



# The Holton News

## — MANOR

FEBRUARY  
2021

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

Please check our website or call for updated information about our visitation policy.

## Eight Things to Know about the U.S. COVID-19 Vaccination Program

### 1. The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. The CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

### 2. COVID-19 vaccination will help protect you from getting COVID-19.

Two doses are needed. Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get

the most protection the vaccine has to offer against this serious disease. Learn more about the benefits of getting vaccinated.

### 3. CDC is making recommendations for who should be offered COVID-19 vaccine first when supplies are limited.

To help guide decisions about how to distribute limited initial supplies of COVID-19 vaccine, the CDC and the Advisory Committee on Immunization Practices have published recommendations for which groups should be vaccinated first.

**4. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.** The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines.

**5. After COVID-19 vaccination, you may have some side effects.** This is a normal sign that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

**6. Cost is not an obstacle to getting vaccinated against COVID-19.**

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be

able to charge administration fees for giving the shot.

Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the

Health Resources and Services Administration's Provider Relief Fund.

### 7. The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA).

Many other vaccines are still being developed and tested. If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States.

**8. COVID-19 vaccines are one of many important tools to help us stop this pandemic.** It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least six feet away from others, avoid crowds, and wash your hands often.

Source: cdc.gov 12/20/2020



## Holton — MANOR

645 N. Church Street, Elkhorn, WI 53121  
262.723.4963

Jessica Kuhart, Administrator

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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.

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WE ACCEPT CREDIT CARDS

## Send a Card to a Friend Day: Feb. 7

Greeting cards are lasting reminders of the relationships in your life, and there may be no better way to remember how much someone meant to you.

When someone sends you a card "just because," you feel good inside. Remember that feeling and return the favor on February 7.



## Exercise and Heart Health

If you've been diagnosed with heart disease or are at risk of developing heart disease, regular exercise is essential for the health of your heart, body and mind. In fact, aerobic exercise and heart health really do go hand-in-hand.

If your physician gives you the OK, try to work some exercise into your daily routine. The American Heart Association (AHA) suggests, for example, that patients start by walking five minutes a day, then increasing gradually to 30 minutes over several weeks. Walking is a wonderful way to start, as it is low impact, you need no special equipment, and it costs nothing.

Newsletter Production by PorterOneDesign.com



## Help Heal Your Heart: National Cardiac Rehabilitation Week

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

### Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Reducing stress.

- Improving your mood.
- Relieving symptoms of heart problems, such as chest pain.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Increasing your energy and strength.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.

Source: cdc.gov

## WORD SEARCH

Find and circle the 10 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

**CARDIAC**      **IMMUNE**  
**EXERCISE**      **LOVE**  
**FRIEND**      **REHAB**  
**HEALTH**      **STRENGTH**  
**HEART**      **VACCINE**

L O V E V H I L M W I I M C Q I O V M W  
 I G O E L S E Y Y F X M I T M P D D F H  
 H T R K I U U A F X F E X E R C I S E V  
 N N N Q I M E J R G R F K W W P A G W K  
 W C V I A B M C I T N H L B R L Y O R G  
 N B A S L O Y U E R S M T E E J T P H J  
 U H Q M S T R E N G T H N O H K A F C E  
 T F C S Q U L C D E V I S N A B G B D V  
 K F X U L Z U D I O C O Z P B S V K F D  
 V W L X R A O T X C A R D I A C R M S B  
 A H E A L T H H A P Z M U T N I R D J V  
 U S A I U A J V C U P W B N S A D O G L

## WISH Rising Stars Scholarship

Scholarship Applications due March 30th

WISH scholarships are available to current employees and also high school students in WI and IL who are interested in post-acute care.

Read more about the scholarship and how to apply at [bit.ly/wish-scholarship](http://bit.ly/wish-scholarship)



**WISH**  
Rising Stars



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