

Resident Outings

March 5:

Resident Council at 10:00 am

Fat Tuesday/Mardi Gras

Celebration at 1:00 pm

March 7: St. Patrick's Catholic

Mass at 10:30 am

UW-Whitewater Outreach

Program Trivia Night 5:30pm

March 8: Happy Hour 2-3 pm

March 14:

Shopping at Walmart 10:00am

UW-Whitewater Outreach

Program St. Patrick's

Party at 5:30pm

March 15: St. Patrick's Day

Happy Hour from 2-3 pm

March 21: Movie Matinee at

Imagine Theater at 11:00am

UW-Whitewater Outreach

Program Minute To Win It

Games at 5:30pm

March 22: Happy Hour 2-3 pm

March 28: Lucky Star Pub

Lunch Club at 11:00am

March 29: Happy Hour 2-3pm

The Holton News

— MANOR

MARCH
2019

*Skilled Nursing • Inpatient & Outpatient Rehab Therapy
Aquatic Therapy • Respite Care • Hospice Care*

2019
Deficiency
Free
State Survey

March is Arts & Craft Month

Arts and Crafts can be both exciting hobbies as well as money-makers. What's better than to earn some money doing something you love?

There are as many variations of crafts as there are crafters; here are a few to consider:

Candle making: Do you love burning beautiful, scented candles? Lots of people do, and will gladly buy candles for themselves or as gifts. They especially love unique, handcrafted candles. This is one of the easier and more fun crafts to learn.

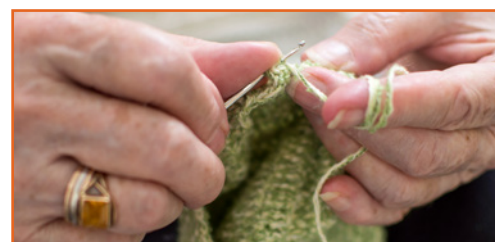
Beading: One of the arts and crafts that spans many cultures is that of beading. Beadworks can either be worn or displayed, and their popularity is continually growing. Beading can be overwhelming when starting out due to numerous techniques and patterns, but can also be very satisfying after time and practice.

Quilting: A craft that also qualifies as an art form, quilting is a method of stitching two layers of cloth with stuffing in between, while forming a decorative design. Quilting can be done by hand or machine. Handmade quilts are very popular because they are both gorgeous and functional.

Soap making: As we become more aware of the harmful effects of chemicals on our bodies, we often seek out organic alternatives. Soap is a great example of this. Make refreshing, homemade soaps, add your own unique fragrances.

Flower pressing: Items made from pressed flowers make great gifts, and you can create amazing pieces of art and home décor items. This is one of the easier crafts to learn.

Crocheting/Knitting: This is a craft that can be both satisfying and profitable. Better still, it can be done almost anywhere. Crochet and knitting products are popular and can make thoughtful homemade gifts.



Woodworking: This can be a highly profitable hobby, as woodcrafts can be both beautiful and functional. Specializing is advisable due to the overwhelmingly numerous styles and wood types.

Aim to pick a craft that you know you will have fun doing and enjoy.

Holton

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Denise Johnson, Administrator

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Happy Birthday!







Best wishes to our residents
celebrating birthdays this month.

Residents

Pat H.	March 21st
Barb H.	March 23rd
Louise H.	March 29th

Facts You Might Not Know About St. Patrick's Day

Dress in your best green and impress your friends with these fun St. Patrick's Day facts:

- March 17th, the day of celebration, is the day of Patrick's death. 
 - St. Patrick, the patron saint of the Irish, was not from Ireland. 
 - Patrick was a missionary in Ireland during the 4th century. 
 - The Shamrock, symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate to the pagans the trinity of God. 
 - Maewyn is the name St. Patrick was born with. His name was changed by the Bishop in a monastery in France, after he escaped his captivity. He was not religious at all when he was a child.
 - The first St. Paddy's day parade in America was in 1737, 40 years before the Revolutionary War. 
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Aging and Oral Health Basics

As people age, there is a need to exert more effort in order to preserve those wonderful teeth for a lifetime. Every day we are confronted with lots of food and beverages to choose from that can be damaging to oral health, and there are medications as well that could pose damages to teeth surface called the enamel.

Some of the most common oral health problems associated with aging are tender gums, loose teeth, receding gums, bad breath, bite changes or bad taste.

For older folks, their diet should have less sugar and acids. This is because their advanced age and higher risks for oral problems could be worsened. They should refrain from alcohol, smoking and use of tobacco as well, because drinking and smoking can cause stain and gum problem as well as body ailments. Medications such as those taken by asthmatic patients can cause mouth dryness, which may contribute to the development of periodontal problems. Gum problems are also prevalent in aging people. The progress of gum disease may be slow and may not often be detected, which is why regular self examination or visits to the dentist are necessary.

Older teeth are more prone to decay, so practice good oral hygiene by brushing and flossing at least two times per day. It is also highly advisable to visit the dentist regularly for checkup and other dental treatments. Fluoridation, which can be found in water supplies, toothpaste and mouthwash solution, can also help in protecting the teeth from cavity build up.

Pi Day: March 14

The popularity of Pi Day (3.14) has taken off in recent years. This symbol, the Greek letter π , is used to represent a constant numerical figure in mathematics. The ratio of the circumference of a circle to its diameter — which is approximately 3.14159. Pi has been calculated to over a trillion digits as it is said to repeat infinitely without repetition or pattern. Many people now celebrate this quirky numeric day by baking their favorite flavor pie, hosting pie-eating contests, and doing basic math equations.



Aquatic Therapy is Fun & Effective For All Ages

Try out our warm, 93° pool to build strength and healing. It feels great all year round and physical therapy in warm water aids muscle relaxation and strengthening, increases circulation, and helps with balance and stability. It also helps decrease pain sensitivity while aiding healing following surgery, accident or injury.

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Continue Your Rehab Therapy at Home

Transitions At Home continues treatment & rehab therapy at home when you leave Holton Manor. We can even help you arrange home health *before* discharge so you know what to expect. When you need medical care at home, Transitions At Home delivers quality care with RNs and home health aides.

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Transitions At Home is a non-profit WISH agency that provides in-home healthcare to central and southern WI.