

The Wellington News

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Assisted Living • Respite Care Services

KEEPING YOUR MIND HEALTHY

Mental activity can keep your mind sharp. Try some of the following tips to help challenge your brain for continual growth:

- Play scrabble, word puzzles, sudoku, or other trivia games
- Learn a foreign language
- Volunteer a local school, shelter, or senior community
- Visit museums, aquarium, and zoos to learn about artifacts, animals and sea life
- Interact with daily others



Self-Care is Awesome

We can occasionally trudge through several so-so days before stumbling onto a great one, and it can feel completely accidental but truly awesome. However, on March 10, the Day of Awesomeness, there are some easy steps you can take to ensure many more awesome days in your future! **Make a list of self-care activities you can squeeze into your day, including:**

- Paint or manicure your nails
- Watch a good movie with popcorn
- Listen to your favorite song
- Wear your favorite outfit or piece of clothing
- Eat a healthy lunch
- Read a favorite book
- Talk to a friend
- Book a doctor appointment
- Make time for exercise, meditation or yoga
- Drink your favorite coffee, tea, or soft drink

Putting aside time for simple maintenance may allow you to feel less rushed when you have somewhere to be. Self-care doesn't have to take up the whole day, it can just be the gift of 15 to 30 minutes that you have given yourself by planning your day ahead.

Also, be sure to make time for the things you love. Do you enjoy knitting or painting? Perhaps you're a writer or a poet who hasn't brainstormed in a while? Or did you play an instrument?

Now is an awesome time to revisit long-forgotten hobbies or pastimes to recapture that awesome feeling these activities made you feel!

Wellington Place at Biron

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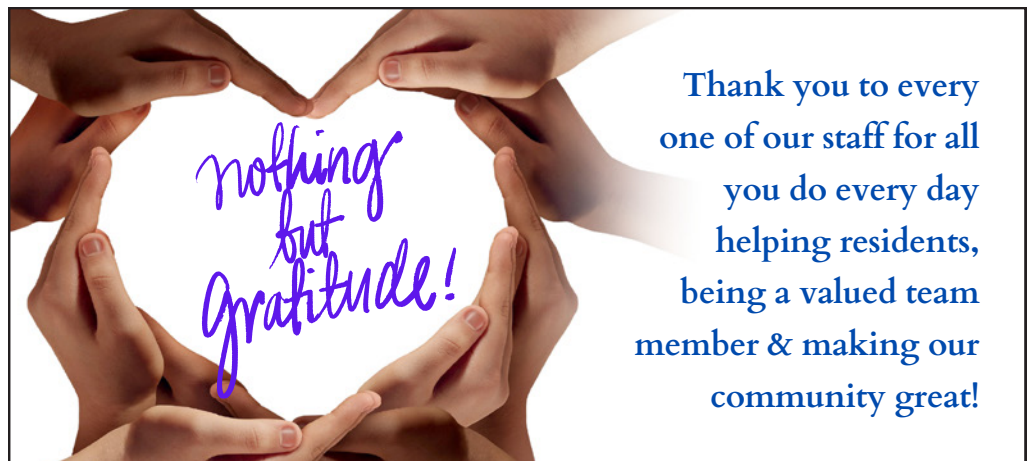
As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

WellingtonPlaceBiron.org

WE ACCEPT CREDIT CARDS



Thank you to every one of our staff for all you do every day helping residents, being a valued team member & making our community great!

Sudoku

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

WORD SEARCH

Find and circle the 10 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

ACTIVITY
AWESOME
CARE
CRAFT
EXERCISE

HOBBY
LEADERSHIP
MARCH
MOVIE
NUTRITION

A M U L B M A R C H
W B C A R E H N L N
E L I F C C N H C H
S F S A W R M O A L
O H U B X A X B U E
M A W F J F H B A A
E C Z H Z T K Y C D
A T Z T C E H N Y E
L I X K L K E H Y R
H V J Y X E Z N X S
C I I P L X O I D H
J T Q U M E H O A I
M Y Z L K R F F S P
P L K H Q C E Z K X
O N U T R I T I O N
K Z Q S V S L A V K
G Q O O F E I F K G
N G M L T T W T V G
A P S U D O V A S C
Z W V Y O G S K A T

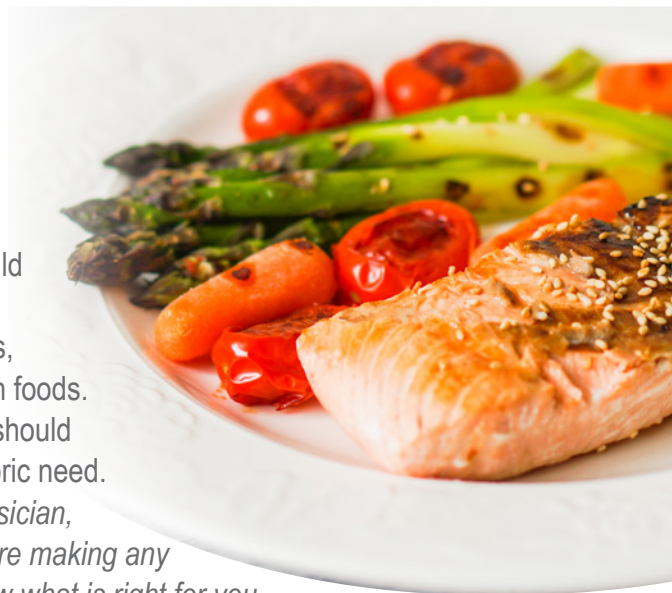
WiCAL

Wisconsin Center for Assisted Living

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Good Nutrition is Essential

Good nutrition makes such an impact in our lives, which is why it is so important! By following these simple tips, good nutrition doesn't have to be difficult. Your daily diet should include fruits, vegetables, whole-grains, dairy products, meats and other protein-rich foods. How large of a portion you should eat depends upon your caloric need. *Be sure to consult your physician, nutritionist, or dietician before making any changes to your diet to know what is right for you.*



Eating regular meals is important. By keeping your hunger under control, you can keep your food choices under control. Many times, tiredness is not caused by lack of sleep alone but rather poor nutrition. If eating three meals a day is not enough for you, divide your total calories into five or six small meals which you can spread throughout the day, so you never get too hungry or end up reaching for poor food choices.

Avoid overeating. Try to understand the difference between stopping eating when you are hungry as opposed to when you are full. Try to remember how it feels to eat to the point of feeling uncomfortable. A person needs only so much to eat, and taking extra bites will make you feel worse in the long run. A satisfied belly doesn't have to mean a full belly.

Overcome emotional eating. A lot of people tend to eat food as a way of coping with stress. This is known as emotional eating which can lead to obesity and low self-esteem. By overcoming emotional eating, you may notice a difference in energy levels, sleep patterns, and overall mental health.

Eat more darker and brightly colored fruits and vegetables as they tend to offer the best nutrition. A good example of colorful fruit would be berries and darker vegetable would be something like broccoli or spinach. Avoid lighter colored vegetables such as celery and iceberg lettuce because they offer very little nutrients.

Beans can be a great source of nutrition. They offer a high source of protein, low fat content, and little to no sugar. This makes them quite versatile for dieters. There several types of meals you can make with beans in it that can offer a high quality of nutrition.

Limit sugary treats. Better nutrition starts with cutting down on foods that are not healthy for you and then replacing them with better options. Knowing that you have a limit and sticking to it will help give you more control to make better food choices over the course of each week.

The information in this article is to be used for informational purposes only. It should not be used in place of professional medical advice. Always consult with your physician or dietician regarding any changes in diet.