



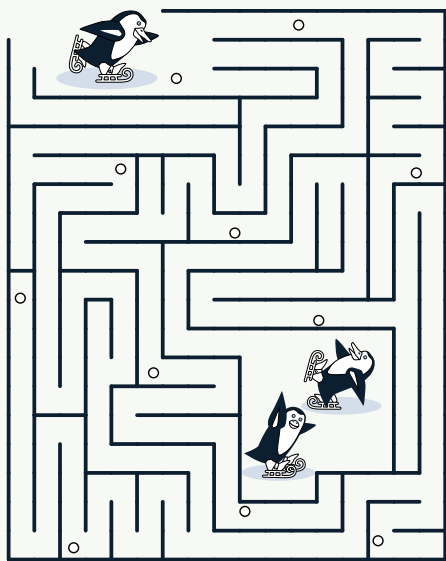
The Montello News

CARE CENTER

JANUARY
2022

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

Help the penguin
join his friends for
a skating party!



Upgrade Your Classic Hot Cocoa

There are not many things that can perk you up on a cold and rainy day more than a cup of creamy hot chocolate. This delicious beverage can be traced back to the Mayan and Aztec civilizations in which they consumed chocolate drinks made from roasted cocoa seeds mixed with spices like chili and achiote or annatto. The Aztecs, during the earlier times of chocolate history, believed that consuming large amounts of chocolate would bring one health and power. It was so revered in some cultures and countries that only the upper class or royalty had the honor of indulging in this chocolate beverage.

Whether from a powdered packet or made from scratch, now anyone can enjoy a hot, creamy cup of hot cocoa! **On January 31, Hot Chocolate Day, celebrate by trying a new cocoa combination in your cup:**

Sweet-tooth: Instead of putting regular or powdered milk in your drink, add a splash of coconut milk.

Muy caliente: If you are fond of spicy food and beverages, then add a little of sprinkle of cayenne powder, about half a teaspoon, to give your cocoa a kick.

Peppermint patty: For those who like their chocolate drink minty, mix your hot chocolate together with a candy cane, add some crushed peppermint candies or add a half teaspoon of peppermint extract.



Montello

CARE CENTER

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Andrea Bowers, 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.



Wisconsin Illinois
SENIOR HOUSING INC.

MontelloCareCenter.org

WE ACCEPT CREDIT CARDS

Sudoku

	2	4		1			7	
6	1	7		8			3	
5	3		2			8	1	
		2			1		9	
3	5	1	9		7		8	
9	6	8			3		2	1
	7		6	5		9		
4	9		7	3		1	5	
2	8	5		9	4			

Get Involved: Donate Blood. Save Lives. 🩸

The need for blood, plasma, and platelets donations are constant. Each day, the Red Cross must collect nearly 13,000 blood donations for patients at about 2,500 hospitals nationwide. This need doesn't stop for the season, weather, holiday, or a pandemic.

The Red Cross Blood Donor app or RedCrossBlood.org is a great way to find a place to make an appointment to donate in your area.

Before your donation

- Eat iron-rich foods such as meat, fish, poultry, spinach, iron-fortified cereals, or raisins.
- Get a good night's sleep and drink extra liquids to be sure you're well-hydrated.
- If you're going to donate platelets, do not take aspirin products for two days prior to your appointment.
- Learn more about Red Cross donation safety protocols.

Donating blood, plasma, or platelets is a simple, quick, and effective way for eligible individuals to get involved in their community.

Source: cdc.gov



Embrace and Celebrate Happiness in the New Year

Resolve To Be Happy ★ Instead of resolving to do things that can cause you stress, this new year, why not resolve to be happy?

Celebrate what makes you happy ★ Is it your family?

Taking time to golf, play piano, watch movies, or other leisure activities such as crafts, painting, or reading?

Maybe it's a hobby you haven't returned to in years? Take a few minutes to make a list of all your happy things.

Discover what makes you unhappy ★ There are any number of things that can make you stressed, angry, sad, or otherwise unhappy. Take a moment for some serious self-reflect and write down things in your life that make you unhappy.

Resolve to make a change ★ Choose one of the items from your unhappy list and resolve to fix that situation. Simply minimizing your interactions with things that stress you out is one way to solve things. Reach out to family members, friends, or a health care provider for help, advice, and support. Instead of staying in a rut that gets you down, prioritize yourself and embrace happiness!



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