

Care Center Courier

Skilled Nursing • Respite Care • Rehabilitation Services

Resident of the Month

Deb H. is such a joy to have in our home. Deb always has



a kind word and a helpful attitude towards other residents. Deb loves reminiscing with staff, there are so many stories she enjoys sharing with all of us. She enjoys getting her nails painted, her hair braided, listening to music, and joining in on some of the activity games. Thank you, Deb for choosing to join our family at Edgerton Care Center!!

Letter from our Activity Director

Happy May everyone. The last day of March left us with freezing rain and about 2 and a half inches of snow. We are all saying that March went out like a lion, let's all hope April comes in like a lamb with lots of sunshine and nicer days, everyone is itching to get outdoors to enjoy the fresh air!!

Our residents have been busy with making Easter crafts and decorating Easter cookies, getting their nails done, going for walks, playing games.

Our activities department

continue with their Friday grocery shopping for the residents, if any of our residents are interested in getting something from

the store please contact Teresa F. in activities, and she will be more than happy to accommodate.

Spring is here and sunshine will be returning soon. The activity staff and I are looking forward to fun summer days spent with all of you.

**Teresa Fye and
the ECC Team**

Photo Highlights



Betty is all ready for Easter!!



Gary waiting to eat his Easter cookie



Pat having fun decorating her own Easter cookies!



Thank you, Joanne, for always coming up with amazing ideas for the bulletin boards!!



Del and Bev enjoying a Thursday afternoon bingo game.

Edgerton
CARE CENTER

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Brynna Prellwitz, Administrator
Haley Mueller, Business Office Mgr.
Jamie Ruchti, Social Services

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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.**

EdgertonCareCenter.org

WE ACCEPT CREDIT CARDS



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
1	9:15	Spiritual Hour 2&3	2	9:15	Exercises 2&3	3	9:15	Table tennis 2&3	4	9:15	Bowling 2&3	5	9:15	ring toss 2&3	6	9:15	Morning stretches	7	9:15	Team noodle ball 3
	10:30	Trouble 2		10:30	Reminisce 2&3		10:30	Memories 2&3		10:30	Reminisce 2&3		10:30	fun facts 2&3		10:30	Trivia 2&3		10:30	Football toss 2
	1:15	Fun facts 3		1:15	Bags toss 3		2:00	Social hour 2&3		1:15	Wheel toss 3		2:00	bingo 2&3		1:15	Horse shoes 3		1:15	Disc throw 3
	3:15	Pizza toss 2		3:15	Ring toss 2		3:15	Uno 2		3:15	Pizza toss 2		3:00	resident council		3:15	Wheel toss 2		3:15	Grip toss 2
	6:00	Uno 3		6:00	Sorry 3		6:00	Trouble 3		6:00	Uno 3		6:00	mad gab 3		6:00	Ker-plunck 3		6:00	Sorry 3
8	MOTHER'S DAY		9	9:15	Exercises 2&3	10	9:15	Ring toss 2&3	11	9:15	Hover soccer 3	12	9:15	Bowling 2&3	13	9:15	Morning stretches	14	9:15	Grip toss 3
	9:15	Spiritual Hour 2&3		10:30	Trivia 2&3		10:30	Reminisce 2&3		10:30	Memories 2&3		10:30	Trivia 2&3		10:30	Fun facts 2&3		10:30	Bag toss 2
	10:30	Balloon ball 2		1:15	Balloon ball 3		2:00	Social hour 2&3		1:15	Football toss 3		2:00	Bingo 2&3		1:15	Grip toss 3		1:15	Balloon ball 3
	1:15	Football toss 3		3:15	Memories 2		3:15	Sorry 2		3:15	Uno 2		3:15	Balloon ball 2		3:15	Disc throw 2		3:15	Ring toss 2
	3:15	Pizza toss 2		6:00	Uno 3		6:00	Sorry 3		6:00	Trouble 3		6:00	Pizza toss 3		6:00	Football toss 3		6:00	Uno 3
	6:00	Grip toss 3																		
15	9:15	Spiritual Hour 2&3	16	9:15	Exercises 2&3	17	9:15	Table tennis 2&3	18	9:15	Bowling 2&3	19	9:15	Ring toss 2&3	20	9:15	Morning stretches	21	9:15	Team noodle ball 3
	10:30	Trouble 2		10:30	Reminisce 2&3		10:30	Memories 2&3		10:30	Reminisce 2&3		10:30	Fun facts 2&3		10:30	Trivia 2&3		10:30	Football toss 2
	1:15	Fun facts 3		1:15	Bags toss 3		2:00	Social hour 2&3		1:15	Wheel toss 3		2:00	Bingo 2&3		1:15	Horse shoes 3		1:15	Disc throw 3
	3:15	Pizza toss 2		3:15	Ring toss 2		3:15	Uno 2		3:15	Pizza toss 2		3:15	Grip toss 2		3:15	Wheel toss 2		3:15	Grip toss 2
	6:00	Uno 3		6:00	Sorry 3		6:00	Trouble 3		6:00	Uno 3		6:00	Mad gab 3		6:00	Ker-plunck 3		6:00	Sorry 3
22	9:15	Spiritual Hour 2&3	23	9:15	Exercises 2&3	24	9:15	Ring toss 2&3	25	9:15	Hover soccer 3	26	9:15	Bowling 2&3	27	9:15	Morning stretches	28	9:15	Grip toss 3
	10:30	Balloon ball 2		10:30	Trivia 2&3		10:30	Reminisce 2&3		10:30	Memories 2&3		10:30	Trivia 2&3		10:30	Fun facts 2&3		10:30	Bag toss 2
	1:15	Football toss 3		1:15	Balloon ball 3		2:00	Social hour 2&3		1:15	Gootball toss 3		2:00	Bingo 2&3		1:15	Grip toss 3		1:15	Balloon ball 3
	3:15	Pizza toss 2		3:15	Memories 2		3:15	Sorry 2		3:15	Uno 2		3:15	Balloon ball 2		3:15	Disc throw 2		3:15	Ring toss 2
	6:00	Grip toss 3		6:00	Uno 3		6:00	Sorry 3		6:00	Trouble 3		6:00	Pizza toss 3		6:00	Football toss 3		6:00	Uno 3
29	9:15	Spiritual Hour 2&3	30	MEMORIAL DAY		31	9:15	Table tennis 2&3	Happy Birthday! Gary W. May 19 Arlene A. May 22			2 = Floor 2 3 = Floor 3 C = Cafeteria			Please Note: The calendar is subject to change. It is sent to print weeks in advance of the actual dates. There will be additions and corrections. Please look for postings and listen for the announcements. Thank you!					
	10:30	Trouble 2		9:15	Exercises 2&3		10:30	Memories 2&3												
	1:15	Fun facts 3		10:30	Reminisce 2&3		2:00	Social hour 2&3												
	3:15	Pizza toss 2		1:15	Bags toss 3		3:15	Uno 2												
	6:00	Uno 3		3:15	Ring toss 2		6:00	Trouble 3												
				6:00	Sorry 3															

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.

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 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.

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.**