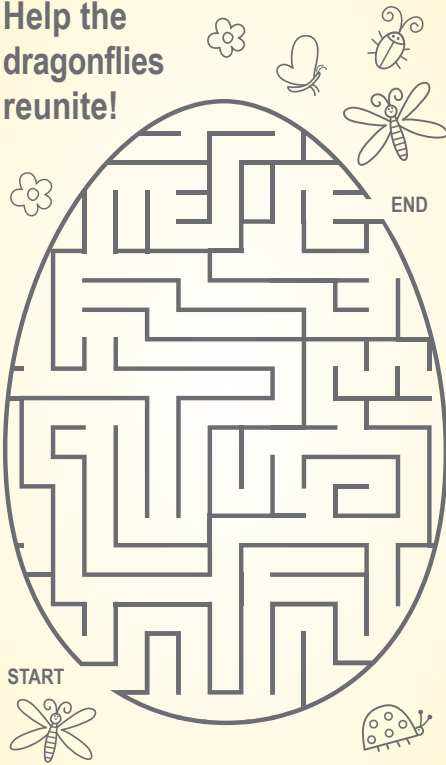


The Wellington News

APRIL
2023

Assisted Living • Respite Care Services

Help the
dragonflies
reunite!



Volunteer Appreciation Week is April 16th – 22nd

Do you know that recent studies have shown that more than 40% of those aged 60 and over have volunteered in some way in the previous year? And most of those folks would give more of their time to volunteer efforts if they were asked.

Volunteering is an incredibly fulfilling activity and can give new meaning to our lives. Perhaps this is one of the reasons so many retirees find such great joy in volunteering. When we leave a career, we sometimes need a new enterprise to give us a sense of meaning in life. Finding a new sense of meaning and purpose is one of the major factors in aging successfully.

Volunteering in the community gives us many new opportunities, including the opportunity to:

- Help others
- Use our skills, wisdom, abilities, and knowledge in new and meaningful ways
- Enrich the lives of others
- Cultivate new social networks
- Learn new things
- Make the community and the world a better place
- Feel good about the ways we are using our time

Everyone should consider finding an organization or a volunteering activity that is the best match for his or her skills and interests. No activity gives such a sense of purpose and is more appreciated than volunteering.

Contact our community today to learn more about our volunteer opportunities.

Wellington Place at Biron

1661 South Biron Drive

Wisconsin Rapids, WI 54494

715.423.5600

Shawna Czaikowski, 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

WE ACCEPT CREDIT CARDS

Reduce Stress

Learning to cope with stress is important for all of us. Here are a few ways to relieve stress.

Organize and clean your space. Place everything in a designated place and label it, so you will be able to find items when you are looking for them.

Be responsible with your money. Start keeping careful track of where your money is going – you could be surprised when you see how much of it is really just wasted.

Work on your posture. Having and maintaining good posture can help you keep your stress levels down.

Try meditation. Meditating helps relax your muscles and your mind. Studies show that regular meditators have much more activity in the left pre-frontal cortex: the area of the brain that is associated with feelings of joy and calmness.

Go to bed an hour earlier. Naturally waking (before an alarm) may provide a relaxing feeling. By going to bed earlier, you may feel refreshed and ready to take on the next day.

Face your problems head on. Postponing or avoiding issues that are causing stress may only make them worse with time.

Exercise. Regular exercise can help you feel better. Taking a long walk, going to the gym, dancing or doing yoga are all forms of exercise that can help you feel less stressed.

Stress is a universal problem in society, but with effective coping mechanisms, it doesn't have to ruin our mental and physical health.

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

Occupational Therapy Helps You Get Back to Living Life

Disabilities, illnesses, and injuries can often cause difficulties in daily living. Activities such as bathing, getting dressed, cooking, or driving may be challenging, and these limitations can become barriers to engaging in valued tasks and interests. Occupational therapy is a beneficial resource for addressing these challenges and improving capabilities.

Occupational therapists and occupational therapy assistants are healthcare professionals who work with people of all ages to help them live more independently and participate in activities that are meaningful to them.

Occupational therapy practitioners help their patients accomplish their goals through a variety of methods, including:

- Planning effective daily routines
- Demonstrating exercises that will help increase mobility
- Developing techniques to aid concentration, memory, and executive function.
- Identifying alternatives and solutions for accomplishing certain tasks (for example, helping a patient who may not be able to drive learn to navigate the public transportation system)
- Recommending appropriate adaptive equipment such as eating aids, shower chairs, or

walkers, and teaching the patient how to use the equipment

- Recovering and improving the patient's skills through the therapeutic use of daily activities
- Intervening with preventative measures or exercises to reduce the risk of future illness or injury
- Assessing the patient's home and work environment, and recommending modifications to improve the functionality and accessibility of the spaces
- Educating a patient's family or caregivers about how to care for and accommodate the patient

April is Occupational Therapy Month and is a great time to show appreciation for the occupational therapy practitioners who help people live their lives to the fullest. If there is an occupational therapy practitioner in your life, take the time to thank them this month!



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!