

# The Wellington News

FEBRUARY  
2023

Assisted Living • Respite Care Services

## WISH LIST

- Prizes for bingo and other games- fun size candy, puffcorn, cookies/crackers, soda, window clings, and other small prizes.
- Indoor and outdoor decorations
- Fabric for crafting projects
- Craft supplies
- Card games
- Puzzles
- Crossword puzzle books
- Word search books
- Books

## I SPY: MY VALENTINE



How many of each shape can you find? Fill in your answers below:

?	?	?	?	?	?	?	?	?	?

## Wellington Place at Rib Mountain

149500 County Rd. NN  
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](http://WellingtonPlaceRibMountain.org)

WE ACCEPT CREDIT CARDS

**Do you know someone who'd  
be a good addition to our team?**

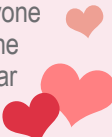


We're hiring! Visit the  
Careers page on our website  
or scan the QR code.



## Visitation Guidelines

Visitors are welcome and need to be screened in at the front desk before visiting with a resident.

## VALENTINE'S DAY FACTS

- The **X** symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity. An **O** became the symbol for a hug as it is said to represent two arms encircling another.
- In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This is believed to be the origin of the expression "to wear your heart on your sleeve." 
- Over 150 million stems of roses are sold in the U.S. on Valentine's Day. 15% of U.S. women send themselves flowers on this day. 
- About 8 billion candy hearts will be produced this year – enough to stretch to and from Italy to Arizona 20 times. 

## Happy Birthday

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

### Staff

Mariah

02/23

## Job Postings

PM shift Full time or  
Part time CNA/RA

NOC Shift Full time or  
Part time CNA/RA

# WiCAL

Wisconsin Center for Assisted Living

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## What Warms Your Heart and Soul?

*During Healthy Heart month, it makes sense to make your health a priority, but it's also a great time to focus on you. Most people find that making time to*

*improve the quality of their "heart and soul" actually simplifies life and makes even the hardest things seem more enjoyable. Taking time for yourself often helps to renew friendships with people and re-center your life on what really matters. Doing what is good for you can be as simple as watching a good movie or picking up a book that you've wanted to read for a while. Everyone is different, so focus on activities and people that bring you inner balance and joy.*

## Sudoku

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