



BRINGING **QUALITY CARE** TO YOU
HOME HEALTH CARE SERVING WEST WISCONSIN



Staff Birthdays

Monica C. August 12th

Staff Anniversary

Deanna M. – NM
Caregiver 7/2022 (1-year)

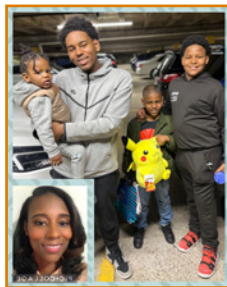
Seve S. – PT
7/2020 (3-years)

Laura W. – HR/PR Manager
7/1992 (31years)

Ramona D. – Intake Coordinator
8/2022 (1-year)

WELCOME TO OUR TEAM! ★ ★ ★

Transitions at Home is EXCITED to welcome Dichelle our new Billing Specialist, to the Transitions Team!!



My name is Dichelle. I am from Cleveland, Ohio and I currently reside in Parma, Ohio. I've been in healthcare revenue cycle for over 10 years. I have done various roles such as cash posting, insurance follow-up, hospice billing, home health coding, and Oasis assessment review. I currently have a BA in Health Care Administration and have recently started pursuing my MBA with a concentration in Health Care. I am currently certified in Home Healthcare

Coding (HCS-D) and Oasis (HCS-O).

I am a mom to four boys: Jaden (15), Aiden (12), Tristan (9) and Londen (2). In my leisure time, I love to travel, spend time with my family and Amazon (lol). I also love a good movie and exploring local restaurants. I look forward to working with everyone and being a part of a great team.

UV Safety Awareness

UV Safety Awareness, which takes place during July, is a crucial time to focus on senior health and learn about the dangers of sun exposure. **As we age, our skin becomes more vulnerable to the harmful effects of ultraviolet (UV) radiation. Seniors are at a higher risk of developing skin cancer, sunburns, and other skin-related issues due to decreased skin elasticity and a reduced ability to repair damaged skin cells.**

Promoting UV safety and encouraging friends and family to take precautions against the sun's rays is extremely important to your overall well-being and skin health.

Here are some tips to protect your skin this summer:

Use a broad-spectrum sunscreen with a high sun protection factor (SPF). This helps block both UVA and UVB rays. Seniors should apply sunscreen generously and reapply it every two

hours, especially when spending extended periods outdoors.

Wear protective SPF clothing, wide-brimmed hats, and sunglasses to shield your skin and eyes from UV damage.

Avoid indoor tanning. Indoor tanning exposes the skin to high levels of UV radiation, increasing the chances of skin cancer and accelerating the aging process. Still want that golden, sun-kissed glow? Look for alternative options like self-tanning lotions or sprays.

UV Safety Awareness serves as a reminder for not just seniors, but individuals of all ages to prioritize their health and take proactive steps to safeguard their skin from the harmful effects of UV radiation. **Together, we can ensure that our loved ones can enjoy the summer months safely, without compromising their well-being.**



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JAKE RATHKE,
ADMINISTRATOR



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.

Summertime Food Choices

A lot of things change when the weather gets warm. One of them is how we eat. No one wants to be loaded down by a heavy meal in their stomach. When the weather gets warmer, we want our meals to be as light as our clothing. But can we still feel satisfied when we eat lighter fare? Here are some foods that are good for eating in the summertime.

1. Salads – Salads have come a long way. Start with your favorite lettuce. Next add your favorite raw vegetables. Add boiled eggs, lean chicken, or ham for protein. For more texture add cheese, nuts, or fruit. With so much flavor, you'll be surprised that you won't need to use much dressing.



2. Sandwiches – Try whole wheat pita bread or lettuce leaves to hold the insides. Sandwiches like chicken, egg, or caprese salad are light enough to be eaten without overfilling you. They are also portable so you can eat healthy on the go.



3. Smoothies – When you don't have time to sit and munch this summer, a smoothie can provide filling nutrition in a fun way. Besides ice, add yogurt, frozen fruit, raw veggies and oatmeal for density.



