

Notes from the Knoll



Summer 2015

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Rocky Knoll Receives 5 Star Rating

Rocky Knoll Health Care Center has recently been rated a **Five Star Quality Rated Facility**, by the Centers for Medicare and Medicaid Services (CMS). The rating system features an Overall Quality Rating of five stars based on the facilities performance in three areas of measurement:

Health Inspections Rating: Measures based on outcomes from State health inspections: Rocky Knoll participates in the Medicare and Medicaid programs and thereby have an unannounced onsite comprehensive inspection annually. CMS bases facility ratings for health inspection on the number, scope, and severity of deficiencies identified during the three most recent annual inspections as well as on substantiated findings from complaint investigations during the most recent three years.

Staffing Rating: Measures based on nursing home staffing levels: CMS based Rocky Knoll's staffing ratings on three components: 1) Registered Nurse (RN) hours per resident day; and 2) total staffing hours (RN + licensed practical nurse (LPN) + nurse aide hours) per resident day; and 3) total Physical Therapist hours per resident day.

Quality Measures Rating: Measures based on resident-level quality measures (QMs): Rocky Knoll's five star rating for quality measures are based on performance in the 18 QMs that CMS currently posts on the Nursing Home Compare web site.

Overall Rating: The Five star overall rating for Rocky Knoll is a composite of the three individual star rating dimensions. The core of the overall rating is the health inspection rating, which was adjusted up based on the facility achieving very high staffing and QM ratings.

The goal of the rating system is to help consumers make meaningful distinctions among high and low performing nursing homes. CMS also intends for the system to help nursing homes to identify areas of improvement.

Rachelle Valleskey, Nursing Home Administrator at Rocky Knoll Health Care Center credits the staff for responding to high standards and being held accountable for resident outcomes. By openly sharing opportunities for improvement related to quality care and treatment of the residents, the staff are able to focus on the overall experience of living in a nursing home and make strides to reach the prestigious accomplishment of working for a Five Star facility.



Upcoming Events:

- ◆ Birthday Celebrations: July 31st, August 27th, and Sept. 24th at 1:30pm—Activity Room
- ◆ June 30th from 5:30pm-7:00pm Music at the Bistro featuring:
The Red Star Express
- ◆ July 7th @ 6:30pm Music of Johnny Len—Activity Room
- ◆ July 28th— 2:00pm Music of A Sharp & 2 Flats
- ◆ July 28th — 5:30-7:00pm Music @ the Bistro featuring The Big Bass Trio
- ◆ August 25th — 5:30-7:00pm Dave Steffen Acoustic Duo
- ◆ Catholic Mass is held every Sunday at 10am in the Activity Room
- ◆ Chapel Service with Rev. Tom Fleishmann—Every Monday 10:30am
- ◆ Contact the Life Enrichment Department with any concerns or requests at 449-1240 or email djacoby@rockyknoll.net.

Beautiful Landscaping Enhances the Areas Surrounding Rocky Knoll

“Spring Cleaning” doesn’t only pertain to inside a home. This spring the maintenance department has been doing a lot of garden housekeeping to improve the overall aesthetics of the Rocky Knoll gardens & courtyards.

This all began on April 15th when a group of students from Sheboygan Lutheran High School spent their service day at Rocky Knoll raking, pruning & doing a general cleaning of the outdoors.

Once this was accomplished, the maintenance department along with the guidance of Kathy Blanke from Land Stewards Enhancements & Willow Wood Acres contin-

ued pruning, relocating, and removing dead or overgrown plants. A landscape plan was devised with the purchase of new shrubs to enhance what was already in place. Some of the new additions to improve Rocky Knoll’s curbside appeal include: Little Lime Hydrangea, Quickfire Hydrangea, Monet Weigela, Limelight Hydrangea bushes & trees, Little Devil Ninebark, Mungo Pine & a Weeping Blue Spruce tree.

The garden housekeeping is a continual project but hopefully will be a giant step toward a healthier and more colorful yard for all to enjoy while at Rocky Knoll.



The driveway entrance to Rocky Knoll is now enhanced with beautiful landscaping.



Summer Concert Series at the Bistro

The Summer Concert Series at the Bistro has begun! June’s concert featured the Red Star Express band, which combined many musical talents from the Newton and Kiel areas. They played a variety of bluegrass and gospel music for a large crowd of residents, families and fans of the band. The Rocky Knoll Auxiliary sold desserts, popcorn and soda and water. A great time was had by all that attended! The musical entertainment is being paid for by the Rocky Knoll Foundation.

The remaining event dates are as follows:

- Tuesday, July 28th—The Big Bass Trio—rock, pop, and feel good music
- Tuesday, August 25th—Dave Steffen Acoustic Duo—rock and blues
- Tuesday, September 22nd— **Family Fun Night**—Patsy Cline Tribute Artist

Summertime in the Rocky Knoll Kitchen

Summer is finally here! So what does that mean for the Dietary Department at Rocky Knoll? It means you will start to see more of our high school and college student workers! As you know we employ several students within the department. The school year does not always allow for them to work often due to school studies and extracurricular activities. Some of our college students travel an hour or more to school so they are not around to work at all except for holidays and summer. Summer break is a great time for our student workers to get some extra hours by relieving our hard working year-round staff so they can take some much needed time off during the summer months. Be sure to welcome them back!

Summer also means that we can take advantage of that beautiful bistro that we have outside to prepare some yummy meals on the grill! Memorial Day was a hit and it was a fun day to grill out! So I have decided to select 9 more dates for our de-

partment to use the grill to prepare the noon meal starting off in June and ending in October. I would love to hear ideas from residents, families, and staff for meals to prepare on the grill. What are some favorites or family traditions that we can bring here to Rocky Knoll for everyone to enjoy?

Finally, summer also means preparing for the fall and winter months. Myself, and several dietary staff will be working diligently to create a new Fall/Winter Menu for 2015-2016. My hope is that the creation of 2 cycles of menus – Fall/Winter and Spring/Summer – will help to alleviate some of the monotony of meals as well as be able to utilize more seasonal items on the menus. Again, I invite ideas from residents, family, and staff for the creation of these new menus. A meal is always more meaningful when you’ve had some part in its creation! I look forward to hearing everyone’s ideas!

-Stacy Wagner, Dietary Manager & Dietician