

# The Geneva Lake News

MANOR

SEPTEMBER  
2023

## WISH List

Accepting donations of sensory items to help build our sensory program. Please contact Nicole in activities if you are interested in making a donation.

**\*\*When bringing in new items for a resident, please make sure the items are labeled and staff are aware of the new items so we can update their inventory log.\*\***

**Visitation Guidelines: We do not have any visitation guidelines. We do ask that you please not visit if you are currently sick or have been around someone who is sick.**

## Geneva Lake MANOR

211 South Curtis Street  
Lake Geneva, WI 53147  
262.248.3145

Quentin Hoskins, Administrator  
Teri Russo, Business Office Manager  
Nicole Weber, Activities

 [Like Us On Facebook](#)

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.**

[GenevaLakeManor.org](http://GenevaLakeManor.org)

WE ACCEPT CREDIT CARDS

Skilled Nursing • Respite Care • Rehabilitation Services

## Facility News

**Are you interested in volunteering?** We are looking to gain some more volunteers to help in various ways. If you or someone you know is interested, please contact Nicole in activities.

## Embracing Wellness & Vitality

**Healthy Aging Month serves as an opportunity to raise awareness about the importance of healthy lifestyle choices and preventive measures that contribute to a fulfilling and vibrant life for seniors.**

**Promoting Physical Well-Being:** Healthy Aging Month focuses on encouraging seniors to prioritize their physical health. Engaging in regular exercise, such as walking or light strength training, helps maintain muscle mass, flexibility, and cardiovascular health. Seniors are also encouraged to maintain a balanced and nutritious diet to support overall well-being to prevent chronic health conditions. Proper nutrition and exercise are vital factors that can enhance energy levels, mobility, and overall quality of life as individuals age.

**Embracing Mental and Emotional Health:** Mental and emotional well-being are equally essential aspects of healthy aging. Engaging in cognitive activities, such as puzzles, reading, or learning new skills, helps keep the mind sharp and active. Participating in social activities, staying connected with loved ones, and joining community groups can combat feelings of isolation and loneliness.

**Preventive Healthcare and Lifelong Learning:** Healthy Aging Month also emphasizes the significance of preventive healthcare measures and lifelong learning. Regular health check-ups, screenings, and



immunizations help detect and address potential health issues early on. Embracing a proactive approach to health empowers seniors to make informed decisions and take control of their well-being.

## Now Hiring

RN/LPN - FT/PT  
CNA - FT/PT  
SPEECH/LANGUAGE  
PATHOLOGIST



## Happy Birthday!

*Best wishes to our residents and staff celebrating birthdays this month.*

### Residents & Staff

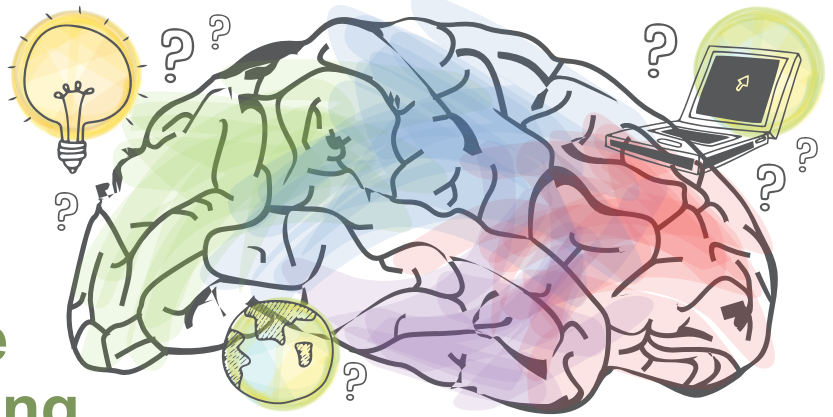
9/1	Peggy D.
9/1	Antonio R.
9/5	Daphne B.
9/9	Sue B.
9/13	Dewayne Z.
9/17	Robert F.
9/19	Thomas M.
9/20	Mary G.
9/25	Diane B.

### Staff Anniversaries

Sue B.	39 Years
Matilde R.	17 Years
Mary G.	14 Years
Samantha D.	8 Years
Goldie S.	3 Years

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# Keep Your Brain Active with Online Learning



Learning new information on a regular basis is important for keeping your mind sharp and active. No matter what age you are, there is always something new to learn! While new information can be obtained from a variety of sources, the internet provides an almost limitless source of learning.

There is an incredible amount of information available online, including websites, blogs, and YouTube channels that are dedicated to almost any topic you can imagine. For more formal or structured instruction, there are courses available entirely online that are taught by college professors or by individuals who are experts in their fields. Many of these courses are available for free and can be completed at your own pace.

**Here are some of websites dedicated to online learning:**

[www.getsetup.io](http://www.getsetup.io)

[www.oasiseverywhere.org](http://www.oasiseverywhere.org)

[seniorplanet.org](http://seniorplanet.org)

Your local public library may offer free online services for learning. Or, for a wider variety of information, do an online search about any topic that interests you – you will likely discover thousands of results!

**Short on time? Try downloading an educational app on your smartphone or tablet:**

**Elevate – Brain Training Games**

**Uptime: Get Smarter, Stand Out**

**Duolingo – Language Lessons**

Whether you want to spend five minutes or five weeks learning about a topic, there are resources available for you. Use the vast amount of knowledge available online to learn something new today!

## SUPPORT YOUR LOCAL ALZHEIMER'S WALK

You can support Alzheimer's research by joining a team and walking or donating to a team. Support a great cause! Scan the QR to find a walk or team near you.

