

The *East Troy News*

MANOR

Skilled Nursing • Respite Care • Rehabilitation Services

Seniors Benefit From Home Health Care

After you discharge home after a short term rehab stay, home health care can help you continue recovery at home, delivering necessary medical care and rehab therapy without the need for transport to a doctor's office, rehab clinic or hospital. A Transitions At Home employee will meet with you prior to discharge to answer questions and help set up your home care.

Here's a quick list of home health care benefits:

Skilled care. Skilled medical care can be received at home by supervised, licensed nurses. This can help ensure that you or your

loved one's complex medical needs are met without leaving home.

Nutrition support. Many seniors, especially those with chronic conditions, don't get the nutrition they need. Nutritional counseling can help protect against malnutrition.

Medication management. Multiple prescriptions can be confusing. Home health care professionals can ensure the right meds are taken at the right times to help control health conditions.

Better health. Research also shows that health outcomes are comparable or better with fewer complications when home care is provided to those with chronic conditions such as pneumonia, diabetes or COPD.

Cost-effective, quality care. The average cost of home health care is significantly lower than hospital costs and is often covered by insurance.

Transitions At Home

provides home health care here at our facility and is available for services in your home as well. They are dedicated to providing quality care, safety and well-being for patients.



Their team of health care professionals promote compassion, comfort, dignity, quality and respect.

Home health services include physical therapies, blood pressure checks, diabetic and other pain management, IV therapy, wound care, catheter and ostomy care, lab draws, medication management, nutritional and safety assistance and more.

Personal care services include meal prep, dressing and grooming, light housekeeping and laundry, errands, medication reminders, companionship, transportation to appointments and more.

Transitions serves 10 counties in southern Wisconsin. For more information, call Transitions At Home at 262.723.2700.



East Troy MANOR

3271 North Street, East Troy, WI 53120
262.642.3995

Tammi Williams, Administrator

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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.



EastTroyManor.org

WE ACCEPT CREDIT CARDS

Happy Birthday!

Best wishes to our staff celebrating birthdays this month.

Residents

Sept. 1st	Lawrence H.
Sept. 4th	Norman P.
Sept. 9th	Donald W.
Sept. 13th	Deborah M.
Sept. 13th	Isabelle F.
Sept. 22nd	Donna S.
Sept. 25th	Kevin S.
Sept. 28th	Lawrence H.

Staff

Sept. 11th	Tammy P.
Sept. 22nd	Tamie K.
Sept. 26th	Elizabeth W.
Sept. 29th	Catherine P.
Sept. 30th	Samantha C.

Wish List

Bingo Prizes such as
knickknacks, décor,
beauty products, candy
and snacks, jewelry.

Fleece and other fabric
for blanket making.

Knitting needles.

PHOTO HIGHLIGHTS



Friday Morning Bowling.



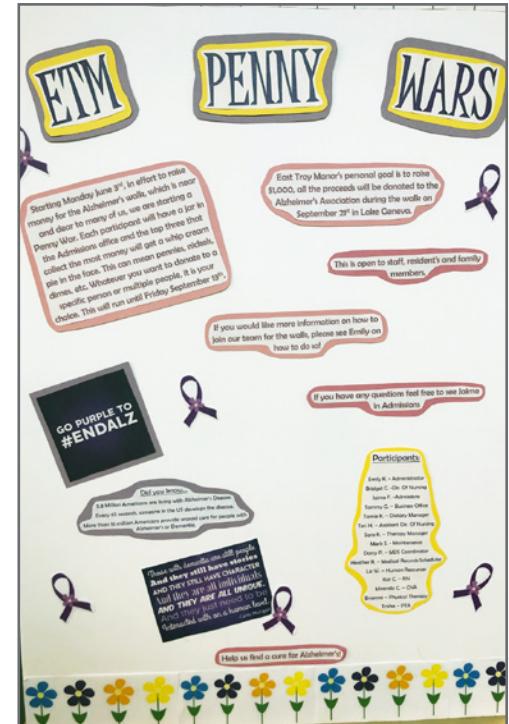
Arts and Crafts.



Happy 66 year Anniversary to Lawrence and Marlene. And a Happy 60th Anniversary to Chuck and Beverly!



Fun with Science Experiments.



Join us for our Pie in the Face Fundraiser on Friday, September 13th. Beginning in June we started Penny Wars between staff to see how much money we can raise for the End Alzheimer's Association. Collected money will be presented at the Alzheimer's walk on Saturday, September 21st. The top three staff members will receive a pie in the face. If you are interested in donating money to this event or the East Troy Manor Alzheimer's group, please contact Kristin in activities.

Walk with us to End Alzheimer's!

We will be walking again so consider joining our team East Troy Manor movers visit act.alz.org/walworth to register with the East Troy Movers and Defenders. **The walk will take place on Saturday, Sept. 21st at Library Park in Lake Geneva.** Registration opens at 8:30 a.m. and the walk starts at 10:00 a.m. Please see Kristin in activities for more information.

Job Postings

CNAs - 2nd & 3rd Shifts

Dietary - AM & PM Cooks
& Aides

Housekeeping - Full Time &
Part Time

Volunteers

East Troy Manor Activity Department is always looking for family and community members to assist with outings and activities with our residents. Please stop in at East Troy Manor to fill out a volunteer application or call Kristin Beilfuss, Activity Director at 262-642-3995.

East Troy Manor Staff

Tammi Williams
Administrator

Bridget Carlson
Director of Nursing

Tammy Gentele
Business Office Manager:
Accounts Receivable

Mark Schmidt
Maintenance Director

Tamie Klein
Dietary Supervisor

Kristin Beilfuss
Activities Director

Heather Roskres
Medical Records and
Nursing Scheduler

Kathleen Calmes
MDS Coordinator

September 21 is World Gratitude Day: *The Gratitude Attitude*

Gratitude is one of the most powerful forces in the universe.

It may not look as good as money, a fancy car or the latest makeover – in fact, you can't see it at all – but gratitude has more power to change your life than all these material things put together.

The dictionary tells us that gratitude is "**the expression of gratefulness and thanks,**" but this doesn't begin to convey its real effect. Listed below are simple ways to make the Gratitude Attitude an essential part of your life.

Create a "Thank Bank." A Thank Bank is simply a place where you can jot down all the things that you are grateful for in your life. You can split the bank into different accounts such as Family, Surroundings, and Work, and then simply start writing out your thanks until you stop. Put your list somewhere safe, so you can reference it easily when you need something positive to uplift your mood.

Show gratitude quietly. Don't turn gratitude into a promotional or motivational tool. Too much thanks is as ineffective as too little. Instead, express your thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren't bought at shops: a bit of your time, a sacrifice or something valuable to you.

Always replace the 3Cs with the 3As. If you work or manage others, and sometimes feel the need to use one of the 3Cs: complaining, condemning, and criticizing – replace them with the 3As of accepting, acknowledging, and appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

There's nothing complicated about gratitude. It's something we can all do. Unfortunately, more often than not, we tend to focus on negative things, and we take the wonderful things for granted.

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EastTroyManor.org/Donate



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Inpatient &
Outpatient**
Therapy
CORE
REHABILITATION
EAST TROY
Located at East Troy Manor