

# The Holton News

## — MANOR

JANUARY  
2019

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

## Did You Know? *We invest in our staff to better serve you*

Every spring and fall, our administrator and key management staff meet off-site for an educational conference which includes about 20 other sister facilities. Our management company, Carriage Healthcare (CHC), has been sponsoring these intercompany conferences since 1999. The meetings are an important resource that helps us to continue to provide quality senior care now and well into the future.

The purpose of the semi-annual conferences is two-fold. The first is to provide structured educational sessions that are approved for credit by the National Association Boards (NAB). We typically provide 11-12 hours of credited classes at each meeting which

include speakers who are experts in their fields. The second goal is to provide an opportunity to network with peers, compare notes, and draw upon the strengths of each facility while sharing our own successes. The cost for meetings is part of our annual budget. Although we're a non-profit facility, donated funds are never used for conferences.

Senior care and health care in general are experiencing rapid change. CHC and our parent non-profit company, WISH, place a high value on bringing staff together to share experiences, learn new information, and prepare for the future of senior care. We've learned that change is inevitable in our



*Administrators and staff share ideas at a breakout group during our recent semi-annual educational seminar.*

industry, so we educate our staff, plan for change, and implement programs that allow us to continue to serve seniors in our community.

To learn more about the mission of WISH and our facility, visit our website.

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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](http://HoltonManor.org)

[WisconsinIllinoisSeniorHousing.org](http://WisconsinIllinoisSeniorHousing.org)

WE ACCEPT CREDIT CARDS

## National Glaucoma Awareness Month

January is National Glaucoma Awareness Month, but what is glaucoma? Glaucoma is an eye disease that causes people to gradually lose their sight. There is no cure and vision loss is permanent. Over 3 million people in the United States currently suffer from glaucoma – it is a leading cause of vision loss in the U.S. and seniors. Seniors are especially at risk for glaucoma, along with anyone who has a family history of the disease. Early detection is important for slowing the progress of glaucoma, along with medication or surgery.

For more information about glaucoma awareness, please visit [glaucoma.org](http://glaucoma.org).



## MARTIN LUTHER KING JR. DAY

*Please join us in celebrating Dr. Martin Luther King Jr. Day on Monday, January 21, 2019!*

*This federal holiday celebrates the legacy and achievements of Dr. King, which include his role in nonviolent activism and protesting racial discrimination throughout the United States.*

## Add Significance to Your New Year's Resolutions

The start of a new year is traditionally a time to reflect on the previous year and plan out resolutions for the year ahead. Popular resolutions include losing weight, getting more fit, getting out of debt, and making more money.

While these types of self-improvement goals make for admirable resolutions, striving to become more selfless and generous can have a surprisingly significant impact.

What are some resolutions related to giving that you can consider as you pursue your own? Consider the following:

- Increase your financial giving to church and charities.
- Increase your time donated to important causes.
- Write and send an encouraging note weekly.
- Smile and greet the first people you meet every morning.
- Perform a random act of kindness weekly.
- Donate blood multiple times during the year.

Be sure to set resolutions for yourself for the upcoming year that will help make a difference in the world. This can provide a special significance throughout the new year as you fulfill these important resolutions.

## Continuing Education for Seniors

You're never too old to learn, and there are many programs specifically designed for seniors that make learning fun and enjoyable. Who doesn't like learning new skills?

**AARP** - If you're a senior and interested in continuing education options, start by looking at the many options offered by AARP. Their continuing education options are impressive. For starters, you can take classes on computers and technology. Along with tips on how to use your computer effectively, you can take both beginning and intermediate classes on using the Internet.

**Local** - Many cities offer continuing education classes for seniors. Local senior citizen centers frequently sponsor classes on everything from cooking to basic home repair and car maintenance. Some offer classes on using computers, including instruction on how to use the latest programs.

Interested in learning a new craft? Some continuing education classes offered by local cities include crafts such as woodworking, knitting, sewing, and painting. Check with your local community center and see what they have to offer.

**Library** - Libraries also often offer continuing education classes. These classes frequently are created to help patrons master new skills. Some libraries offer classes on topics such as using technology, understanding the latest computer programs, mastering time-management, and managing your health. Libraries often bring in guest speakers to help patrons learn new

skills. Ask your local library for a list of upcoming classes.

**College** - Want to earn a college degree or take a few classes? Community colleges are the ideal location to find continuing education classes. These colleges work hard to create meaningful classes for all age groups. You can earn a degree or simply take a few classes to keep your skills current.

Learning is a life-long pursuit, and you should never give up your desire to learn more about the world around you. Continuing education classes let you keep learning and changing. Don't let your age stop you from learning.

### 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.**



### 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

