



The Montello News

CARE CENTER

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Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living

New Year's Resolutions Ideas for Seniors

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin?

Here are eight resolutions to get you started:

Stay Socially Connected:

Resolve to participate in more social activities such as games, crafts, or movies.

Daily Physical Activity:

Incorporate light exercises into

your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New:

Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits: Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Mindfulness and Relaxation:

Set aside time each day for relaxation and mindfulness activities, such as meditation or deep breathing exercises.

Connect with Family: Make it a priority to stay in touch with family through phone calls,

video chats, or in-person visits.

Read More: Cultivate a reading habit by setting aside time each day to enjoy a good book or explore new topics of interest.

Maintain a Positive Outlook: Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful.

When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.

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Happy Activity Professionals Week

We owe a lot to our activities team for keeping our residents and families engaged, active, and safely participating in so many innovative ways. From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 21-27 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say “thank you!” Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.



It's Time for Trivia

Do you enjoy learning and remembering facts and bits of information about a broad variety of topics? Is Jeopardy! one of your favorite game shows? Are your friends and family impressed by the amount of seemingly random knowledge you possess? If your answer is “yes” to any of the above, then National Trivia Day was created for people like you!

National Trivia Day was founded in 1980, and takes place each year on January 4. To celebrate the day, learn something new and put your memory to the test by swapping trivia with others. Play trivia games such as Trivial Pursuit or attend or organize a trivia night in your area with friends and family!

Trivia games are a great way to give your mind a workout in a social and competitive setting, and being the one to correctly remember a factoid feels incredibly satisfying!

To get you started, here is some trivia about trivia:

- Trivia is a plural word. The singular form is trivium.
- The first book about trivia in the modern sense was Trivialities: Bits of Information of Little Consequence by Logan Pearsall Smith, published in 1902.
- The current longest-running trivia contest is the Great Midwest Trivia Contest, held in Appleton, Wisconsin. It celebrated its 57th year in 2022.
- The current largest trivia contest is held by the University of Wisconsin-Stevens Point radio station, 90FM WWSP. It runs for 54 hours, and broadcasts 8 trivia questions each hour.
- More than 100 million copies of Trivial Pursuit have been sold in at least 26 countries and 17 languages.
- Over 30 countries have broadcast their own adaptations of Jeopardy!

