

# The Holton News

MANOR

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



Julia A. 7/10/2024

Kim G. 7/10/2023

Marsha G. 7/23/2024

Vickie S. 7/03/2013

Josh S. 7/22/2015

Kathy S. 7/27/2023

#### **Photo Highlights**

New Core Value and Nurse Raffle Basket Winners! Well done everyone!



Nursing Raffle Basket Winner – Fran! Congratulations Fran! Great Job!



Congratulations to Marsha, Activity
Assistant, who was chosen as a Core
Value Winner for "Do the right thing"!
Marsha has been on our team for almost
a year and has been such a positive
addition to our team. Thank you for all
you do!

## 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

## Family Council Schedule:

Wed July 23rd 5pm Weg Aug 13th 5pm Wed Sept 24th 5pm

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



Congratulations to Lisa, CNA and Mentor who was chosen as a Core Value Winner for "Coach, Guide, and Lead". We are grateful to have her on our team and appreciate her positive attitude and willingness to mentor our new staff! Great Job Lisa!

value
your
feedback!
Scan
the QR
code to
leave us
a quick Google review and
let us know how we did."

Share / Review

#### **Activity Events**

Cycling Without Age Wednesday 7/16 at 1:00

#### **Job Openings**

AM and PM Cook
AM Dietary Aides
Nurses and CNA's

Nurses Full Time,
Part Time, Casual
CNA's Full Time,
Part Time, Casual
Apply online at our website.

#### **Testimonial**

"My dad was checked into Holton Manor after a fall. He was here for a few weeks, and the staff took great care of him and made sure he felt at home. We had no complaints at all. Thank you, Candy, Megan, John and all other staff members that treated my dad with respect and kindness, while he was recovering". Troy

 $New sletter\ Production\ by\ Porter One Design. com$ 

#### A Medal of Honor for Holton Manor



Something truly special has happened here at Holton Manor. It began with a quiet but powerful commitment shared across our team:

Let's be the best we can be — not for recognition, but because our residents deserve the highest standard of care. From nursing and therapy to dining, maintenance, housekeeping and administrative, everyone pulled together with one shared mission: continuous improvement, every day.

This spring Holton Manor was honored as a recipient of the Bronze National Quality Award from the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). This isn't just an award — it reflects months of preparation, deep

collaboration, and a heartfelt dedication to those we serve. The rigorous application and review process by national examiners rates everything we do against high national standards.

Through this process, we took a close look at what we do well and where we can grow. It gave our team tools to measure progress, track outcomes, and work smarter together. But what really drives us? The trust placed in us by our residents and their families — that's what keeps us going.

This award means Holton Manor now stands among the top facilities nationwide for quality care. And we're just getting started. The Silver Award is in our sights!

So if you pass one of our amazing staff in the hall, share a smile or a word of congratulations. This honor belongs to all of us — everyone who makes Holton Manor the caring, connected home it is with a reputation for excellence in therapy and senior care.

# Protecting Your Skin: UV Safety Awareness

July is UV Safety Awareness Month, a timely reminder for adults, especially seniors, to take steps to protect their skin from the harmful effects of ultraviolet (UV) radiation.

As we age, our skin becomes thinner and less resilient, making it more susceptible to damage from sun exposure.

#### Seniors are at a higher risk for:

- Skin cancer
- Sunburn
- Age spots and wrinkles
- Delayed healing of sun-damaged skin

Protecting your skin doesn't mean avoiding the outdoors—it means enjoying it safely.

### Here are some practical ways to stay protected from UV rays this summer:

Choose a SPF 30+ sunscreen daily, reapplying every two hours or after swimming and keep it in easy-to-reach spots to encourage

daily use.

- Wear lightweight, long-sleeved clothing with SPF fabric, wide-brimmed hats, and UV-blocking sunglasses can shield your skin and eyes.
- Avoid peak sun hours and if you must be outdoors, try to stay in the shade between 10 a.m. and 4 p.m., when UV rays are strongest.
- Proper hydration helps maintain skin elasticity and overall health.
- Do monthly skin checks by look for new or changing spots, and see a dermatologist annually for a full-body skin check.
- Check the UV Index daily using a weather app—it helps you plan safer outdoor time.

UV Safety Awareness Month is a thoughtful reminder to care for ourselves and those we love. With a few simple precautions, you can enjoy the sunshine while keeping your skin safe, healthy, and radiant at any age.