

Healthcare First HHCAHPS Analytics Testimonials

“Kudos to therapist, Amy Trotzer. I could not have been more pleased in any way!” – Patient, July 2019

“My RN was very prompt. Always came on time, was very pleasant, always answered and went out of her way to be very helpful. Called to check on me to make sure everything was all right and pain was managed. Thank you so much!”

– JH, patient, Oct 2019

“My physical therapist, Amy, is wonderful. She is so professional, yet down to earth. She is very knowledgeable and provides me with all I need (encouragement) to accomplish my goal.”

– SC, patient, Aug 2019



TRANSITIONS AT HOME

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JAMIE MATA,
ADMINISTRATOR

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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.

BRINGING **QUALITY CARE** TO YOU
IN HOME-HEALTH CARE SERVING CENTRAL WISCONSIN

Letter from Administrator



Jamie started her career at the Wild Rose Manor in 2011 as a CNA. She was later promoted to floor nurse and then Director of Nursing from Jan 2017-Jan 2019. In 2019, Jamie was promoted to Administrator of Wild Rose Manor. Both Transitions At Home and Wild Rose Manor are owned by Wisconsin Illinois Senior Housing Inc. (WISH), a nonprofit organization.

Jamie began her new role as Administrator and Clinical Manager for Transitions At Home Central in November 2019. In this new position, she leads a team of care staff who are dedicated to helping people have a safe home life that focuses on

living with comfort, independence and dignity. As Clinical Manager, she assists in recruiting, hiring and evaluating nursing personnel. She assists in preparation and implementation of policies and procedures which meet Medicare and Medicaid, accrediting bodies, and ensures compliance with state and federal regulations. As the Administrator, Jamie is responsible for the overall direction, coordination and performance of Transitions At Home's team.

Jamie grew up in Wild Rose, WI and currently resides in Plainfield, WI. In her free time, she enjoys spending time with her husband and children, and being outdoors in the pool or at the lake, and hunting and fishing.

– Jamie Mata

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.

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Holiday Highlights

Transitions At Home Central Team spent some time decorating patient room doors at some assisted living facilities in the area for the Holiday Season. They enjoyed spreading a little extra Holiday Cheer!



Jamie M., Laura W and Amy T.



Jack P., Jamie M., Laura W., Maurica M., Jalyssa C.

'Habits' ...continued

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.