

# The Wellington News

JULY  
2022

*Assisted Living • Respite Care Services*



## UV Safety: Five Ways to Protect Yourself from the UV Rays

**Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. You may lower your risk for skin cancer by following these five steps:**

**Avoid Direct Sun Exposure:** Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours.

**Cover Yourself:** When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable. This will guard your neck and cheeks from dangerous prolonged exposure.

**Use Sunscreen Properly:** You should always use sunscreen when enduring prolonged exposure in the sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns.

**Use Sunglasses That Block UV Rays:** Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection.

**Stay Away From Tanning Beds:** It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase your risk of developing skin cancer in the long-term. Health professionals advise their patients to avoid them.

## Wellington Place at Rib Mountain

4100 North Mountain Road  
Wausau, WI 54401  
715.842.5000

Alyssa Sarasin, 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.

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

WE ACCEPT CREDIT CARDS



## Happy Birthday

Best wishes to our staff and residents celebrating birthdays this month.

### Residents

Ann Z.

July 22

## WISH LIST

- Plants/flowers for indoor planter and patio
- Yard games (giant jenga, cornhole, lawn bowling)
- Prizes for bingo and other games- fun size candy, puffcorn, cookies/crackers, soda
- Exercise videos
- Décor for indoors and outdoors
- Garden figurines

## Job Postings

PM shift Part time CNA/RA  
Day shift Part time CNA/RA  
Noc shift part time CNA/RA

# WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

# FEELING BORED? TRY SOME BOREDOM-BUSTERS!

Make a list of all the things you've ever wanted to do. Think back to when you were a child. Write all your ideas down. Simply creating your list may be a fun and silly anti-boredom activity! When your list is ready, start checking off the completed activities.

### Here's some sample ideas to get your list started:

- Learn a new game
- Draw a mythical creature
- Start a scrapbook
- Try a new food
- Take a photograph of something in nature every day for week
- Learn a new dance
- Paint with watercolors
- Learn to dance



- Write a short story
- Start a collection/reminisce with a friend about an existing one
- Learn a new language
- Write a haiku, short story or poem
- Make a no-sew, tie-blanket
- Make origami
- Complete a 3000-piece puzzle

## 4th of July Word Search



Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

AMERICA  
BALLOONS  
BARBEQUE  
BLUE  
CELEBRATE

FAMILY  
FIREWORKS  
INDEPENDENT  
PARADE  
RED

STARS  
STRIPES  
SUMMER  
SUNSHINE  
WHITE