



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

Staff Birthdays

Maurica M.	9/4
Danielle F.	9/3
Julie L.	9/10
Laura W.	9/28
Laura C.	10/4
Brenda S.	10/11
Gwen V.	10/21
Laurie Y.	10/30

WELCOME TO OUR TEAM!



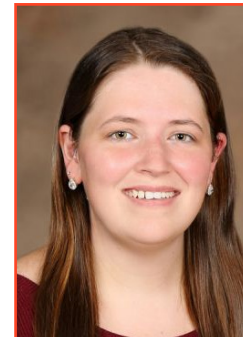
We are pleased to welcome our new team members to our Transitions at Home Spooner office!



Elizabeth 'Liz' S. –
RN Clinical Manager



Adam K. - PTA



Courtney D. – OT



Adre'Anna P. - Intake
Coordinator/Non-
Medical Lead

Staff Anniversaries

Char D., RN Clinical Manager	9/2021 (2Years)
Laura C., AP Coordinator	9/2016 (7 Years)
Jamie M., Director of Operations	10/2011 (12 Years)

Transitions at Home – Spooner Branch: We are expanding!



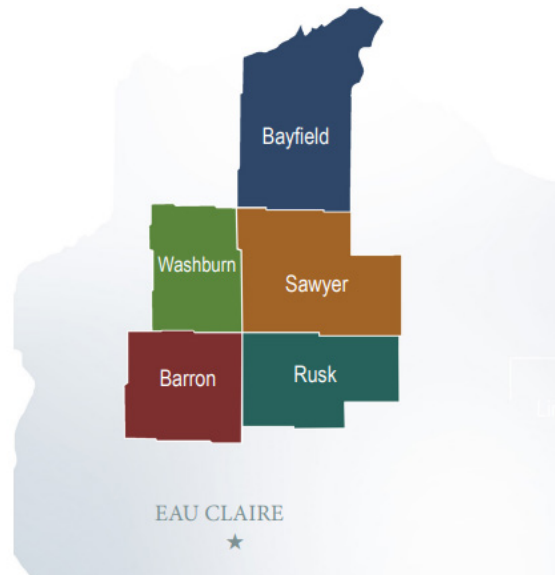
TRANSITIONS AT HOME

4949 KIRSCHLING COURT SUITE 2
STEVENS POINT, WI 54481
715-544-2322 OFFICE
715-544-6398 FAX
MAURICA MASIAS,
ADMINISTRATOR- CENTRAL
NICOLE DANGER,
ADMINISTRATOR- SPOONER

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.



In northwestern Wisconsin, we are excited to announce that we have recently expanded and are now serving **Bayfield**, **Barron**, **Rusk**, **Sawyer**, and **Washburn** counties.

Transitions at Home Central will have a Team participating in the Alzheimer's Walk again this year on Saturday September 16th! If you're interested in joining our Team, feel free to contact Maurica at 715-544-2322



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



Washburn County Caregiver Conference

Join us at 850 West Beaverbrook Avenue
Spooner, WI 54801

Wednesday, September 13 • 9:30am - 3:30pm

Washburn County is inviting you to attend their inaugural Washburn County Caregiver Conference. This day will be filled with amazing speakers, resources for caregivers, and other fun activities. Registration is required as this event is limited to 75 participants. Please call (715) 635-4460 to register.

Breakfast, snacks, and lunch will be provided. There is no fee to attend this conference, but donations will be accepted to defer costs of the conference.

There will be a variety of speakers including David Flood, an award-winning motivational speaker and Annie Heathcote, Ms. Wheelchair Wisconsin America 2023. There will also be a variety of vendors present.

We look forward to seeing you all on September 13th! Please contact Patryce at (715) 635-4477 for more information.

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.



CMS REVIEWS

I live alone and had a hard time adjusting to people doing things for me. But it's getting better – Irene P.

*Fantastic ladies.
– Susan T.*

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ALZHEIMER'S WALK SAT, SEPT 16 IN STEVENS POINT

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

