



The Holton News

— MANOR

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

Seniors Benefit From Home Health Care

After you discharge home after a short term rehab stay, home health care can help you continue recovery at home, delivering necessary medical care and rehab therapy without the need for transport to a doctor's office, rehab clinic or hospital. A Transitions At Home employee will meet with you prior to discharge to answer questions and help set up your home care.

Here's a quick list of home health care benefits:

Skilled care. Skilled medical care can be received at home by supervised, licensed nurses. This can help ensure that you or your loved

one's complex medical needs are met without leaving home.

Nutrition support. Many seniors, especially those with chronic conditions, don't get the nutrition they need. Nutritional counseling can help protect against malnutrition.

Medication management. Multiple prescriptions can be confusing. Home health care professionals can ensure the right meds are taken at the right times to help control health conditions

Better health. Research also shows that health outcomes are comparable or better with fewer complications when home care is provided to those with chronic conditions such as pneumonia, diabetes or COPD.

Cost-effective, quality care. The average cost of home health care is significantly lower than hospital costs and is often covered by insurance.



**TRANSITIONS
AT HOME**

Their team of health care professionals promote compassion, comfort, dignity, quality and respect.

Home health services include physical therapies, blood pressure checks, diabetic and other pain management, IV therapy, wound care, catheter and ostomy care, lab draws, medication management, nutritional and safety assistance and more.

Personal care services include meal prep, dressing and grooming, light housekeeping and laundry, errands, medication reminders, companionship, transportation to appointments and more.

Transitions serves 10 counties in southern Wisconsin. For more information, call Transitions At Home at 262.723.2700.

Holton

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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.



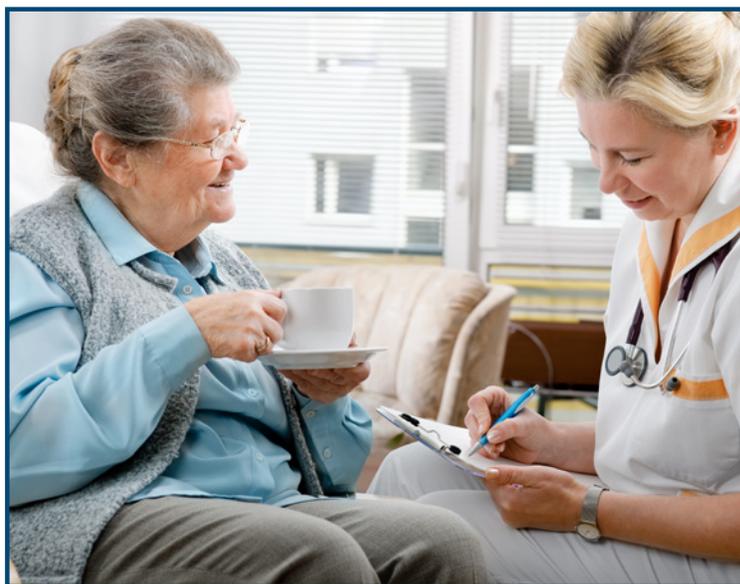
**WISCONSIN
ILLINOIS**
SENIOR HOUSING INC.

HoltonManor.org

WE ACCEPT CREDIT CARDS

Transitions At Home

provides home health care here at our facility and is available for services in your home as well. They are dedicated to providing quality care, safety and well-being for patients.



Happy Birthday!

Best wishes to our residents
celebrating birthdays this month.

Residents

9/9	Dolores M.
9/24	Theodore P.
9/30	Bonnie C.

Staff Anniversaries

Kari Cruz	9/26/07
12 years	
Richard Golly	9/29/10
9 years	
Wendy Haase	9/7/16
3 years	
Matt Rothwell	9/7/16
3 years	
Kari Cox	9/6/17
2 years	
Kristina Mereness	9/5/18
1 year	

Letter from Administrator

Dear Residents & Families,

One of the most important functions of running a successful and well-rounded skilled nursing facility is assuring our residents have the best quality of care. Here at Holton Manor we use a variety of avenues to help us accomplish this goal. Through Abaqis & QAPI (Quality Assurance and Performance Improvement) we can better reach out to our residents and families through regular surveys. As a 60-bed facility, having your feedback is a vital part of the care puzzle, which is why we may reach out to you multiple times a year. We can only improve with your cooperation.

Don't forget to like and follow us on Facebook to see events and pictures of your loved one. Thank you,

Denise Johnson

CNA Highlights

Our CNA Task Force focused on communication in their monthly CNA meeting for July by using team building exercises to complete a task. Communication is the key to successful working relationships. Without effective



communication, a message can turn into a misunderstanding, frustration or a disaster by being misinterpreted. The task force works on communication activities at the CNA meetings to show just how important it is. If you cannot work as a team with good communication, you make your day difficult.

Job Postings

Full Time PM Cook

Part Time AM

Homemaker(Dietary aide)

Part Time Housekeeper

Full Time CNA 1st & 2nd Shift

Part Time CNA 2nd Shift

Casual (weekends only)

