

The Wellington News

JUNE
2023

Assisted Living • Respite Care Services

Wishlist

- Plants (indoor and outdoor)
- Plastic cups with lids and handles
- Small dessert plates
- Tupperware with lids
- Soda pop for Bingo (Coke, Dr. Pepper, Sprite, Mt. Dew, Orange)
- Bingo prizes (candy, costume jewelry, perfume)
- Books (large print, romance, mystery, Coloring)
- Puzzles (Medium-Large sized pieces)

Corner Desk of Joey

Spring is finally here! The sun is brightly shining, and the days are getting warmer. This welcome change in weather is bound to lure you and our residents back outside to take a walk, or maybe to sit outside for a while! Just make sure that you are wearing appropriate clothing so that you stay warm and dry, we all know how unpredictable our Wisconsin Springs can be. Personally, I cannot wait to see the residents, staff and families back out in our front garden walking path. When I came in for my interview to work here at Wellington Place (over six years ago at this point!) that garden was the very first thing I noticed about the facility and it continues to be a favorite feature of mine all these years later. If you are interested in donating to our gardens with any plants, decorations, money, or even your time please contact the facility for more information on how we can help make that a reality. The outside back patio furniture is finally defrosted and ready to use, which means we will be regularly hosting bonfires once again starting this month! As a reminder you are all more than welcome to join us for these or any other activities we have scheduled here at Wellington Place. Happy Spring everyone and thank you all for your continued support of the work we do here.

Quote of the Month: ***"Always end the day with a positive thought. No matter how hard things were, tomorrow's a fresh opportunity to make it better."***

Activity Highlights

Our annual summer party is in the works! Watch out for our new date in our coming newsletters and Facebook!

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

- unknown

Learn more about our Core Values on our website.

Wellington Place at Whiting

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Kristan Schaack, 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.

WellingtonPlaceWhiting.org

WE ACCEPT CREDIT CARDS

Resident News

Unfortunately, we have to share the news that we lost one of our long-time residents, Pete. His friendship, skills, and plethora of knowledge will forever be missed and remembered by all who knew him.

On a happier note, we have a few new faces at the facility! Ann and Faye both moved in with us in mid-May. If you haven't yet, please stop and introduce yourself to the new members of our Wellington family!



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



Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

Bob S.

6/26

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

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
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you, so it is readily available
- Infuse water with flavor by using mint, vegetables, and/or fruits