

The Wellington News

OCTOBER
2022

Assisted Living • Respite Care Services

WISH LIST

- Prizes for bingo and other games- fun size candy, puffcorn, cookies/crackers, soda, and other prizes.
- Seasonal Decorations (Halloween, Thanksgiving, Christmas, New Year)
- Fabric for crafting projects

Upcoming Events

10/31 Resident Halloween Party and Trick-or-Treat

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

WE ACCEPT CREDIT CARDS

Visitation Guidelines

Visitors are welcome and need to be screened in at the front desk before visiting with a resident. Visitors must also wear masks at all times in the facility.

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!



Happy Birthday

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

Residents

Marina P.

October 06

Job Postings

PM shift Full time or
Part time CNA/RA

Day shift Part time CNA/RA

Noc shift part time CNA/RA

WiCAL

Wisconsin Center for Assisted Living

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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.

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.

Please give

Donate online: bit.ly/give2rib

We're a nonprofit WISH senior care community