4. Grilled veggies – Vegetables can sometimes taste boring. One way to liven them up and eat more of them this summer is to grill them. Use them on kebabs as well as cooking them in a grill basket. It is healthy and light for a busy family.



5. Nuts – Nuts are high in healthy fats and protein. Carrying them along with you can provide energy and nutrition on the go!



Summer is upon us!

Summer is upon us! Be sure to take the necessary steps to protect yourself from the harsh Wisconsin sun!

Hydrate! Hydrate! Hydrate!

Hydration means more than a beverage under a beach umbrella. Beverages are more beneficial if they are consumed throughout the day, not just when you feel thirsty. Some great beverage choices can include sports drinks, milk, and broth, but avoid high-protein drinks and alcoholic beverages. They can dehydrate you.

You can also protect yourself by following the suggestions from cancer.org. They use the catchphrase "Slip, Slap, Slop and Wrap" to remind us to be safe.

- **Slip on a shirt.**
- **Slop on sunscreen.**
- **Slap on a hat.**
- **Wrap on sunglasses** to protect the eyes and skin around them.

Mayo Clinic (mayoclinic.org) reminds us of the following signs of heat stroke. If you or someone you know is experiencing any of these symptoms, get them to a shaded spot immediately, remove excess clothing and begin cooling them using whatever means available and seek medical treatment.

- **High body temperature.** A core body temperature of 104 F (40 C) or higher, obtained with a rectal thermometer, is the main sign of heatstroke.
- **Altered mental state or behavior.** Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
- **Alteration in sweating.** In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.
- **Nausea and vomiting.** You may feel sick to your

stomach or vomit.

- **Flushed skin.** Your skin may turn red as your body temperature increases.
- **Rapid breathing.** Your breathing may become rapid and shallow.
- **Racing heart rate.** Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- **Headache.** Your head may throb.

Families get busy and it can be difficult to check in on our elderly loved ones. Transitions is here to help! We can set up visits to make sure they are eating, taking medications, bathing, etc. while you are boating, camping, or taking another vacation. Our passionate Caregivers can spend an hour or more with them! Call 262-723-2700 for a FREE in-home assessment!

NOW HIRING

**Full-Time Intake Coordinator
in Mount Horeb**

Caregiver in Fitchburg

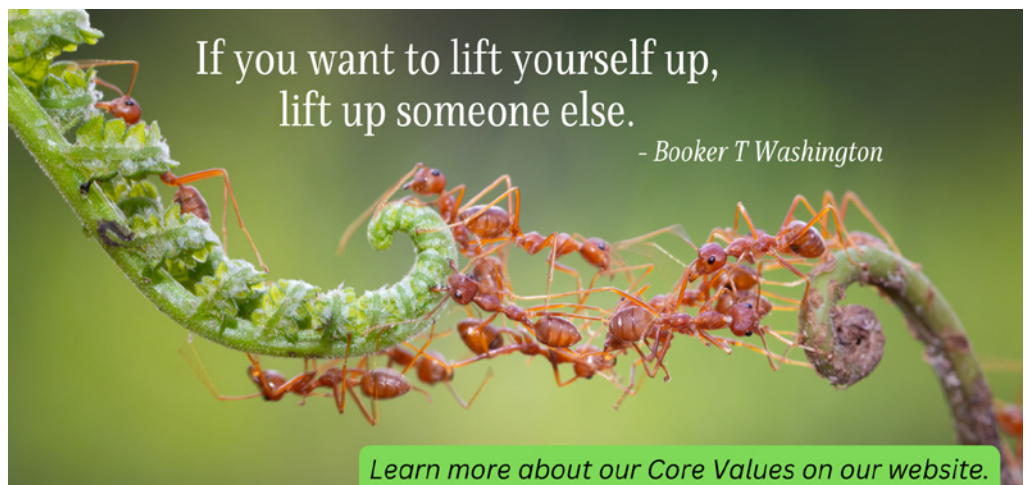
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If you want to lift yourself up,
lift up someone else.

- Booker T Washington



Learn more about our Core Values on our website.