

★ ★ ★ ★
Awarded 4-Star for
Medicare Quality
Measures For
Exceptional Care

The Montello News

CARE CENTER

FEBRUARY
2020

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

Therapy Success Story

Donna K. came to Montello Care Center for rehab therapy. "Everyone was kind and treated me as someone special. My therapy experience was so good and they gave me such encouragement. The food was great, and the entertainment was enjoyable and so much fun," she said. Donna says she would recommend this facility to others for rehab therapy.

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

10 Healthy Habits for Seniors

People who had good healthy habits when they were younger tend to become healthy seniors, but it is never too late. Good health habits can make a difference even to those prone to illness or who haven't made health a priority in the past. Here's some tips:

1. Eat healthy

The digestive system slows with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Drinking lots of water wards off dehydration and helps seniors stay energized and sharp.

2. Focus on prevention

Wellness care including screenings for cholesterol, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors should also get vaccinated to prevent influenza and pneumonia.

3. Get information on medication management

Review medications with the doctor on a regular basis. Consider possible drug interactions and report new symptoms (allergic reactions, drowsiness, loss of appetite, etc.).

4. Get some sleep

Frequent waking and insomnia are common among seniors. Turn lights down in the evening to spur drowsiness and make sure the bedroom is comfortable, cool and quiet.

5. Remember mental health

Engage in crossword puzzles, reading,

writing or try new hobbies to stimulate the mind and promote engagement. Activities like these can ward off a decline in mental health.

6. Screen for vision changes

Seniors who wear glasses should have their prescription checked every year for changes and have their eyes screened for health issues. Having the right pair of glasses can reduce a senior's chance of falling.

7. Socialize

Time spent with family and grandchildren helps seniors stay connected. These visits can help seniors feel more upbeat - the best medicine at any age.

8. Stay physically active

Exercise reduces depression and improves energy and memory. Even a light exercise program (approved by a physician) can keep seniors healthier longer.

9. Free physicals

During the first 12 months on Medicare, seniors are offered free physicals. After that first year, they receive free annual wellness visits.

10. Visit the dentist twice a year

Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke. Seniors should see the dentist regularly.

DONATE SAFELY AND EASILY ONLINE:

MontelloCareCenter.org/Donate



Happy Birthday

Ashford "Bud" H.	2/15
Diane W.	2/26

Job Postings

CNA: PM and NOC shift
CBRF Caregiver: PT/FT

Upcoming Events

Feb. 5 at 10:00am –
Bible Stories

Feb. 6 at 12:45pm – Cards

Feb. 11 at 10:00am –
Tello Tones

Feb. 12 at 10:00am –
Bible Stories

Feb. 13 at 12:45pm – Cards

Feb. 14 at 2:30pm – Valentine
Party, King & Queen

Feb. 16 at 10:00am –
Church Kid's Bingo

Feb. 18 at 10:00am –
Dan Lovett sings

Feb. 19 at 10:00am –
Bible Stories

Feb. 20 at 12:45pm – Cards

Feb. 26 at 2:30pm – Hal
Smith Sings for Birthday Party

Feb. 26 at 10:00am –
Bible Stories

Feb. 27 at 12:45pm – Cards

Feb. 28 at 10:00am –
Don Wedel sings

Valentine Games

Famous Couples. Divide into two teams and give each a buzzer or similar type item. Announce the first half of the famous pair. You might say, "Romeo" and if one of the teams knows the match is "Juliet," they will buzz in with their answer. Whoever has the most points wins!

Several examples to get you started:

Peanut butter and _____

Eggs and _____

Katharine Hepburn and _____

John Lennon and _____

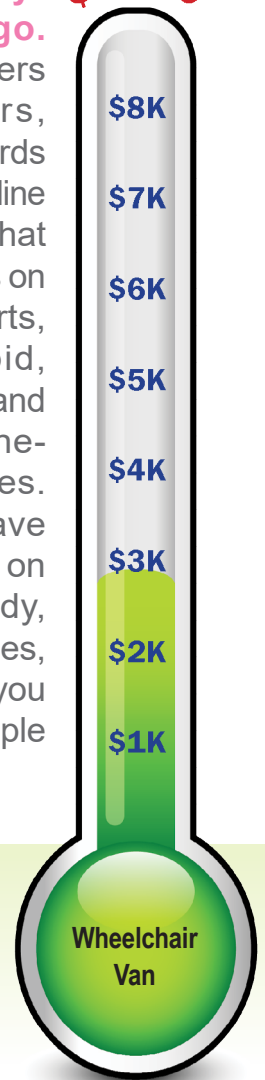
A candy heart stacking contest.

Have everyone sit around a sturdy table and give them at least 15-30 candy hearts and have them build as high as they can with the hearts within in a given period of time (30 seconds to a minute is plenty). If their contraption falls, they are out. Keep playing the

game until you are down to two final contestants. Have everyone cheer him or her on as they try to build the highest (and longest lasting) tower of hearts. Be sure to have a prize for the winner!

Valentine's Day-themed bingo. **\$9000**

Instead of letters and numbers, create bingo cards (or find some online to download) that feature pictures on them like hearts, flowers, cupid, arrows, roses, and other Valentine-themed images. Be sure to have several prizes on hand like candy, chocolates, roses, or balloons so you can play a couple rounds!



Wheelchair Van needed. We've reached 30% of our goal. Please donate to help us reach our goal of \$9000 for a new van for resident use. Donate online at Montellocarecenter.org/donate, or call our office. Thank you.

Continue Your Rehab Therapy at Home

Transitions At Home continues treatment & rehab therapy at home when you leave Montello Care Center. We can even help you arrange home health *before* discharge so you know what to expect. When you need medical care at home, Transitions At Home delivers quality care with RNs and home health aides.

Bringing Quality Healthcare To You

262.723.2700
TransitionsHealth.org



TRANSITIONS
AT HOME

Transitions At Home is a non-profit WISH agency that provides in-home healthcare to southern and central WI.