



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

## Testimonials

*“My physical therapist is excellent and has greatly decreased my back pain.”*  
– T.J.

*“The nurse, physical therapist and occupational therapist have been excellent. If I called the nurse about a concern, she came as soon as possible or sent another nurse.”* – N.J.

## Meet: Jamie Thomazin



Jamie Thomazin is a Certified Wound Care Registered Nurse and is an Infection Preventionist. She has 18 1/2 years of skilled nursing experience that contributes to the success of the patients we serve in the community as a whole and within assisted living homes.

### As a skilled nurse, what kind of assistance have you offered assisted living communities we partner with during COVID-19?

- Education on infection control
- Helped write policies and procedures for infection control r/t covid-19 and assisted in implementation
- Proper hand-washing in-services
- Proper donning & doffing of PPE in-services
- Created audits for infection control audits (handwashing, don/doff of PPE, equipment cleaning, etc.)
- Educated on proper setup of isolation carts and signage for staff
- Education on different types of isolation (standard precautions, contact, droplet, airborne)
- Appropriate disinfecting agents for equipment and rooms
- Proper storage of PPE
- Having COVID-19 screening done in the vestibules rather than inside the building

### What steps do you take to keep residents/patients safe during direct patient contact?

- Ensuring that the staff who encounter patients are properly washing their hands, have appropriate PPE on and dispose of PPE appropriately

### What do you enjoy most when partnering with assisted living

### communities to help combat COVID-19?

- I enjoy how receptive and involved the facilities are. They seem to enjoy the education and knowing the “whys” of what is being implemented.

### What do you enjoy most about your current role as Clinical Manager at Transitions At Home?

- I feel like I have the best of both worlds. I have a lot of office/managerial responsibilities along with overseeing the nursing and therapy departments, but I am still able to be out in the field providing nursing care to our patients and helping at assisted living facilities when needed. I strive for our Transitions staff to provide exceptional cares to all our patients.

### You’ve worked for Wisconsin Illinois Senior Housing, Inc. (WISH) for 18 1/2 years. What about this company has kept you around?

- WISH is an amazing company to work for! They truly care about the patients they serve, the patients’ families and all of the staff that they employ. When it comes to new regulations, policies, procedures, etc., WISH is always on top of the changes. If the state has a deadline, WISH’s deadline for implementation is sooner to ensure that all of the kinks are worked out and everyone is in compliance. Educational opportunities are endless! WISH does not treat their employees as “just another employee.” WISH truly values their employees and treats them like family.

*WISH is the non-profit parent company of Transitions At Home, SNFs and CBRFs and an RCAC located in Wisconsin and Illinois.*



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

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

# Medicare dollars spent to provide great care

**Did you know that Transitions At Home plans our exceptional patient care so that it costs Medicare less money per visit than the national average of other home health care providers?**

That's right. As health care costs continue to sky rocket, Transitions puts great effort into coordinating patient care so we can provide optimum care to our patients cost-effectively. Our careful planning for patient care helps reduce the strain on Medicare dollars while combating Medicare fraud and the continuing rise of health care in other settings.

Our home health agency takes pride in offering professional and compassionate health care solutions for Wisconsin residents to help them stay well, stay independent and stay in their homes longer.

TAH South, July 2020

*For every \$1 other agencies spend, Transitions spends 91¢*

91¢

Transitions At Home

\$1

Other Agencies  
National Average

## Relaxation is the Key to a Healthy Life

Relaxation Day is August 15. While studies show eating a healthy diet and exercise may reduce stress levels, relaxation is also needed to recharge us mentally and emotionally.

When stress becomes overwhelming there are quick relaxation techniques you can do almost anywhere to make you feel better almost immediately. Try it out:

### **Stretch out on your back or sit comfortably where you are.**

Tighten all the muscles in your toes, then flex your feet. Slowly move up through your body tightening and flexing as you go until you reach your face and neck, holding each stretch for ten seconds.

**Deep breathing is another relaxation technique that can slow your heart rate, lower blood pressure, and clear your mind.** Begin by lying on your back or get into a comfortable position. Inhale

slowly through your nose filling the lungs completely over a period of eight to ten seconds. Hold it, and then slowly release your breath through pursed lips, taking two to three times as long to exhale as to inhale.

**Guided imagery can be done alone or combined with breathing relaxation techniques.** Again, lie on your back or get comfortable with your eyes closed. Imagine a peaceful setting at your favorite vacation destination. Put yourself there, feel the warmth of the sun on your cheeks, the breeze blowing through your hair.

**Indulging in relaxing spa treatments is also another option,** which works well with other techniques, like biofeedback and listening to relaxation tapes.

Whatever works for you, do more of it. Your body will thank you for it.

## Non-Medical Home Care Program Services

**Did you know Transitions at Home offers non-medical home care?**

Our caregivers can provide assistance with bathing, dressing, grooming, meal prep, medication reminders, light housekeeping, transportation and meaningful companionship.

Anyone can benefit from our services. Some clients just need our services, short-term, after a stay at a SNF or rehab. Others will utilize us while recovering from surgery (i.e. knee, hip, heart, etc.). Some families need a break or have a vacation planned and we can help keep mom or dad safe during respite visits.

Providing these services allows our clients to remain in their own homes longer and gives family members peace-of-mind.

Our services can be short- or long-term and we can tailor a care plan to fit the needs of nearly any client.

Our clients benefit from improved diet, companionship which reduces depression and better medication management.

For more information, give Kim a call at 262-723-2700.