



The Holton News

— MANOR

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



Staff Anniversaries

Tessa B.	3/27/2023
Angel B.	3/22/2023
Christina B.	3/14/2024
Elizabeth G.	3/25/2024
Sarah K.	3/8/2017
Sophia	3/20/2022
Mariah K.	3/13/2024
Kim M.	3/1/2023
Gabriela M.	3/14/2024
Isabela M.	3/14/2024
Onergis M.	3/1/2022
Karla M.	3/20/2023
Candice P.	3/19/2018
Kathryn S.	3/7/2022
Nicole T.	3/24/2021

Online reviews

5 stars

"I went to Holton Manor following hip replacement surgery for water therapy in their rehabilitation

department where I worked in a pool with physical therapists for several months strengthening my leg. They worked wonders. The therapists were excellent... caring and professional, They kept me busy in the pool and after a few months I was walking with less pain. I will forever be grateful for their care".

-Leina via GOOGLE

Job Openings

Dietary-

- 1st and 2nd

Cooks-

- FT 1st and 2nd shift

Nurses and CNA's

- 1st, 2nd, and 3rd shift

PRN or Part Time COTA/OT

PRN Speech Therapist

Apply online at our website.

Activity Events

Lutheran Services
3rd Wednesday of the Month at 10:30

St Patrick's Catholic
Mass 1st Thursday of the Month at 10:00



Rosary Prayer every
Saturday at 10:00



Bingo Every Sunday
and Friday at 1:00



Willy Wonka Movie
and Fun – Tuesday
March 4th at 1:00



St Patrick's Day
Monday March 17th
(More to come)



Holton

— MANOR

645 N. Church Street, Elkhorn, WI 53121
262.723.4963

Alyssa Sarasin, Administrator
Jody Welch, Business Office Mgr.
Rachel Quintero, Activities

f 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

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!








Like / Share / Follow

Upcoming Events

- Please join us for our Family Council meeting on March 5th at 5pm. We will be holding these meetings the first Wednesday of every month at 5pm in the Chapel.

Tips for Better Sleep

Healthy sleep habits play a vital role in physical, mental, and emotional well-being. Sleep-related difficulties are common, making it important to practice good sleep habits, such as:

- **Soaking up morning sunlight** to boost melatonin levels, a hormone essential for sleep. 
- **Maintaining a consistent sleep schedule** by going to bed and waking up at the same time every day, including weekends. 
- **Winding down with a book or a soothing bath.** 
- **Creating a sleep-friendly environment**—keep your bedroom quiet, dark, relaxing, and at a comfortable temperature. 
- **Removing electronic devices** like TVs, computers, and smartphones from the bedroom. 
- **Avoiding large meals, caffeine, and alcohol** before bedtime. 
- **Staying active throughout the day**, as regular movement can help you fall asleep more easily at night. 

If you experience ongoing sleep difficulties that affect how you feel or function during the day, consult your physician. Keeping a sleep journal for at least ten days can provide helpful insights for your visit. In your sleep journal, track:

- When you go to bed.
- When you fall asleep.
- When you wake up.
- When you get out of bed.
- Any naps taken.

Source: cdc.gov



Lesser-Known Facts about St. Patrick's Day

There have been many legends attributed to St. Patrick throughout the centuries. St. Patrick's Day began as a Holy Day in the Catholic Church, but over the years this religious Catholic saint's day has turned into a more secular celebration of the upcoming spring.

Here are a few lesser-known facts about St. Patrick's Day:

- The original color associated with St. Patrick was blue. Green became popular because of Ireland's nickname, "The Emerald Isle," and the green in the Irish flag and landscape.
- March 17, the day of celebration, is the day of Patrick's death.
- St. Patrick, the patron saint of the Irish, was not from Ireland.
- Patrick was a missionary in Ireland during the 4th century.
- The shamrock, a symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate the Holy Trinity to the Irish.
- Finding a four-leaf clover was considered a sign of great luck in Irish folklore.

Over time it was merged with the use of shamrocks in St. Patrick's Day decor.

- The first St. Paddy's Day parade in America was in 1737, 40 years before the Revolutionary War.
- Since the early 60s, the city of Chicago has dyed the Chicago River green to celebrate. The dye is a vegetable-based coloring that lasts for about five hours.
- New York City hosts the largest St. Patrick's Day parade in the world.
- Until the 1970s, Irish laws mandated that pubs be closed on St. Patrick's Day, since it was a religious holiday. The law was later repealed to promote tourism.
- Astronauts have celebrated St. Patrick's Day on the ISS with specially prepared meals and green-tinted water.

So on March 17, wear something green, enjoy a green mocktail while you share these interesting facts with friends, and have fun "being Irish" for the day!



It's not Valentine's Day, but it's time to show our Administrators some love!

Long-Term Care Administrators are the soul of our senior care communities, leading with dedication and compassion while creating warm, caring and safe homes for seniors.

This March, join us in celebrating them. Share a smile, a kind word of encouragement or a simple "thank you" and let's make their day.