



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

Patient Reviews

“My Nurse, Physical Therapist, and Occupational Therapist have been excellent. If I had a concern, my nurse would come as soon as possible or send another nurse.”

“My Physical Therapist is excellent and has greatly decreased my back pain.”

PRECAUTIONS TRANSITIONS AT HOME STAFF ARE TAKING DURING COVID-19:

- Only allowing one staff per discipline into each facility or community
- Personal protective equipment such as, face masks, gloves, isolation gowns are worn
- Following CDC recommendations with their daily updates
- Following Wisconsin Department of Health guidelines as well as county guidelines per DHS

Recognizing Our Amazing Nurses National Nurses Week: May 6-12

National Nurses Week is a wonderful opportunity to honor the “Mother of Nursing,” Florence Nightingale, and all the dedicated, compassionate nurses who have followed in her footsteps.

In 1854, Florence and a group of nurses provided care to wounded soldiers during the Crimean War. After the war she established nursing education programs.

Nurses have always been involved in patient care, and this is especially evident during times of crisis. Only about 20,000 men

and women nurses served during the Civil War, but each successive war created greater demand for nurses. By the end of WWII, more than 78,000 nurses had served. Today, all nurses are once again on the front line to serve and protect their communities in the current COVID-19 healthcare crisis.

From all of our TAH staff, we want to recognize and honor the dedication of nurses, who work selflessly day and night to help, heal, and care for our residents. Thank you.



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.

At Home Physical Therapy

Keep up strength and mobility during COVID-19 with simple at home physical therapy stretches. *Perform 10-20 reps per exercise at a comfortable and non-strenuous pace.*

- Seated Marches
- Assisted Standing Marches
- Seated Knee Extensions
- Sit to Stand Movement

Go online to Google, then click Images, and type in each of the above movements separately, if you need visual assistance.

Show Me the Science – Hand Washing

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. The CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Hands could become recontaminated if placed in a basin of standing water that has been contaminated through previous use, clean running water should be used.

Turning off the faucet after wetting hands saves water, and there is little evidence that proves whether a significant numbers of germs are transferred between hands and the faucet.

Using soap to wash hands is more effective than using water alone because the surfactants in soap lift soil and microbes from skin, and people tend to scrub hands more thoroughly when using soap, which further removes germs.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Lathering and scrubbing hands creates friction, which helps lift dirt, grease, and microbes from skin.

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice. Evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods.

Source: cdc.gov

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Uplifting Conversation

Looking for uplifting, fun conversation starters for your family of loved ones? Ask each member of your family one of the questions below each day to learn something new about each other. Ask everyone to answer and then discuss/explain his/her answer. Encourage each member to think of a new question to add to the list, so that you can keep the conversation going! Remember be creative and have fun!

Here are sample questions to get you started:

- What song best describes you? Substitute song for dessert, vacation, mammal, bird, flower, etc.
- If you were to create your own ice cream flavor what would it be?
- What would your favorite sandwich contain?
- If you were able to own any kind of animal what animal would be your pet?