

# The Wellington News

OCTOBER  
2022

*Assisted Living • Respite Care Services*

## Healthcare Food Service Workers Week is Oct 2-8

During this week we want to take time out to recognize and give a huge 'Thank You' to our awesome dietary staff including our cooks, aides & others who use their talents to create delicious and nutritious meals and snacks for our residents. Dietary and kitchen staff make each day special by creating tasty meals as well as engaging in conversation and companionship which is always a big part of mealtime here in our community.



## Wellington Place at Biron

1661 South Biron Drive  
Wisconsin Rapids, WI 54494  
715.423.5600

Mandy Schulist, 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.

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

WE ACCEPT CREDIT CARDS

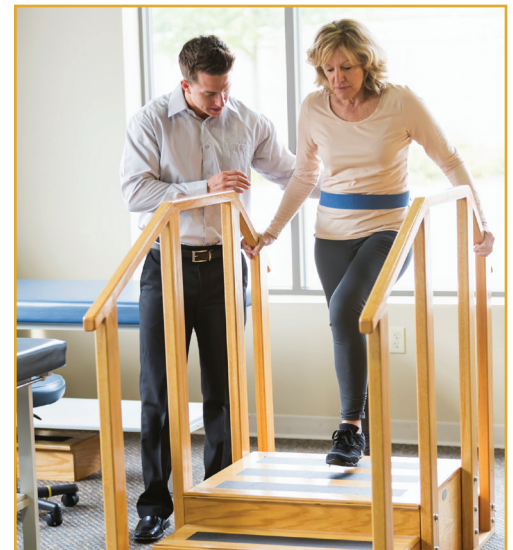
## What is Physical Therapy

Physical Therapists work to restore strength, mobility and promote greater independence, either unassisted or with assistive devices. Licensed physical therapists focus on improvement, coordination, balance, strength and endurance of their patients.

**Did you know that physical therapy may be a safe, effective alternative route to treat chronic pain conditions?**

According to the APTA (American Physical Therapy Association) physical therapy is "the safer way to manage pain," without using potentially harmful and addictive medication.

Physical therapy may require a lot of work, time, and dedication, but with the help of certified physical therapists, people all around the world have seen improvements in their daily lives. Be sure to talk to your physician today to see if physical therapy might be right for you!



## National Physical Therapy Month

**Physical therapy is available in the comfort of our community through home health services with Transitions At Home. It's often covered by Medicare or other insurance, please contact us today to learn more.**



# CIRCLE THE 10 DIFFERENCES!



## Brain Game

How many words can you make from the letters: **B - R - A - I - N**  
Do not include "brain." Give yourself one point per word. Challenge your friends and family.

## Activities to exercise your brain

We always hear about the health benefits of adding physical exercise into our daily routine, but what about exercising our brains?

**Keep your mind sharp by challenging yourself with brain teasers, trivia, and trying new activities. Here are some suggestions for staying sharp:** Learn a new language, Read a book about an unfamiliar topic, Start a journal, Try a new hobby, Complete a jigsaw puzzle, Purchase activity books with crosswords, word searches, word jumbles and other paper-pencil games.

# WiCAL

Wisconsin Center for Assisted Living

 **Dementia-Capable  
WISCONSIN**

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## Your gift today makes a brighter tomorrow.

Did you know Medicaid doesn't fully cover senior care costs in assisted livings? Help us support seniors when they need it most.

Donate online: [bit.ly/give2bir](https://bit.ly/give2bir)

We're a nonprofit WISH senior care community

*Please give*

