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*Awarded 5-Star  
Overall and Medicare Quality  
Measures For Exceptional Care*



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# The Holton News

## — MANOR

AUGUST  
2018

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

## Short-Term Therapy Success



*Deb made this cheerful sign for us as she successfully completed her short-term inpatient rehab therapy with us here at Holton Manor.*

### Free CNA Training Available **\$500 Bonus 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

645 N. Church Street  
Elkhorn, WI 53121  
262.723.4963  
[www.holtonmanor.org](http://www.holtonmanor.org)  
Lacy Calkins, Administrator



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.

## Five Ways to Improve Your Memory

If you have trouble with memory and focus, the problem may not be directly related to your brain. Physical exercise has been shown to improve brain function significantly. Do 30 to 60 minutes of exercise per day and see if that doesn't help clear up problems associated with a foggy brain.

**1. Getting plenty of exercise** will help your memory. Exercise improves the blood flow throughout your body, including the brain. This can invigorate your mind and improve its ability to remember. Even a brief walk for ten

minutes can increase your circulation. The fresh air wakes up the brain and keeps it alert, which improves its memory capacity.

**2. A great tip for improving your memory is to make sure that whatever it is you are trying to memorize is laid out in a clear and organized way.** This is important because this organization will make for a smooth translation to your mind's ability to organize thoughts. Try to group related items together.

*...continued on back*

## National Senior Citizens Day

August 21 is National Senior Citizens Day – a day to honor and show appreciation to our seniors. You can show your support by spending time with elderly family members or friends, or volunteering at a local skilled nursing center!



## 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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## 'Memory' ...continued

### 3. Making many associations to something can help someone remember it much easier.

An example of this would be connecting whatever one wants to remember to a personal story that the individual has. By making that connection to something that they already remember they can help themselves remember the new information as well.

### 4. Keep your social life active.

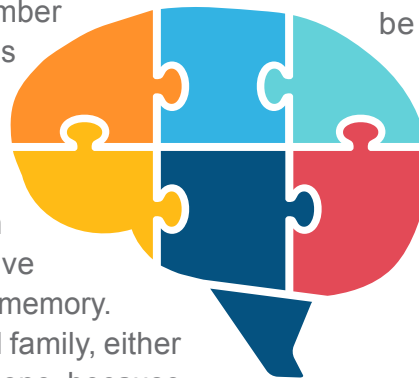
It is proven that those with an active social life have a better memory. Talk to your friends and family, either in person or over the phone, because

it will stimulate your brain. Having an active social life will slow your memory from fading.

### 5. Pay attention to your surroundings and live in the moment.

The more attention you pay to what's going on around you, the more likely you are to remember it later. You won't

be able to remember things that you never experienced. Try not to dwell on the past or future while creating new memories.



## August 15 is National Relaxation Day

When stress becomes overwhelming, there are quick relaxation techniques you can do almost anywhere to make you feel better almost immediately. Try one or a combination of these techniques to find what works best for you. Your body will thank you for it.

**Stretch out on your back or sit comfortable where you are.** Tighten all the muscles in your toes, then flex your feet, and slowly move up through your body to your face and neck, holding each stretch for ten seconds.

**Deep breathing is another relaxation technique that will slow your heart rate, lower blood pressure, and clear your mind.** Begin by lying on your back or get into a comfortable position. Inhale slowly through your nose filling

the lungs completely over a period of eight to ten seconds. Hold it, and then slowly release your breath through pursed lips, taking two to three times as long to exhale as to inhale.

**Guided imagery can be done alone or combined with breathing relaxation techniques.** Again, lie on your back or get comfortable with your eyes closed. Imagine a peaceful setting at your favorite vacation destination. Put yourself there, feel the warmth of the sun on your cheeks, the breeze blowing through your hair.

**Indulging in a relaxing spa day** is another option. Treat yourself to a massage, hot stone therapy, or an aromatherapy treatment.

## 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.