



Nurturing Connections

Nurturing connections to each other, especially intergenerationally, could be one of the most fulfilling pursuits in life. Here are some suggestions for what steps you can take to nurture connections within your life.

1. Pay Attention To Why You Decide To Be Alone- Oftentimes we may find it refreshing to spend time on your own, but make sure you are not doing so because you are giving into your own insecurities. Most of us have a “critical inner voice” that lures us into self-limiting behavior. The problem is, our inner critic doesn’t have our best interest at heart. Reaching out to our community

and connecting can leave us with more clarity and uplift us to improve ourselves in unexpected ways.

2. Be Generous with Yourself- The idea of being generous with ourselves stems from the reality that everyone has insecure moments, and since you wouldn’t hold insecurities against a dear friend, you need to be equally generous with yourself. Reaching out to friends, especially during difficult times, can help plant the seeds of connection.

3. Take Chances on New Activities- It’s never too late to discover a new favorite hobby! Keep an open mind,



and try not to default to ‘no’ when someone offers an opportunity to try something new. If you are more of a self-starter, many people find ways to volunteer (especially online) and meet other like-minded new friends in the process. Nourishing that part of ourselves that enjoys experiencing new things and seeks to connect with others can make us feel more vital.

The Residences

ON FOREST LANE

253 Forest Lane, Montello, WI 53949
608.297.8240

Cody Walter, 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.

ResidencesOnForestLane.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

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.**