



The Holton News

— MANOR

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

Happy Birthday!

Residents

11/8	Madalyn A.
11/9	Jean H.
11/27	Ruth P.

Staff Anniversaries

Juana Albino	11/9/05
Joyce Muradian	11/12/14
Christine Padilla	11/19/14
Shannon Wasielewski	11/12/15
Lindsey Halpin	11/23/16
Dawn Reuter	11/23/16
Jamie Halleen	11/23/16
Emma Frederick	11/29/17

Letter from Administrator

As the winter holiday season rolls around once again, Holton Manor will be having our annual Giving Tree. We are asking for staff, friends, and family to consider adopting one of our residents from the tree and help with making their holiday a little more special by providing them some small gifts. The tree will be up following the Thanksgiving holiday located by our front door.

Thank You,

Holton Manor Activities Department

“Love the giver, more than the gift.” - Brigham Young

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



*Holton
Manor Team
for the Lake
Geneva
Walk to End
Alzheimer's*

Special Events

11/6 - 10:30am St. Patrick's Catholic Mass

11/7 - 10:00am Walmart Shopping 5:30pm UW-Whitewater Outreach

11/14 - 10:00am Goodwill Shopping & Lunch at Perkins 5:30 UW-Whitewater Outreach

11/20 - 2:00pm November Resident Birthday Party

11/21 - TBA Emagine Theater 5:30pm UW-Whitewater Outreach

11/28 - Thanksgiving

Job Postings

Dietary Cook Full Time

Dietary Aide Part Time

Full Time and Part
Time Housekeeper

CNA: Full Time, Part Time,
and Casual 1st and 2nd Shift

DONATE SAFELY AND EASILY ONLINE:

HoltonManor.org/Donate



National Caregivers Month: Taking Care of Yourself is Part of the Job



Becoming the primary caregiver for an aging parent is universally recognized as one of the most difficult transitions we can go through. The job of caring for aging parents can be overwhelming. It's easy to begin to "hover" around them in an emotional attempt to block any more harm. This is a parenting instinct and one that your parent probably won't resist because they want to be cared for. There is an instinct in caregivers to give 100% of time, energy and resources to aging parents.

Guilt often times fuels much of the intensity and effort many caregivers offer to help aging parents. Caregivers may feel guilty that mom or dad is suffering from age-related illness and may feel guilty for any

time taken for themselves, their own needs or the needs of their family.

The problem is that caregivers have obligations other than caring for a loved one. For example, caregivers often have a job, a family and a home to care for as well as their own health to think about. It's important to watch for signs of caregiver burnout.

Caregiver burnout can result in a decline in one's health. This can eventually lead to changes in attitude about the task of caregiving and, in some cases, a nervous breakdown. Symptoms include stress, poor sleep and eating habits, a possible increase in alcohol consumption and an inability to think about anything other than what mom or dad needs.

If someone you know is suffering from caregiver burnout, offer to help. Resources for caregivers can also be found at the local Aging and Disability Resource Center (ADRC).

Staff assisting residents with a group therapy cooking program making pancakes, eggs and bacon.



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Or visit amzn.to/2lwBS5n.

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