



# The Montello News

## CARE CENTER

OCTOBER  
2019

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living



## Happy Birthday

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

10/1

Jason K.

## Wish List

*We are currently  
fundraising for a  
used wheelchair van*

# Montello

## CARE CENTER

251 Forest Lane, Montello, WI 53949  
608.297.2153

Brent Meyers, Administrator

Like Us On Facebook

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.

[MontelloCareCenter.org](http://MontelloCareCenter.org)

WE ACCEPT CREDIT CARDS

## Fall is here – Please don't fall!

Here are some fall prevention tips: stay healthy. Review your medications with your doctor or health care provider. Have your eyes checked. Let your doctor know if you have any dizziness or unsteadiness. Make sure you are eating and drinking each day. Exercise regularly. Exercise will improve your strength, flexibility, balance, and coordination. Please talk to your doctor or health care provider prior to starting an exercise program. Check the lighting in your home. Use good lighting to guide your way. Use night lights to guide your way in the night. Keep your home tidy. Eliminate clutter so that you don't

trip. Arrange counter tops, closets, storage areas to make items easily accessible. Eliminate throw rugs or make sure they are secured with double sided tape. Use equipment to keep you safe. Install grab bars in your tub/shower and next to your toilet. Use non-slip mats in tub and shower. Use a bath bench if needed. Install handrails on steps. Get up slowly from sitting or lying. Wear good footwear with non-slip soles and good support. Know your limitations. Keep a portable phone in your pocket or have a lifeline. Have important phone numbers easily accessible. Plan – know what to do if you fall.

## October 4th is World Smile Day: 10 Great Reasons Why Smiling Makes Us More Successful!

**One:** Our smile shows other people that we are friendly.

**Two:** A smile can make people happy.

**Three:** Smiling can help you to make new friends.

**Four:** Smiling can produce positive feelings.

**Five:** Smiling makes you positive and happy inside.

**Six:** A smile makes you look far more attractive.

**Seven:** Smiling also helps make you memorable to others!

**Eight:** Most importantly, smiling is good for your health!

**Nine:** Smiling is easy!

**Ten:** Smiling is FREE!

## Job Postings

CNA pm shifts

## Upcoming Events

**10/1 – 1pm:** Time Slip Games

**10/7 – 10am:** Resident Council

**10/8 – 1pm:** Time Slip Games

**10/14 – 2:30pm:** White Board Games

**10/15 – 1pm:** Time Slip Games

**10/18 – 2pm:** Cheese & Sausage

**10/21 – 2:30pm:** Vicki Vocal Performance

**10/22 – 1pm:** Time Slip Games

**10/25 – 10am:** Don Wedel Vocal Performance

**10/30 – 2:30pm:** Hal Smith Vocal Performance – Birthday Party

**10/31 – 5pm:** Halloween Trick/Treat with Residents

## Halloween Crafts

**Ghostly Lollipops:** If you are planning on handing out lollipops as part of your treats for trick-or-treating, you can decorate them. Cover the lollipop with a tissue, tying securely with a rubber band or piece of ribbon. Use a marker to draw eyes and mouth on your ghosts and they are ready to be given out.

**Paint a Pumpkin:** Pumpkin carving can be messy, difficult, and sometimes dangerous. Instead, use some permanent markers or acrylic paint to make your pumpkin to look like a monster, clown,

or other Halloween character. The smaller “pie pumpkins” or even the mini-pumpkins will work perfectly for this craft.

**Paper Plate Masks:** While you may not be able to dress up in a costume until the day of Halloween, you can easily create your own masks. Cut eyes and breathing holes out of a paper plate. Punch a hole on either side to attach a ribbon or string to tie the mask on. Then you can decorate the mask with crayons, marker, paint, or by gluing items to it.



**DONATE SAFELY AND EASILY ONLINE:**

**[MontelloCareCenter.org/Donate](https://MontelloCareCenter.org/Donate)**



## Continue Your Rehab Therapy at Home

Transitions At Home continues treatment & rehab therapy at home when you leave Montello Care Center. We can even help you arrange home health *before* discharge so you know what to expect. When you need medical care at home, Transitions At Home delivers quality care with RNs and home health aides.

**Bringing Quality Healthcare To You**

262.723.2700  
[TransitionsHealth.org](https://TransitionsHealth.org)



*Transitions At Home is a non-profit WISH agency that provides in-home healthcare to southern and central WI.*