



BRINGING **QUALITY CARE** TO YOU
IN-HOME HEALTH & PERSONAL CARE SERVING SOUTHERN WISCONSIN



Happy Birthday!

January 10 Amber F.

February 03 Stephanie R.

Letter from the Administrator

Thank you to all our patients, families, and friends who so generously donated to Transitions at Home for our "Lend a Hand" donation program. The funds will be put to good use such as purchasing new equipment and further staff education. You are all greatly appreciated.

Cardiac Rehabilitation May Help Heal Your Heart

If you have had a heart attack or other heart problem, cardiac rehabilitation could be an important part of your recovery.

Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

About 800,000 people in the United States have a heart attack every year, and about 1 in 4 of those people already had suffered a previous heart attack. Cardiac rehabilitation not only can help a person recover from a heart problem but can prevent future heart problems.

Cardiac rehabilitation health benefits:

- Strengthening your heart and body after a heart attack
- Relieving symptoms of heart problems, such as chest pain
- Building healthier habits such as getting more physical activity, quitting smoking, and eating a heart-healthy diet as provided by a dietician or nutritionist
- Reducing stress
- Improving your mood



- Increasing your energy and strength to make daily activities like carrying groceries and climbing stairs easier
- Making you more likely to take your prescribed medicines that help lower your risk for future heart problems
- Preventing future illness and death from heart disease

Who needs cardiac rehabilitation?

Anyone who has had a heart problem, such as a heart attack, heart failure, or heart surgery, can benefit from cardiac rehabilitation. Studies have found that cardiac rehabilitation helps men and women, people of all ages, and people with mild, moderate, and severe heart problems. Ask your physician if a cardiac rehabilitation program is right for you or a loved one.

Source: cdc.gov



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Transitions At Health is a non-profit 501c3 Wisconsin Illinois Senior Housing Inc. agency. 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.

www.TransitionsHealth.org

Transitions At Home accepts Medicare, Medicaid, private pay and other insurances. Please call us for details.

Physical Therapy

Physical therapy is treatment of muscles, nerves and body structures. The goal of Physical Therapy is to restore the body to its optimum level of function.

Physical Therapy Benefits

- Enhanced ability to walk
- Improved mobility
- Pain management
- Restoration of balance
- Enhanced ability to transfer
- Strengthening

Get Involved: Donate Blood. Save Lives. 📌

The need for blood, plasma, and platelets donations are constant. Each day, the Red Cross must collect nearly 13,000 blood donations for patients at about 2,500 hospitals nationwide. This need doesn't stop for the season, weather, holiday, or a pandemic.

The Red Cross Blood Donor app or RedCrossBlood.org is a great way to find a place to make an appointment to donate in your area.

Before your donation

- Eat iron-rich foods such as meat, fish, poultry, spinach, iron-fortified cereals, or raisins.
- Get a good night's sleep and drink extra liquids to be sure you're well-hydrated.
- If you're going to donate platelets, do not take aspirin products for two days prior to your appointment.
- Learn more about Red Cross donation safety protocols.

Donating blood, plasma, or platelets is a simple, quick, and effective way for eligible individuals to get involved in their community.

Source: cdc.gov

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Embrace and Celebrate Happiness in the New Year

Resolve To Be Happy ★ Instead of resolving to do things that can cause you stress, this new year, why not resolve to be happy?

Celebrate what makes you happy ★ Is it your family?

Taking time to golf, play piano, watch movies, or other leisure activities such as crafts, painting, or reading?

Maybe it's a hobby you haven't returned to in years? Take a few minutes to make a list of all your happy things.

Discover what makes you unhappy ★ There are any number of things that can make you stressed, angry, sad, or otherwise unhappy. Take a moment for some serious self-reflect and write down things in your life that make you unhappy.

Resolve to make a change ★ Choose one of the items from your unhappy list and resolve to fix that situation. Simply minimizing your interactions with things that stress you out is one way to solve things. Reach out to family members, friends, or a health care provider for help, advice, and support. Instead of staying in a rut that gets you down, prioritize yourself and embrace happiness!

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