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# The Holton News

## — MANOR

JULY  
2018

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

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### Free CNA Training Available *Limited Time Opportunity*

Certified Nursing Assistants (CNAs) continue to be in high-demand in Wisconsin. Start your healthcare career today by becoming a CNA through DHS' WisCaregiver Career Program which offers free training and testing. Visit [bit.ly/wiscaregiver](http://bit.ly/wiscaregiver) for more information and to sign up today. Work at our nursing home community for six months as a CNA after successfully completing the training and testing and you can be eligible for a \$500 bonus. Call us for details.

*Holton*  
— MANOR

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Lacy Calkins, Administrator

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Holton Manor is a non-profit 501c3 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.

## July is UV Safety Month: Five Ways To Protect Yourself From UV Rays

Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. To protect yourself from UV rays, you may lower your risk for skin cancer by following these five steps:

### 1. Avoid Direct Sun Exposure:

Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours. Also, be aware that sand and snow reflect sunlight, so if you're at the beach or a ski resort, direct sunlight can bombard you from every direction with UV rays.

**2. Cover Yourself:** When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable. This will guard your neck and cheeks from dangerous prolonged exposure. Also note that dry, dark-colored garments offer the best protection.

**3. Use Sunscreen Properly:** You should always use sunscreen when enduring prolonged exposure in the sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns. However, sunscreen does not offer "bulletproof" protection, and UV rays can penetrate water, so just because you feel "cool" in the water doesn't mean you're protected from sunburn.

### 4. Use Sunglasses That Block UV Rays:

Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection. UV rays are blocked by a chemical applied to the lenses.

### 5. Stay Away From Tanning Beds:

It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase your risk of developing skin cancer in the long-term. Health professionals advise their patients to avoid them.

By implementing these five steps in your daily routine, you can significantly decrease your risk of developing skin cancer, while maintaining a healthy lifestyle that allows for proper exposure to the sun. Another important step in prevention of skin cancer is routine examination by a doctor. If skin cancer is detected early, then your odds of survival are markedly increased.



## July 30th is International Day of Friendship

Our emotions are reflected in our body language, and our state of mind can change by changing our physical state. When we demonstrate a happy, engaging attitude, we help to improve the moods and relationships of those around us.

By listening, we make the other person feel important. Are we always talking about our own life, or do we also listen to others? Listening is the best way to make your friends happy. We also can help them feel content and relieved. Listen carefully, and your friends will be thankful that someone heard them out without interruption. You will also ensure a stronger friendship.

Give and you shall receive. Apply this law in your life to friends and family. You can make them happy by telling them about how much you appreciate their friendship.

Listening to your friends, keeping a positive state of mind in their company, and appreciating their conversations will result in happy friendships.

## 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.**



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## Craft Ideas for Independence Day

**Pinwheel** - Nothing shouts "Happy 4th" like a pinwheel! To make them, simply fold a piece of paper into a star shape. You will want to create a center section that will allow you to place a push pin through it. Color the paper red, white and blue. You'll need two squares to work with. Place the two sheets together. Then, cut the first sheet from the corners towards the middle about half way. Fold the corners to the middle, secure with push pin around a pencil at the back.

**Flags** - Flags are the most traditional of ways to celebrate the 4th. For a simple design, color a picture of the flag on a piece of paper. Then, attach one side of the flag to a popsicle stick for a pole and you will have a great looking flag to wave!

**Stars** - Another great way to show your pride is with stars. Decorate paper stars on the front and the back in a wide range of designs. Anything goes! Red, white and blue work best. Then, place a small hole through the top of each and string them together. You can hang these at your 4th of July celebration for a great way to celebrate. It makes a great decoration for around the table too.



## 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.*

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