

The Holton News

— MANOR

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

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.



February is American Heart Month: 10 Tips for Healthy Heart

How can you help your heart stay healthier longer?

1. Fill up on fiber. Not only does fiber help lower levels of LDL (“bad”) cholesterol, it can aid weight management. Two-thirds of Americans are on the heavy side, but only half get enough fiber. Top sources include oats, beans, raspberries, blackberries, oranges and green peas.

2. Go bananas. 99% of women and 90% of men don’t get enough potassium in their diet, which is responsible for regulating the fluid in our cells. Too much sodium and too little potassium is a recipe for high blood pressure. Strike a healthier balance by cutting back on salt and increasing potassium intake with bananas, potatoes, broccoli and kiwi.

3. Say “no” to that extra cup of caffeinated joe. Four or more cups of daily coffee could elevate blood levels of homocysteine, an amino acid associated with increased risk of cardiovascular disease.

4. “Beet” heart disease. Beets contain the antioxidant betanin, which can help



keep LDL cholesterol from clogging your arteries. Beets, spinach, broccoli, and papaya are also good source of folic acid, which helps to break down that heart-hurting homocysteine.

5. Become a better listener. Researchers have found that people with “dominant personalities” had a 47 percent higher risk of heart disease when compared to their more patient, passive peers.

6. The “L” word your heart truly longs for: lycopene. This heart-healthy phytonutrient is found in tomatoes, watermelon and pink grapefruit. It may help lower cholesterol levels and reduce inflammation.

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Holton Manor is a non-profit 501(c)(3) skilled nursing community, dedicated to serving the community. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.

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Continue Your Care & Therapy at Home

In-home health continues treatment & rehab therapy at home after you discharge from Holton Manor. We can even help you arrange home health before you leave so you know what to expect. When you need medical care at home, we are here to deliver with registered nurses and quality care.

Bringing
Quality Healthcare
To You



TRANSITIONS
HOME HEALTH

262-723-2700

Medicare, private insurance & private pay accepted.

Available for anyone needing in-home healthcare in the southern Wisconsin area.

Top FIVE Superbowl Party Snack Foods

Even if you don't really follow football closely, almost everyone celebrates the Superbowl. There is fun for everyone, new and funny commercials, over the top pre-game and half time shows, and an excuse to have a party!

Most would agree that the Superbowl is all about food, friends and fun.

1. **Chicken Wings** - Wings are easy to make and you can make small batches at a time. The secret to great wings is the sauce.
2. **Sausages & Hot Dogs** - There aren't many Superbowl foods better than a sweet Italian sausage. Try it smothered in sautéed peppers and onions with mustard.



3. **Ribs** - They may be difficult to cook just right, but they sure are delicious!
4. **Chili** - This is one of the most versatile and easy one-pan dishes you can make. It has so many variations there is bound to be one that's to your liking!
5. **BBQ Pork** - In addition to pulled pork, lay out some hamburger buns, home made cold slaw, and some chips and you have the perfect football party meal.

Random Acts of Kindness Week

National Random Act of Kindness Week is February 11-17. Here are some ideas of easy ways you can make a big difference to others. By doing something each day or each week, you can spread kindness all year long.



- Write a note of appreciation to someone.
- Put money in someone's expired parking meter.
- Walk a friend's dog while they're at work.
- Give a hug to your local nursing home administrator.
- Give a huge tip to someone when they least expect it.
- Compliment a co-worker on the job they're doing.
- Shovel someone's walk or take their trash out.
- Write encouraging letters to deployed soldiers.
- Tell family and friends how much you appreciate them.
- Send a thank you note to a person who has helped you.
- Sign up on Amazon Smile so each purchase you make benefits a non-profit.
- Pay for a stranger's coffee.
- Offer a kind word and a smile.

There are so many little things that you can do to help others. Take the opportunity today to make a difference. Remember that a few seconds of your time could mean the world to someone else.

'Healthy Heart'

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7. Choose healthy fats.

Monounsaturated fats (think olive oil, avocado, nuts), when used in place of saturated fats (think butter, bacon, beef), help lower cholesterol. Another healthy fat – omega-3 – helps reduce inflammation. Omega-3 sources include wild salmon, walnuts and flaxseed.

8. Don't turn breakfast into breakfast. While skipping breakfast actually lowers your metabolism, going overboard is no better. So skip the stack of flapjacks and opt for something lighter paired with fruit.

9. Ode to soy. Twenty-five grams of soy protein per day may help to lower

cholesterol, according to the American Heart Association. Soy's other heart-healthy nutrients include folic acid and magnesium (which helps maintain normal blood pressure). Soymilk, edamame, tofu and soynuts are just some of the many ways to enjoy soy.

10. Go for a raise in HDL cholesterol.

Higher levels of "good" cholesterol can be almost as important as low levels of LDL cholesterol to keep cardiovascular disease at bay. In addition to exercise, quitting smoking and limiting trans fats, studies have shown drinking cranberry juice could help boost HDL levels.