

# 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 Whiting

1902 Post Road, Stevens Point, WI 54481  
715.344.9669

Kristan Schaack, 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.**

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

WE ACCEPT CREDIT CARDS

## RESIDENT NEWS

We are very happy to extend a warm welcome to our newest resident and Wellington Family member, Sally! Be sure to say “hello” when you see her, and welcome her to our Wellington family.

## Staff News

We would like to welcome Amber, George, Lily, MaCayla and Felicity to our Wellington team! Amber, George and MaCayla all have previous healthcare experience. MaCayla was previously an assistant administrator, and all three have past caregiving experience. Lily and Felicity are both employee referrals, and while they don't have caregiving experience, they are very excited to learn. If you haven't yet, please introduce yourself to them, and welcome them to our Wellington Team!



## Happy Birthday

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

September 12	Jerry M.
September 14	Geraldine J.
September 15	Sally W.
September 19	Gary J.

## Letter from the Administrator

By the time that you are reading this newsletter, Dawn will be a casual employee. Dawn has filled many roles and positions, and has been the biggest advocate for our residents, and support for our staff. Dawn personally helped grow me into the administrator that I am, and without her, I would not be sitting behind my desk leading this wonderful team. I would like to take a moment to thank her for all that she has done for Wellington over the last decade. While Dawn has some very big shoes to fill, I would also like to take a moment to congratulate Andrea, who has been promoted to Care Coordinator, and Hannah, who has been promoted to Unit Coordinator. With restructure within the management team, you will be seeing a new face up at the front desk, and overseeing the care of each and every one of our residents. If you haven't yet, please congratulate Andrea and Hannah on their promotions!

## From the Corner Desk of Joey

Hello, everyone! Can you guess what a tree's least favorite month is? Sep-timber! Jokes aside, happy September everyone. I know not many of us reading this are in school anymore, but having just started up again myself I am recalling the incredible feelings of opportunity this time of year provides. It's a time to try new things and to enjoy the last bits of summer we can. We are certainly embracing that feeling here at Wellington Place by continuing our new activities schedule which includes weekly bonfires on Fridays at 1:30PM. As a reminder you are all more than welcome to join our activities at any time, and if you have any

questions feel free to call the facility and ask for Joey (me).

**Given the month, I also have to mention the incredible Walk to End Alzheimer's event will be held on Saturday, September 17 at UW - Stevens Point.**

Thank you all for the donations and help we have received thus far for the event. We are still working diligently to achieve our donation goal, but are not quite there. Remember, any little bit counts! Thank you all, and I can't wait to see you at the Walk!







## Meet the Team

### Andrea

Hi everyone! For those who don't know me, my name is Andrea and October will be 5 years that I've been with Wellington Place at Whiting. I started working day shift and then I became the day shift lead. For the last year and a half, I was Unit Coordinator, working closely under Dawn and Kristan. I am honored and excited to be promoted Care Coordinator and continue to do the great job that Dawn has done the last many years. I also have been working closely with Hannah for 4 years, and I'm thrilled to have her as a part of our team.

A little about myself: I have a 10 year old son, Anthony. Most of the residents already know him, he pops in often to say hi. We enjoy camping and spending time with family. Don't be surprised if you see us after hours, we try to have extra fires and cookouts with the residents.

I started caregiving when I was 20 years old. One of my best friends was diagnosed with brain cancer, and needed a live in caregiver which I decided to do for her and her family. Unfortunately, she passed away about a year and a half later. I then knew that caregiving was going to be a part of my heart and soul for the rest of my days. I began working at various group homes and assisted livings, until I found my home at Wellington Place. Wellington is the best place I have ever worked, and truly is a part of my family- Andrea

### Hannah

Hello! As some of you may know, my name is Hannah and I have been with Wellington Place for about 4 years in total. I was previously the Day Shift Lead, but will be taking over as the Unit Coordinator. I'm so excited to grow and be a part of this amazing organization!

A little about myself: I'm originally from Amherst, but currently live in Waupaca with my fiancé and our two cats, Primrose and Fitzcarrick. We're in the midst of planning our wedding for next September and buying a house which keeps us busy! - Hannah

We look forward to leading the Wellington Whiting team!

## Donations

### Wish List:

- Bingo prizes
- Soda pop for bingo (Coke, Dr. Pepper, Sprite, Mt. Dew, Orange)
- Black out prizes (large candy bars, costume jewelry, perfume)
- Kindle Fire or other tablet with Bluetooth for music in dining room
- Large or small plants for the inside planter
- Monetary donations to our team's donation goal of \$1000!

### Thank you recent donors:

- Nancy & Denny
- Losinski Family
- Anonymous Donors
- Wallner Family
- Lori S
- Cathy J
- Kathy & Len
- Sandy Oertel
- Sharon Gagas
- Dawn S
- All of the wonderful people that send us amazon wish list items, that we cannot figure out who you are- thank you!



## Fall Prevention Tips

All adults, aged 65 and over, are at risk for a fall. There are simple things all seniors can do to keep from falling and to stay independent longer.

Talk to your healthcare providers:

- Tell your physician, caregiver, or loved ones if you have fallen, if you feel unsteady when standing or walking, or if you're afraid you might fall.
- Ask your physician or pharmacist to review your medicines to see if any might increase your risk
- Ask your physician about health conditions (like depression or osteoporosis) that could increase your risk of falling.
- Schedule a visit with your optometrist to check your eyes at least once a year and update lenses as needed.
- Keep floors clutter free.
- Use grab bars or hand rails when available.
- Incorporate cardiovascular exercise into your daily or weekly routine based on recommendations from your physician.
- Improve your balance with low-impact pilates, tai-chi, chair or low-flow yoga.

## Special Events

**Friday, September 16th at 3 pm – Alz Walk Raffle Drawing**

**Saturday, September 17th at 10 am – Walk to End Alzheimer's at UW-Stevens Point**

**Saturday December 17th – Save the date for our Holiday Party!**

# WiCAL

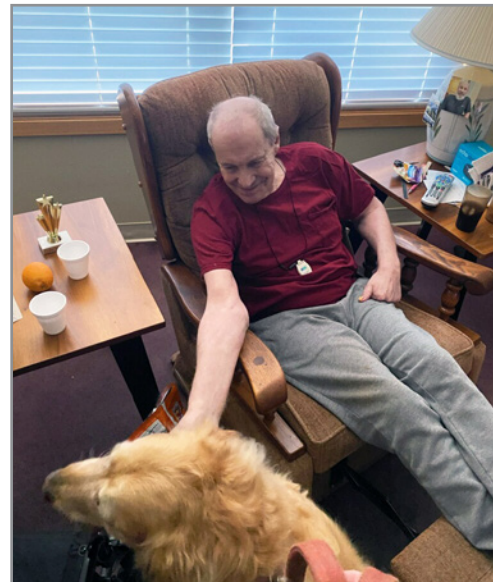
Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

## Photo Highlights



*Dog is a mans best friend!*



*Gary loves when SJ visits*



*June loves happy hour*



*Muchacho loves when we grill outside*



*Thank you Joe loves when we have bonfires*



*You can usually find Denny enjoying our beautiful outdoors*