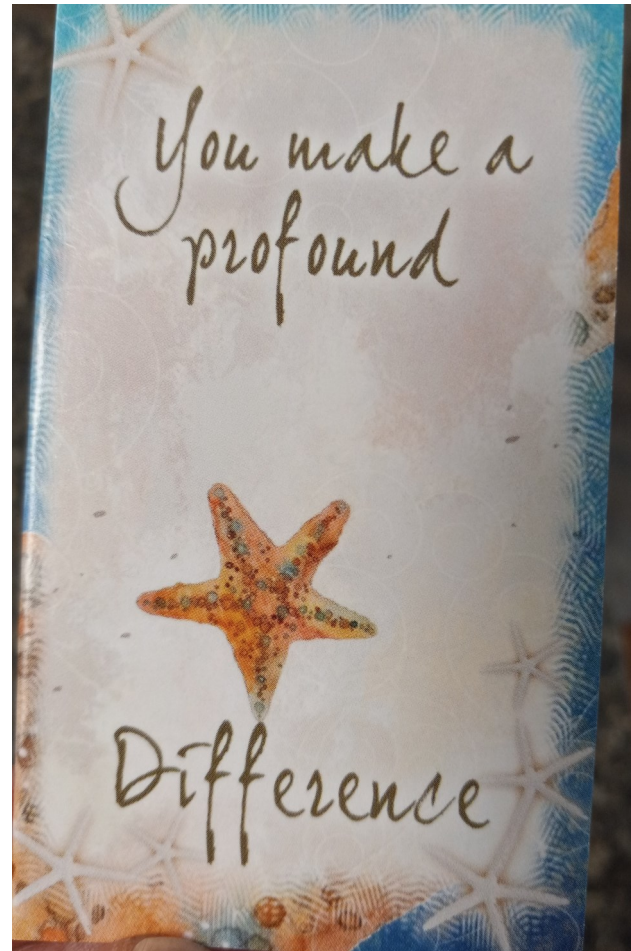
Reference:

<https://www.cdc.gov/>

Residents enjoyed painting some fall suncatchers.



Residents put together some gifts for National employee appreciation day for our staff. Staff and residents enjoyed a cookout September 16th.



The importance of socializing

Social interaction is healthy for the brain. It can slow down symptoms of dementia. Engaging with friends has shown to boost self-esteem, boost mood, better eating habits and better sleep. Socializing is good for your mind and body. Our residents gather six times a day for meals, snacks, and activities.

