

# The Holton News

## — MANOR

APRIL  
2024

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

## They're Back! Cycling Without Age

April 17th from 1-3 p.m.



## Letter from the Administrator

Hi everyone! Spring is finally here, and we are so excited to start doing more activities outside. With the change of season many people are bringing in new clothing items for loved ones. When bringing in new items please ensure the items are or get labeled. If an item happens to go missing, please fill out a grievance form with a description of the item(s). It is much easier to locate and return items to the appropriate person if they are labeled and we have a description of the item (size, color, design, brand, etc).

If you have stopped in recently, you may have seen the new recognition forms near the front desk. When you're in, if you notice a staff member who deserves special recognition for the care/services they have provided please grab a form, fill it out, and return it to the basket so we can share their compliment and get them their treat!

## Indulge in Self-Care to Reduce Stress

Stress Awareness Month in April reminds us to manage stress for our overall well-being. One of the best ways to reduce the effects of stress is to engage in self-care.

**Physical:** Exercise, eat well, sleep enough, and practice hygiene.

• **Relaxation:** Take breaks, and enjoy hobbies, leisure activities, and time in nature.

• **Emotional:** Journaling, mindfulness, and setting healthy boundaries.

• **Intellectual:** Read, learn new things, engage in creativity.

• **Social:** Spend time with loved ones, join groups, and make social plans.

• **Spiritual:** Practice gratitude, engage in spiritual activities, and connect with nature.



# 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

## Online Review for Reprint

*"I cannot begin to express my profound appreciation for the team at Holton Manor. Caring for an aging parent from a distance is really hard. Period. Holton Manor made things 100 percent easier because they communicated so openly with me and really helped mom to meet her goals to regain independence post-stroke through their attentive care and rehabilitation. I am a nurse and used to work in long-term care, which makes me a tough customer. The team at Holton Manor certainly passed my test and I would strongly recommend them to any friend or member of my family." – Melanie K.*

## Staff Anniversaries

Kaylin B	4/7/2023
Noah B	4/20/2023
Lisa F	4/8/2013
Kristian H	4/10/2023
Elizabeth L	4/18/2022



## Job Openings

FT PT

FT or PRN OT

**Nurses:**

- Casual 1st Shift
- Part Time 2nd Full Time
- Full Time or Part Time 3rd shift

**CNAs:**

- Casual and PT 1st Shift
- 2 Full Time 2nd Shift
- 2 Part Time & Casual 3rd Shift
- Activities - Casual 16 hours a week 1st Shift

**Apply online at our website.**

## 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.

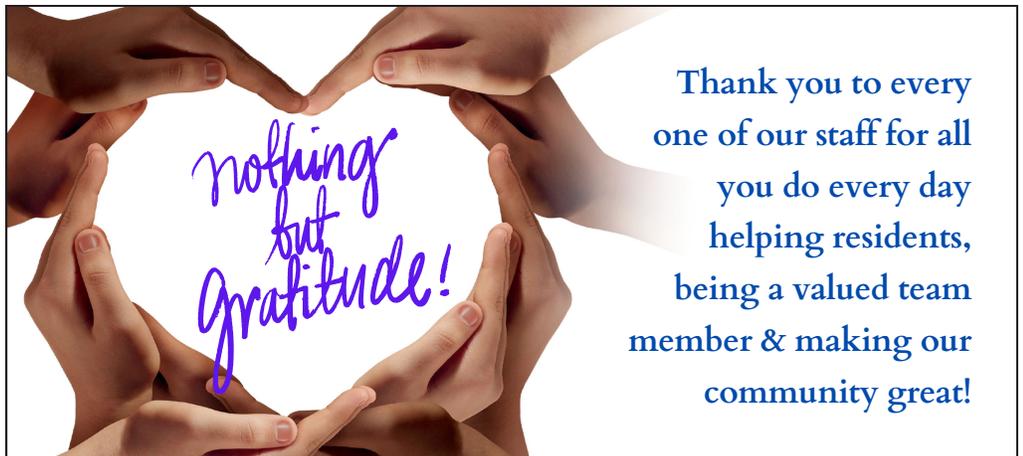
## Activity Events

Join us for daily activities including Bingo, Cards, Board Games, Crafting, Puzzles, Special Events and so much more! View our Activity Calendar, fun videos, and pics on FB and TikTok!



**Join us on Facebook for fun video content and pics!**

**Like / Share / Follow**



**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!**