

The Wellington News

MARCH
2023

Assisted Living • Respite Care Services

Upcoming Highlights

If you want or can volunteer to go on any of these, please let Goo know. We need help to push wheelchairs, load and unload the bus, and chaperone. Or Goo will only be able to take a couple folks at a time on an outing. Thank you.

**Saturday March 4th,
time 12:45-1:15,** Schauer
Center Irish Dancers will
perform for us.

WISH LIST

Volunteers

Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027
262.673.3544

Monica Rakowski, 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.

WellingtonPlaceHartford.org

WE ACCEPT CREDIT CARDS



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!



**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!**

**We would appreciate it if you would share Google Reviews:
Add a rating or review:**

1. On your computer, open **Google Maps** and make sure you're signed in.
2. Search for a place.
3. On the **left**, scroll down and click Write a review.
4. In the window that appears, click the stars to score the place. You can also **write a review**.

GOOGLE REVIEW

– Pam L.

From her first day at Wellington, Mom was well loved and cared for. She was happy, participating in all the activities, trips, meals and friendships offered.

She brought her plants and staff helped her with gardening. She was able to continue participating in her weekly Rummikub Club by inviting her friends to Wellington to have breakfast and then play.

We spent lots of time with Mom at Wellington. She had all her favorite furnishings there and was safe and comfortable. We sat outside for hours on the front or back patios watching deer, geese, killdeer, and sandhill cranes.

At the end of Mom's life the staff were as compassionate and gentle as anyone could be. I can't say enough good about our Wellington experience.

Activity Highlights

A busload of residents and volunteers got out to Hartford's Schubert Movie Theater to see the new Tom Hanks movie A Man Called Otto. Bill Schubert was kind enough to make a special matinee to fit our schedule AND offered to make it a regular outing for us throughout the colder months. The movie was complete with a small soda and popcorn. The recliner chairs were fabulous too. Another movie outing at the end of February is planned to see 80 for Brady.

We observed the Chinese New Year with a Chinese take-out meal from Evergreen restaurant; Chicken Moo Goo Gai Pan, Beef Lo Mein, Vegetable Fried Rice and Spring Roll. It was quite the treat. Everybody had fun reading their fortune cookies too. The dragon came out to dance for us. And we painted cherry blossom branches on canvases which are

hung on display in the hair salon gallery. Anyone born in 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011 or 2023 is a lucky Year of the Rabbit person. Kung Hei Fat Choi!

Having connections in local theater means Goo has musical friends. Scott Laurent learned a bunch of hits from the 1960s to play for us. The best part of the show was Nancy N's great granddaughter, Avery, dancing for us to Scott's music. The residents were watching her, and Goo was watching the smiles on all the residents' faces.

Plenty to celebrate this time of year with Valentine's Day and Mardi Gras. We did art projects for both. We even had our own little Mardi Gras parade with beads and the Dixieland band that came to play for us at happy hour. Stay tuned to find out who found the baby in the Mardi Gras King Cake.



Crafting groundhogs



Our groundhogs all predicted 6 more weeks of winter.

Activity Photo Highlights



Group of 12 went to see the movie "A Man Called Otto".



Chinese New Year celebration



Inge painting



Performance by Scott Laurent and Avery.

Job Postings

We are hiring on all shifts for full and part time positions. If you are interested in working somewhere with competitive pay, great benefits, and a home like atmosphere this is the place you belong. No experience is necessary as we are willing to train the right candidates. Feel free to come in and grab an application. Were excited for you to start this journey with us!



Happy Birthday

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

Residents

Nancy F.	March 8th
Marion H.	March 18th
Theresa H.	March 27th

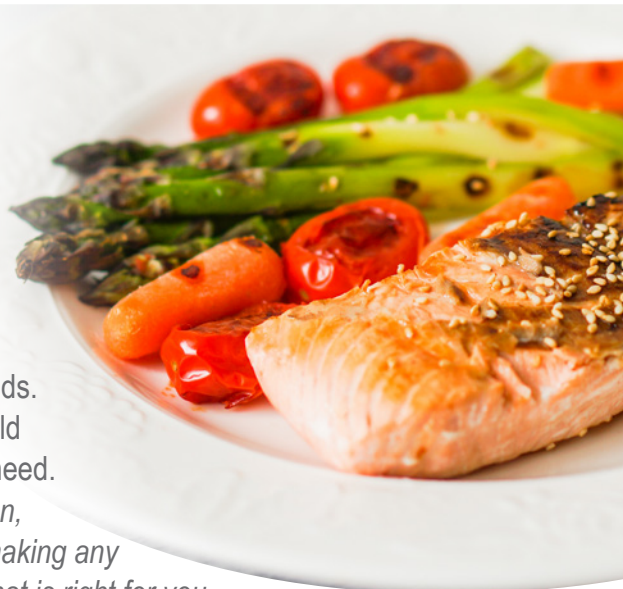
Staff

Raeann	March 4th
LaKysa	March 9th
Toni	March 14th
Katy	March 19th

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.

Facebook Posts

Mark C. – Dad loved his lemon pie! It was the highlight of the entire day! Thank you so much for making it for him. In Dad's book, pie comes first. It is the best appetizer to order at a restaurant and should be eaten before the main course, even at breakfast!!

Laurie E. – Nice, Mom loved going for Chinese food.

Patsy S. – Nice to see Inga doing a project! I bet she was singing up a storm! 🥰

WiCAL

Wisconsin Center for Assisted Living

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