

The Holton News

— MANOR

JUNE
2023

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



Staff Anniversaries

Krystal Kl	6/20/2019
Rachael L	6/18/2021
Riley P	6/15/2022
Elizabeth Q	6/23/2021
Sheila S	6/23/2020
Jody W	6/13/1987

Therapy Success Story

Here for Right total knee and therapy is kicking my butt but I feel so much better once I am done, per surgeon I am ahead of schedule for my range of motion and that is all thanks to Core Rehab! – Tammy

A Sweet Morsel of Doughnut History

Did you know there are two doughnut holidays each year? The first is the first Friday in June and the second is in November. The Salvation Army is said to have created the date celebrated in June, known as “Doughnut Day,” as a fundraiser to honor the women, known as “doughnut lassies,” who originally delivered fried up tasty dough balls in service-issued helmets to soldiers during WWI.

“Doughnut” is now commonly spelled “donut” due to increased appearance in popular culture, such as *The Simpsons* and Dunkin’ Donuts. Over the years, the basic doughnut has evolved! You can find exotic doughnut creations filled with combinations of jellies and creams then topped with cereal, candy, and flavored drizzles. Some people will always argue that nothing beats a fresh, off-the-line, glazed Krispy Kreme doughnut!

Whether you enjoy a cinnamon twist, apple-maple-bacon round, cruller, long john, nutty, Boston crème, bear claw, jelly, coconut, sprinkles, or powdered sugar doughnut holes, there is bound to be a doughnut for everyone! With so many delicious varieties to choose from, what doughnut are you reaching for on June 2?



Holton
essity
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

WISH List

Tomato Cages
5 Gallon Buckets

Facility news

Happy Father's Day!
Sunday June 18th
Visit us on Facebook for
pictures, videos and more!
Holton Manor Skilled Nursing
and Rehab Therapy
View our facility
videos on TikTok:
[www.tiktok.com/
@holtonmanor](https://www.tiktok.com/@holtonmanor)



Men's Health Tips

Because we celebrate Father's Day mid-month, June is great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits. Here are some healthy tips for men:**

Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests:

- Visit an ENT to get your hearing checked
- Prioritize setting a sleep schedule

- Strive for 30 minutes of exercise daily
- Treat yourself to healthy, well-balanced portioned meals
- Visit the dermatologist to check your skin
- Schedule a check-up and cleaning with your dentist
- Visit a chiropractor to have your spine checked
- Enjoy leisure activities, such as fishing, watching sports, reading, or gardening
- Quit smoking
- Laugh everyday
- Be kind to yourself by not comparing yourself to others

OUTREACH

In support of the
Volunteer Connection-
Pancake Friday!
June 23rd 10-11 a.m.
Located in the Café area.
\$3 per plate.



Activities/Events

**Cycling Without Age
(Weather Permitting)**
Tuesday June 6th / 1-3 p.m.

NOW HIRING

Dietary:

- PT Dietary Aide AM shift
Casual Cook AM shift

Nurses:

- Casual weekends
2nd shift

CNAs:

- FT, PT, Casual all shifts

Van Driver:

- Must have a
flexible schedule

Integrity is doing the
right thing even when
no one is watching.

- unknown