



# The Holton News

## — MANOR

DECEMBER  
2019

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

## Happy Birthday!

12/8	Barbara B.
12/15	Violet D.
12/16	Vivian M.
12/24	Donald O.

## Staff Anniversaries

Maribel Palos	12/01/04
Deb Pawinski	12/12/07
Karina Rivera	12/18/13
Nathan Dooley	12/03/14
Sandy Fischer	12/10/14
Miguel Linares	12/28/16
Kailin Dolata	12/04/18
Kindra Trzebny	12/04/18
Mel Los	12/12/18
Stephanie Werth	12/12/18
Melanie Palos	12/27/18

# Holton

## — MANOR

645 N. Church Street, Elkhorn, WI 53121  
262.723.4963

Denise Johnson, 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.

Please call our office.



**WISCONSIN  
ILLINOIS**  
SENIOR HOUSING INC.

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

WE ACCEPT CREDIT CARDS

## Family Testimonial

"My brother-in-law was on the rehab unit at Holton. The staff (each of them, but particularly Aimee) were kind, effective and really took the time to explain each and every step & procedure in an easy to understand way. Call lights were answered quickly and effectively. No one ever really wants to be in a nursing home, but when the need arises, this is the right one. Thanks to the entire staff for your dedication and professional care."

— Peg J. • Originally posted on Caring.com



## Photo Highlights

◀ Maddy enjoying some time with our bird, Banana.

▼ Holton Manor at the Walk Out Of Darkness suicide walk.







With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

**Yoga or Pilates:** Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.



Please remember us during your holiday giving. Donate safely and easily online at

**HoltonManor.org/Donate**

We're non-profit; all donations are tax-deductible.

## Tips for Keeping Active in the Winter

**Start or Join Book Club:** Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

**Go for a Walk:** Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

**Weekly Meeting with Friends:** Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.

**Plant a Succulent Garden:** If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops. With a little research on succulent or inside sprout gardens, you can find plenty of things to plant, no matter what your region.



## Holiday Craft: Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.

### Job Postings

**Full-time Cook -**  
**10:30am-7pm**

**Part-time Homemaker**  
**- 5:30am-2pm**

**PRN homemaker**  
**- 3pm-7pm**

**Nursing:**

**1st Shift- Full-time,**  
**Part-time, Casual**  
**2nd Shift- Full-time,**  
**Part-time, Casual**

**Activities:**

**Activity Aide 20-30**  
**hours per week**



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