

The Wellington News

SEPTEMBER
2022

Assisted Living • Respite Care Services

A big 'thank you' to our housekeeping staff



Sept 11-17 is National Environmental Services Week which is a time dedicated to recognizing the efforts of hard-working housekeeping staff across the US. True warriors of any building's operation, housekeeping and environmental services staff demonstrate extraordinary teamwork and management that's essential to our facility. They keep our spaces clean and enjoyable for our residents and staff.

Our housekeeping team implements cleaning measures established in 2020 to reduce the likelihood of infections in our facility by making sure rooms and common areas are cleaned and sanitized using CDC and local health department guidelines. We're taking this time to appreciate and celebrate our dedicated housekeeping staff for the important part they play in keeping our residents and staff healthy and safe.

National Assisted Living Week is Sept. 11-17, 2022



joyful moments

NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

National Assisted Living Week is a special opportunity for residents, staff, volunteers, and our community to recognize and celebrate the role assisted living care centers have in elevating the lives of America's seniors and individuals with disabilities.

Joyful Moments is this year's theme with a goal of honoring all the special moments and memories created throughout the year, big or small. It's a time to focus on finding happiness in unexpected places, in the people around us, and in our daily activities and consciously cherishing them.

This national annual observance week aims to encourage assisted living communities to offer a variety of fun and educational activities throughout the week to celebrate our residents and the dedicated people who care for them every day. Fun activities could include hosting show-and-tell events, displaying an art or photo gallery, playing games or other group activities that highlight memorable moments from the last year or create new ones.

Wellington Place at Hartford

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Monica Rakowski, 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.

WellingtonPlaceHartford.org

WE ACCEPT CREDIT CARDS



WISH LIST

Mini size hot glue sticks

Small power washer

Reviews. We would love it if you would give us a **Google or Facebook review.** We include a **tutorial on how to make a review in each issue.**

Add a Rating or Review on Google

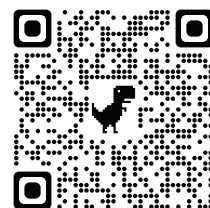
1. On your computer, open **Google Maps** and make sure you're signed in.
2. Search for a place.
3. On the **left**, scroll down and click Write a review.
4. In the window that appears, click the stars to score the place. You can also **write a review.**

Job Postings

We are hiring on all shifts for full and part time positions. If you are interested in working somewhere with competitive pay, great benefits, and a home like atmosphere this is the place you belong. No experience is necessary as we are willing to train the right candidates. Feel free to come in and grab an application. Were excited for you to start this journey with us!

2022 WALK TO END ALZHEIMERS

Why YOU should join our team for the 2022 WALK TO END ALZHEIMERS



There is still time. The Walk is the 3rd Saturday morning of September. Even after the Walk we can continue to raise donations towards our goal through the end of the year. If you cannot join us, would you please consider making a donation. Use the QR code to easily get to our online team page from here but we can also accept cash and checks if you prefer.

Join Team Wellington Place at Hartford this year to help end this devastating disease. You don't even have to be present at the Walk. The Walk is just a fun culmination of your efforts as a team member. Our purpose is to help raise funds to aid the fight and to reach the team goal of \$2000. Residents will be helping to tie-dye our team shirts before we have them printed so the sooner you join the cause the better.

Saturday September 17th, 2022

Washington County, Regner Park, West Bend

You can follow this link or use the QR code to go directly to our team page. Then just click Donate or click Join

<http://act.alz.org/goto/WellingtonPlaceatHartford2022>

Activity Highlights

As you all know by now, after two and a half years we finally had our first bout with Covid-19 inside our facility. Having had time to train and know just what to do our staff was well prepared and very effective at handling the situation. We thank God and modern science for the vaccines and boosters. Not one person got terribly sick. Sadly, as we quarantined, we had to miss our end of July outings. We missed our monthly humane society outing as well as the county fair and concert in the park. We also missed our Catholic communions and Mass. Activities and exercise were individualized.

July also brought us some blessings. Hopefully you've noticed that our newsletter includes a Wishlist section. Awhile back a wish for an awning for our too sunny, too hot, back patio was included in our list. It

was such a big-ticket item that our expectations of actually getting one were low. But the generosity of our hometown and especially of our families is truly a blessing. The family of one of our residents purchased a Sunsetter awning for us and it has made a world of difference. Our beautiful west-facing patio can now be enjoyed all day long. The residents absolutely love it. Not many of our wishes are this big. Please check out our Wishlist.

