

The Holton News

— MANOR

MARCH
2023

Skilled Nursing • Inpatient & Outpatient Rehab Therapy • Aquatic Therapy • Respite Care • Hospice Care

Activities/Events

Friday March 10th –
Bingo and Happy Hour
with Jaime at 1 p.m.!

Friday March 17th –
St. Patty's Day get
together at 1 p.m.



Monday March 20th
– Entertainment –
Elvis at 2 p.m.



Monday March 20th
– Happy Spring!

Facility News

Thank you to everyone
who sent us Valentines!



Therapy Success Story: Heidi

In December I fell in my apartment and used my life alert to get some help. They said I had passed out with respiratory failure the EMT's put a tube in my throat to help me breathe and I had it in for over a week. The social worker at the hospital said Holton Manor accepted me for rehab.

When I came here I was on oxygen all the time and coughing up blood. And now I'm off of my oxygen, my lungs and my body are getting stronger thanks to the therapy, nursing and CNA's here at Holton Manor. I am walking to all of my meals with my walker now and no longer need my wheelchair. My goal is to find an assisted living facility where I can be even more independent and continue my therapy.

Holton — MANOR

645 N. Church Street, Elkhorn, WI 53121
262.723.4963

Jess Kuhart, Administrator
Jody Welch, Business Office Mgr.
Rachel Quintero, Activities

 Like Us On Facebook

As a non-profit 501c3 community, we
thank you for supporting our mission of
service to seniors through tax-deductible
donations of cash or useful items.

Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

HoltonManor.org

WE ACCEPT CREDIT CARDS



Sudoku

4				2	3	5		8
						1	2	9
		9				3		
	4		9	8			7	
7			4	3		9	8	
		1			4	8		7
	7			1		4	5	
	5	4		7			1	



Self-Care is Awesome

We can occasionally trudge through several so-so days before stumbling onto a great one, and it can feel completely accidental but truly awesome. However, on March 10, the Day of Awesomeness, there are some easy steps you can take to ensure many more awesome days in your future! **Make a list of self-care activities you can squeeze into your day, including:**

- Paint or manicure your nails
- Watch a good movie with popcorn
- Listen to your favorite song
- Wear your favorite outfit or piece of clothing
- Eat a healthy lunch
- Read a favorite book
- Talk to a friend
- Book a doctor appointment
- Make time for exercise, meditation or yoga
- Drink your favorite coffee, tea, or soft drink

Putting aside time for simple maintenance may allow you to feel less rushed when you have somewhere to be. Self-care doesn't have to take up the whole day, it can just be the gift of 15 to 30 minutes that you have given yourself by planning your day ahead.

Also, be sure to make time for the things you love. Do you enjoy knitting or painting? Perhaps you're a writer or a poet who hasn't brainstormed in a while? Or did you play an instrument?

Now is an awesome time to revisit long-forgotten hobbies or pastimes to recapture that awesome feeling these activities made you feel!

Staff Anniversaries

Zachary R	3/19/2009
Sarah G	3/8/2017
Candice P	3/19/2018
Megan W	3/28/2019
Nicole T	3/24/2021
Onergis M	3/1/2022
Kathryn S	3/7/2022
Emily D	3/10/2022
Sophia K	3/30/2022
Aiden M	3/30/2022

NOW HIRING

Dietary: AM Cook every other weekend and one day during the week

Nursing:

CNAs: Full Time, Casual, Part Time 2nd

Nurses: FT 3rd, Casual weekends

Med Techs: 2p-6p during the week and 8 hour shifts on weekends.

Van Drivers

Remember: we still do the refer a friend program

LONG TERM CARE ADMINISTRATOR'S WEEK: MARCH 13-17

- We would like to recognize our Administrator for going above and beyond each day in providing compassionate, quality care and leadership to our staff, residents and families.

We appreciate you! Be sure to take a moment this week to express your gratitude and appreciation.



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