

Notes from the Knoll



Spring 2015

Volume 1, Issue 3

Upcoming Events:

- ◆ Easter Party for Children of all ages! April 4th 2-3:30pm, Activity Room
- ◆ Birthday Celebrations: April 30th, May 28th, June 25th at 1:30pm—Activity Room
- ◆ April 7th—Music of the Big Bass Trio at 6:30pm
- ◆ April 25th 9am-2pm RK Auxiliary Brat Fry at Piggly Wiggly in Plymouth
- ◆ Celebrate National Nursing Home Week, May 10th—16th, This year's theme is "Bring on the Fiesta!"
- ◆ Music of Il Cool May 8th 2pm
- ◆ Music of Cowboy Bob & Buddy May 13th 1:30pm
- ◆ Flecks Grill is here May 12th from 9am-4pm
- ◆ Music of Glen Navis June 11th 2pm
- ◆ Contact the Life Enrichment Department with any concerns or requests at 449-1240 or email djacoby@rockyknoll.net.

Rocky Knoll Bistro Summer Concert Series Set

The stage is set for the Summer Concert Series at the Bistro. A mix of music and bands will satisfy anybody's tastes in music, young or old. This is the second year Rocky Knoll has done an outdoor concert series, and based on positive feedback from residents, families, and staff, it has now become an anticipated event.

The first concert will be held at the Bistro at Rocky Knoll on Tuesday, June 30th. It features the music of the Red Star Express, a local bluegrass, Americana and gospel band. Music starts at 5:30pm. Families are encouraged to bring a lawn chair and some beverages and spend the evening among friends. Concessions will be available for purchase. In case of inclement weather, the music will be held indoors.

Here is the rest of the lineup:

- July 28th - The Big Bass Trio - rock, pop and feel good music
- August 25th - Elvis Tribute artist Alan Graveen - classic Elvis, 50s and 60s
- September 22nd - Family Fun Night Patsy Cline Tribute Artist Karen Wickham



Spring Planting has Begun!

For the past 4 years now, residents have enjoyed helping plant and cultivate plants in the spring. These plants are started from seed and grown under greenhouse lights, watered, and sometimes talked to daily. Residents stop and check on their seedlings often, watching their progress. Varieties usually include tomatoes, peppers, flowers and sometimes whatever we think would be fun to grow. The plants are transplanted with resident assistance and then hardened outdoors before they are either sold or planted in our courtyard garden here at Rocky Knoll. Generally in May, the Life Enrichment Department coordinates a plant sale. All proceeds benefit supplies for our programs and entertainment. Watch for signs if you are interested in purchasing plants.



What is the Rocky Knoll Auxiliary?



The Rocky Knoll Auxiliary is a long standing group of women whose goal is to involve all levels of the community for the enrichment of the residents of Rocky Knoll Health Care Center through volunteerism. There are currently 18 members that meet quarterly at Rocky Knoll. The auxiliary actively supports the staff and management of Rocky Knoll through independent activities, such as brat fries and bake sales. They also operate the Cobblestone Store, open weekdays, which offers a variety of snacks and treasures. Proceeds go to benefit life enrichment programs and entertainment. If you are interested in becoming a member, contact Deb Jacoby, at djacoby@rockyknoll.net or 920-449-1240.

The Origins of Rocky Knoll

When Rocky Knoll opened its doors in August of 1926, it was the most technologically advanced and best staffed tuberculosis sanatorium in the state. It was described as the best treatment center in the country. The sun cure porches on the front façade of the building were used for sleeping in all weather.

According to accounts at the time of dedication, it had a fumigating machine and an x-ray machine, nearly unheard of in the 1920s. It also had state of the art dust control, which meant rounded metal corners and terrazzo floors—easy to clean.

The original plan was for a 40 bed hospital, but before the project began it was apparent that so many people in Sheboygan County were infected with TB that the facility would have to double in size. By the end of 1926 the 80 beds were al-

ready filled.

The site for Rocky Knoll was chosen because of the need for isolated community life. Sheboygan County was a sympathetic place for TB Treatment. Children afflicted with the disease were also taken to Rocky Knoll. They were separated from their friends and all but immediate family for long periods of time. There was a special ward with a large play area and classroom, along with rooms with sun cure porches.

In 1800 tuberculosis killed more people than cancer or heart disease. Rest, fresh air, cod liver oil and sunshine were the only known treatments. The death toll continued until 1944 when the development of streptomycin made TB a treatable and curable disease, not a death sentence.

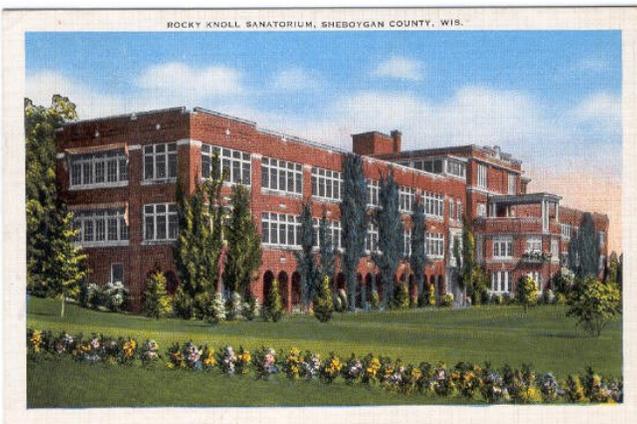
In a September 1955 Sheboygan Press

article, the title proclaims “Board Favors Use of Rocky Knoll for Aged.” One wing of the Sanatorium was to be set aside for care of aged and infirm persons who were bed-ridden.

Treatment for tuberculosis patients had changed so much by 1962 that the sanatorium wing of Rocky Knoll was rarely filled to capacity. Over the course of the decade of the 1960s, the focus of Rocky Knoll became the elderly and chronically ill.

The remaining sections of the original Sanatorium were demolished and replaced in 1992. The arcades of the former building still stand today near the main entrance to the new building as a reminder of our past.

-Taken from excerpts of the Sheboygan Press, May 22, 1987



A postcard of the Rocky Knoll Sanatorium, built in 1926.

You and I as Friends

To express my love and caring, it would take more than a thousand me's: Due to you I've gained self-worth, even though my parents gave me birth. Being a shell with just a physical self, I'm no longer lost on an inner shelf. And this was due to your love guiding me anew, to a place within that I never knew... where there was more caring in my soul, and, compassion to erase life's toll. With true LOVE guiding my inner way, abuse moved from dark to light of day. So without your love and care, an emptiness would still be there. Now, with you my YOU-ness of illumination, I'm solely yours and God's creation. Yet, even if we do or do not prevail, we can always master our heaven and our hell.

- Sylvia Bright-Green, Rocky Knoll Resident

National Nursing Home Week is May 10-16th

In 1967, the American Health Care Association established National Nursing Home Week. It is a week long observance, always starting the week off with Mother's Day. The goal of National Nursing home week is to bring the long-term care community of residents, rehab patients, families, and care center staff together. This year the theme is “Bring on the Fiesta!” It's a time to focus on “Familia, Vida and Amor” (Family, Life and Love). There will be an armchair trip to Mexico, where residents will get a taste of Mexican traditions and food. Fleck's Grill will be here serving

food fresh to order on May 12th from 9am-4pm. There will also be music by Cowboy Bob & Buddy on May 13th at 1:30pm. Other crafts, programs and entertainment will fill the week, including free popcorn on Thursday and a Walking Taco Sale to wrap up National Nursing Home Week.

