

The Wellington News

JUNE
2023

Assisted Living • Respite Care Services

WORD SEARCH

Find and circle the 8 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

**DONUT
EXERCISE
FATHER
HEALTHY**

**JUNE
SOLSTICE
SUMMER
WATER**

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

Facility News & Events

Thursday June 1st at 2 pm we will go out to the park at Slinger Fireman's Park. They have some lawn games, a splash pad and plenty of shade to sit and watch the children play.

The George family will host another evening patio bonfire on June 8th. I'm sure they'd appreciate help if you'd like to join us.

Wednesday June 21, 10 am we are looking for volunteers to help with an outing to Kids & Senior Day at the Lakeshore Chinooks Baseball game held at Concordia University. \$ 12 package includes a game ticket, hot dog, chips & beverage. This will be an all-day event.

Hoping for another Adult Story Hour at Hartford's library, however, there has not been a date set for that as of the writing of this newsletter.

Father's Day Sunday June 18th. We have a few dad's to celebrate with.

Working on outing ideas for July including the County Fair on Thursday July 27th. Volunteers needed as everyone will probably need wheelchairs.

Hartford City Band Free Concert in the Park, Wednesday July 12th. 7 pm – 9pm for those who can stay up late. Again, looking for volunteers.

A Sweet Morsel of Doughnut History

Did you know there are two doughnut holidays each year? The first is the first Friday in June and the second is in November. The Salvation Army is said to have created the date celebrated in June, known as "Doughnut Day," as a fundraiser to honor the women, known as "doughnut lassies," who originally delivered fried up tasty dough balls in service-issued helmets to soldiers during WWI.

You can find exotic doughnut creations filled with combinations of jellies and creams then topped with cereal, candy, and flavored drizzles. Some people will always argue that nothing beats a fresh, off-the-line, glazed Krispy Kreme doughnut!

Whether you enjoy a cinnamon twist, apple-maple-bacon round, cruller, long john, nutty, Boston crème, bear claw, jelly, coconut, sprinkles, or powdered sugar doughnut holes, there is bound to be a doughnut for everyone!

Wellington Place at Hartford

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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.



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WellingtonPlaceHartford.org

WE ACCEPT CREDIT CARDS

**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**.

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

Mabel F.	June 22nd
Alice S.	June 30th

Activity Highlights

May's library story hour featured a couple of classic Edgar Allen Poe short stories, *The Cask of Amontillado* and *The Tell Tale Heart*.

The first Saturday of May the students from HUHS Future Farmers of America brought us some of the baby animals that they are raising. Cosmo, the golden retriever was a favorite. The 4-week-old goats were so very cute. The dwarf bunny had a cold, so it stayed home but there were 3 ducklings and three chicks with feathery feet.

Cinco de Mayo landed on Friday, so we had a wonderful excuse to have Margaritas, chips & salsa, and churros. Richard C's wife also made a delicious cheesecake for Goo's Cinco de Mayo cumpleano that we shared. Everyone got a turn at whacking the pinata.

This year we decided to host a Mother's Day brunch instead of a summer family picnic, which we will be included in next month's newsletter as it is happening after this newsletter's due date. We will also include the HUHS Day of Service from May 17th. We are expecting a group of about 20 students again this year volunteering to do odd jobs for us and then spending time with the residents. The HUHS choir will perform before lunch.



More Activity Photo Highlights



Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)

WiCAL

Wisconsin Center for Assisted Living

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Men's Health Tips

Because we celebrate Father's Day mid-month, June is great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits. Here are some healthy tips for men:**

Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests:

- Visit an ENT to get your hearing checked
- Prioritize setting a sleep schedule
- Strive for 30 minutes of exercise daily
- Treat yourself to healthy, well-balanced portioned meals
- Visit the dermatologist to check your skin
- Schedule a check-up and cleaning with your dentist
- Visit a chiropractor to have your spine checked
- Enjoy leisure activities, such as fishing, watching sports, reading, or gardening
- Quit smoking
- Laugh everyday
- Be kind to yourself by not comparing yourself to others

Integrity is doing the right thing even when no one is watching.

- unknown

Learn more about our Core Values on our website.