

# The Geneva Lake News

SEPTEMBER  
2018



MANOR

Awarded 5-Star Overall and Medicare  
Quality Measures For Exceptional Care

Skilled Nursing • Respite Care • Rehabilitation Services

## Speak Encouragement and Positivity

Everyone has times when they could use some support or motivation from others. That means everyone around you is a candidate to receive encouragement.

Look for someone who has been a positive influence on you or someone else. It's uplifting to people when they are recognized for their helpfulness to others. Your encouragement will inspire that person to continue being a positive influence on others.

great job. It doesn't have to be something you are benefiting from. You just have to notice it and show an interest. Your encouragement will reinforce the actions of that individual and may give him or her strength to do even greater things in the future.

### Free CNA Tuition & Testing \$500 BONUS

Limited time for WI residents:  
Free tuition & testing through State of Wisconsin, plus bonus when you join our team as a CNA. Get started today!

Sign up at [www.WisCaregiver.com](http://www.WisCaregiver.com)



Look for someone you know who's been disappointed or is going through a tough moment. Showing an interest can be very encouraging. It doesn't matter if there is anything you can do to improve or fix the situation. Your encouragement will help give hope that person knowing there is someone who cares.

Find something unique and positive about someone and compliment them on it. And remember that an encouraging smile can go a long way all by itself.

Look for someone who's been working hard or doing an especially

Plan to be an encouragement to at least one person today. Encourage that person in your conversations, write a positive note, or help someone out. Encouragement costs nothing but can make someone else's day.



### Geneva Lake MANOR

211 South Curtis Street  
Lake Geneva, WI 53147  
262.248.3145  
[www.genevalakemanor.org](http://www.genevalakemanor.org)

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Geneva Lake Manor is a non-profit 501c3 skilled nursing community, dedicated to serving the community. 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.

September 12<sup>th</sup> is National Day of Encouragement

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# How to Age Healthy, Wealthy and Wise

You may feel overwhelmed by the amount of advice that is available when it comes to dealing with aging. **Here are some tips:**

**Eating a nutritious diet is an essential component in healthy aging.** You want to eat plenty of fruits, vegetables, whole grain and fiber; this type of diet will help give your body the fuel it needs.

**Know the signs of depression.** As you get older, you may experience changes that leave you feeling down. If your feelings of sadness don't go away, it might be depression. Talk to a doctor if these feelings persist.

**To make sure that you do not let aging get the best of you, it is important that you stay in good shape.** Your body is going to start experiencing more

physical problems if you never exercise. This does not mean you have to do high intensity aerobics, just try taking a walk each day.

**Include more fiber in your diet by including more whole grains and vegetables as you become older.** Your digestive system becomes more sensitive as you age, so it is important to make sure that the foods you eat are easily digested. Keeping your digestive system in good working order can prevent many health problems.

**Do not let others make you feel as if you are less of a person now than you were in your youth.** Though you may require more care from others than you used to, you are just as important!



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## Happy Birthday!

*Best wishes to our residents and staff celebrating birthdays this month.*

Jose R	09/01
Michael T	09/07
Veronica B	09/09
Jennifer J	09/11
Molly K	09/13
Mary R	09/20
Jacqueline S	09/21
Mary G	09/20
Brianna H	09/20
Edward L	09/22
Sarah M	09/26
Samantha N	09/26
Daniel G	09/28
Catherine P	09/29
Rachel V	09/29

## Geneva Lake Staff

Jamie Weibeler  
*Administrator*

Mallorie Lies  
*Director of Nursing*

Alisa Palmer  
*Assistant Director of Nursing*

Stacy Bulow  
*Transition Care Coordinator*

Kris Redmer  
*Social Services*

Julie Edmonds  
*Medical Records*

Jacqueline Stoll  
*Business Office:  
Accounts Receivable*

Teri Russo  
*Business Office: AP/GL, HR*

Deborah Bolster  
*Dietary Manager*

Ginger Hall  
*Activity Director*

Nancy F.  
*Director of Rehab*

Barb Apuzzo  
*Housekeeping Supervisor*

Chad Suess  
*Maintenance Director*

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## Resident Outings

**Sept 6** Lake Geneva Museum

**Sept 13** Goodwill

**Sept 20** Pizza Ranch

**Sept 27** Wal-Mart

## Resident of the Month

Herman K was married in 1947 to Tillie. They had five children and a farm, where he loved to work. They remained married for 68 years. Today, he loves to do things with his hands, such as woodworking and gardening.

## Therapists You Trust, Results You Need.



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Located at Geneva Lake Manor