

The Geneva Lake News

MANOR

APRIL
2024

Skilled Nursing • Respite Care • Rehabilitation Services

Healthy Ways to Cope with Stress

Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient.

Here are some healthy ways to deal with stress:



- Take breaks from watching, reading, or listening to the news, including stories on social media. Consider limiting news and disconnecting from your phone, TV, and computer/tablet screens for a while each day.
- Try to eat healthy, well-balanced meals.
- Exercise regularly; walk, stretch, dance are low-impact options.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use. These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- Continue with routine preventive measures as recommended by your healthcare provider.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others: host an afternoon game get together, movie night, or book club
- Talk with people you trust about your concerns and how you are feeling.
- Engage in mentally healthy activities, such as meditation, affirmations, or music therapy.
- Recognize when you need more help. Considering reaching out to a psychologist, social worker, or professional counselor, physician, or pastor.
- Connect with your community- or faith-based organizations.
- Connect with family and friends who may live far away via phone, text, video chat, or by mail.
- Take care of your body
- Take deep breaths, stretch, or meditate

Geneva Lake
MANOR

211 South Curtis Street
Lake Geneva, WI 53147
262.248.3145

Carmen Clark, Interim Administrator
Teri Russo, Business Office Manager
Nicole Weber, 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.

GenevaLakeManor.org

WE ACCEPT CREDIT CARDS

No visitation restrictions currently. Please refrain from visiting if you are not feeling well.

Activity Highlights

April 4 – 1 PM – 3 PM
Cycling Without Age

April 9 – 2:30 PM
Music by Ed Kobesko

April 18 – 2:30 PM
Music by Elvis

Facility News

Please let staff know when bringing in items for your loved one so we can make sure they are labeled appropriately and update their inventory log. Thank you!

Has a staff member gone above and beyond, and you would like to recognize them? Please stop by Ann in the front office to fill out a form.



Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents & Staff

4/3	Jenna O.
4/4	Dani B.
4/5	Jazmine K.
4/5	Joseph L.
4/8	Bryce A.
4/13	Lauryn M.
4/17	Carole G.
4/19	David J.
4/21	Daniela M.
4/24	Ila Cates

Staff Anniversaries

38 Years	Donna K.
11 Years	Teri R.
3 Years	Jazmine K.
1 Year	Daniela M.

WISH List: We are in need of non-swivel, non-rocking recliners for our residents. If you have one you would like to donate please contact Ann in the front office.

Now Hiring

CNAs – FT/PT
RN/LPNs – FT/PT
Occupational Therapist
Speech Language Pathologist
Activity Assistant
Apply online at our website.

Newsletter Production by PorterOneDesign.com



18 Reasons to Volunteer

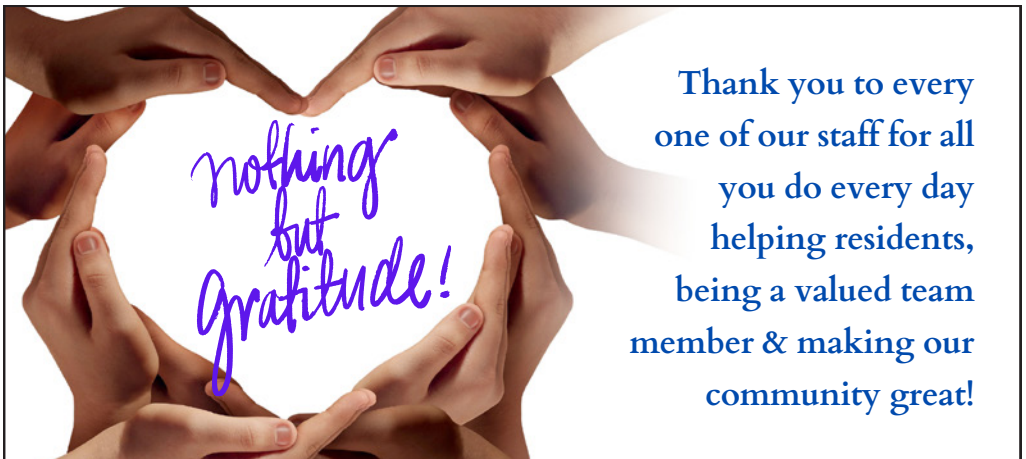
April 21-27, 2024 is National Volunteer Week. As a non-profit, we are always appreciative when people volunteer to help out, or donate with items or financial support to benefit our residents.

Have you thought about the benefits of volunteering? Consider these 18 reasons to volunteer:

1. To make new friends
2. To build personal and professional contacts
3. To build your self-esteem and self-confidence
4. To develop new skills
5. To make a difference in the world
6. To increase personal satisfaction
7. To add experience to your resume

8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share your skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

If you are interested in making a resident's day and helping out in our facility, please call us. We'd love to hear from you. Whether it's a couple hours a week or more often, the reward is friendship, fun and lots of smiles.



Thank you to every one of our staff for all you do every day helping residents, being a valued team member & making our community great!