



# The Residences

DECEMBER  
2019

## ON FOREST LANE NEWS

*Assisted Living with Inpatient/Outpatient Rehab Therapy On-Campus*



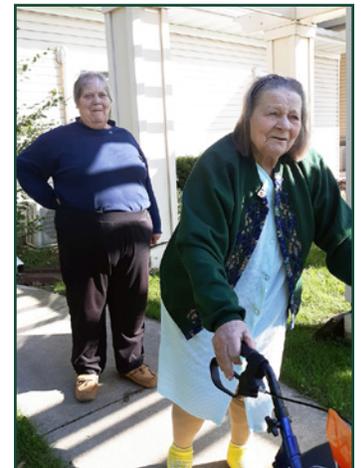
October was breast cancer Awareness month, and pink was everywhere. Jeffrey B. one of our residents here at the Residences on Forest Lane dyed his hair pink to honor the memory of those he lost to cancer. One of our caregivers, Nina S., jumped on board to show her support and together they spread the word.

## Letter from Administrator

Hello Again,

I hope everyone is taking advantage of the crisp weather late fall and early winter brings. Getting outdoors is important for people of all ages and walks of life. Here at the Residences on Forest Lane, we understand that outdoor spaces have the potential to improve the health and well-being of our seniors. Getting outdoors encourages seniors to increase their physical and mental activity levels, which, in turn can contribute to warding off such things like Dementia, cognitive decline, immobility and disease. So, grab your sweater (or winter coat!) and a steaming mug of cider or hot chocolate and lets go for a walk. It's a wonderful way to reap the benefits of both exercise and the outdoors all at once. We look forward to seeing you!

Please enjoy some of the pics from our previous adventures:



*Halloween was a great time at Residences on Forest Lane.*

# The Residences

## ON FOREST LANE

253 Forest Lane, Montello, WI 53949  
608.297.8240

Kate Schlote, Administrator

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.

[ResidencesOnForestLane.org](http://ResidencesOnForestLane.org)

WE ACCEPT CREDIT CARDS

Join us for our  
*Christmas Party*

on December 15th at 2pm!  
All friends and family are encouraged to come and participate. Food and drinks will be provided.



## Ways to Make a Mid-Season Holiday Change

1. Start a holiday journal. Every evening write down three things you noticed that day, things that connected you with the meanings of the holidays.
2. Meet or talk with someone new. Do you know your neighbors? Talking to someone new can be daunting, but remember start with a smile. Don't know where to begin? Ask them about their holidays, family, or pets.
3. Take time to breathe and relax. Don't make a list, don't beat yourself up for what's undone. For a five minutes every day of the month just take a moment to recharge and take some deep breaths.

# WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

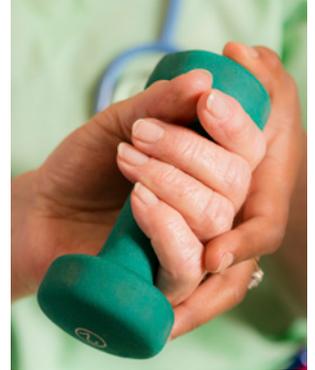
## Keep Yourself Healthy this Holiday Season

**Eat snacks moderately.** Snacks are abundant during the holidays seasons. If you take a seat close to the snack table, you may have a tough time keeping yourself from unconsciously grabbing them. Try sitting on the other side of the room so you must make a conscious effort into getting up and walking over to get at the snacks.

**Exercise, exercise, exercise.** If the weather permits it, go out and take a quick walk around the house or block. You want to do enough to elevate your heart rate, but not break out into a sweat.

**Eat more healthy foods.** Take an extra scoop of vegetables and fruit when filling your plate, and by the time you finish, you won't have room for the other foods which aren't as good for you.

**Drink a lot of water throughout the day.** Water helps your body stay fit and hydrated. Drink a fair amount of water or other unsweetened beverage before each meal, as well as during and between them.



### WISH List

Faces and Places, the ultimate interactive memory game

Your Life Choices, trivia quiz game

### Job Postings

Part-time and full-time RAs needed. First, second and third shift opportunities. No experience necessary; paid training.



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