

# The East Troy News

MANOR

MAY  
2022

Skilled Nursing • Respite Care • Rehabilitation Services

## National Skilled Nursing Care Week

The American Health Care Association (AHCA) recently announced **Creating and Nurturing Connections** as the 2022 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

This theme celebrates the reliable and strong commitment that each skilled nursing care staff member has to providing high-level quality care and improving the lives of every resident and family member within their care. During the last two years, staff members have found themselves “wearing many new hats” due limited visitation and social distancing, staff from all departments have stepped up to provide essential

emotional support and social connections residents, staff, family and friends needed.

**Now and through May 8-14, 2022, families, residents and staff are encouraged to team up together for a project, game, craft, exercise or hobby. Form a connection by learning something new from one another or share a laugh over a fun game checkers. Stay on track with your daily or monthly move goals with an**

### Creating and Nurturing



National Skilled Nursing Care Week • May 8-14, 2022

**accountability partner. Team up with others to make a group presentation to share.**

Established by the American Health Care Association (AHCA) in 1967, NSNCW recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.



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 **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.



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WE ACCEPT CREDIT CARDS

## Facility News

Some may know her, but we'd like to give a shout out to Brenda R., resident aide. Brenda is just one staff member who ensures that our residents stay hydrated, well fed, entertained, comfortable and happy.

Brenda's smile is the best!



She tells us the best part of her job is creating smiles because each one helps to fill her heart with a bit of joy every day.

Brenda has lived here in East Troy for 22 years, is an avid kayaker, walker, exerciser, who enjoys being with her grandson more than anything.



## Job Postings

HR/AP FT

RN/LPN FT or PT

CNA FT or PT

Dietary Aide FT or PT

Activity Aide FT or PT

CNA classes available

## Visitation Guidelines

Our staff will assist you upon entry. Everyone, including our staff, is expected to complete covid 19 screening, hand-sanitize, and wear a mask upon entry.

Everyone is welcome to visit.

## Activity Highlights

Getting ready for our courtyard garden! The East Troy 4H club donated clear plastic gloves, cotton balls and seedlings (morning glory, bean, squash) to get us started.

The seeded gloves flourished while taped to our windows for a week or two, and we just transplanted them to starter pots.

Next up are tomatoes, basil and beets. Our raised beds and garden will look great, and our really talented dietary staff is sure to make us some delectable food with this produce and herbs.



## Happy Birthday!

*Best wishes to our residents and staff celebrating birthdays this month.*

### Residents

Al M.

Betty C.

Dean F.

Gretchen W.

Lea M.

## Puppy Time!

We have added puppy time to our activity schedule.

Rusty, an 11 week old Golden Retriever, visits us 3-5 afternoons a week.

Wherever Rusty goes with our staff members, joy and smiles follow!

We must say that while all puppies are cute...Rusty is one of the smartest and most well-behaved (and cutest) puppies ever!





## Activity Highlights *continued...*



The Easter Bunny visited on Good Friday. Residents were all smiles when receiving their own Easter baskets. As a matter of fact, visitors and staff were all grins too!



## WISH LIST

Our residents would really like to listen to their vintage cassettes! We'd love to have **4-5 new cassette players** in our facility.

## Success Story

We recently treated an 88-year-old female that had been run over by a motorcycle.

Her injuries included lumbar 2-4, rib fractures, left scapula fracture, T9 and T12 fractures, and fracture of her right ankle.

She worked through the pain and was so very motivated to participate in her recovery. She was determined to get back to a regular routine of daily activities and we supported her every step of the way. We worked with her to learn to transfer, to "hop" to get from one surface to another, and to propel her wheelchair independently.

She was transferred to an assisted living facility after her successful time with us here at the Manor.

Together we kept her positive outlook strong and her end-goal in sight.



## Staff Assistance Program

WISH offers a great staff benefit called EmployeeConnect (EC) and it's available to every employee, full- or part-time.

EC is an assistance program of professional and confidential services to help our staff and their families meet life's demands.

### Free EC resources include:

- **In-person guidance:**
  - **Free in-person/virtual counseling: up to 5 sessions, per issue, per year**
  - **In-person consult with in-network attorneys**
    - **Free 30-min consultation**
    - **25% discount on future meetings**
- **Unlimited 24/7 assistance**
  - **Info and referrals on child & elder care, vacation planning, pet care, car buying, college planning, etc.**
  - **Legal referrals for family law, estate planning, consumer & civil law**
  - **Financial guidance: Budgeting, short- & long-term planning**
- **Online Resources**
  - **Support tools, articles, videos and interactive tools like financial calculators, budget sheets & more.**

The goal of WISH is to support our staff so they can excel at their work while enjoying their lives and families. Talk with HR for details.



## The importance of your mental health

**The past two years have brought many challenges that have impacted our everyday lives, which is why it's more important than ever to understand the importance of good mental health.** Mental health includes emotional, psychological, and social well-being. It affects choices we make, how we think, feel, and act towards others, and how we handle stress.

Stress, fear & anxiety all have negative effects on mental health which, in turn, can affect physical health. People with poor mental health often experience depression, increased anxiety, lethargy, illness and even chronic health conditions.

Taking time to care for your mental health can help limit depression & anxiety, reduce stress, increase a positive outlook, and help you rediscover things you enjoy in life. One study suggests it can also help reduce the risk of heart attack. Taking care of yourself usually gets put on the back burner, but it's something that should be prioritized - for your own health and so you can better care for others in your life.

### Tips for self-care:

- **Take breaks from watching, reading or listening to news; limit social media.**
- **Make time for meditation, stretching, music or other activities you enjoy. Many free video guides are available.**
- **Treat yourself to healthy, well-balanced meals.**
- **Take time for activities you enjoy**
- **Avoid excessive alcohol, tobacco and substance use.**
- **Exercise regularly and get plenty of sleep.**
- **Talk to someone: a psychologist, social worker, counselor, physician, pastor, family member or friend.**