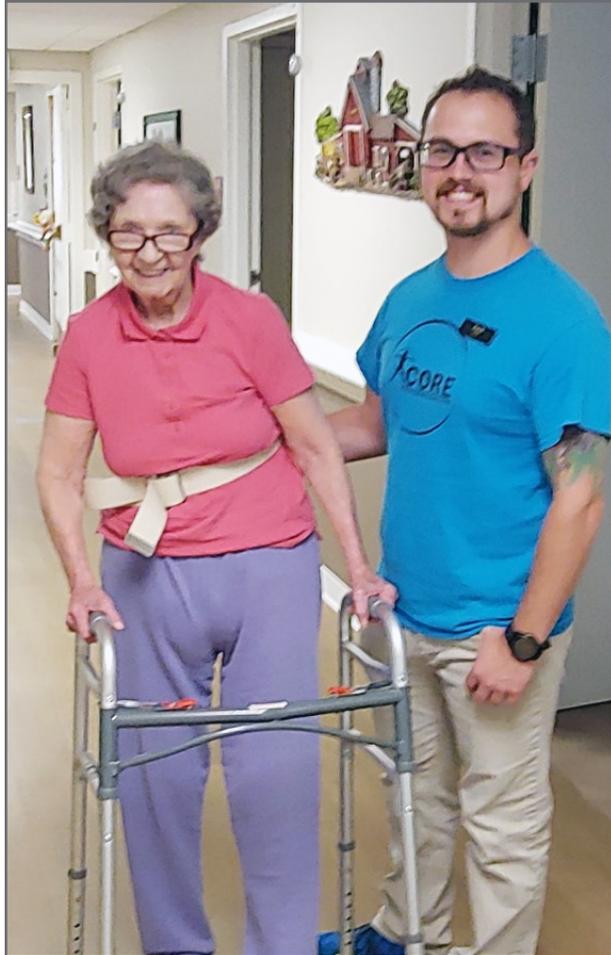
CNA 1st & 2nd Shift

Holton T-Shirts



Therapy Success Story

Vivian has been a resident here at Holton Manor since January 2017. When she was admitted, she had a bad fall which resulted in a left hip fracture. She said that at that point she decided to give up. She spent over a year bedridden and isolated in her room. She had an awakening, telling me that God told her “It’s not your time.” And decided that she was disappointed with herself and that she was “going to try.” In October of 2018 therapy approached Vivian to see if she would be willing to try one more time. She was agreeable. She was stiff, stuck in extension, unable to sit up without assistance. She required extensive stretching to her back, hips and knees to even allow her to sit up without excruciating pain. Once she could sit, we began working on standing and transfers. Vivian could see the improvement and was dedicated to working with therapy and following recommendations given to her. She took her first steps using the Eva walker taking 3-4 feet at a time and has gradually progressed to 200 feet using a rolling walker and one caregiver assisting her. She currently can walk over 600’ with a few rest breaks along the way. She is determined to regain



Vivian & Zach

her independence. Vivian enjoys sitting outside and eventually plans to attend more activities in the fall. When I asked her what she would tell others about her rehab journey she replied that “you can never give up” and “you have to believe in God.” She told me that she is proud to be an inspiration to others but really owes the credit to her therapy team, particularly Zach Radar. She says “Listen to what they tell you, they know how to get you better.

Special Events

9/5 - Walmart Shopping @ 10:00am

9/12 - Geneva Boat Tour @ 3:15pm

9/19 - Lunch Bunch @ Fiddlesticks @ 11:00am

9/21 - Lake Geneva Walk to End Alzheimer’s @ 10:00am

Please join us for the 2019 Walk to End Alzheimer’s. You can donate at the alz.org web page under the team name Holton Helpers.

9/26 - Pierce’s Farm @ 10:00am

10/5 - Holton Family & Friends Picnic @ 12-2



Volunteers Needed

Activities is looking for volunteers to assist residents on outings throughout the community. If you would like to assist your loved one, or another resident please stop in or call Jaime Falbo the Activity Director at 262-723-4963.

Find Balance with the Autumn Equinox

The autumn equinox, also known as the first day of fall, is on September 23rd this year.

What is an equinox? The term equinox comes from the Latin words *aequus* and *nox*. These words can be translated into equal-night, meaning that on these days: day and night will be almost equal in all locations around the globe.

How to find balance and during the autumn equinox:

- Do some fall cleaning
- Make a 'Gratitude List'
- Get outside and connect with nature
- Make fall crafts and add fall décor to your home
- Meditate
- Enjoy a fall harvest meal

Source: almanac.com

Fall Craft: Pine Cone Bird Feeder

Supplies needed: a pine cone, vegetable shortening, oatmeal bird seed, and some string.



Start by mixing together 1/2 cup of the shortening with 2 1/2 cups oatmeal and mix until well blended. (Optional: Add dried fruit, chopped nuts, or sunflower seeds.) Tie a string to the top of the pine cone and then apply the mixture all around the cone making sure you get it deep inside the openings. Roll in bird seed and pat to stick. Hang from a tree and watch the birds flock to it!

September 21 is World Gratitude Day: *The Gratitude Attitude*

Gratitude is one of the most powerful forces in the universe.

It may not look as good as money, a fancy car or the latest makeover – in fact, you can't see it at all – but gratitude has more power to change your life than all these material things put together.

The dictionary tells us that gratitude is “**the expression of gratefulness and thanks,**” but this doesn't begin to convey its real effect. Listed below are simple ways to make the Gratitude Attitude an essential part of your life.

Create a “Thank Bank.” A Thank Bank is simply a place where you can jot down all the things that you are grateful for in your life. You can split the bank into different accounts such as Family, Surroundings, and Work, and then simply start writing out your thanks until you stop. Put your list somewhere safe, so you can reference it easily when you need something positive to uplift your mood.

Show gratitude quietly. Don't turn gratitude into a promotional or motivational tool. Too much thanks is as ineffective as too little. Instead, express your thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren't bought at shops: a bit of your time, a sacrifice or something valuable to you.

Always replace the 3Cs with the 3As. If you work or manage others, and sometimes feel the need to use one of the 3Cs: complaining, condemning, and criticizing – replace them with the 3As of accepting, acknowledging, and appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

There's nothing complicated about gratitude. It's something we can all do. Unfortunately, more often than not, we tend to focus on negative things, and we take the wonderful things for granted.



DONATE SAFELY AND EASILY ONLINE:
HoltonManor.org/Donate

