



BRINGING **QUALITY CARE** TO YOU  
IN-HOME HEALTH & PERSONAL CARE SERVING SOUTHERN WISCONSIN

## Dream Flights honors WWII veterans

Non-profit Dream Flights is on a mission to serve our remaining WWII veterans who sacrificed for our country.

**During Operation September Freedom, Aug. 1 through Sep. 30, 2021, Dream Flights will honor as many WWII veterans as possible with a free flight aboard a restored WWII era biplane.**

Stopping in towns large and small across the US, Dream Flights will meet with veterans, hear their

stories, and fly them in an open cockpit biplane soaring to 1,000 feet. It's an experience Dream Flyers say they'll never forget.

Flights are free to WWII vets and are funded by sponsorships and donations. Pilots, crew members, and maintenance and support staff are volunteers.

Watch a video at [bit.ly/df-video1](http://bit.ly/df-video1)

Or scan this code with your smartphone camera:



*Dream Flights founder Darryl Fisher and two WWII veterans with the Spirit Of Wisconsin, a refurbished WWII-era biplane stationed in Stevens Point, WI.*

Sign up by June 1 at: [DreamFlights.org/honor](http://DreamFlights.org/honor)

Any WWII vet is eligible. If you're a resident, you can sign up through our facility; get with an administrator or activity director.



## TRANSITIONS AT HOME

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LORI WICKER,  
ADMINISTRATOR

Like Us on  
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Transitions At Health is a non-profit 501c3 Wisconsin Illinois Senior Housing Inc. agency. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.

[www.TransitionsHealth.org](http://www.TransitionsHealth.org)

*Transitions At Home accepts Medicare, Medicaid, private pay and other insurances. Please call us for details.*

## Working Together to Stay Safe



Transitions At Home Executive Director, Leah Perras, got her second vaccine at Ingleside Communities in Mount Horeb, WI recently along with other staff. We're working together and doing our part to reach that day when we can all be together again safely.

Donate safely and easily online:  
[transitionshealth.org/donate](http://transitionshealth.org/donate)



# EMPLOYEE SPOTLIGHT



With Nurses Week this May, our team sat down with our RN Case Manager, Samantha S. Born and raised in Kenosha, she's been a nurse since 2002, and has been with TAH for two years. She says she loves getting to see the patients and care for them in their own environment, because they feel more comfortable. Samantha spends a lot of time with her sons, and loves to relax while fishing. Her favorite foods are tied between Mexican and Italian, saying she has a hard time picking between them.

## Older Americans Month: Solid Aging Tips On Staying Youthful And Healthy

**There is no need to let aging get you down! Staying young is easier than you think.** There are many ways to ensure we look and feel young, even as we get older.

**One of the key tips to staying young is to be happy.** Our bodies react negatively to stress, which can cause physical damage. In order to stay young and have a healthy body, try to fill your life with the things that you love, and get rid of all the other stresses. Use exercise and meditation to feel young and learn to appreciate the good things in life.

**Eating a nutritious diet is an essential component in healthy aging.** Fruits, vegetables, whole grain and fiber can give your body the fuel it needs to allow you to accomplish your daily goals. Try new recipes or cook with your friends to make the process fun.

**To slow down the aging process, exercise is extremely important.** Exercising several times a week may help your body retain muscle, strength, stamina, balance and bone density. It is important to include cardio routines, as well

as strength training sessions, in order to reduce the aging process.

**If you are concerned about missing nutrients from your diet, which can lead to crashing energy levels, consider adding supplements to your daily routine.** Aging often means that our bodies metabolize foods at different rates than they once did. Under the supervision of your physician, an addition of a supplement may help.

**Just because you are aging does not mean you need to feel old. Enjoy life by feeling younger and ensure your golden years are truly your best!**



**Excerpts from Jan 1, 2021 letter received from the family member of a Transitions At Home patient:**

Dear Transitions,  
I am writing to let you know that your team of caregivers provided excellent care for my mom.  
Kim went out of her way to safeguard mom and contacted me with updates or suggestions to keep her comfortable as her health declined. Other staff members like Rose provided wonderful loving, one-on-one care. Everyone was competent, always upbeat and willing to do what they could to give mom the best possible quality of life. Kim is a remarkable person who was always on top of meds, staffing and anything mom would need.

I want to thank you for the great organization you have! I'll be forever grateful.

### Staff Birthdays

Onergis, PTA	May 7
Seve, PT	May 16