

The Wellington News

AUGUST
2022

Assisted Living • Respite Care Services



Tasty Tidbits about Root Beer Floats

On a hot summer day, nothing hits the spot more than a cold and delicious treat, so be sure to celebrate with a root beer float!

This sweet, frothy drink originated in August 1893 when the owner of Colorado's Cripple Creek Brewing, Frank J. Wisner was looking at the snowy peaks of Colorado's Cow Mountain, which gave him the idea of ice cream floating on a beverage. The

combination of vanilla ice cream and root beer used to be called 'Black Cow Mountain.' The soda he chose to use was Myers Avenue Red Root Beer. This brilliant drink was served to his guests the very next day and became an instant success!

Fun fact: A&W restaurants still offer and serve this classic drink in a frosted mug. In recognition of Root Beer Float Day on August 6th, A&W collects donations for disabled American veterans.

Wellington Place at Biron

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Mandy Schulist, Administrator

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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.



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WellingtonPlaceBiron.org

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COLOR ME!

Coloring isn't just for children – it has been proven to have great benefits for all ages, including stress relief, improving motor control, creativity and increasing concentration. It's also popular; in the last few years coloring books targeted towards adults have become a surprisingly growing trend in our country.



Sudoku

	1		5		3			4
7	3	8		6	4	9		
	4		7	9	8		6	
					6		9	
4	9	5		7	2		3	
				1	5	2	4	8
1	8	3		5	7	4		9
2					9	5		
9				3	1			7



Foot Care Tips

Here are some simple and easy ways to take care of your feet and keep your toes happy:

- Apply foot cream before going to bed to prevent any cracked heel problems.
- If your feet smell, use talcum powder or foot sprays to keep your feet dry and clean.
- Hot and cold treatment can help improve blood circulation. Dip your feet in hot water then in cold water alternatively.
- To fight cracked heels mix a few drops of lemon juice in Vaseline and apply it on the affected area.
- Almond oil is very good for your skin. Apply it regularly to your feet after a bath to get a smooth result.

WiCAL

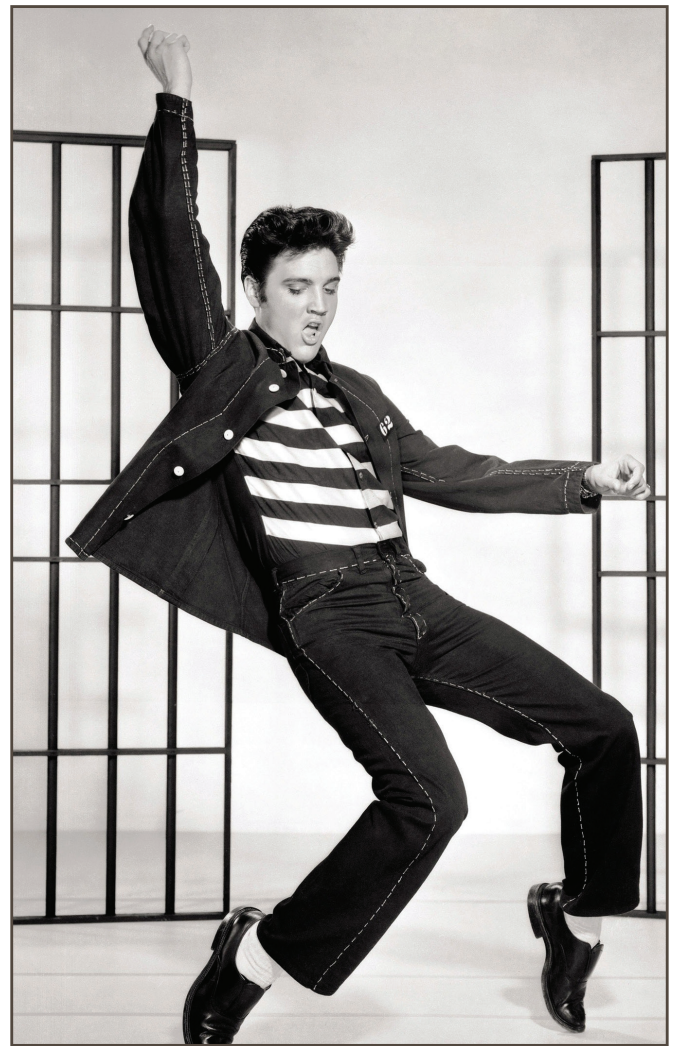
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ELVIS PRESLEY – THE KING OF ROCK AND ROLL

Elvis Presley, known throughout the world by his first name, is widely regarded as one of the most influential figures of 20th century music and popular culture, and his status as a cultural icon appears strong as ever as time goes by. 2022 will mark the 45th anniversary of his passing.



Elvis Facts:

1. The international superstar was an accomplished and influential artist in several genres of music: rock, pop, country, R&B and gospel.
2. He triumphed on television, the concert stage and the silver screen.
3. Elvis has been inducted into the Rock and Roll Hall of Fame, the Country Music Hall of Fame and the GMA Gospel Music Hall of Fame– the only artist with the distinction of being honored by all three.
4. It is estimated that Elvis Presley has sold more than one billion records worldwide.
5. He enjoyed eating peanut butter and banana sandwiches and would often add bacon and grape jelly.

Sources: graceland.com