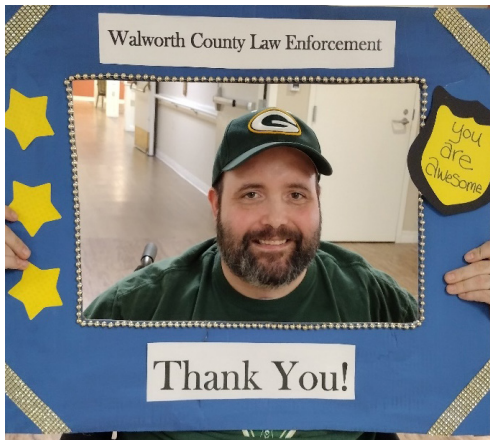


The Holton News

— MANOR

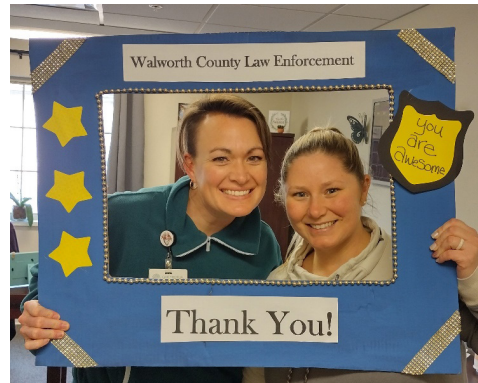
MARCH
2024

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



Facility news

Thank you to our Walworth County Law Enforcement!



Join us on
Facebook
for fun
video
content
and pics!

Like / Share / Follow

Highlights!

Thank you to everyone who participated in our Bake Sale and Grilled Cheese Day! We are very thankful to have made our goal of purchasing a new TV for the Activity Center!



Welcome Back to our University Whitewater
Wisconsin Students/Volunteers!

Holton

— MANOR

645 N. Church Street, Elkhorn, WI 53121
262.723.4963

Alyssa Sarasin, 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

Activity Highlights

March 6th at 10:30 a.m. - Join us for singing with Silver Tones

March 7th at 10:00 – Join us for Catholic Service with Father Jose

March 17th Celebrate St Patrick's Day

March 18th at 1:30 p.m. - Join us for Elvis!

March 31st at 1:30 p.m. – Easter Activity (More to Come...)

Staff Anniversaries

Tessa B.	3/27/23
Angelia B.	3/22/23
Melissa G.	3/23/23
Miguel H.	3/14/23
Sarah K.	3/8/2017
Sophia K.	3/30/22
Kimberly M.	3/1/23
Onergis M.	3/1/22
Karla M.	3/20/23
Aiden M.	3/30/22
Candice P.	3/19/2018
Kathryn S.	3/7/22
Nicole T.	3/24/2021
Megan W.	3/28/2019



Healthy Eating Habits

It can sometimes feel as if we're bombarded with information about the latest diet trend or buzzworthy ingredient, but the key element to establishing healthy eating habits is by being a mindful eater, which includes making healthy food choices, keeping track of portions, and limiting sugary treats.

Healthy eating habits are easier to maintain with a well-rounded diet, and it's easier to do than you may think. In fact, living a nutritious lifestyle can be easy and fun. Nutrition is about more than vitamins—it also includes fiber and healthy fats.

Add healthy fats. Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Limit foods with trans fats, which increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.

Cut the sodium. Good nutrition is about balance, and that means not getting too much of certain ingredients, such as sodium (salt). Sodium increases blood pressure, which raises the risk for heart disease and stroke.

Bump up your fiber. Fiber in your diet not only keeps you regular, it also helps you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber.

Aim for a variety of colors on your plate. Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.

Be sure to consult with your physician or dietician before making any changes to your diet to know what foods, portions, and choices are right for you.

Source: [cdc.gov](https://www.cdc.gov)

Job Openings

PRN OT

Nurses:

- Casual every other weekend 1st and 2nd shift
- PT 3rd shift

CNAs:

- 1st shift- PT, Casual every other weekend
- 2nd shift- FT
- 3rd shift- PT

Dietary

- Cook PM
- Dietary Aide- AM

Apply online at our website.

Success Story

"There is a reason why I give them 5 stars... we have two family members in this facility. They truly care. I cannot say enough how much of a blessing they have been in our time of need". Melissa

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.

