

The Wellington News

JULY
2023

Assisted Living • Respite Care Services

Therapeutic Recreation Activities

Therapeutic Recreation Week, observed annually the second full week of July, encourages senior health and well-being. Therapeutic recreation programs may include fitness, sports, arts and crafts, dance, writing, gardening, music therapy, interactive and intergenerational games and activities.



Facility News & Events

This year we decided to host a Mother's Day brunch and we got a big turnout, certainly more than we expected from the number of RSVPs.

We hope you were able to enjoy the day with your family and resident loved one even though it didn't go as planned. Hopefully the time spent celebrating MOM was worth it and you enjoyed the food and music. Sadly, Goo didn't have any time during the festivities to take a single photo. If any of you took some photos you would like to share with the rest of us please send them to Goo at

Idgohman-kramer@carriagehealthcare.com.

The Hartford Union High School closes for a day each May and sends all the students out into the community to do a Day of Service with local businesses, or even individual's homes who may need help. This year a group of nine students

came to do some odd jobs for us. They cleaned our bus inside and out, did some planting and installing of garden edging, weeding, carrying out and busting up some old furniture to fit the dumpster and helped to serve lunch. It was fun to watch the two chaperones that came along do some real-world teaching moments. HUHS is lucky to have these gentlemen working with the kids. The high school choir also came over to perform several beautiful songs for us just before lunch.

The weather has been cooperating so nicely that many residents are going outside to enjoy our idyllic surroundings both front and back. This year has brought us three broods of goslings, two fawns were dropped in our yard. The sandhill cranes seem to be chick-less this year but the adults provide endless entertainment. We had a nice warm day for a trip to the Slinger Rotary Park to play on their splash pad.

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 homelike 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. We're excited for you to start this journey with us!



Happy Birthday

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

Residents

Sandie R. July 8th

Staff

Joel July 21st

Activity Highlights

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

Unfortunately, the Hartford Fourth of July parade we were planning to go watch is not happening this year. Hopefully we can watch the fireworks in the east from our front patio again this year.

Thursday July 27th we will trek over to Pike Lake for a picnic. Loading the bus about 11 am. Again, volunteers needed. If there are not volunteers, then Goo cannot take more than two people by herself.

The County Fair, which is a popular idea, does not seem feasible as it would be too much walking or too many wheelchairs and too long of a day for any resident currently with us. Some residents might like to still go with family!



HUHS students Day of Service

More Activity Photo Highlights



Evelyn helping make No Bake cookies with our Saturday volunteers



Our newest resident, her name is Fawn.

UV Safety Awareness

UV Safety Awareness, which takes place during July, is a crucial time to focus on senior health and learn about the dangers of sun exposure. **As we age, our skin becomes more vulnerable to the harmful effects of ultraviolet (UV) radiation. Seniors are at a higher risk of developing skin cancer, sunburns, and other skin-related issues due to decreased skin elasticity and a reduced ability to repair damaged skin cells.**

Promoting UV safety and encouraging friends and family to take precautions against the sun's rays is extremely important to your overall well-being and skin health.

Here are some tips to protect your skin this summer:

Use a broad-spectrum sunscreen with a high sun protection factor (SPF). This helps block both UVA and UVB rays. Seniors should apply sunscreen

generously and reapply it every two hours, especially when spending extended periods outdoors.

Wear protective SPF clothing, wide-brimmed hats, and sunglasses to shield your skin and eyes from UV damage.

Avoid indoor tanning. Indoor tanning exposes the skin to high levels of UV radiation, increasing the chances of skin cancer and accelerating the aging process. Still want that golden, sun-kissed glow? Look for alternative options like self-tanning lotions or sprays.

UV Safety Awareness serves as a reminder for not just seniors, but individuals of all ages to prioritize their health and take proactive steps to safeguard their skin from the harmful effects of UV radiation. **Together, we can ensure that our loved ones can enjoy the summer months safely, without compromising their well-being.**

Summertime Food Choices

A lot of things change when the weather gets warm. One of them is how we eat. No one wants to be loaded down by a heavy meal in their stomach. When the weather gets warmer, we want our meals to be as light as our clothing. But can we still feel satisfied when we eat lighter fare? Here are some foods that are good for eating in the summertime.

1. Salads – Salads have come a long way. Start with your favorite lettuce. Next add your favorite raw vegetables. Add boiled eggs, lean chicken, or ham for protein. For more texture add cheese, nuts, or fruit. With so much flavor, you'll be surprised that you won't need to use much dressing.



2. Sandwiches – Try whole wheat pita bread or lettuce leaves to hold the insides. Sandwiches like chicken, egg, or caprese salad are light enough to be eaten without overfilling you. They are also portable so you can eat healthy on the go.



3. Smoothies – When you don't have time to sit and munch this summer, a smoothie can provide filling nutrition in a fun way.



I scream, you scream, we all scream for... Ice Cream Fun Facts



- An average American **consumes 23.2 quarts** of ice cream per year.
- Which countries like ice cream the most? **The United States, Denmark, and Australia** top the list.
- Top five popular flavors:**
 1. Vanilla
 2. Chocolate
 3. Butter Pecan
 4. Strawberry
 5. Mint chocolate chip
- The most popular topping for ice cream is **hot fudge**.
- The biggest ice cream sundae ever **weighed over 54,000 pounds**, with over 44,000 pounds of ice cream plus toppings.
- More people than ever are able to enjoy ice cream with the increasing popularity of **dairy-free varieties** made from almond, oat or coconut milks.

Ice Cream Flavors Word Jumble

Unscramble the letters to discover the different flavors of ice cream.

TREBTU EANPC

LAIAPNNOET

AOLEHCCTO

OTAPHCISI

ICKOOE OGUHD

RYCOK DORA

OIKOSCE NDA AMCRE

RRYSAWERBT

MTNI OCEHOLTAC PHIC

NAVLALI

Facebook Posts

Mary L. – Glad to see everyone is enjoying a change in activities. Always a bright spot of the day!

Marie C. – That's nice that the elderly get out and enjoy the day and cool off in the water 🏊

WiCAL

Wisconsin Center for Assisted Living

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If you want to lift yourself up,
lift up someone else.

– Booker T Washington



Learn more about our Core Values on our website.