

Happy Birthday!

Best wishes to our residents
celebrating birthdays this month.

Residents

Virginia E	May 7th
Sophie L	May 12th
Richard H	May 16th
Mary J	May 20th
Curtis W	May 24th
Brad L	May 29th
Dorothy M	May 29th

FACILITY NEWS

Holton Manor was recognized for outstanding volunteer service to the Walworth County Health and Human Services Meals on Wheels program. The facility was nominated to receive a special recognition from the Walworth County Board of Supervisors for National Volunteer Week. Congrats to the volunteers who compassionately give their time to assist with this program.

Holton — MANOR

645 N. Church Street, Elkhorn, WI 53121
262.723.4963

Denise Johnson, Administrator

 **Like Us On Facebook**

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



**WISCONSIN
ILLINOIS**
SENIOR HOUSING INC.

HoltonManor.org

WE ACCEPT CREDIT CARDS

The Holton News

— MANOR

MAY
2019

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

2019
Deficiency
Free
State Survey

May is Osteoporosis Awareness Month

What is Osteoporosis? As we age, so do our bones. Osteoporosis occurs when the bones become brittle due to lack of proper levels of calcium. It can affect men and women, but mostly women. When bones lose calcium (or density) they become weakened and can be easily fractured or broken.

The most common fractures occur in the hip, spine and the wrist. The hip and wrist injuries often result from falls or trying to break a fall. Untreated spinal fractures may cause you to lose height and hunch.

The problem with osteoporosis is that everyday mishaps can lead

to dangerous fractures. A fall that might normally result in a bruise and nothing else may actually cause a fracture with a long recovery.

Some people are at greater risk for osteoporosis than others:

...continued on back



The American Health Care Association (AHCA) recently announced “Live Soulfully” as the 2019 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

The “Live Soulfully” theme highlights how both residents and staff achieve happiness. Whether it’s exercising as a group, baking yummy treats, or listening to musical entertainment, “Live Soulfully” helps to identify activities that impact and improve the quality of life for each individual at each center. From May 12-18, 2019, centers will be encouraged to host activities that encourage residents and staff to display how they “Live Soulfully.”

Established by the American Health Care Association (AHCA) in 1967, NSNCW recognizes the role of skilled nursing care centers in caring for America’s seniors and individuals with disabilities.

Information from: ahcancal.org.

DONATE SAFELY AND EASILY ONLINE:

HoltonManor.org/Donate



May is National Arthritis Awareness Month

Arthritis is a common ailment that affects nearly 54 million people in the United States.

There are two common types of arthritis: osteoarthritis and rheumatoid arthritis. Osteoarthritis is the breakdown of cartilage. It usually affects hips, knees, feet, and spine.

Rheumatoid arthritis is an autoimmune disease that causes the immune system to mistake a person's tissue as foreign and attack it. This causes swelling, pain, and stiffness.

If you suffer from arthritis, there are natural remedies that may help alleviate your arthritic pain.

- Apply essential oils of cinnamon, thyme, eucalyptus, or clove to areas of pain.
- Drink water with lime juice.
- Sit in a bathtub with hot (not scalding) water or soak hands and feet in a tub.

Special Events Nurses Week May 6th-12th

National Nursing
Home Week:
Living Soulfully
May 12th-18th



- 5/2** Lake Geneva Farmer's Market & Picnic Lunch
- 5/9** Shopping @ Target
- 5/12** **Mother's Day Tea at 2pm**
- 5/16** Lunch Group at Panera Bread
- 5/23** Shopping at Walmart, Lake Geneva
- 5/30** Dine-In Lunch at Los Tres Hermanos

'Osteoporosis'

...continued

- Small body frame
- Family history of osteoporosis
- Poor diet
- Poor health
- Menopause
- Lack of vitamin D
- Thyroid issues
- Amenorrhea

If you have experienced painful bone fractures and have any of these risk factors, it may be time to see your physician.

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.

Medicare & most insurances welcome.



Staff Anniversaries

1 year

- 5/1 Maddy Mueller
- 5/1 Mary Riordan
- 5/8 Perla Paniagua
- 5/23 Cassandra Carstens

2 Years

- 5/23 Erin Gerhardt
- 5/30 Michelle Ellingsberg

6 Years

- Cristian Valadez

12 Years

- Jaclyn Schlick

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.

Bringing Quality Healthcare To You

715.544.2322
TransitionsHealth.org



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