



TRANSITIONS
AT HOME

SOUTH
NEWS

MAY/JUNE
2022

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

Happy Birthday!

May 04 **Bri**
Occupational Therapist

May 07 **"O" Onergis**
Physical Therapy Asst.

May 16 **Seve**
Physical Therapist

June 04 **MaryBeth**
Occupational Therapist

June 25 **Jenna**
Occupational Therapy Asst

June 26 **Jamie T.**
RN Clinical Manager

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 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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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.

National Nurses Week: Appreciating Our Nurses

National Nurses Week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday.

Like all healthcare workers this past year, nurses have been dedicated to providing outstanding care for homebound individuals, hospitals, health centers, and senior living facilities.

This week be sure to show your appreciation for your favorite nurse or nursing staff, by expressing your gratitude! This could simply be a wonderful, uplifting compliment, card, flowers, gift basket, or catered lunch.

From all of our community staff, we want to recognize and honor the dedication of nurses, who work selflessly day and night to help, heal, and care for our residents. Thank you!



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.**