

The Holton News

— MANOR

MAY
2022

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

Job Postings

Nursing-

Full Time 2nd Shift Nurse
for Sub-Acute unit

CNAs-

Full Time, Part Time, Casual
Weekends 1st, 2nd, and 3rd shifts

Full Time Housekeeper

Success Story

I was extremely happy with the facility as a whole. The staff was very patient and helpful. The building was very clean. I observed that they were just as helpful to everyone not only me. There was a good variety of food for each meal so you could pick something you like. I had therapy the people involved there were great. When I got ready to go home I felt very safe to do so.

THANK YOU HOLTON MANOR. D.D.

Holton

— MANOR

645 N. Church Street, Elkhorn, WI 53121
262.723.4963

Jess Kuhart, 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

Visitation Guidelines

Sign in / temp / screening / mask required

Dear Residents and Families,

As many restrictions for Covid have been lifted across most of the country we remain bound by guidance's from the CDC (Centers for Disease Control) and State Health Department. Our residents remain the most vulnerable population when it comes to Covid-19. It is because of this that we must continue to take precautions to protect them. Please remember when you visit, masks are still required inside of the facility. You are welcome to visit at any time, please just ensure that you are wearing a mask during your visit. Masks are required of all visitors despite vaccination status. Also, we do need all visitors to continue to check-in and screen for symptoms at our front desk prior to visiting. Not only does this allow us to determine if visitors are showing signs and symptoms of Covid-19, but it also helps us with contact tracing should we have a resident test positive for Covid. Lastly, we do need to try to keep movement in the facility at a minimum to the best of our ability to reduce the chances of transmission. With that being said, I want to remind you that visitors must visit in the resident's room only. If the weather is nice, you may have visits outside as well. There are also current guidelines from the Centers for Medicare and Medicaid that dictate surveillance testing

of our staff. Frequency of that testing is determined by the transmission rates in Walworth County and/or facility outbreak status. With that, I would like to touch quickly on outbreak status and what that entails in the facility.

An outbreak is still defined as ONE single staff or resident that tests positive for Covid. Once we have a sole case, we are in outbreak for 28 days (about 4 weeks). If a new positive result arises during those 28 days, we start the count to 28 days over. When a case is identified we may utilize contact tracing to determine testing, or we may have to perform facility wide testing (regardless of vaccination status). Keep in mind that all residents and their representatives will be informed of any new cases. Thankfully with the use of vaccinations and the emergence of weaker Covid variants, our residents have shown minimal to no symptoms at all. That is very encouraging!

Thank you all for your patience with Holton as we have navigated through Covid over the last two years. I can sincerely say that our residents and our families have been my heroes through this whole pandemic. Holton Manor is truly blessed.

Regards,

Jess Kuhart, RN, BSN, LNHA

Upcoming Event

Supply Drive for Open Arms Clinic In Elkhorn

Staff Anniversaries

Michelle E.	5 years
Chloe M.	3 years
LuLu P.	1 year
Monique R.	2 years
Mary R.	4 years
Jaclyn S.	15 years
Natalie S.	1 year

Staff Assistance Program

WISH offers a great staff benefit called EmployeeConnect (EC) and it's available to every employee, full- or part-time.

EC is an assistance program of professional and confidential services to help our staff and their families meet life's demands.

Free EC resources include:

- **In-person guidance:**
 - **Free in-person/virtual counseling: up to 5 sessions, per issue, per year**
 - **In-person consult with in-network attorneys**
 - **Free 30-min consultation**
 - **25% discount on future meetings**
- **Unlimited 24/7 assistance**
 - **Info and referrals on child & elder care, vacation planning, pet care, car buying, college planning, etc.**
 - **Legal referrals for family law, estate planning, consumer & civil law**
 - **Financial guidance: Budgeting, short- & long-term planning**
- **Online Resources**
 - **Support tools, articles, videos and interactive tools like financial calculators, budget sheets & more.**

The goal of WISH is to support our staff so they can excel at their work while enjoying their lives and families. Talk with HR for details.

National Skilled Nursing Care Week

The American Health Care Association (AHCA) recently announced Creating and Nurturing Connections as the 2022 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

This theme celebrates the reliable and strong commitment that each skilled nursing care staff member has to providing high-level quality care and improving the lives of every resident and family member within their care. During the last two years, staff members have found themselves "wearing many new hats" due limited visitation and social distancing, staff from all departments have stepped up to provide essential emotional support

and social connections residents, staff, family and friends needed.

Now and through May 8-14, 2022, families, residents and staff are encouraged to team up together for a project, game, craft, exercise or hobby. Form a connection by learning something new from one another or share a laugh over a fun game checkers. Stay on track with your daily or monthly move goals with an accountability partner. Team up with others to make a group presentation to share.

Established by the American Health Care Association (AHCA) in 1967, NSNCW recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

The importance of your mental health

The past two years have brought many challenges that have impacted our everyday lives, which is why it's more important than ever to understand the importance of good mental health. Mental health includes emotional, psychological, and social well-being. It affects choices we make, how we think, feel, and act towards others, and how we handle stress.

Stress, fear & anxiety all have negative effects on mental health which, in turn, can affect physical health. People with poor mental health often experience depression, increased anxiety, lethargy, illness and even chronic health conditions.

Taking time to care for your mental health can help limit depression & anxiety, reduce stress, increase a positive outlook, and help you rediscover things you enjoy in life. One study suggests it can also help reduce the risk of heart attack. Taking care of yourself usually gets put on the back burner, but it's something that should be prioritized - for your own health and so you can better care for others in your life.

Tips for self-care:

- **Take breaks from watching, reading or listening to news; limit social media.**
- **Make time for meditation, stretching, music or other activities you enjoy. Many free video guides are available.**
- **Treat yourself to healthy, well-balanced meals.**
- **Take time for activities you enjoy**
- **Avoid excessive alcohol, tobacco and substance use.**
- **Exercise regularly and get plenty of sleep.**
- **Talk to someone: a psychologist, social worker, counselor, physician, pastor, family member or friend.**