

## Nursing Wellness Hours

### Windsor Court:

- Available Daily
- Call the Windsor Court Front Desk to request a visit.

### Windsor:

Mondays: 9 - 11 a.m.

Thursdays: 8:30 - 10 a.m.

Some services available during our nursing wellness hours are:

- Blood Pressure Screenings
- Answer questions about medication or other health related topics
- Check weight

## Live Well Be Well

This 6-week course is designed for anyone with a chronic health condition, or their caregiver. The course provides tools to proactively and successfully manage a chronic health condition and has been proven to improve healthful behaviors and health status and decrease length of hospitalizations.

## Wellness Topics

Each month guest speakers provide programs on various health and wellness subjects. The presenters are experienced and educated to answer questions about each subject matter.

Possible focus include:

- Diabetes
- Fall Prevention
- Living Well after a Stroke
- Vision and Hearing Impairments
- Memory
- Adaptive Equipment to Support Independence
- Living Well with Arthritis

### And many more...

Guest speakers are provided by, but not limited to, Heartland Healthcare, CURRC and Carle Foundation Hospital.

The Windsor of Savoy

# Wellness Programs



For further information about any of the programs mentioned in this brochure, please contact the Life Enrichment Coordinators:

**Angelika Hustedt**

819-4988

**Angela Overholt**

819-5104



## Beltone Services

Services are offered the second Monday of every other month from 9 - 10 a.m.

A representative from Beltone is available in the Windsor Court Wellness Office. Walk-ins are welcome!

Services offered by Beltone include:

- Adjust hearing aids
- Change batteries
- Cleanings
- Answer any questions
- Hearing tests  
(only available by appointment)  
Call the Windsor Court Front Desk to schedule an appointment.

## Carle Audiology

A Hearing Aide Technician from Carle Foundation Hospital is available to provide services to our residents the second Wednesday of every month at 2:30 p.m. in the WCT Wellness Office by appointment only. Please call the Windsor Court Front Desk to schedule an appointment.

Services Offered include:

- Hearing Tests
- Hearing Aid checks and Cleaning
- Otoscopic Exams
- Basic Information on Hearing Aids
- Appointments for Patients as Needed

## Nutritional Services

Judy Webber, MS, RD, LDN, Registered Dietitian, will provide free nutritional counseling and make individual recommendations to help you lead a healthier lifestyle. Please call the Windsor Front Desk to schedule an appointment.

## Massage Therapy and Reflexology

### Senior Massage

Healing touch therapies. The massage therapist will hold a space for you to relax by gently massaging and manipulating muscle tissue, sometimes using gentle stretching and long holds.

### Reflexology

Reflexology is a form of alternative medicine whereby your Reflexologist applies pressure to the feet and hand with specific thumb, finger and hand techniques without the use of oil or lotion.

Senior massage and reflexology are offered once a month. Cost is \$10 for a 20-minute session.

