



The Holton News

— MANOR

SEPTEMBER
2025

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



Staff Anniversaries

Wendy H	9/7/16
Alyssa S	9/13/16
Kailey R	9/30/20
Sarah B	9/28/22
Edgar O	9/21/23
Rachel V	9/28/23
Anahi F	9/23/24

From the Administrators Desk!

Summer is winding down and we had a blast this year! We enjoyed hanging out on our new patio extension, cycling without age, trips to the Lake Geneva Zoo Safari, Walworth County Fair, and so much more! We are now prepping for fall and the holiday seasons. Our annual Fall Fest is coming up and we can't wait to have everyone come out to enjoy live music, a raffle with great prizes, craft and bake sale, and of course our chili cook off. This fall we will also host a booth at Elkhorn's Oktoberfest (Oct 18th). Stop by to say hi and grab some goodies! We have a busy few months with activities and events and we would love to get your feedback at our monthly family council meetings.

I am also pleased to share that I was selected to participate in the 2025/2026 Future Leaders of Long-Term Care program hosted by the American Healthcare Association/ National Centers for Assisted Living. I will participate in a 3-day training session in Washington DC Sept 16th-18th and can't wait to share all that I learn with our team!

Family Council Schedule:

Wed., Sept. 24th at 5pm

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



Casino Day Photos



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!

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



Job Openings

Activity Aide

P.M. and weekends

Dietary

PM Cook every other weekend

Nursing-

CNAs- All shifts

Nurses- All shifts

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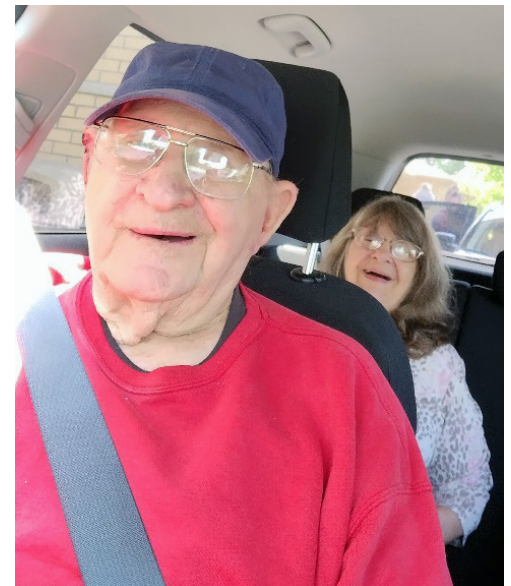
"Holton Manor really is a step above the rest. They really care about their residents and employees. They are continuously striving to be the best place for residents to live and employees to work. They are always doing fun special things to make the employees feel appreciated. The activity department has fun interactive activities, outings, and events for the residents. The building is very well kept, clean, and decorated with residents art work and for the holidays/ special occasions. Management is very caring and supportive. Everyone is always willing to lend a helping hand. They have a home like setting and are pet friendly. This is the best place to be". – Cory B.

Newsletter Production by PorterOneDesign.com

Activity Events: Join us for Fall Fest Saturday, October 4th at 1:00pm



Zoo Safari Photos



Simple Habits for a Healthier You

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways

You Enjoy – Exercise doesn't

have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your

Brain – A colorful plate isn't just pretty—it's powerful.

Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind – Lifelong

learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key –

Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment. Be sure to consult

with your physician before making any changes to diet or exercise to know what is right for you.