TRANSITIONS AT HOME

SOUTH NEWS

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

Happy Birthday!

September 28   Dan G, PTA

October 05   Briana R, PT

TRANSITIONS AT HOME

N6359 US HWY 12,
ELKHORN, WI 53121
262-723-2700 OFFICE
262-723-2704 FAX
LORI WICKER,
ADMINISTRATOR

Like Us on Facebook

YOU ARE INVITED TO A SENIOR FAIR

Transitions at Home will be participating in several senior fairs in the next few months. We will have loads of goodies to give away and a raffle basket that will go to one lucky winner from each fair. Please join us at the following events:

September 2, 2022 Walworth County Fair, Elkhorn WI from 1:00 pm – 3:00 pm

September 9, 2022 Rock County Senior Fair, Dr. Daniel Hale Williams Rock County Resource Center, 1717 Center Ave, Janesville, WI from 9:00 am – 1:00 pm

September 20, 2022 Hospice Alliance Expo, Gateway Technical College, Kenosha – Haribo Hall/Madrigrano Conference Center, 3520 30th Ave, Kenosha, WI from 9:00 am – 1:00 pm.

October 6, 2022 Walworth County Senior Fair, Walworth County Health and Human Services Building, 1910 County Road NN, Elkhorn, WI from 8:00 am – 11:00 am.

Alzheimer's Walk

Transitions at Home will be walking in the fight to end Alzheimer's. Please join us on September 17th at 9:00 am at Library Park in Lake Geneva, WI. If you are unable to attend, please feel free to show your support by donating to our team in our effort to make a difference.

https://bit.ly/3PnIBiJ

WALK TO END ALZHEIMER'S
alzheimer's association®

National Assisted Living Week is Sept. 11-17, 2022

joyful moments
NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

National Assisted Living Week is a special opportunity for residents, staff, volunteers, and our community to recognize and celebrate the role assisted living care centers have in elevating the lives of America's seniors and individuals with disabilities.

Joyful Moments is this year's theme with a goal of honoring all the special moments and memories created throughout the year, big or small. It's a time to focus on finding happiness in unexpected places, in the people around us, and in our daily activities and consciously cherishing them.

This national annual observance week aims to encourage assisted living communities to offer a variety of fun and educational activities throughout the week to celebrate our residents and the dedicated people who care for them every day. Fun activities could include hosting show-and-tell events, displaying an art or photo gallery, playing games or other group activities that highlight memorable moments from the last year or create new ones.

HOW TO IMPROVE YOUR HEART AGE

Her age is 53. But her heart is 75 years old because she smokes and has uncontrolled high blood pressure. She's not alone, as most American adults have a heart that is older than their actual age.

One way to understand your risk for a heart attack or stroke is to learn your "heart age." Heart age is the age of your heart and blood vessels as a result of your risk factors for heart attack and stroke. There are some factors that put you at risk for a heart attack or stroke that you cannot change, such as getting older or your family history, but there are many others you can change.

If you smoke or have high blood pressure, your heart age will be much higher than your actual age. The most common reasons for a higher heart age that can be changed or managed are high blood pressure, high cholesterol, smoking, obesity, unhealthy diet, physical inactivity, and diabetes.

Source: cdc.gov