

The Montello News

CARE CENTER

DECEMBER
2020

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

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

Hand Washing Awareness

The COVID-19 pandemic provides an important reminder that one of the most effective ways to stop the spread of germs and stay healthy is also one of the simplest — **handwashing with soap and water.** Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

Wash your hands:

- Before, during, and after preparing food

- Before eating
- Before and after caring for someone at home who is sick
- After using the restroom
- After touching garbage
- After touching a frequently touched surface or shared object (light switch, doorknob, tablets)
- If your hands are visibly dirty or greasy
- After blowing your nose, coughing, or sneezing, you should immediately clean your hands by either washing them with soap and water or using hand sanitizer with at least 60% alcohol.

Source: [cdc.gov](https://www.cdc.gov)



Check out WISH's New Video

During COVID, residents in senior care facilities have struggled while visitation with loved ones has been limited or restricted. In WISH nursing homes like ours, as in others across the country, employees stepped up and became like family to residents, helping to fill days with creative diversions and one-on-one activities, spending time talking and sharing, being a human touch, meeting needs, sharing a meal and a laugh or a smile. This video, parts of which were filmed here during the summer, shares the stories of some of the many special individuals who work here and at other WISH facilities during the pandemic.

Watch the video here: bit.ly/wishvideo1



Emily Olson, a nurse's aide, was one of two employees filmed for Montello's portion of the video. Her favorite part of her job is working directly with residents and getting to see them every day.

Montello CARE CENTER

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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

Sudoku

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

Gingerbread Houses

Looking for something sweet to make your winter season complete? **Whether it's home-baked or a purchased kit, designing a gingerbread house can make for a fun and satisfying day.**

We owe our thanks to the Brothers Grimm for their tale Hansel and Gretel, which prompted the fun idea of a house made of gingerbread. German gingerbread guilds quickly picked up the idea and refashioned them into the quaint winter cottage we think of today.

Fun Tip: Make a gingerbread ornament! Poke a hole in the top before baking, and then thread a ribbon through to hang when finished.



10 Holiday Health and Safety Tips



Follow these tips to help keep you and your family safe and healthy during the holidays and all year long!

- #1.** Wash hands often to keep from spreading germs and getting sick. If soap and clean water aren't available, use an alcohol-based hand sanitizer.
- #2.** Bundle up to keep warm. Dress in several layers of loose-fitting, tightly woven clothing.
- #3.** Manage stress. Keep a check on overcommitment and overspending.
- #4.** Be smoke-free. Avoid smoking and secondhand smoke. If you smoke, quit today or ask your health care provider for help.
- #5.** Get exams and screenings. Ask your physician what exams and tests you need to help find diseases and conditions early or before they start.
- #6.** Get your vaccinations. Vaccinations help prevent diseases and save lives. Ask your physician

what vaccinations you should get, based on your age, lifestyle, travel plans, and medical history.

#7. Stay moving. Find fun ways to stay active, such as dancing to your favorite holiday music. Adults should get at least 30 minutes of moderate physical activity most or all days of the week.

#8. Prepare food safely. Remember these four simple steps: wash hands and surfaces often, cook foods to proper temperatures, and refrigerate promptly.

#9. Eat healthy. Choose fresh fruit instead of candy, or select just one or two of your favorites from the host of tempting holiday foods.

#10. Don't drink and drive, and don't let anyone else drink and drive.

Source: cdc.gov

DONATE SAFELY AND EASILY ONLINE THIS HOLIDAY

Thank you to our residents, families and community for the thoughtful gestures of gifts and time this year. Your patience and support are treasured.

With the fiscal challenges of 2020, we again ask for your help. Costs associated with COVID and care in general are daunting so we're asking you to please consider a generous donation to our facility this year-end. We are committed to high-quality, compassionate care for each resident, while supporting their families and our staff through this time.

Your tax-deductible gift helps cover resident care shortfalls and other costs so we can continue to care for as many as possible.

Thank you for placing a donation today. Do so online at our website and click on the DONATE tab, or mail a check to our administrator (made out to our facility). Thank you!

MontelloCareCenter.org/Donate

