



## Staff Birthdays

Elizabeth G.	March 29th
Jamie S.	April 21st
Angie Mc.	April 22nd
Shanna O.	April 30th

## Staff Anniversary

Jamie S. – NM Caregiver	March 2020 (3yrs)
Maggie Z. – OT	March 2022 (1yr)
Ami S. – AR	March 2022 (1yr)
Stephanie S. – PTA	April 2022 (1yr)



**TRANSITIONS  
AT HOME**

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LORI WICKER,  
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](http://www.TransitionsHealth.org)

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

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

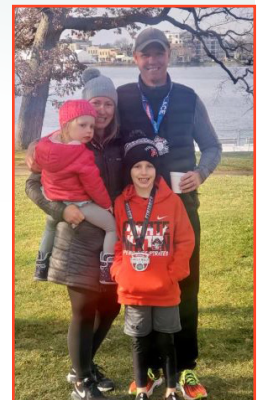
## APRIL IS OCCUPATIONAL THERAPY MONTH

We would like to introduce you to our outstanding OT Team:



**Bri K.** – I have been an OT for 4 years and have been with Transitions at Home for the last 2 years. I got married this past September and in my free time I like to go on bike rides, complete puzzles, and try new recipes in the kitchen with my husband.

**Amy Mc** – Hello, I am Amy, a COTA with TAH. I have a bachelor's degree in Nursing and an Associate Degree in Occupational therapy. I have been a OTA for 9 years working in rehab and home health. I am married and have 2 kiddos ages 3 and 7. During my free time I enjoy spending time with my family and friends, attending sporting events, being an Uber driver for my kids and being outdoors. In the future, I hope to further my career in occupational therapy.



**Maggie Z** – Hello, I am Maggie, an OTR at Transitions Home Health. I enjoy spending time with my family, whether we are exploring a small town, winery or trying to find some goats to pet. I love all animals and have 2 rescued dogs, Rue Willow and Flannery and 2 rescued cats, Anya and Natas .I have 2 adult children , my son ,Jack(27 y/o)is getting married in May and I am most excited to have lovely Helen as my daughter in law! My daughter Ella (29 y/o) lives around the corner from me and we get together for little adventures with my sister as much as we can. Oh yeah , I also have a husband named Troy who is my rock. I love anything to do with water ...pontooning, swimming, or floating on a raft in my pool. I like to tend to my perennial garden and last year we did two raised bed vegetable gardens and will be expanding it this Summer. I have been an OT for 33 years and love Home Health the best.

## UPCOMING OBSERVANCES FROM KIM THE NON-MEDICAL ADMINISTRATOR:

### March is National Chronic Fatigue Syndrome Awareness Month as well as National Nutrition Month

Do you live with Chronic Fatigue Syndrome, or know someone that does? This complicated disorder worsens with physical or mental activity and doesn't always improve with rest. It interferes with literally every aspect of an individual's life. Transitions can help! Let us assist you with housekeeping, meal prep, etc., saving your energy for the important things in life!

One of the biggest concerns families have with regard to their loved ones is proper nutrition. Our Team of talented Caregivers can prepare and serve tasty, healthy, appealing meals to your loved ones, as well as provide other duties in the home such as bathing, dressing, grooming, housekeeping, etc.

### April is National Parkinsons Awareness Month as well as Physical Wellness Month

If you or a family member are living with Parkinsons, you know how difficult daily activities can be. The four main symptoms of Parkinsons (tremors, muscle stiffness, slowness and impaired balance/coordination) can make independent living a challenge.

Our overall physical wellness plays a major part in our lives and is greatly improved with meaningful conversation, healthy meals and regular exercise. Let **Transitions Non-Medical Home Care** make a difference in your life - call today (262-723-2700) and ask for a free in-home assessment.

### CMS REVIEWS

*Thank you for the help,  
they all did a great job.*  
- Kenneth G.

*Amy went above and  
beyond the call of duty.  
Amy made life bearable.*  
- Stephen W.

*They were so respectful  
and helpful with things  
we could work on at  
home. We hope they will  
be available to us in the  
future if needed.*  
- Dennis L.

*Very good service excellent*  
- Marvin H.

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### KEEPING YOUR MIND HEALTHY

Mental activity can keep your mind sharp. Try some of the following tips to help challenge your brain for continual growth:

- Play scrabble, word puzzles, sudoku, or other trivia games
- Learn a foreign language
- Volunteer a local school, shelter, or senior community
- Visit museums, aquarium, and zoos to learn about artifacts, animals and sea life
- Interact with daily others



Thank you to every one  
of our Transitions staff  
for all you do every day  
helping others, being a  
valued team member &  
making our agency great!