

CONNECTIONS

FULL SENIOR CARE: REHAB THERAPY, SENIOR CARE & ASSISTED LIVING NEWSLETTER | JAN 2025

Draw a Dinosaur Activity

Tired of too many jigsaw puzzles? Bored of bingeing television and movies? Don't feel like reading, but still looking for something fun to do?

Draw a Dinosaur Day on January 11 is a colossally creative way to chase away those winter blues!

Will your prehistoric creation have wings, spikes, horns or scales? Will it have a long neck, short forearms and a long tail? Will it be green, brown, blue or pink? Or maybe your dinosaur will wear jewelry, a tuxedo or Hawaiian shorts? Could your dinosaur be the studious type with glasses and shoes?



Use your imagination and have a dino-mite day!

Meet Our New Director of Nursing

My name is Melinda (Mindy) Hall.

I am from Wisconsin Dells, where I have lived my whole life, with the exception of a small stint living in Madison. I have been an RN for 6 years, earned my bachelor's degree in 2022, and am currently working towards my master's in healthcare administration. I do have a cat, who runs much of my life, as those who are cat people know its how it goes. I am very close to my family which consists of my mom, dad, and brother. My working career has spanned the spectrum including

waitress, bank teller, caregiver, CNA, and pastry chef. I love to cook and travel. Both give me great joy in life. I also enjoy sitting at home on a comfy couch with a good TV show series. Friends are very important in my everyday life, and I enjoy getting together with people to have a meal, share a laugh, and join in an experience. I am very excited to be starting my career at Montello Care Center and to see what this next chapter in my life will bring.



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Discover a New Hobby this January


Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.


Here are some hobby ideas to inspire you:

 **Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

 **Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

 **Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

 **Social Media Fun:** Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.

 **Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others. Hobbies add meaning and joy to life. Which one will you try this month?

Popcorn Mix-In Ideas

Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day (January 19) is the perfect time to get creative with your kernels.

No-Frills Classic: Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

Sweet Treats: Mix in Reese's Pieces, M&Ms, or mini chocolate or white chocolate chips.

Fun and Fruity: Add dried fruits like raisins, cranberries and apricots.

Cheesy Goodness: Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

Crunchy Nuts: Add roasted peanuts, cashews, or walnuts for texture and flavor.

Spicy Kick: Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

Seasoned Snacks: Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

Sticky Sweet: Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

Sweet & Savory: Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!

