



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

WELCOME TO OUR TEAM!

We would like to introduce Josh! Josh has been one of our Caregivers but has recently accepted the Non-Medical Team Lead position.

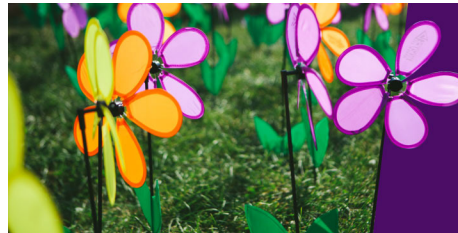


My name is Josh, and I am the new Lead Caregiver for Non-medical Home Care with Transitions at Home West. I was born and raised in Appleton, WI. I attended college at the University of Wisconsin – La Crosse and graduated in 2015 with a bachelor’s degree. I also attended Western Technical College and earned a degree as a Physical Therapist Assistant. I began my healthcare career working as a caregiver in memory care and other assisted living facilities in the La Crosse area. I enjoy working with the elderly community doing both home health as well as rehabilitation. My fiancé and I moved to Madison, WI in 2020. While in Madison, I began working in private home health and eventually found Transitions at Home, where I have worked as a caregiver since early 2022. In my free time I enjoy golfing, camping, fishing, skiing, and spending time with friends and family.

Staff Anniversary

Jack P. – OT

9/2019 (4Years)



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



Transitions will have a Team participating in the Alzheimer's Walk this year on Sunday October 1st! If you're interested in joining our Team, feel free to contact Jacob at 608-437-5515

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



TRANSITIONS AT HOME

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JAKE RATHKE,
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.

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 608-437-5515 for a free in-home, no-obligation assessment!

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.



ALZHEIMER'S WALK SUN, OCT 1 IN MADISON

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

