



# The Montello News

## CARE CENTER

MAY  
2022

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

## National Skilled Nursing Care Week

The American Health Care Association (AHCA) recently announced **Creating and Nurturing Connections** as the 2022 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

This theme celebrates the reliable and strong commitment that each skilled nursing care staff member has to providing high-level quality care and improving the lives of every resident and family member within their care. During the last two years, staff members have found themselves “wearing many new hats” due limited visitation and social distancing, staff from all departments have stepped up to provide essential

emotional support and social connections residents, staff, family and friends needed.

**Now and through May 8-14, 2022, families, residents and staff are encouraged to team up together for a project, game, craft, exercise or hobby. Form a connection by learning something new from one another or share a laugh over a fun game checkers. Stay on track with your daily or monthly move goals with an**

## Creating and Nurturing



National Skilled Nursing Care Week • May 8-14, 2022

**accountability partner. Team up with others to make a group presentation to share.**

Established by the American Health Care Association (AHCA) in 1967, NSNCW recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

## 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](http://MontelloCareCenter.org)

WE ACCEPT CREDIT CARDS

## Act F.A.S.T.

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within three hours of the first symptoms. Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:



**F — Face:** Ask the person to smile. Does one side of the face droop?



**A — Arms:** Ask the person to raise both arms. Does one arm drift downward?



**S — Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?



**T — Time:** If you see any of these signs, call 9-1-1 right away.

Note the time when any symptoms first appear. This information helps health care providers determine the best treatment for each person. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

Source: [cdc.gov](http://cdc.gov)

## Staff Assistance Program

WISH offers a great staff benefit called EmployeeConnect (EC) and it's available to every employee, full- or part-time.

EC is an assistance program of professional and confidential services to help our staff and their families meet life's demands.

### Free EC resources include:

- **In-person guidance:**
  - **Free in-person/virtual counseling: up to 5 sessions, per issue, per year**
  - **In-person consult with in-network attorneys**
    - **Free 30-min consultation**
    - **25% discount on future meetings**
- **Unlimited 24/7 assistance**
  - **Info and referrals on child & elder care, vacation planning, pet care, car buying, college planning, etc.**
  - **Legal referrals for family law, estate planning, consumer & civil law**
  - **Financial guidance: Budgeting, short- & long-term planning**
- **Online Resources**
  - **Support tools, articles, videos and interactive tools like financial calculators, budget sheets & more.**

The goal of WISH is to support our staff so they can excel at their work while enjoying their lives and families. Talk with HR for details.



## The importance of your mental health

**The past two years have brought many challenges that have impacted our everyday lives, which is why it's more important than ever to understand the importance of good mental health.** Mental health includes emotional, psychological, and social well-being. It affects choices we make, how we think, feel, and act towards others, and how we handle stress.

Stress, fear & anxiety all have negative effects on mental health which, in turn, can affect physical health. People with poor mental health often experience depression, increased anxiety, lethargy, illness and even chronic health conditions.

Taking time to care for your mental health can help limit depression & anxiety, reduce stress, increase a positive outlook, and help you rediscover things you enjoy in life. One study suggests it can also help reduce the risk of heart attack. Taking care of yourself usually gets put on the back burner, but it's something that should be prioritized - for your own health and so you can better care for others in your life.

### Tips for self-care:

- **Take breaks from watching, reading or listening to news; limit social media.**
- **Make time for meditation, stretching, music or other activities you enjoy. Many free video guides are available.**
- **Treat yourself to healthy, well-balanced meals.**
- **Take time for activities you enjoy**
- **Avoid excessive alcohol, tobacco and substance use.**
- **Exercise regularly and get plenty of sleep.**
- **Talk to someone: a psychologist, social worker, counselor, physician, pastor, family member or friend.**