



# The Montello News

## CARE CENTER

SEPTEMBER  
2023

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

## 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.

## Montello CARE CENTER

251 Forest Lane, Montello, WI 53949  
608.297.2153

Andera Bowers, Administrator  
Melissa Stalker, 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.**

MontelloCareCenter.org

WE ACCEPT CREDIT CARDS



## Seven Strategies to Live a Heart-Healthy Lifestyle



### Learn Your Health

**History:** Know your risks and talk to your family and doctor about your health history and preventative care.



### Eat a Healthy Diet:

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less saturated fat, salt, and added sugar.



### Move More, Sit Less:

Try to get at least 150 minutes of moderate intensity activity such as brisk walking each week.



### Quit Smoking:

Call 1-800-QUIT-NOW for free help and take the first step on your journey to quit.



### Take Medicines as

### Directed:

Know what each medication is for and never stop taking your medicine without talking to your doctor, nurse, or pharmacist.



### Choose Your Drinks

### Wisely:

Substitute water for sugary drinks to reduce calories. Avoid or limit alcohol.



### Monitor Your Blood Pressure

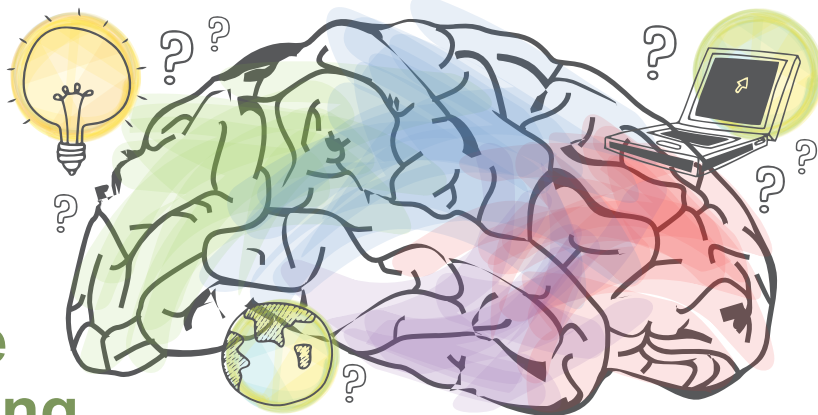
### at Home:

Self-measured blood pressure monitors are easy, safe to use, and help keep you informed.

*Be sure to consult your physician before making any changes to your daily routine or lifestyle.*

*Learn more about keeping your heart healthy by visiting: [www.cdc.gov/heartdisease/prevention.htm](http://www.cdc.gov/heartdisease/prevention.htm)*

## 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.



**WALK TO END ALZHEIMER'S**