



TRANSITIONS
AT HOME

CENTRAL

NEWS

MAY/JUNE
2022



Staff Birthdays

Seve S.	May 16
Jared Mc.	June 04
Jenny B.	June 18
Lyndsay R.	June 21

Staff Anniversary

Amy T – PT May
2019 (3 years)
Caterina K. – PTA
June 2021 (1 year)
Jenny B. – RN June
2021 (1 year)



TRANSITIONS
AT HOME

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CURTIS MANNING,
ADMINISTRATOR



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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.

BRINGING **QUALITY CARE** TO YOU
HOME HEALTH CARE SERVING CENTRAL WISCONSIN

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.

Creating and Nurturing



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

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 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.

CMS SURVEY RESULTS

Nurse Jennifer was excellent as well as occupational therapist Jack. I am so grateful for all the help your people have given me.

~Patricia J.

We were very happy with Charlotte, Jack, and all the people who helped us!

~Doris S.

The staff are great. Nurse Char was really great she had so much patience with my mom everyone gets a thumbs up.

~Florence J.

I think you have the best therapists.

~Virginia B.



Letter from the Administrator

Hello from Transitions at Home of Central Wisconsin, Spring is here, though it might not seem like it if you've looked outside lately. It's a good reminder to remain vigilant and careful when traveling or even stepping outside. There are still hazards like, ice and sleet, this time of year that result in accidents. Hopefully, it will start to warm up some more and those hazards will go away for at least a few months. Weather aside, we have some exciting things happening at TAH of Central Wisconsin. We are continuing to experience growth in our service area, giving us the opportunity to serve a greater number of people throughout Central Wisconsin. With this growth, we are looking to add some more staff to our team to make sure we continue to provide quality service to our patients. We are currently looking for a Physical Therapist Assistant and Certified Occupational Therapist Assistant to join our team. We have some good candidates, so hopefully we'll be able to introduce the new team members soon.

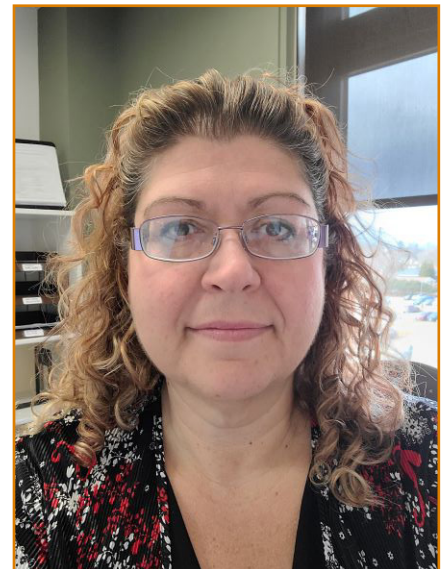
Speaking of new team members, we added a new RN Case Manager to our team. Molly V. joined our team at the end of March. She resides in Wausau and has some great experience that she brings to Transitions at Home. If you have the chance to meet Molly, please make her feel welcome.

Transitions At Home is EXCITED to Welcome Ami our new Billing and AR Coordinator to the Team!

My name is Ami and I joined the Transitions Team this March.

I have worked in healthcare for the past 5 years at MercyOne Home Care in Dubuque IA as a billing rep. I have a son named Brandon who lives with me in Platteville, who is currently enrolled at UW-Platteville studying Business.

I enjoy traveling in my spare time. have been all over the United States, Mexico, Bahamas, and Canada. The best vacations so far would be to Waikiki in Hawaii and taking a cruise to Turks and Caicos. I also like to do genealogy and have been doing it for over 20 years.



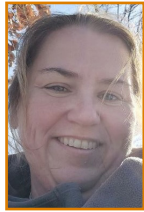
Meet Our Nurses



With National Nurses Week being May 6-12, we would like to introduce our AMAZING Team of Nurses.

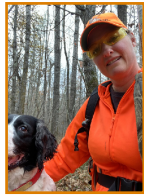
Maurica – I've worked for WISH for 11 years, 3 of them being with Transitions At Home. In my free time, I enjoy a mixture of simple pleasures and adventures. I love campfires, boating, traveling, fishing/hunting, DIY projects, and cooking. My best spent time is with my family and friends!

Jenny – I've worked for WISH for 11 years, 3 of them being with Transitions At Home. In my free time, I enjoy a mixture of simple pleasures and adventures. I love campfires, boating, traveling, fishing/hunting, DIY projects, and cooking. My best spent time is with my family and friends!



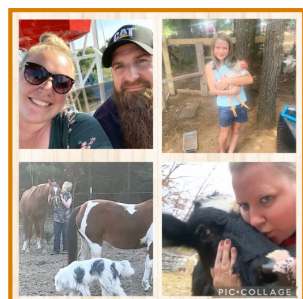
Char – I have been a nurse since 2013. I moved to Wisconsin in 2017 from Arkansas. I have since enjoyed everything outdoors to include sand volleyball, kayaking, camping, running, and hiking many parts of the IAT and Devils Lake with my three dogs. I also spend a lot of time with my family enjoying movies, trampoline parks, axe throwing, family dinner nights and everything the Dells has to offer. I have two sons who constantly keep me on my toes.

Molly – My name is Molly V., I was born and raised in Merrill Wisconsin. I attended high school at Merrill High and completed my nursing degree at Northcentral Technical College in Wausau Wisconsin. I have an older brother and older sister, along with two nieces and two nephews. I currently live in Wausau with my four cats: Bella, Arlo, Darla, and Al. In the summer months I enjoy anything on the water such as boating and kayaking. I love to travel to warm places as much as possible during the winter. My favorite place I have been to so far was Key West in Florida.



Jodi – My name is Jodi Effertz. I live in Hayward, WI with my husband and 3 dogs. We have a 22-year-old daughter that lives in La crosse and is currently going to school for nursing. In my spare time I like to do anything outdoors including kayaking, fishing, grouse/pheasant hunting, camping, hiking and traveling.

Hilory – Hello! My name is Hilory and I am the CBRF RN at Transitions. I have been with WISH for just over eight years. I started off as a CNA at one of the assisted livings in Stevens Point and found my passion for caregiving there. That job helped put me through nursing school. Once I became an RN I started at Transitions, about two years ago. Since starting at Transitions I have gotten married, had two little boys, and bought a house. It really has been a crazy two years! I spend all my free time playing with my kiddos; we especially love being outside when the weather permits. We also enjoy reading together, and always have music playing. The boys' current favorite is the soundtrack to the new Disney movie Encanto.



June 16-22 is National Nursing Assistant Week and we will be celebrating our Home Health CNA Jalyssa.

Jalyssa – I live in Wild Rose with my husband Mike, son Gaje and daughter Kaysin. In my down time I enjoy spending time with my family on our hobby farm with our horses, cows, chickens, dogs, and cats. When I am not working or doing things around our hobby farms. I enjoy playing board games and trivia with friends. I also enjoy being creative in the kitchen.

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.**