

The Wellington News

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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.

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Wisconsin Illinois
SENIOR HOUSING INC.

WellingtonPlaceWhiting.org

WE ACCEPT CREDIT CARDS

Sudoku

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

Word Jumble



Unscramble the words below.
Use the circled letters to help
you finish the phrase below.

S **B** T O A

L P I **F** L P O

A S L S S **E** G

L J Y U

E N **A** C O

C C P N I **I**

N D S **A**

M E **S** R U M

H S **E** U I S N N

O T V A A N **C** I

Summertime phrase:

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WiCAL

Wisconsin Center for Assisted Living

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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

W H
H K
Q I F H
A T C H
L E E X A U
A S R O F G
P P X S T R I P E S Z C A R H S T A R S
Z A U I L F N L S D Z Z O M N Y Q E Q H
P R H E C D Q S S F Q C O I A N O Y
D A B E E P I B W I N C I L I D
V D L P W S P A O R R Z S Y
Y E E D R U Z R B E E V
A S B N Y K K N O B A W D X
M U R D R N O G S B E L O Q
P E M A E R H S E T H L Q L R W
S R M T N R S T M I U U O K
K I I E E T S I R N E E O S
J L C R G T E F B N
M R I A B I A S
O V I N

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