

# The Montello News

## CARE CENTER

NOVEMBER  
2018

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

## Giving Thanks for Being a Caregiver

Balancing work, home and private life with the demands of being a caregiver can be a frustrating juggling act. Just around the time you may get a good

balance, the demands of your elderly parent might change and you are again pulled back into that stressful situation.

### Free CNA Class

**Nov 26 - Dec 14** (M-F days)  
at Wild Rose Manor in Wild Rose.  
Call 920.622.4342 to reserve.

## \$500 BONUS

when you work for us as a CNA  
(Call Montello Care Center for details)



Free CNA tuition & testing is through the WisCaregiver program. Get started today:  
Register at [www.WisCaregiver.com](http://www.WisCaregiver.com)  
and then join the class.

## Montello

### CARE CENTER

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[www.montellocarecenter.org](http://www.montellocarecenter.org)  
Brent Meyers, Administrator



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Montello Care Center is a non-profit 501c3 skilled nursing community, dedicated to serving the community. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.



I am not going to give up on you."

You can celebrate those little times of laughter and joy. Celebrate when you enjoy a movie together or laugh at those "insider" family jokes that always bring a smile.

There is something deep inside us that feels like a sense of completion when we are able to stay with someone we love through a very tough time. Your love for your parent will deepen and grow stronger in a way that will stay with you for the rest of your life.

You are needed and you are important to your elderly mom or dad!

**How can you offset the worry, the anxiety, the anger and the resentment? Be thankful!**

If you can find ways to be thankful that you are the caregiver for your parent, that positive emotion can do wonders to drive out those negative emotions in your heart. And when you think about it, there are quite a few great things you can be thankful for **BECAUSE** you are the primary caregiver for your aging parent.

You are able to give back a bit of the sacrifices they made to raise you. The amount of time and money and emotional effort your parents gave you as a child is something that can never be repaid. However, you are giving a little bit back in caring for them when they are old, which conveys, "Thank you for raising me and never giving up on me. And now

## Short-Term Rehab Success Story

Recently, **Kathleen S.** visited Montello Care Center for a short-term rehab stay. She says she chose Montello for her rehab because it was close to her home and her family, after she suffered a fall at home. "Everyone was so helpful... The entire staff was so friendly," **She wrote to us.** "Staff was extremely attentive and friendly, I feel like I made some new friends." **She especially thanks the nurses. Thank you, Kathleen, for choosing Montello for your rehab needs!**

## How To Stop Aging On The Outside

While there's no single secret to holding off the effects of aging, there are plenty of things that can be done to help.

Here are some suggestions:

**Antioxidants are absolutely one of your best weapons against aging!** Eat plenty of antioxidants as you age, such as dark vegetables and fruits like carrots, squash and spinach or blue and purple berries.

**Make sure you're getting enough vitamin D in your diet.** If you're not, try eating more fish or drinking more milk. If you can't do either of those, look into supplements.

**Just because you're aging doesn't mean you should stop physical activity.** Almost any amount of physical activity will have benefits, provided you are doing a safe level of activity for your age and health.

**Your body's increased need for hydration as you age is just as important as its increased need for some vitamins.**

Remember, though, that water is not the only way to keep your body hydrated. Fruit and vegetable juices naturally contain water and are an easy way to address both your need for some vitamins and your need to stay hydrated.

## FACTS: AMERICAN DIABETES MONTH

- Diabetes is a chronic disease in which the body is unable to properly control the amount of sugar in the blood due to the lack of the hormone insulin.
- It is estimated that over 18 million Americans suffer from diabetes, and of these 18 million it is estimated that nearly one third are unaware they suffer from it.
- Diabetes is easily diagnosed using a fasting blood glucose test.
- Type 1 diabetes, or juvenile diabetes, is diagnosed in children and young adults.
- Type 2 diabetes is the most common form of diabetes and is usually found in adults over the age of 40.
- Living with diabetes can seem overwhelming at first, and it can require a good amount of commitment. However, millions of Americans live full and active lives with diabetes.



For your convenience, we accept all major credit cards and ACH payments.



## Continuity of Care with Therapists You Trust



Pre & Post Surgical Therapy for Knees, Hips & Joints  
Accident & Injury Recovery, Kinesio Taping, Fall Prevention  
Physical, Speech & Occupational Therapies

**Prehab,  
Inpatient &  
Outpatient  
Therapy**



**Montello Care Center**

## Happy Birthday!

Betty F.	11/20
Lucille B.	11/23

## Welcome resident!

*Glen W.*



## Activity Events

**Bingo Every Thursday\***

**at 2:30 PM** \*There will be no Bingo on Thanksgiving.

## Free Wellness Clinic

**Tuesday, Nov. 27th  
9am-12pm**

Mark your calendar and join us at Montello Care Center's **FREE** Wellness Clinic.

- *Balance Assessments*
- *Podiatry assessments*
- *Blood Pressure Checks*
- *Pulse Checks*

Skilled providers will be onsite, and snacks are provided.

*This clinic is held every 4th Tuesday of the month.*