

The Holton News

— MANOR

SEPTEMBER
2023

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

Staff Anniversaries

Denia G	9-7-2022
Wendy H	9-7-2016
Magdalena B.	9-22-2022
Jamie T	9-26-2018
Sarah B	9-28-2022
Kimberly G	9-28-2022
Ariana H	9-30-2022
Kailey R	9-30-2020



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videos
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Holton

— MANOR

645 N. Church Street, Elkhorn, WI 53121
262.723.4963

Jess Kuhart, Administrator
Jody Welch, Business Office Mgr.
Rachel Quintero, Activities

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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



Facility News

Pictured left:
Happy 50th Anniversary
Dick and Kay!

Pictured below:
Happy 69th Anniversary
Vern and Shirley!



Therapy Success Story Barbara G.

In May, I fell and had a brain bleed requiring surgery. After days/weeks in the hospital I lost all my independence, requiring me to transition to a SNF for continued care. I was transitioned to Holton Manor to continue my rehabilitation which therapy worked diligently with me to regain my strength and independence. I went from needing total assistance with cares to OT teaching me how to use assistive devices and now am able to dress myself. I went from a hooyer to a FWW and now one assist with a 4WW and walking over 200'. I am extremely satisfied with the care I received at Holton Manor from the therapy department to nursing, the kitchen and housekeeping departments, they are all excellent!

Six Strategies to Live a Heart-Healthy Lifestyle



Learn Your Health History:

Know your risks and talk to your family and doctor about your health history and preventative care.



Eat a Healthy Diet:

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less saturated fat, salt, and added sugar.



Move More, Sit Less:

Try to get at least 150 minutes of moderate intensity activity such as brisk walking each week.



Quit Smoking:

Call 1-800-QUIT-NOW for free help and take the first step on your journey to quit.



Take Medicines as Directed:

Know what each medication is for and never stop taking your medicine without talking to your doctor, nurse, or pharmacist.



Choose Your Drinks Wisely:

Substitute water for sugary drinks to reduce calories. Avoid or limit alcohol.

Be sure to consult your physician before making any changes to your daily routine or lifestyle. Learn more about keeping your heart healthy by visiting: www.cdc.gov/heartdisease/prevention.htm

Embracing Wellness & Vitality

Healthy Aging Month serves as an opportunity to raise awareness about the importance of healthy lifestyle choices and preventive measures that contribute to a fulfilling and vibrant life for seniors.

Promoting Physical Well-Being: Healthy Aging Month focuses on encouraging seniors to prioritize their physical health. Engaging in regular exercise, such as walking or light strength training, helps maintain muscle mass, flexibility, and cardiovascular health. Seniors are also encouraged to maintain a balanced and nutritious diet to support overall well-being to prevent chronic health conditions. Proper nutrition and exercise are vital factors that can enhance energy levels, mobility, and overall quality of life as individuals age.

Embracing Mental and Emotional Health: Mental and emotional well-being are equally essential aspects of healthy aging. Engaging in cognitive activities, such as puzzles, reading, or learning new skills, helps keep the mind sharp and active. Participating in social activities, staying connected with loved ones, and joining community groups can combat feelings of isolation and loneliness.

Preventive Healthcare and Lifelong Learning: Healthy Aging Month also emphasizes the significance of preventive healthcare measures and lifelong learning. Regular health check-ups, screenings, and

immunizations help detect and address potential health issues early on. Embracing a proactive approach to health empowers seniors to make informed decisions and take control of their well-being.



JOB POSTINGS

• DIETARY

- Cooks AM and PM
- Dietary Aide

• NURSING

- RNs/LPNs: FT 2nd and 3rd shift. Weekends 1st and 2nd shift.
- CNAs FT, PT, Weekends 2nd and 3rd shift

• VAN DRIVER

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SUPPORT YOUR LOCAL ALZHEIMER'S WALK

You can support Alzheimer's research by joining a team and walking or donating to a team. Support a great cause! Scan the QR to find a walk or team near you.

