



# The Montello News

## CARE CENTER

AUGUST  
2019

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

## Upcoming Events

**8/2 at 2:30pm** – Treats on the patio

**8/6 at 2:30pm** – Root Beer Floats

**8/13 at 10:00am** – Tello Tones

**8/16 at 2:30pm** – Watermelon on the patio

**8/28 at 2:30pm** – Geezer sings for birthday party

**8/30 at 10:00am** – Don Wedel

## National Relaxation Day is August 15: Try These Two Mindfulness Exercises!

### Self Reflection Exercise

Anytime you are stressed, stop, and carefully watch yourself to identify what's bothering you. You may be expecting something bad to happen, perhaps there is an argument going on just below the surface of your consciousness, or you're worried about something, or in pain in some way. Notice everything you can.

This self-observation is crucial. It will get easier as you do it more. You'll start to realize just how many things are going on in your own head, distracting you. When you do this exercise, you'll feel less stressed, and more able to focus on your tasks.

### Senses Exercise

Sit down, relax and breath deeply through your nose. Let your eyes close and be aware of your breath going in and out. Move your attention to your body, one part at a time, noting sensations of cold, hot, tight, sore and anything else you identify. After a few minutes, start listening to sounds in the room, without thinking about them. Just listen, while still maintaining an awareness of your body and your breath.

When you are aware of your body, breath and immediate enviroment, you are more fully "in the moment." Your mind is in a receptive state, with fewer mental distractions that can prevent clear thinking.

# Montello

## CARE CENTER

251 Forest Lane, Montello, WI 53949

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Brent Meyers, Administrator

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## Happy Birthday

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

8/3	Joann N.
8/7	Viorene L.
8/12	Cheryl C.
8/29	Lester D.

## Wish List

*We are currently fundraising for a used wheelchair van*

## Job Postings

**NOC Nurse P/T**

**CNA's F/T and P/T**

**Dietary Aide P/T**

## Celebrate Friendship Day



In 1935 the first Sunday of August was proclaimed the first annual Friendship Day. **This year Friendship Day falls on Sunday, August 4th.**

The celebration of Friendship Day has become an annual event in the United States. Over the years this tradition spread to other countries and they also started celebrating this day with much excitement.

This is a day for us to spend time with our friends and let them know how much they are loved and appreciated in our lives. Friendship Day is a celebration of those in our lives who give life meaning and joy. It allows us to pay tribute to our friends, new and old who have played an important role in helping to shape who we are today. Give them a call, send them an email, or write a heartfelt letter and let them know how much they mean to you.

## Therapeutic Activities May Help Memory Loss Patients



Many people understand that FDA-approved prescription medication may help slow the progression of the memory loss, but did you know that caregivers can complement treatment with activities that may help reconnect their loved ones to daily life?

“In addition to obtaining a diagnosis and beginning medication, it’s important that caregivers plan activities to share with their loved one, like playing games and going on outings,” explained Eric Pfeiffer, M.D., Professor of Psychiatry and Founding Director of the Suncoast Gerontology Center at the University of South Florida Medical Center. “Even doing simple tasks like baking

cookies or feeding pets can help to give a patient with memory loss a sense of self-esteem or self-worth.”

**According to research, engaging a person with memory loss in activities that they enjoy may reduce many of the symptoms such as agitation, frustration, and wandering.** Activities should benefit both patient and caregiver, by providing an opportunity to spend quality time together to connect both mentally and physically. Activities can include:

- Playing music (patient’s choice)
- One-on-one interaction
- Playing videos of family members
- Walking and light exercise
- Pet therapy
- Baking or light cooking

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### Continue Your Rehab Therapy at Home

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