



# The Montello News

## CARE CENTER

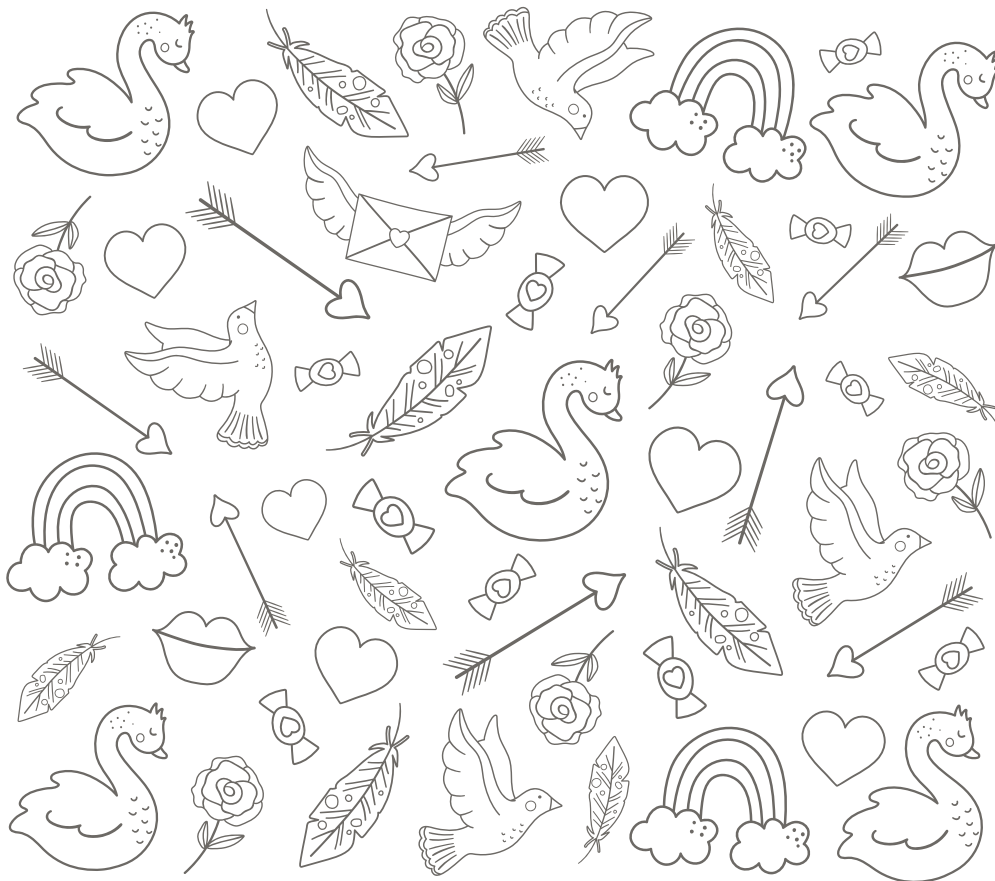
FEBRUARY  
2023

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

### VALENTINE'S DAY FACTS

- The **X** symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity. An **O** became the symbol for a hug as it is said to represent two arms encircling another.
- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This is believed to be the origin of the expression "to wear your heart on your sleeve."
- Over 150 million stems of roses are sold in the U.S. on Valentine's Day. 15% of U.S. women send themselves flowers on this day.
- About 8 billion candy hearts will be produced this year – enough to stretch to and from Italy to Arizona 20 times.

### I SPY: MY VALENTINE



How many of each shape can you find? Fill in your answers below:

?	?	?	?	?	?	?	?	?	?

## Montello

### CARE CENTER

251 Forest Lane, Montello, WI 53949  
608.297.2153

Andera Bowers, Administrator  
Melissa Stalker, Activities

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## Tune In: Radio History



Even though we have many new ways to communicate and be entertained, radio is still relevant and important in our daily lives. **92% of American adults listen to the radio every week.** Radio becomes more than entertainment in times of disaster, providing severe weather and traffic updates, bringing us news and letting us know our loved ones are safe.

In the early 1900s, Guglielmo Marconi beamed the first radio broadcast across the Atlantic. Nearly 30 years later, the Radio Corporation of America formed the first network, the National Broadcast Company (NBC) to broadcast the 1927 Rose Bowl game from Pasadena, CA. This revolutionized how local stations could share programming, sports, and news across the country within minutes. Soon after, more radio stations popped up with serial programs like "The Lone Ranger" and comedies like "The Abbott and Costello Show."

On February 13, World Radio Day, tune in and enjoy your favorite radio programs and stations. Or it's a great day to listen to something new! Whether you listen to local or satellite stations there are many options: from classical to country to Top-40 pop music, to morning shows and culture, it's an almost endless choice of information and entertainment.

## What Warms Your Heart and Soul?

*During Healthy Heart month, it makes sense to make your health a priority, but it's also a great time to focus on you. Most people find that making time to*

*improve the quality of their "heart and soul" actually simplifies life and makes even the hardest things seem more enjoyable. Taking time for yourself often helps to renew friendships with people and re-center your life on what really matters. Doing what is good for you can be as simple as watching a good movie or picking up a book that you've wanted to read for a while. Everyone is different, so focus on activities and people that bring you inner balance and joy.*



## Sudoku

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