



The Montello News

CARE CENTER

SEPTEMBER
2022

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

A big 'thank you' to our housekeeping staff



Sept 11-17 is National Environmental Services Week which is a time dedicated to recognizing the efforts of hard-working housekeeping staff across the US. True warriors of any building's operation, housekeeping and environmental services staff demonstrate extraordinary teamwork and management that's essential to our facility. They keep our spaces clean and enjoyable for our residents and staff.

Our housekeeping team implements cleaning measures established in 2020 to reduce the likelihood of infections in our facility by making sure rooms and common areas are cleaned and sanitized using CDC and local health department guidelines. We're taking this time to appreciate and celebrate our dedicated housekeeping staff for the important part they play in keeping our residents and staff healthy and safe.

Montello CARE CENTER

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Andera 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

Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only.

E	G	C	P	H	E	A	R	T	L	P	Y	S	V	A	R	V	U	APPRECIATE
D	F	B	L	A	H	D	D	A	Q	T	C	A	L	S	A	F	E	CELEBRATE
W	Y	F	F	P	R	X	I	O	E	J	J	N	R	G	R	G	D	CLEAN
I	J	Z	O	P	O	T	M	L	L	E	Y	I	Y	Y	W	J	U	EFFORT
G	N	N	J	R	N	R	A	F	R	X	Y	T	H	P	G	O	U	ESSENTIAL
I	U	V	X	E	T	Z	M	B	H	H	W	I	U	G	H	T	W	EXERCISE
S	R	B	S	C	S	U	F	G	T	C	A	Z	Q	E	E	S	C	FALL
E	K	S	L	I	V	L	V	L	Z	Q	R	E	T	X	D	T	N	HEALTHY
R	E	D	V	A	J	G	A	G	P	I	R	D	H	E	P	R	O	HEART
V	M	L	U	T	M	E	C	Z	S	E	I	U	S	R	R	O	C	PREVENT
I	C	Y	I	E	H	P	I	V	P	J	O	N	L	C	E	K	J	SAFE
C	L	A	H	J	P	E	Q	Q	O	Z	R	H	P	I	V	E	D	SANITIZED
E	E	T	C	C	E	L	E	B	R	A	T	E	C	S	E	H	X	SERVICES
S	A	B	V	O	L	Z	Y	M	M	R	W	O	S	E	N	R	K	STROKE
E	N	F	A	L	L	P	E	O	E	X	O	V	Z	N	T	U	N	WARRIOR

Sudoku

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



Fall Prevention Tips

All adults, aged 65 and over, are at risk for a fall. There are simple things all seniors can do to keep from falling and to stay independent longer.

Talk to your healthcare providers:

- Tell your physician, caregiver, or loved ones if you have fallen, if you feel unsteady when standing or walking, or if you're afraid you might fall.
- Ask your physician or pharmacist to review your medicines to see if any might increase your risk
- Ask your physician about health conditions (like depression or osteoporosis) that could increase your risk of falling.
- Schedule a visit with your optometrist to check your eyes at least once a year and update lenses as needed.
- Keep floors clutter free.
- Use grab bars or hand rails when available.
- Incorporate cardiovascular exercise into your daily or weekly routine based on recommendations from your physician.
- Improve your balance with low-impact pilates, tai-chi, chair or low-flow yoga.

HOW TO IMPROVE YOUR HEART AGE

Her age is 53. But her heart is 75 years old because she smokes and has uncontrolled high blood pressure. She's not alone, as most American adults have a heart that is older than their actual age.

One way to understand your risk for a heart attack or stroke is to learn your "heart age." Heart age is the age of your heart and blood vessels as a result of your risk factors for heart attack and stroke. There are some factors that put you at risk for a heart attack or stroke that you cannot change, such as getting older or your family history, but there are many others you can change.

If you smoke or have high blood pressure, your heart age will be much higher than your actual age. The most common reasons for a higher heart age that can be changed or managed are high blood pressure, high cholesterol, smoking, obesity, unhealthy diet, physical inactivity, and diabetes.

How to improve your heart age:

- Start by choosing a risk factor or two that you're ready to change, like smoking or high blood pressure, and focus on improving them first.
- Work with your physician to make heart healthy choices.



Heart age facts:

- 1 in 2 men have a heart age 5 or more years older than their actual age.
- 2 in 5 women have a heart age 5 or more years older than their actual age.
- About 3 in 4 heart attacks and strokes are due to risk factors that increase heart age.
- Having an ideal blood pressure (less than 120/80) lowers your heart age.

