



Staff Birthdays

Heather L.	July 4th
Madelyn D.	July 15th
Nicole D.	July 28th
Amy T.	August 5th
Renee B.	August 7th
Caterina K.	August 16th

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

Transitions at Home is continuing to change and grow! We would like to Welcome Renee to Transitions, Renee is our new Non-Medical Caregiver.

Staff Anniversaries

Jodi E – RN Clinical Manager	July/2021 (2 - Years)
Kate P. – COTA	July/2022 (1-Year)
Laura W. – HR/PR Manager	July/1992 (31-Years)
Amy B. – Intake Coordinator	August/2022 (1-Year)
Laurie Y. – OT	August/2021 (2-Years)



Hi, my name is Renee Bjorkquist and I live in Wisconsin rapids with my husband Eric, our 4 kids, and 2 dogs. I have always loved working in health care and started as soon as I could. I love that I can help people who need support. I am very excited to be doing Non-Medical Caregiving for Transitions at Home. Being able to see people in their homes and helping them be able to still live there with their families feels great. Knowing that they are grateful for the assistance feels amazing. I hope to assist with the growth of the company so we can assist more people at home. When I am not working, I love hunting, playing outdoor games, and reading books.

Transitions is excited to be expanding into the Non-Medical sector!!



Transitions Home Health of Central Wisconsin is happy to announce that we have officially opened our Non-medical sector of home health in the Stevens Point and Spooner branch locations! We are currently accepting referrals and look forward to helping our community by providing assistance to those in need with non-medical needs such as light housekeeping, meal prep, activities of daily living and companionship. Please reach out with any questions you may have; we'd be happy to see how we can help!

Stevens Point area please contact either Maurica or Renee at 715-544-2322
Spooner area please contact Nicole at 715-416-2999

Therapeutic Recreation Activities

Therapeutic Recreation Week, observed annually the second full week of July, encourages senior health and well-being. Therapeutic recreation programs may include fitness, sports, arts and crafts, dance, writing, gardening, music therapy, interactive and intergenerational games and activities.



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715-544-6398 FAX
MAURICA MASIAS,
ADMINISTRATOR- CENTRAL
NICOLE DANGER,
ADMINISTRATOR- SPOONER



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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

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.

ONLINE REVIEWS

Thank every member of the team for their care and kindness while treating me – Mary H.

Never been more satisfied with a caregiver – Kathyrynn B.

Very informative. Got good exercises to make his ankle stronger. Made sure i understand – William M.

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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.**

NOW HIRING

Full-Time RN

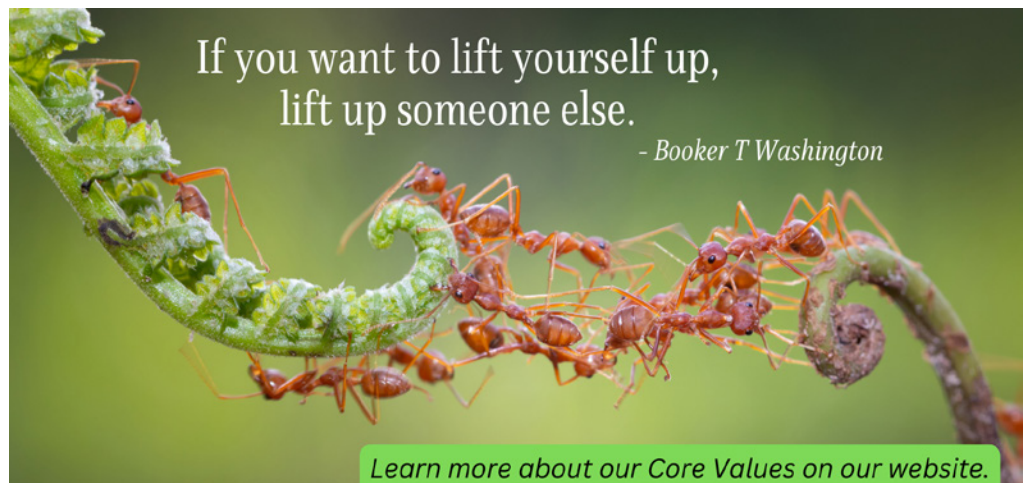
Case Manager – In our Southern Service Area to include Wisconsin Dells, Necedah and Montello

Full-Time PTA – In our Northern Service Area to include Washburn & Sawyer Counties

Part-Time OT - In our Northern Service Area to include Washburn & Sawyer Counties



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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.