

# The Holton News

— MANOR

FEBRUARY  
2024

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

## Activity Highlights

Valentine's Day

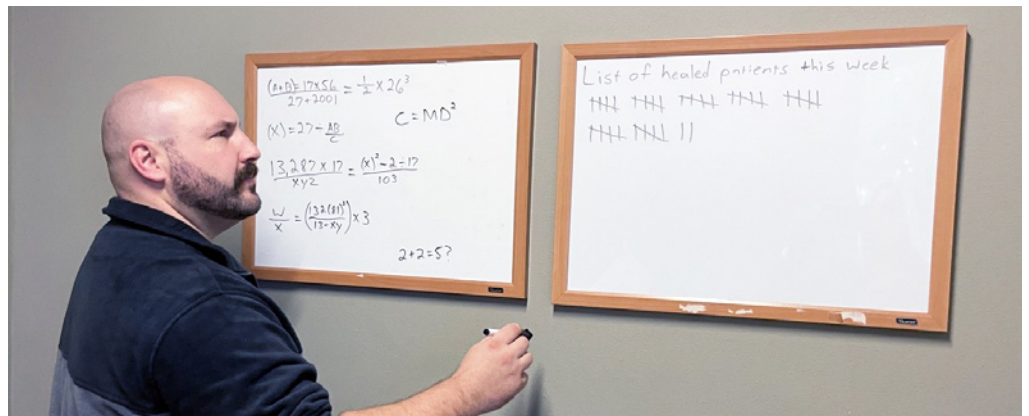
Wednesday,

February 14th

Music and Valentines  
with Susan at 1:30

Where: Activity Center

## Meet Our Rehab Director



Meet Josh! Josh is a Physical Therapist Assistant and the Director of Rehab at Holton Manor. He has been healing for 8 years. You have heard of the Man, the Myth, the Legend? Well he isn't that, but he comes in a close second, as he strives for excellence out of himself, his team, and his patients. Just because he expects perfection does NOT mean you aren't going to have a great time down in Therapy with this guy!



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for fun  
video  
content  
and pics!

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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

 Like Us On Facebook

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

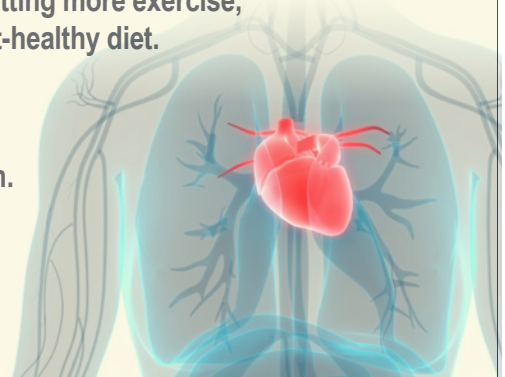
WE ACCEPT CREDIT CARDS

## Help Heal Your Heart with the Cardiac Rehab

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

### Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease. *Source: cdc.gov*



## Staff Anniversaries

Aimee T	2/19/2014
Thomas K	2/4/2018
Sarah M	2/10/2021
Scott	2/17/2021
Riley V	2/19/2021
Cammer G	2/18/2022

## Job Openings

### PRN OT

#### Nurses:

- Part Time and Casual 2nd
- Part Time 3rd

#### CNAs:

- Full Time 1st and 2nd shifts
- PT and Casual 3rd

#### Dietary

- PM Cook every other weekend and one day during the week.

Apply online at our website.

## The Joys of Send a Card to a Friend

There is something special about receiving a greeting card. They are thoughtful keepsakes of the relationships in your life. There may be no better way to let a loved one know how much they mean to you or that you're thinking about them than by sending a card.



# Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

<b>CANDY</b>	<b>GROUNDHOG</b>	<b>MITTENS</b>	<b>SWEET</b>
<b>CHOCOLATE</b>	<b>HEART</b>	<b>PINK</b>	<b>VALENTINE</b>
<b>FEBRUARY</b>	<b>JEWELRY</b>	<b>RED</b>	<b>WHITE</b>
<b>FLOWERS</b>	<b>LOVE</b>	<b>ROSES</b>	<b>WINTER</b>

S P V X T G G Q  
 T Y C W K V O O E L W T  
 U C G Y V Z H O C C M L L I D P  
 A E D D O F X Z Q U A V H I R B N U O A  
 E O P G R E D L T A W I M O P Z P T I S K R  
 N W H I T E K T F O S R C V C D M R E N W L U Y  
 L V S M F J R K F V W G D H O T V W R I E J N N  
 Z R D B F F P M I T T E N S L W M U S Y E U W U  
 K S R A F T K I R B F E R H A I C F O M T A O G  
 L V A L E N T I N E E W N S T D D H U B J S Z L  
 V N A S K A V E K K T Z N B E S L M P C L Y P Y  
 B D W B D A R F R L K G V K A I E F G I E W  
 X V O U K C S A Y O U D Q G R O U N D H O G  
 C M Y C Q E V I V S O G D B A D S H R K  
 E J G H G J Z E V E Q Y V V J F A U  
 Q P T N D N R S S S F S D O X Y  
 L S F R Q K F A X S X H Y R  
 Y L Q C A N D Y Z Q R A  
 M L C Y P Q D Y L U  
 R C U J O Z E R  
 S U D W W B  
 T K E E  
 J F

Do you know someone who'd be a good addition to our team?

We're hiring! Visit the Careers page on our website or scan the QR code.

