

# CONNECTIONS

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

## Simple Habits for a Healthier You

September is **Healthy Aging Month**, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



### Move Your Body in Ways You Enjoy –

Exercise doesn't have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



**Feed Your Body & Your Brain** – A colorful plate isn't just pretty—it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



### Exercise Your Mind –

Lifelong learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



### Connection Is Key –

Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

**Healthy aging is more than a checklist— it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.**

*Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.*

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## Teddy Bears: Soft, Comforting Companions

Teddy bears can offer significant comfort to children and seniors alike, providing emotional support and a sense of warmth during times of change or stress. Their soft, cuddly nature and the special memories create a soothing presence, helping to ease loneliness and anxiety for all ages. Customized **memory bears** add extra significance by incorporating fabrics from cherished clothing or special accessories. This personalization enhances the sensory experience, offering comfort and a tangible connection to memories. **Benefits of teddy bears include:**

**Emotional Comfort:** Their soft texture and familiar look provide comfort and reduce feelings of loneliness.

**Nostalgic Value:** Memory bears evoke cherished memories and a link to personal history.

**Companionship:** They serve as non-judgmental companions, enhancing positivity and comfort.

**Sensory Benefits:** The tactile experience of a memory bear promotes relaxation and emotional well-being.



## Let's Get Crafty, Silly, and Inspired!

Creativity isn't just for artists—it's for anyone who's ever told a story, tried a new recipe, doodled on a napkin, or fixed something in a clever way. **On Live Creative Day, September 14, celebrate the joy of making, imagining, and exploring on your own, with friends, family, or alongside grandkids!**

Try one of these just-for-fun ideas:



Design a postcard and mail it to someone you love.



Paint or color something—even if it's just outside the lines!



Write a story together, or make up a funny skit.



Host a silly hat parade with costume pieces and music.



Create a memory box with keepsakes, photos, or favorite quotes.

There's no wrong way to be creative, so let loose, laugh a little, and enjoy where your imagination takes you.



## 8 Great Ways to Celebrate Grandparents Day

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

### 1. Make Something Together

Craft a handmade card, bake a favorite family recipe, or create art side by side.

**2. Share a Story** - Ask grandparents to tell a favorite memory or piece of family history. Make a video or write it down.

**3. Play and Laugh** - Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.

**4. Plan a Special Meal** - Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.

### 5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

### 6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

**7. Explore Your History** - Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

**8. Create a Time Capsule** - Gather mementos, notes, or drawings and seal them in a box to open together next year.

**No matter how you celebrate, Grandparents Day, Sunday, Sept. 7, it is simple: spend time, show love, and make memories together.**