



The Montello News

CARE CENTER

MARCH
2022

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

REVIEW US ON Google

Have we helped you and/or your loved one? Tell others about your experience at our facility by scanning the QR code to leave a Google Review:

1. Scan the QR code with the cell phone or tablet's camera.



2. Sign-in to your Google account (if not signed in).
3. Give star rating and add your review.



We appreciate your feedback.



When you get up each morning, try smiling and saying to yourself, "this is going to be an awesome day." This is known as the power of affirmation! Studies have shown that positive thoughts can positively affect our mood.

On March 10, Day of Awesomeness, take a moment to think about the things in your life you are grateful for. It can be easy to think only about things you wish you had or wish you could do, but we also need to spend time on the things that make us happy every day so we do not take them for granted. If you struggle with this, try bringing a note pad with you today to write down anything that makes you smile. Noticing in the moment is also a great way to appreciate all the awesome things that happen every day.

The next step is connecting with loved ones. Whether it is an old or new friend, make an effort to make plans for the upcoming week. If you cannot be with them physically, a simple phone call or video call can brighten up your day.

Find inspiration for what you can do for someone else. Think about the people in your life that elevate you, and what you can do to make their lives a little better. Maybe an uplifting note, or a small gift would brighten up their day. Our friends and loved ones are so precious to us, and by taking the time to acknowledge them we also can share in the amazing feeling of our friendship.

Finally, do something awesome for yourself to feel rejuvenated and excited for tomorrow. Whether it is scheduling time for a favorite hobby or trying out an interesting and healthy new food, doing something for yourself will ensure that your sense of self is illuminated and treated the way it deserves.

Montello CARE CENTER

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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

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

Employee Appreciation Day

We would like to applaud all of our employees for going above and beyond each day in providing compassionate, quality care to our residents and families. We appreciate you!



Be sure to take a moment on March 4 to recognize your favorite staff member with a hand-crafted greeting or compliment, or by sharing a laugh or story together.



Get out your colorful beads and mocktails, March 1 is Mardi Gras!

While Mardi Gras is one of the most widely celebrated and well-known festivals of all time, it can be hard to figure out what date it will fall on, as the date changes every year. Mardi Gras is always 47 days before Easter, and Easter is always the first Sunday after the first full moon that follows the spring equinox!

Fun Fact: Did you know that "Mardi Gras" is French for Fat Tuesday? Despite waiting on a full moon to set up the event, it always ends up falling on a Tuesday! We owe this to Julius Caesar, who in 45 B.C. ordered the creation of the 12-month calendar that tracks the progression of the solar year.

Fat Tuesday is a day marked with indulgences, parades and huge parties. For Christians this is celebrated as a religious festival, for the day after Mardi Gras (also known as Ash Wednesday) begins the Christian season of Lent, which is designed to promote sacrifice and fasting. New Orleans and Rio de Janeiro host two of the largest and flashiest Mardi Gras celebrations that attract thousands of people from across the world.



Since we cannot all be in New Orleans on Mardi Gras, here are some fun ways to join the celebration from home friends and family:

- Get beaded necklaces for all of your guests
- Decorate with purple, green, and gold balloons, streamers, and confetti
- Make and decorate your own masks
- Throw a mini parade
- Eat delicious New Orleans-themed foods, like gumbo, jambalaya, red beans and rice, and king cakes

A scholarship for rising stars



Application deadline: March 31

Open to all WISH employees and high school students in IL & WI. Health care interest a plus but not required. Scan QR for info and to apply.