Another July blessing is Pastor John. We added a 3rd religious service to our activities calendar in July. Pastor John and his guitar are coming the second Thursdays of the month at 2 pm. Pastor John is from the Slinger Community Church, a non-denominational congregation of which a couple of our residents are members.



Photo Highlights

Pastor John's & his guitar from Slinger Community Church added to our regular services



Maureen enjoying her daughter's gift of a Sunsetter's awning for our back patio.



Winner of the Coin Jar War for The Walk to End Alzheimer's, Angel P. \$140.73



Happy Birthday

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

Residents

Elvira B.	September 02
Joseph S.	September 04
Carol C.	September 07



Total collected: \$387.65



Art project with our Saturday volunteers, Andrea and Doug

Special Events

Outings being considered or planned include:

Horicon Marsh Education Center and Boardwalk Thursday Sept. 29th. **Need volunteers**

Kelley's Country Creamery

Tentative outings in the works for October include a pumpkin farm and Holy Hill.

If you want or can volunteer to go on any of these, please let Goo know. Schedules considered. Concerts on specific days, Senior day at the Fair is the first Wednesday but other than that we can go when there is help to push wheelchairs and chaperone. Or Goo will only be able to take only a couple folks at a time on an outing. Thank you.

Sudoku

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

Blessed in Aging

Blessed are they who understand
My faltering step and shaking hand
Blessed, who know my ears today
Must strain to hear the things they say.

Blessed are those who seem to know
My eyes are dim and my mind is slow
Blessed are those who look away
When I spilled tea that weary day.

Blessed are they who, with cheery smile
Stopped to chat for a little while
Blessed are they who know the way
To bring back memories of yesterday.

Blessed are those who never say
"You've told that story twice today"
Blessed are they who make it known
That I am loved, respected and not alone.

And blessed are they who will ease the
days
Of my journey home, in loving ways.

~Esther Mary Walker

WiCAL

Wisconsin Center for Assisted Living

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Culver's Care Fundraiser Night

Our big team fundraiser was Wednesday August 17th from 5-8 at the brand-new Culver's restaurant in Hartford. Wellington Place at Hartford was the lucky first participant in Culver's Share Night program. Culver's hadn't done any Share Nights since before the pandemic started in March 2020 and then their devastating fire. Wellington had team volunteers helping bus tables, run orders out to the drive-thru lane. This newsletter is going to press before we have a donation total. We'll be sure to let you know in the next issue how much you and our Hartford neighbors helped us earn with Culver's help. Thank you all for helping us Donate While You Dine.

Facebook Posts

I'm in construction and am currently working in an active memory care unit. Makes me think of my grandma Inge every day. Multiple times a day. I love You grandma Inge and I love Wellington ❤️

HOW TO IMPROVE YOUR HEART AGE

Her age is 53. But her heart is 75 years old because she smokes and has uncontrolled high blood pressure. She's not alone, as most American adults have a heart that is older than their actual age.

One way to understand your risk for a heart attack or stroke is to learn your "heart age." Heart age is the age of your heart and blood vessels as a result of your risk factors for heart attack and stroke. There are some factors that put you at risk for a heart attack or stroke that you cannot change, such as getting older or your family history, but there are many others you can change.

If you smoke or have high blood pressure, your heart age will be much higher than your actual age. The most common reasons for a higher heart age that can be changed or managed are high blood pressure, high cholesterol, smoking, obesity, unhealthy diet, physical inactivity, and diabetes.

How to improve your heart age:

- Start by choosing a risk factor or two that you're ready to change, like smoking or high blood pressure, and focus on improving them first.
- Work with your physician to make heart healthy choices.

Heart age facts:

- 1 in 2 men have a heart age 5 or more years older than their actual age.
- 2 in 5 women have a heart age 5 or more years older than their actual age.
- About 3 in 4 heart attacks and strokes are due to risk factors that increase heart age.
- Having an ideal blood pressure (less than 120/80) lowers your heart age.

Source: cdc.gov

