

# The Montello News

## CARE CENTER

DECEMBER  
2018

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

**December 3-7, 2018 is National Hand Washing Awareness Week** and, according to the Centers for Disease (CDC), "the most important thing you can do to keep from getting sick is to wash your hands."

Handwashing can help prevent illness. It involves five simple and effective steps (wet, lather, scrub, rinse, dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

## Be Sure To Wash Your Hands!



### The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or treats
- After touching garbage
- After changing diapers or helping a child who has used the toilet

*Info taken from cdc.gov*

## Montello CARE CENTER

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Brent Meyers, Administrator

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SENIOR HOUSING INC.

**MontelloCareCenter.org**  
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WE ACCEPT CREDIT CARDS

## AVOID SLIPS AND FALLS THIS WINTER

- Wear the right shoes or boots for wintertime. Make sure soles have good traction.
- Clear snow and ice from steps, walkways and driveways.
- Use ice melt as needed to melt any residual ice or snow.
- Keep stairs and handrails up to the home in good condition.
- Install handrails along walkways for extra support.
- Step carefully, or ask for assistance if it is too slippery outside.
- Be active all year long to keep muscles healthy and strong.



## Free Wellness Clinic

**Cancelled for the month of December but will resume in January.**

## Flu Season - Bah Humbug!

The flu hits thousands of people every year, so every time you leave the house you run the risk of encountering someone with the flu. How should you protect yourself and stay healthy?

**1. Strengthen your immune system.** Get plenty of exercise, which keeps you fit and also strengthens your immune system. Eating fruits and vegetables can boost your resistance by ensuring your immune system is getting all the vitamins and minerals it needs. Also, make sure to get plenty of sleep. Your body needs to recharge after each day. The more worn out your body is, the weaker your immune system can become.

**2. Get a flu shot.** A flu vaccine is another simple way to keep yourself free from that pesky sickness this season.

**3. Wash your hands regularly.** As you go through your day, your hands are touching all sorts of things, picking up germs and bacteria everywhere they go. Then if you eat or rub your face, all those germs are going into your system, forcing your immune system to kill them off, which makes it easier for the flu to take hold.

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## Prepare Your Skin For Winter



Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some simple, yet effective ways to rejuvenate winter-weary skin.

**Bathing.** Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

**Cleanse & Exfoliate.** Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

**Drink at least 8-10 glasses of water every day.** By keeping your skin well

hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

**Moisturize properly and your skin can remain soft and supple all through winter.** Use moisturizer that has the necessary vitamins and hydration properties for your skin.

**Use sunscreen** in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



**Activity Events**  
**Thursdays at 2:30PM**

## Continuity of Care with Therapists You Trust



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