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The Montello News

CARE CENTER

DECEMBER
2019

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.



Yoga or Pilates: Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

Start or Join Book Club: Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

Go for a Walk: Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow

leisurely walk or a brisk one; you will get physical benefits from walking and being active.

Weekly Meeting with Friends: Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.

Plant a Succulent Garden: If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops. With a little research on succulent or inside sprout gardens, you can find plenty of things to plant, no matter what your region.

Montello

CARE CENTER

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Brent Meyers, Administrator

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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.



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MontelloCareCenter.org

WE ACCEPT CREDIT CARDS



Holiday Craft:

Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.



Happy Birthday

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

12/12	Margaret S.
12/18	Carol C.

Upcoming Events

12/12 10am Resident Council

12/3 2:30 Vicki B. sings

12/6 1pm Bake brownies for National Brownie Day on **12/8**

12/10 10am Tello Tone sing

12/15 10am Church Kids' Bingo

12/16 2:30 Women's Club Christmas Party with gifts

12/23 2:30 Resident/Staff Christmas Party with Gifts

12/24 2:30 "Santa Geezer" sings at Birthday Party

12/27 10am Don Wedel sings

We are blessed to have many church and other groups come in to carol for our residents.



Please remember us during your holiday giving. Donate safely and easily online at MontelloCareCenter.org/Donate

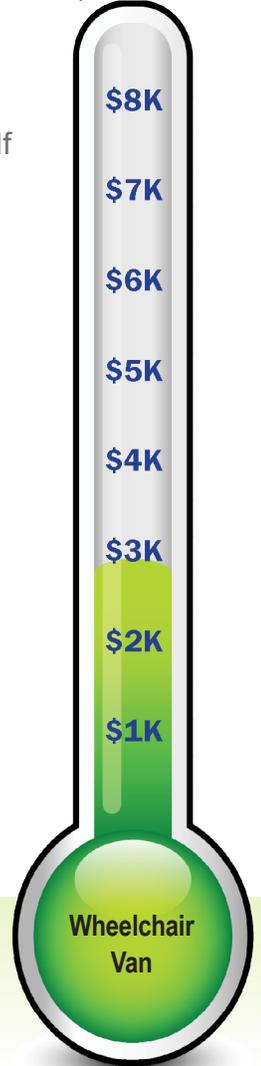
We're non-profit; all donations are tax-deductible.

AVOID SLIPS AND FALLS THIS WINTER

These eight tips can help you to maintain your balance and move confidently across snowy, icy, or wet surfaces:

1. Wear shoes or boots with good traction.
2. Dress warm. If you're warm, your muscles will stay relaxed. Tense muscles can adversely affect your balance.
3. Be careful getting out of your car. Plant both feet firmly on the ground before moving. Steady yourself on the door frame until you have your balance.
4. Don't take shortcuts. Stay on cleared sidewalks and paths, and don't walk between parked cars. Remember that grassy slopes can be as slippery as snowy steps.
5. Take extra time. Don't rush. Take short steps with your toes pointed slightly outward to maintain a stable base of support.
6. Pay attention. Stay aware of the surfaces ahead of you. Look down with your eyes only. If you move your head downward, you may shift your balance.
7. When walking in the dark or in shadowy areas, stay alert for black ice. It is treacherous and extremely slippery.
8. Keep your driveway and walkways clear. Pay someone to do this if necessary.

\$9000



We've reached 30% of our goal! Make a donation to help reach the goal of \$9000 for a new wheelchair for resident use.



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