

## The Holton News

- MANOR

Skilled Nursing • Inpatient & Outpatient Rehab Therapy • Aquatic Therapy • Respite Care • Hospice Care



Mary H. 8/31/2023

Trisha P. 8/24/2017

Jessica R. 8/16/2017

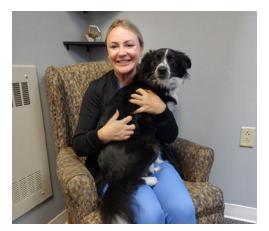
Maria Soto M. 8/23/2024

Fran W. 8/25/2022

Chloe W. 8/22/2024

### We love our Furry Friends!







# Family Council Schedule:

Wed. Aug 13th 5pm
Wed. Sept 24th 5pm

As a non/profit 501c3 community, we thank you for supporting our mission of service to seniors through tax/deductible donations of cash or useful items.

Please call our office.

Wisconsin Illinois SENIOR HOUSING INC.

HoltonManor.org

WE ACCEPT CREDIT CARDS

Join us for daily activities including Bingo, Cards, Board Games, Crafting, Puzzles, Special Events and so much more! View



our Activity Calendar, fun videos, and pics on FB and TikTok!

Like / Share / Follow



We value your feedback! Scan the QR code to leave us a quick Google review and let us know how we did."

Share / Review

#### **Activity Events**

Wednesday 8/20 Cycling Without Age 8/25 at 1:30 p.m. Elvis- Live!

#### Job Openings

Activity Assistant
p.m. and weekends
Dietary
Cooks AM and PM
Dietary Aides AM and PM
Apply online at our website.

### Sip into Summer – Root Beer Float Day, August 6th

On a hot summer day, few things are as satisfying as a creamy, fizzy root beer float. National Root Beer Float Day on August 6 is the perfect time to enjoy this timeless treat and maybe stir up a few sweet memories too.

The root beer float got its delicious start back in 1893, thanks to Frank J. Wisner of Cripple Creek Brewing in Colorado. Inspired by the snowy peaks of Cow Mountain, he imagined vanilla ice cream floating on top of dark soda—just like the mountaintop against the sky. The very



next day, he served up the first "Black Cow Mountain," made with Myers Avenue Red Root Beer and a scoop of vanilla ice cream. It was an instant hit!

#### **Try a Twist on Tradition:**

- **Ice Cream Swaps:** Use chocolate, butter pecan, or even dairy-free vanilla for a new flavor combo.
- **Bubbly Variations:** Not a fan of root beer? Try it with cola, orange soda, or cream soda!
- Float Bar Fun: Host a mini float bar with different sodas, toppings, and mix-ins like whipped cream, sprinkles, or maraschino cherries.

Whether you're sharing floats with grandkids, neighbors, or simply enjoying one yourself, take a moment to slow down, sip, and savor the simple joys of summer.

#### **Testimonial**

"Throughout the last 14 years, I've gone to my fair shares of physical therapy clinics! With that being said, that's kind of sad because I have never found a place that I wanted to stick with until I went to Holton Manor. I attended PT twice a week doing aguatic therapy. The entire staff is incredible. They are extremely friendly, very compassionate and thorough. But most of all they care!! Aquatic therapy is by far the most comfortable type of therapy with the least amount of pain with the quickest results. (This is my opinion) This is a private pool with your own therapist. It's comfortably warm when you enter the room. You have your own personal bathroom with shower for changing and the water is very welcoming. They do have a ladder so you can go into the pool on your own, but they also have a lift chair that helps you go in and out of the water. Also, they have a treadmill in the pool and underwater cameras focusing on your legs so you can watch yourself walk. This also helps the therapist guide you to what you need to improve on. When you're in the water, the warmth is very comforting on your muscles. Doing the exercises are so easy. When you're done with your therapy, you would think you would be uncomfortable from your workout, but you're really not. Three months twice a week, and I noticed muscle tone and definition which helped improve my standing and walking. Now I know everybody is different... but if I had to choose traditional therapy over aquatic therapy... Aquatic therapy is always going to be my first choice. Thank you, Holton Manor, for all you have done for me in the past and thank you for the warm welcome in future visits". Dawn R.