



# The Montello News

## CARE CENTER

AUGUST  
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Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

## Book Lovers Unite to Celebrate the Magic of Reading

Every August 9, bibliophiles (book lovers) around the world unite to celebrate Book Lovers Day! **On this special day, bookworms, avid readers and literary enthusiasts of every age come together to express their appreciation for the written word, share their favorite stories and delve into new literature. It is a time for book clubs, literary events, and online discussions that allow readers to connect, share recommendations and engage in conversations about favorite books, stories, memoirs, poems, non-fiction and more.**

The joy of discovering shared passions for a particular novel or engaging in lively debates about literary interpretations may create

lasting connections and friendships.

**Books transport us to different worlds, eras and dimensions. Through literature we can explore realms beyond our own lives, experience the joys and struggles of diverse characters and embark on thrilling adventures without leaving the comfort of our favorite readings spot.** Whatever the topic, reading allows us to detach from reality and immerse ourselves in a different narrative.

**Getting lost in a book creates a tranquil space where the reader can unwind, recharge, find solace and possible answers to life questions.**

Book Lovers Day provides endless opportunities for personal growth, self-reflection and intellectual enrichment that come with being a dedicated reader. So head to the nearest library, bookstore, online resource, or family's bookshelf to begin your next reading journey. **Your choices are limitless!**



## Montello CARE CENTER

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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](http://MontelloCareCenter.org)

WE ACCEPT CREDIT CARDS

## Seniors: A Wealth of Love, Wisdom, and Experience

Senior Citizen Day, celebrated annually on August 21, is dedicated to honoring and appreciating the contributions of older adults. This day serves as a valuable reminder to acknowledge the wisdom, experience, and love that seniors share with us. It is also a great opportunity for community centers, senior living communities, and families to host intergenerational activities, health fairs, and programs that encourage younger generations to spend time with seniors to learn and share experiences.

# Bookmark Craft

Celebrate Book Lovers Day on August 9 with grandchildren, friends and family by making your own bookmarks together.

## Materials:

- Construction, cardstock, or scrapbook paper
- Scissors
- Hole puncher or a sharp pencil
- Ribbon, yarn, or string
- Optional: paint, markers, stickers, glue, glitter, and other embellishments

## Instructions:

Cut a strip of paper to your desired bookmark size. A typical bookmark is about 2in by 6in, but you can adjust it to your preference.

Punch a hole at the top of the bookmark, either using a hole puncher or carefully with a sharp pencil.

Cut a piece of ribbon, yarn, or string that is long enough to thread through the hole and extend beyond the length of the bookmark.

Thread the ribbon, yarn, or string through the hole and tie a knot or a bow at the top to secure the ends together.

Use markers, pens, or stickers to personalize your bookmark. Paint or draw designs, or add your favorite literary quote.

Your bookmark is ready to use or give as a thoughtful gift.



# Five Easy Ways to Relax

On Relaxation Day, August 15, try some of these methods that can help to reduce stress and relax.

**1. Deep controlled breathing** may help. Sit comfortably and inhale through the nose slowly and deeply, while concentrating on contracting your stomach muscles with each breath.

**2. Progressive relaxation** combines breathing exercises with the slow contraction of body muscles. Work through each body muscle group from the toes to your chest by flexing each one and releasing the tension as you exhale.

**3. Meditation** helps unite the body and mind. Occupy your mind with a pleasing memory or image;

close your eyes and focus on that thought. Feel the joy of that moment. Be sure to seek out a quiet setting to ensure that you are not disturbed.

**4. Exercise** benefits the mind as well as the body. Regular cardiovascular exercise (like walking, dancing, cycling) is one of the leading ways to relieve stress. Be sure to consult your physician on what exercises, duration and frequency is right for you.

**5. Yoga** is great for settling the mind, placing you at ease and promoting mental and spiritual enlightenment. Yoga flows and postures learned from an in-person class or an online lesson may help to bring balance, strength and mobility to your system.

**The mind that opens to a new idea never returns to its original size.**

- Albert Einstein

Learn more about our Core Values on our website.

