



The Montello News

CARE CENTER

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living



UV Safety Awareness

UV Safety Awareness, which takes place during July, is a crucial time to focus on senior health and learn about the dangers of sun exposure. **As we age, our skin becomes more vulnerable to the harmful effects of ultraviolet (UV) radiation. Seniors are at a higher risk of developing skin cancer, sunburns, and other skin-related issues due to decreased skin elasticity and a reduced ability to repair damaged skin cells.**

Promoting UV safety and encouraging friends and family to take precautions against the sun's rays is extremely important to your overall well-being and skin health.

Here are some tips to protect your skin this summer:

Use a broad-spectrum sunscreen with a high sun protection factor (SPF). This helps block both UVA and UVB rays. Seniors should apply

sunscreen generously and reapply it every two hours, especially when spending extended periods outdoors.

Wear protective SPF clothing, wide-brimmed hats, and sunglasses to shield your skin and eyes from UV damage.

Avoid indoor tanning. Indoor tanning exposes the skin to high levels of UV radiation, increasing the chances of skin cancer and accelerating the aging process. Still want that golden, sun-kissed glow? Look for alternative options like self-tanning lotions or sprays.

UV Safety Awareness serves as a reminder for not just seniors, but individuals of all ages to prioritize their health and take proactive steps to safeguard their skin from the harmful effects of UV radiation. **Together, we can ensure that our loved ones can enjoy the summer months safely, without compromising their well-being.**

Montello

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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.



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SENIOR HOUSING INC.

MontelloCareCenter.org

WE ACCEPT CREDIT CARDS

Therapeutic Recreation Activities

Therapeutic Recreation Week, observed annually the second full week of July, encourages senior health and well-being. Therapeutic recreation programs may include fitness, sports, arts and crafts, dance, writing, gardening, music therapy, interactive and intergenerational games and activities.



Summertime Food Choices

A lot of things change when the weather gets warm. One of them is how we eat. No one wants to be loaded down by a heavy meal in their stomach. When the weather gets warmer, we want our meals to be as light as our clothing. But can we still feel satisfied when we eat lighter fare? Here are some foods that are good for eating in the summertime.

1. Salads – Salads have come a long way. Start with your favorite lettuce.



Next add your favorite raw vegetables. Add boiled eggs, lean chicken, or ham for protein. For more texture add cheese, nuts, or fruit. With so much flavor, you'll be surprised that you won't need to use much dressing.

2. Sandwiches – Try whole wheat pita bread or lettuce leaves to hold the insides.



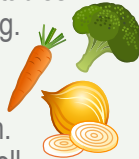
Sandwiches like chicken, egg, or caprese salad are light enough to be eaten without overfilling you. They are also portable so you can eat healthy on the go.

3. Smoothies – When you don't have time to sit and munch this summer, a smoothie can provide filling nutrition in a fun way.



Besides ice, add yogurt, frozen fruit, raw veggies and oatmeal for density.

4. Grilled veggies – Vegetables can sometimes taste boring. One way to liven them up and eat more of them this summer is to grill them.



Use them on kebabs as well as cooking them in a grill basket. It is healthy and light for a busy family.

5. Nuts – Nuts are high in healthy fats and protein. Carrying them along with you can provide energy and nutrition on the go!



I scream, you scream, we all scream for... Ice Cream Fun Facts



- An average American **consumes 23.2 quarts** of ice cream per year.
- Which countries like ice cream the most? **The United States, Denmark, and Australia** top the list.
- **Top five popular flavors:**
 1. Vanilla
 2. Chocolate
 3. Butter Pecan
 4. Strawberry
 5. Mint chocolate chip
- The most popular topping for ice cream is **hot fudge**.
- The biggest ice cream sundae ever **weighed over 54,000 pounds**, with over 44,000 pounds of ice cream plus toppings.
- More people than ever are able to enjoy ice cream with the increasing popularity of **dairy-free varieties** made from almond, oat or coconut milks.

Ice Cream Flavors Word Jumble

Unscramble the letters to discover the different flavors of ice cream.

TREBTU EANPC

LAIAPNNOET

AOLEHCCTO

OTAPHCISI

ICKOOE OGUHD

RYCOK DORA

OIKOSCE NDA AMCRE

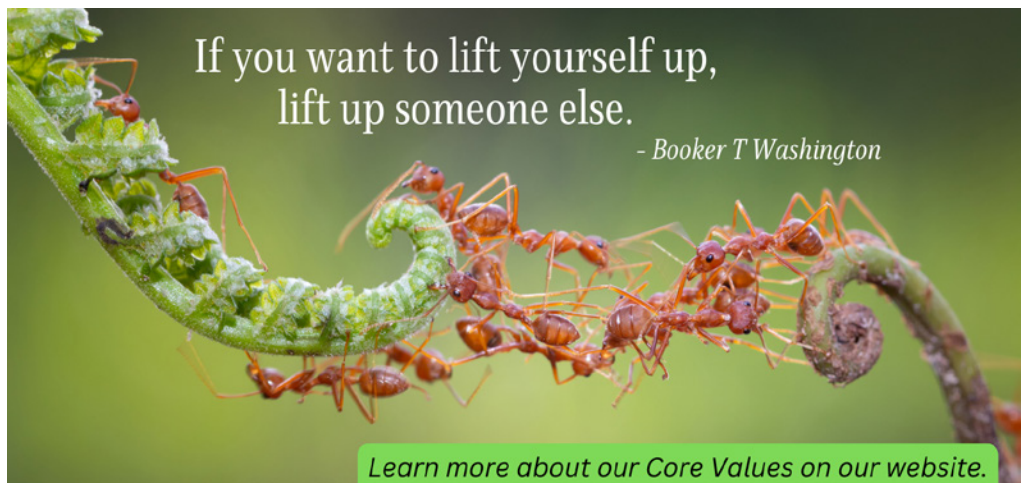
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MTNI OCEHOLTAC PHIC

NAVLALI

If you want to lift yourself up,
lift up someone else.

- Booker T Washington



Learn more about our Core Values on our website.