



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.



TRANSITIONS AT HOME

N6359 US HWY 12,
ELKHORN, WI 53121
262-723-2700 OFFICE
262-723-2704 FAX
LORI WICKER,
ADMINISTRATOR



Like Us on
Facebook

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.

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

Facility news

We celebrated National CNA Week June 15th -21st. Let us introduce our 2 Amazing CNA's Amber F. and Samantha P



I have worked for Transitions for 4 years in the Intake Coordinator position and a Home Health Aide. In my free time you will find me at Jefferson Speedway, kayaking, hiking with my 2 dogs, at a country concert or Brewers Game. My Goal this summer is to see as many waterfalls in Wisconsin as I can.

-Amber F. - Intake Coordinator/HHA



I have been working as an Intake Coordinator with Transitions for the past year. Before joining the team at Transitions, I spent many years working in long term care and rehab. In my free time you can find me soaking up the sun with my two sons Bradley (13) and Luke (3). We love finding new beaches to explore and look for sea glass. If we aren't digging in the sand we're hanging out with family or relaxing at home with our cat Teddy.

- Samantha P. - Intake Coordinator/CNA

ONLINE REVIEWS

We have used Transitions at home for both PT and Respite. A big shout out to Dan for helping with Bob getting back to his normal and to Savannah for being so kind and helping out when I need a break as Bobs full time caregiver.
- Robert K.

I can't say enough about the help I received from Kim and the staff of Transitions at Home. I was lost as to how to deal with taking care of my dad. Kim came in and was so kind and understanding of our needs. She kept me from being completely overwhelmed. She provided direction on medical care and she immediately

got his medication situation under control. She provided tips and we made adjustments to respect my dad's request to stay in his home. We also were fortunate to have Dalina patiently dealing with my dad who was very resistant to having help. Finally we had great care and information from the medical side. They were very kind and efficient in providing some exercises to make dad more comfortable. My experience with the Transitions team make me confident that when I need help myself I will contact them for assistance. A fist rate organization on all fronts. Kim, you are an amazing woman
- Barbera W.



Staff Birthdays

Connie S.	July 5th
Victoria R.	July 8th
Rebecca K.	July 9th
Samantha S.	July 15th
Jayne S.	July 27th
Barbara B.	July 28th
Jamie R.	August 2nd
Wendy P.	August 2nd
Sharon R.	August 14th
Kristie H.	August 18th
Amy Mc.	August 29th
Lori W.	August 30th

Staff Anniversary

Angela B. – PTA	7/2022 (1-year)
Jenna D. – COTA	7/2020 (3-years)
Amber F. – Intake Coordinator	7/2015 (8-Years)
Becky L. – PT	7/2022 (1-year)
Laura W. – HR/PR Manager	7/1992 (31-Years)
Lisa C. – NM Caregiver	8/2022 (1-year)
Cynthia G. – NM Caregiver	8/2020 (3-Years)
Dan G. – PTA	8/2017 (6-Years)
Paige P. - NM Caregiver	8/2022 (1-Year)
Wendy P. – NM Caregiver	8/2022 (1-Year)
Lori W. – Administrator	8/2017 (6-Years)

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

Jefferson Counties

Full-Time RN

Case Manager in Walworth, Rock, and Jefferson Counties

Part-Time COTA

in the Janesville area

Full-Time Physical Therapist

in Walworth, Rock, and Jefferson Counties

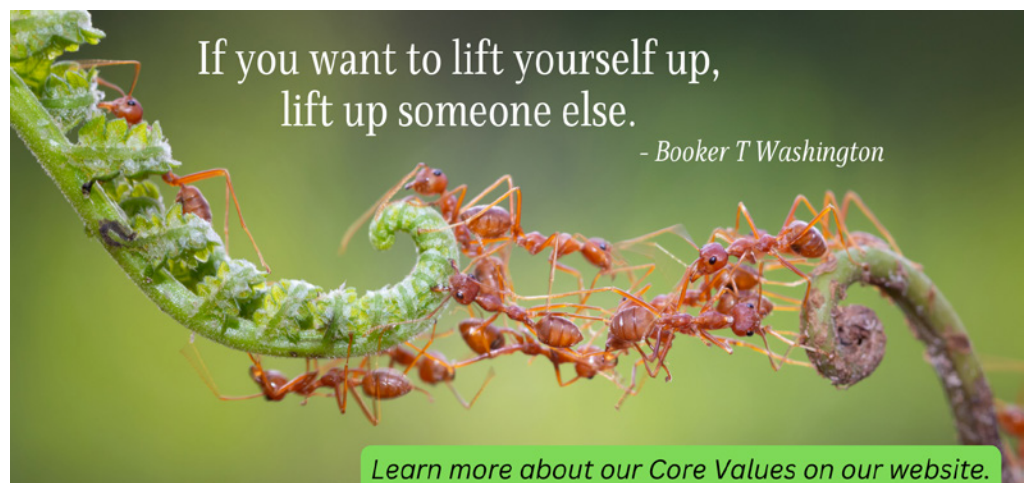
Full-Time

Occupational Therapist

in Walworth, Rock, and



Apply online at bit.ly/jobstah



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

- Booker T Washington

Learn more about our Core Values on our website.