



The Montello News

CARE CENTER

NOVEMBER
2019

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

Patient Review

The treatment here was wonderful (strength and endurance) helped me get back home. The food was great, and entertainment was enjoyable. I would recommend this facility to everyone. The wonderful staff treated me special. – Donna K.

A Short History Lesson on Veterans Day

The official end of the First World War was November 11, 1918. At the one-year anniversary, President Wilson proclaimed November 11, 1919 to be “Armistice Day.” This was the first nationwide commemoration of the First World War.

On November 11, 1920, the countries of England and France held ceremonies to commemorate the war, such as laying to rest unknown soldiers. The following year, the United States did the same by relocating an unknown U.S. soldier from his grave in Europe into the current day Tomb of the Unknown Soldier in Washington D.C. **The casket was placed into the tomb at exactly 11:00am on the morning of the 11th of November, 1920.** President Harding requested that all flags be flown at half-mast to commemorate the day and the great loss of life of the soldiers who fought in the war.

The United States took the unknown soldier to mean both the losses we faced as a country, as well as each American’s loss and sacrifices in war. Because of this, in the years that followed, many states adopted laws declaring November 11th as a legal holiday.



On June 4, 1926, the United States Congress enacted a resolution asking the president to issue a proclamation to display the national flag on all buildings on November 11th. The resolution again named the day “Armistice Day.” On May 13, 1938, Congress enacted a new law which made the day a national holiday.

In 1947, two years after the end of World War II, a “Veterans Day” parade was held in Alabama on November 11th. **In 1954 President Eisenhower signed a bill into law officially changing Armistice Day to Veterans Day.**

Each year the current President of the United States visits the Tomb of the Unknown Soldier and places a wreath while “Taps” is played. It is very popular for towns and cities to have Veterans Day parades to honor those among their communities who have either lost a loved one to war, or who have a loved one currently serving in the armed services.

Job Postings

CNA Staff- PM shift

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



Happy Birthday

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

| | |
|-------|------------|
| 11/8 | Edna T. |
| 11/20 | Betty F. |
| 11/23 | Lucille B. |

Upcoming Events

Nov. 4 – Resident Council meeting at 10:00 am

Nov. 5 – Time Slips 1:00 pm

Nov. 7 – Flower show 6:15 pm

Nov. 11 – Veteran’s Day program 10:00 am

Nov. 12 – Tello Tones preform 10:00 am

Nov. 18 – Dan L. Vocal Performance 10:00 am

Nov. 27 – Birthday Party with Geezer Vocal Performance 2:30 pm

Nov. 28 – Thanksgiving Day

Nov. 29 – Don W. Vocal Performance 10:00 am



DONATE SAFELY AND EASILY ONLINE:

MontelloCareCenter.org/Donate



National Caregivers Month: Taking Care of Yourself is Part of the Job



Becoming the primary caregiver for an aging parent is universally

recognized as one of the most difficult transitions we can go through. The job of caring for aging parents can be overwhelming. It’s easy to begin to “hover” around them in an emotional attempt to block any more harm. This is a parenting instinct and one that your parent probably won’t resist because they want to be cared for. There is an instinct in caregivers to give 100% of time, energy and resources to aging parents.

Guilt often times fuels much of the intensity and effort many caregivers offer to help aging parents. Caregivers may feel guilty that mom or dad is suffering from age-related illness and may feel guilty for any

time taken for themselves, their own needs or the needs of their family.

The problem is that caregivers have obligations other than caring for a loved one. For example, caregivers often have a job, a family and a home to care for as well as their own health to think about. It’s important to watch for signs of caregiver burnout.

Caregiver burnout can result in a decline in one’s health. This can eventually lead to changes in attitude about the task of caregiving and, in some cases, a nervous breakdown. Symptoms include stress, poor sleep and eating habits, a possible increase in alcohol consumption and an inability to think about anything other than what mom or dad needs.

If someone you know is suffering from caregiver burnout, offer to help. Resources for caregivers can also be found at the local Aging and Disability Resource Center (ADRC).



This season, shop at smile.amazon.com, and Amazon will donate to our facility. Simply login and choose **Wisconsin Illinois Senior Housing Inc.** as your charity of choice.

Or visit amzn.to/2lwBS5n.

