



The Montello News

CARE CENTER

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

WORD SEARCH

Find and circle the 8 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

**DONUT
EXERCISE
FATHER
HEALTHY**

**JUNE
SOLSTICE
SUMMER
WATER**

D H J U R O T J O W
H E F Y S I S K F D
P A Z J Q U A S X G
B L V O F T M T Y N
G T B E U I E M J S
U H F N X O M P E T
E Y O M I R W H Y R
L D E X E R C I S E
F J U N E H I Q Z B
S O L S T I C E L T
Q W T Y F W A T E R
Z W F A T H E R O L

A Sweet Morsel of Doughnut History

Did you know there are two doughnut holidays each year? The first is the first Friday in June and the second is in November. The Salvation Army is said to have created the date celebrated in June, known as “Doughnut Day,” as a fundraiser to honor the women, known as “doughnut lassies,” who originally delivered fried up tasty dough balls in service-issued helmets to soldiers during WWI.

“Doughnut” is now commonly spelled “donut” due to increased appearance in popular culture, such as *The Simpsons* and Dunkin Donuts. Over the years, the basic doughnut has evolved! You can find exotic doughnut creations filled with combinations of jellies and creams then topped with cereal, candy, and flavored drizzles. Some people will always argue that nothing beats a fresh, off-the-line, glazed Krispy Kreme doughnut!

Whether you enjoy a cinnamon twist, apple-maple-bacon round, cruller, long john, nutty, Boston crème, bear claw, jelly, coconut, sprinkles, or powdered sugar doughnut holes, there is bound to be a doughnut for everyone! With so many delicious varieties to choose from, what doughnut are you reaching for on June 2?

Montello

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Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



Men's Health Tips

Because we celebrate Father's Day mid-month, June is great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits. Here are some healthy tips for men:**

Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests:

- Visit an ENT to get your hearing checked
- Prioritize setting a sleep schedule
- Strive for 30 minutes of exercise daily
- Treat yourself to healthy, well-balanced portioned meals
- Visit the dermatologist to check your skin
- Schedule a check-up and cleaning with your dentist
- Visit a chiropractor to have your spine checked
- Enjoy leisure activities, such as fishing, watching sports, reading, or gardening
- Quit smoking
- Laugh everyday
- Be kind to yourself by not comparing yourself to others

Integrity is doing the right thing even when no one is watching.

- unknown