



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

Staff Anniversary

Kim L. – NM Administrator
9/2018 (5Years)

Ashley W. – PT
9/2022 (1Year)

Jenna W. – NM Caregiver
9/2022 (1Year)

Jamie S. – RN
9/2018 (5Years)

Barbara B. – NM Caregiver
10/2022 (1Year)

MaryBeth B. – OT
10/2019 (4Years)

Angie MC. – NM Caregiver
10/2018 (4Years)

Connie S. – NM Caregiver
10/2018 (4Years)



Together, we can end
Alzheimer's disease.
alz.org/walk



We have a team participating in the Alzheimer's Walk Saturday September 16th, and are making special Transitions shirts. We would like to welcome anyone to walk with us for this cause! Please contact Lori at 262-723-2700 for more information.

September is World Alzheimer's Month

More than 50% of our non-medical Clients are living with some form of memory loss. Transitions is a great alternative to placement, offering anywhere from one to 24-hour service. We are here to help! Our Caregivers are experienced in caring for individuals with memory impairment.

As outlined in the Alzheimer Report 2019, many people still wrongly believe that dementia is a part of normal ageing. This alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia.

With the number of people living with dementia set to almost triple by 2050, it has never been more important to recognize the risk factors associated with dementia and take proactive steps towards risk reduction." If you have not already done so, be sure to discuss it with your physician. Source: alzint.org

CMS REVIEWS

Therapist Becky did a great job! – Curtis H.

Thank Dan , my therapist. He was great. I had no problem with the agency - nurses or whoever I saw. – Caroline W.

Thank you to all in this program. Everyone was wonderful and sweet and kind. Such a big help. I feel great because of all your T.L.C. – Carol C.



TRANSITIONS AT HOME

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LORI WICKER,
ADMINISTRATOR



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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.

September is Healthy Aging Month

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others, like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and managing your health care. Small changes in each of these areas can go a long way to support healthy aging.

Here are 5 tips to help you stay active and stay motivated to exercise:

1. Find simple ways to make exercise fun
2. Find ways to fit exercise into your day.
3. Make exercise social like finding an exercise buddy.
4. Keep track of your progress
5. Reward yourself with a new book, a movie or even a massage.

Another way to support healthy aging is healthy eating! Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function. Your physician can suggest dietary guidelines for you that I am sure would include lots of

fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.

Join us in making September a month to focus on ourselves and try to live a healthier life style.



Staff Birthdays

Dan G.	9/28
Paige P.	9/28
Briana R.	10/5
Maggie Z.	10/13
Deniel R.	10/30

What does it mean to AGE IN PLACE?

To most, it means remaining in our own, familiar home as long as possible. Sometimes provisions and accommodations can be made so that it remains a safe environment.

According to the National Institute on Aging (www.nia.nih.gov) the biggest areas of concern are:

- Personal cares (bathing/dressing/grooming, etc.)
- Household chores (linens, laundry, housekeeping, etc.)
- Meals (prepping, purchasing groceries, etc.)
- Healthcare issues (appointments, medication reminders, etc.)
- Transportation
- Finding activities and staying connected to friends and family
- Safety (food safety, minimizing falls, etc.)
- Housing concerns (safety measures in place at home)
- Help during the day

We can help! These are all tasks our talented, compassionate Caregivers can perform, in your home! Give us a call at 262-723-2700 for a free in-home, no-obligation assessment!

ALZHEIMER'S WALK SAT, SEPT 16 IN LAKE GENEVA

Scan the QR for Walk details and to join the Transitions At Home team or donate to our team. Help support this worthy cause!



TRANSITIONS
AT HOME

WALK TO
END
ALZHEIMER'S