

# CONNECTIONS

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

## HAPPY BIRTHDAY



### Residents:

William P.	02/09
Daniel D.	02/15
Cindy K.	02/22
Diane W.	02/26

### Staff:

Jacqueline V	02/06
Sara M.	02/19
Terri M.	02/24
Christine S.	02/27
Alan M.	02/28

## COUNTRY CLASSICS COME TO MCC

**Once a month, the country music classics come to life at Montello Care Center.**

Longtime entertainer Hal Smith plays his guitar and sings the oldies, from Waylon Jennings, Charley Pride, Willie Nelson, Hank Williams, and so much more. Hal has performed for over 40

years, playing supper clubs and lounges throughout the state. These days Hal visits 15 to 20 nursing homes monthly with his one-hour show. Hal's currently scheduled to play at Montello Care Center on Tuesday, February 18 at 2:00pm, as well as Tuesday, March 18, at 2:00pm



**Congrats on the promotion:  
Megan Borck, ADON**

*Montello*  
CARE CENTER

Jenni Zupke / Administrator  
251 Forest Lane, Montello, WI 53949  
608.297.2153 [MontelloCareCenter.rog](mailto:MontelloCareCenter.rog)

*The*  
**Residences**  
ON FOREST LANE

Christina Hill / Facility Director  
253 Forest Lane, Montello, WI 53949  
608.297.8240 [ResidencesOnForestLane.org](http://ResidencesOnForestLane.org)



A WISH nonprofit 501c3 senior care community  
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## Visitation Guidelines

Quiet time after 8pm

**Job postings**  
**CNA- AM/PM/NOC**  
**(FT and PT)**  
**RN- AM**

**LPN/RN PM/NOC**  
**Admissions RN FT**  
**Med Tech AM/PM PT**

## Heart-Healthy Living Tips

Staying heart-healthy is a lifestyle, supported by healthy habits and the encouragement of loved ones. These habits can help prevent heart disease, maintain normal blood pressure, cholesterol, and blood sugar, and reduce the risk of heart attacks.

This American Heart Month, share these tips with friends and family:

- **Eat Healthy:** Focus on fresh fruits and vegetables, limit processed foods, and avoid foods high in saturated and trans fats. Choose foods high in fiber to help lower cholesterol and limit salt to lower blood pressure. Also, reduce sugar intake to manage blood sugar levels, and limit or avoid alcohol.



- **Maintain a Healthy Weight:**

Carrying excess weight adds stress on the heart and increases the risk of heart disease.



- **Stay Active:** Aim for at least 2 hours and 30 minutes of moderate exercise per week (e.g., brisk walking or biking). Children should get 1 hour of activity daily.



- **Get Enough Sleep:**

Regular, quality sleep (7-8 hours) supports heart and blood vessel health. Lack of sleep is linked to higher risks of heart disease, high blood pressure, and stroke.



Consult your physician or dietitian before making any changes to your daily routine, exercise, or diet to know what is right for you. Source: cdc.gov

# Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

**BRIGHT**  
**CANDY**  
**CARD**  
**FEBRUARY**

**FLOWERS**  
**FRIEND**  
**HABITS**  
**HEALTHY**

**HEART**  
**KINDNESS**  
**LOVE**  
**PINK**

**RED**  
**SMILE**  
**SWEET**  
**VALENTINE**

Y U P L H Z T X  
M F A U Y R X F L Q R H  
F U U C A R D M O X R C V T E W  
A C T T R B R I G H T U Q K V L A A D Q  
Q Q E M D L K N K H Z K T B M G S O L J Z D  
X X E T W Q X Q A N F E B R U A R Y V T N L N U  
I W K S L A F D W K W K W C N E E H I H P R N W  
S V D I T I N C W O D H Y H W N Q S Q Y F C B T  
S V A M N I Q B I U J R H O A X N R L D X U T N  
U W V L S D Q D C A H D L M U B T O B D Y J J I  
R K X I E L N D E I H F L D O X I T P N V M S E  
W D A E N E E Q U L M C X Y E P T O H R Y I  
R L A I G T Q S S X O H D O D U T S V I T V  
B I M D F I S S P K V I N T M H Y V Z C  
J V H K P N T M N S E M J C A N D Y  
T H E V Z E K P I N K P G B V E  
A F A L Q Q R N G T B C Y I  
I D R I F S J O P V Q U  
R T T E L B H G G E  
S M I L E H X U  
I S C N C O  
Q G H D  
L X

Know someone who'd be a  
good addition to our team?

## WE'RE HIRING!

Visit our website or scan QR code.



Residences - Asst Liv



Montello Care Center

