

The Montello News

CARE CENTER

JUNE
2021

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

Please check our website or call for updated information about our visitation policy.

Enhance Your Hydration & Signs of Dehydration

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors,

proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body will prevent you from getting dehydrated.

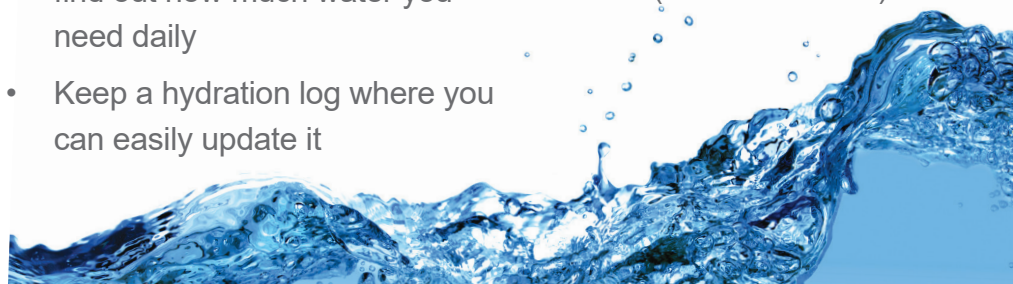
Signs of dehydration include:

- Fatigue
- Dry mouth or lips
- Cramps/constipation
- Headache/dizziness
- Stiff joints/muscle weakness
- Dark/odorous urine

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Keep a hydration log where you can easily update it

- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a water bottle with you, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



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.

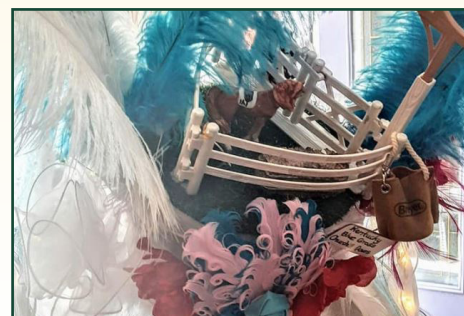
MontelloCareCenter.org

WE ACCEPT CREDIT CARDS

Hat Contest

Kate Schlote, Administrator at Residences on Forest Lane Assisted Living here on our campus recently won the Montello Area Chamber of Commerce's contest for best Kentucky Derby Hat. From the looks of this creative and fun hat, it was no contest. Congratulations to Kate!

Photos courtesy of Montello Area Chamber of Commerce





June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 Ball Toss 1:30 June Birthday's and outdoor activities 6:00 Music	2 10:30 Yahtzee 2:00 Bingo 6:00 Ice Cream and Patio Conversation	3 10:30 Wii Games 11:30 Trivia 1:30 Games and Sing-a-longs 6:00 Evening Walks	4 10:30 Volleyball 11:30 Trivia 1:30 Outdoor lawn games 6:00 Music	5 ARBOUR DAY (NZ) 10:00 Gardeing Day and music outside 11:30 Trivia 12:30 Outdoors
6 Family Day	7 10:30 Volleyball 1:30 Games 6:00 Chocolate Ice Cream on patio for choc ice cream day!	8 10:00 Luth Church 10:30 Games/trivia 1:30 1 on 1 activities and crafts 6:00 Music	9 10:30 Gardening Day and trivia 1:30 Bingo and Ice cream 6:00 Music	10 10:30 Volleyball 1:30 Funny Video's 6:00 Patio conversations and music	11 10:30 Volleyball 1:30 Funny Video's 6:00 Patio conversations and music	12 10:00 Outdoor lawn games 11:30 Trivia 12:30 Gardening
13 Family Day	14 FLAG DAY 10:30 Ball Toss 11:30 Trivia 1:30 Sing-a-longs and videos 6:00 Music	15 10:30 Ball Toss 11:30 Trivia 1:30 Sing-a-longs and videos 6:00 Music	16 10:30 Lawn Games 11:30 Trivia 1:30 BINGO 6:00 1 on 1 room activities	17 10:30 Wii Games 11:30 Trivia 1:30 Gardening and outdoors 6:00 Evening walks	18 10:00 Ball Toss 11:30 Trivia 12:30 Outdoor games	19 10:00 Ball Toss 11:30 Trivia 12:30 Outdoor games
20 SUMMER SOLSTICE FATHER'S DAY 9:15 Stretches 3 10:30 Memories 2 1:15 Outdoor Visits 3 3:00 Bowling 2	21 WORLD MUSIC DAY 10:30 Volleyball 1:30 Crafts and games 6:00 Music	22 10:00 Luth Church 10:30 Games/Trivia 1:30 Wii Bowling 6:00 Movie and popcorn night	23 10:30 Gardening 11:30 Trivia 1:30 BINGO 6:00 Ice Cream social on patio	24 10:30 Lawn Games 11:30 Trivia 1:30 Sing-a-longs and funny videos 6:00 Music	25 10:30 Volleyball 11:30 Trivia 1:30 Outdoor games 6:00 Patio	26 10:30 Volleyball 11:30 Trivia 12:30 Patio games
27 Family Day	28 10:30 Volleyball 11:30 Trivia 1:30 Popcorn and crafts 6:00 Music	29 10:30 Lawn Games 11:30 Trivia 1:30 1 on 1 activities 6:00 Patio Convo	30 10:30 Reminise ball 11:30 Trivia 1:30 BINGO 6:00 Music		<i>Please Note:</i> The calendar is subject to change. It is sent to print weeks in advance of the actual dates. There will be additions and corrections. Please look for postings and listen for the announcements. Thank you!	

Sudoku

5			4		8	6		
		7	1	5			9	3
	8	2	7	9		4	5	1
7	2	3	6	1		5		
	6					7	1	
	5	1					6	2
	3	6				1	8	5
	7	5			1			6
1	9	8		6				4

June 17-24 National Nursing Assistants Week

Certified Nursing Assistants have a rewarding profession assisting patients and residents with activities of daily living, improving quality of life, and lending a listening ear and companionship. Whether one is recovering from a hospital stay or living in a nursing facility, CNAs are there to make a difference. Show your appreciation for the CNAs who make a difference in your life or the life of your loved one during National Nursing Assistants Week, by giving them a special thank you.

**And from all of us
here at our facility,
a big thank you to all
CNAs for everything you do.**



Newsletter Production by PorterOneDesign.com



Happy Birthday

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

June 4	Ida L.
June 5	Richard B.
June 24	Duane M.

June Events

June 4 - National Cheese Day
June 7 - National Chocolate Ice Cream Day
June 14 - Flag Day
June 20 - Father's Day
June 21 - World Day of Music
June 23 - National Pink Day
June 27 - National Bingo Day



WISH LIST

We would love a few more IPADS for our residents to use for video calls and in room games and activities. If anyone has one they are willing to donate, please contact the activities department.

FREE CNA Classes

Call our HR Dept to get started today.



JUNE 21-25, 8a-4:30p

Free 16-hour online course plus free 59-hour in-person or zoom class needed to test for your nurses aide certification (75 hours total). 16+ may apply. Employment commitment required.

DONATE SAFELY AND EASILY ONLINE:

MontelloCareCenter.org/Donate

