



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

Patient Reviews

"I had a wonderful Home Health experience and I thank the medical staff that worked with me. I feel very healthy. My family is completely satisfied with the care I received."

– August 2019 patient

"Dana, Dan and Nick have all been excellent to work with! They are all very professional but have extreme empathy and concern for my husband. They are also very respectful of his needs." – Patient's family member, Aug 2019

Welcome our new Administrator: Lori Wicker



Lori began her role as Administrator for Transitions At Home's southern regional office in November 2019, but has been with the company since

August 2017. In her position as administrator, Lori leads a team of healthcare professionals who are

dedicated to caring for our patients, striving to promote compassion, comfort, dignity, quality and respect to both patients and the community. Lori is very excited to be a part of this wonderful company and looks forward to expanding Transitions alongside her team.

In Lori's free time she enjoys hiking, boating, cooking and spending time with family and friends.

American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.



TRANSITIONS AT HOME

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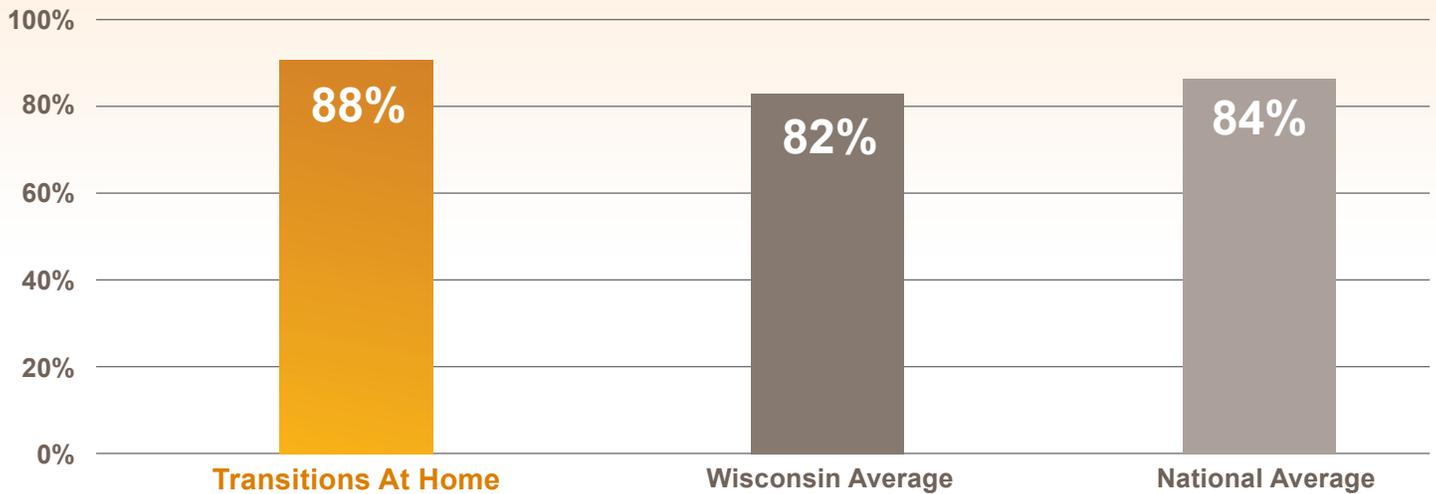
Transitions At Health is a non-profit 501c3 Wisconsin Illinois Senior Housing Inc. agency. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.

www.TransitionsHealth.org

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

How do patients rate the overall care from the home health agency?

This information comes from the Home Health Consumer Assessment of Healthcare Providers and Systems (HCAHPS) Patient Experience of Care Survey during the time period April 1, 2018 – March 31, 2019.



8 HEALTHY HABITS FOR SENIORS

People who had good healthy habits when they were younger tend to become healthy seniors, but it is never too late. Good health habits can make a difference even to those prone to illness or who haven't made health a priority in the past. Here's some tips:

1. EAT HEALTHY

The digestive system slows with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Drinking lots of water wards off dehydration and helps seniors stay energized and sharp.

2. FOCUS ON PREVENTION

Wellness care including screenings for cholesterol, colon cancer, heart problems and more, qualify for Medicare coverage.

Seniors should also get vaccinated to prevent influenza and pneumonia.

3. GET SOME SLEEP

Frequent waking and insomnia are common among seniors. Turn lights down in the evening to spur drowsiness

and make sure the bedroom is comfortable, cool and quiet.

4. REMEMBER MENTAL HEALTH

Engage in crossword puzzles, reading, writing or try new hobbies to stimulate the mind and promote engagement. Activities like these can ward off a decline in mental health.

5. SOCIALIZE

Time spent with family and grandchildren helps seniors stay connected. These visits can help seniors feel more upbeat - the best medicine at any age.

6. STAY PHYSICALLY ACTIVE

Exercise reduces depression and

improves energy and memory. Even a light exercise program (approved by a physician) can keep seniors healthier longer.

7. FREE PHYSICALS

During the first 12 months on Medicare, seniors are offered free physicals. After that first year, they receive free annual wellness visits.

8. VISIT THE DENTIST

Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke. Seniors should see the dentist regularly.

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