

The Wellington News

MAY
2023

Assisted Living • Respite Care Services



Creative Beginnings & Hobbies

Creative Beginnings Month is designed to remind everyone to embrace their creative hobbies, and encourage them to pick up their tools of choice to begin creating anew!

Creative Beginnings Month seems to have appeared out of nowhere, but the hugely popular idea of encouraging people to reach beyond their comfort zones and into the depths of their imagination is universal, so several countries celebrate this month worldwide.

Creativity is different for each and every one of us, so do not fret if you have not discovered your creative calling.

Whether it is playing a musical instrument (maybe a harmonica or kazoo), painting (oil, watercolor, or acrylics), fabric crafts (crochet, sewing, embroidery), woodworking, writing short stories or poetry, embrace an old favorite or try something new this month; your creativity might surprise you!

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.



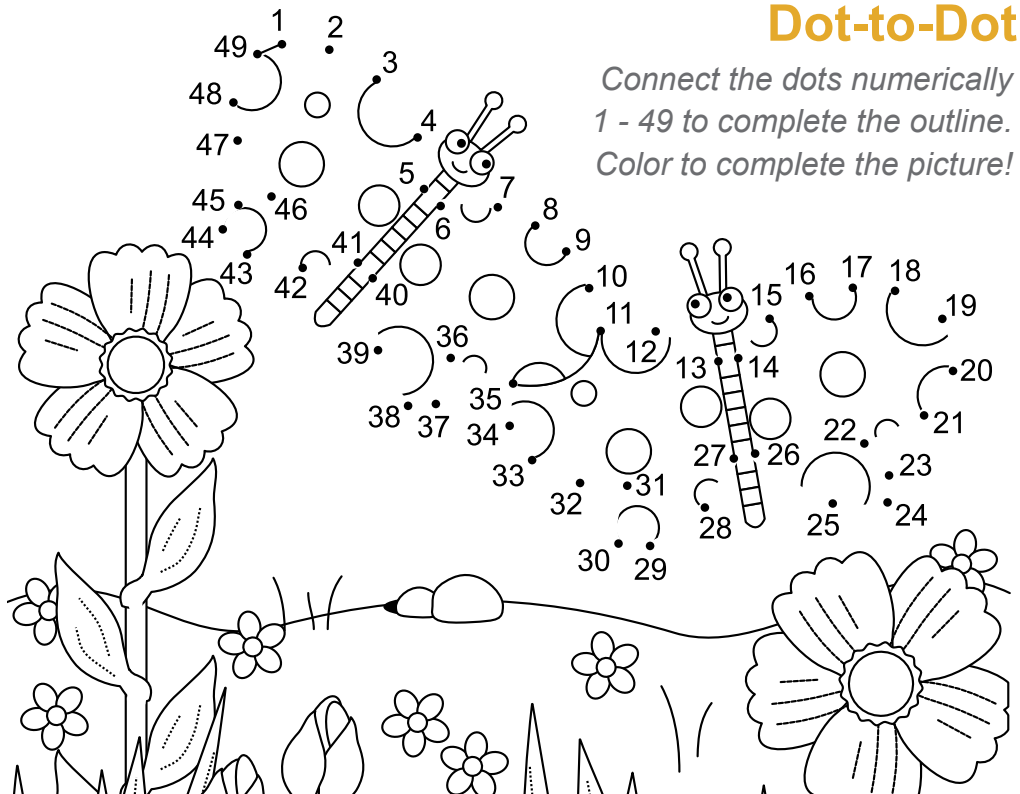
**Wisconsin Illinois
SENIOR HOUSING INC.**

WellingtonPlaceBiron.org

WE ACCEPT CREDIT CARDS

Dot-to-Dot

Connect the dots numerically
1 - 49 to complete the outline.
Color to complete the picture!



Honor and Remember

Memorial Day, which was formally known as Decoration Day, is annually observed every last Monday of May. Memorial Day commemorates all military men and women who have died during service.

Be sure to take time this Memorial Day to reach out to loved ones, local VA centers, to provide companionship and volunteer. Visit local memorials, cemeteries or museums, or host a family gathering, or attend a patriotic-themed parade in observance of this special day. Or reach out by phone, text, or video chat with a loved one who served, or a loved one who may have lost someone special that served. Ask them to share their stories and reminisce. Listen and learn from their history. Be sure to let them know how much they are valued and appreciated.



WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com



Benefits of Mindfulness

Stress can be difficult to deal with on your own. According to the Mayo Clinic, “Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.”

So how to you practice mindfulness? Here are a few easy steps to follow:

1. Pay attention to your environment and your senses. Touch, sound, smell, sight and taste can be tuned in to with focus. For example,

take time to feel the softness of a favorite blanket, savor the taste of delicious food, enjoy the sound of a relaxing melody or birds chirping outside. Be present in the moment, and push aside the intrusive stressful things you cannot control.

2. Accept yourself. Give yourself the love, appreciation and forgiveness you usually save for your closest friend. Dedicate some time to admiring yourself as you are.
3. Focus on your breathing. Take a deep breath and close your eyes. Focus on your breath moving oxygen into your lungs, and then out, taking your stress with it. Any amount of time doing this can help, even if it's only a few minutes.

