

# The Wellington News

AUGUST  
2023

Assisted Living • Respite Care Services

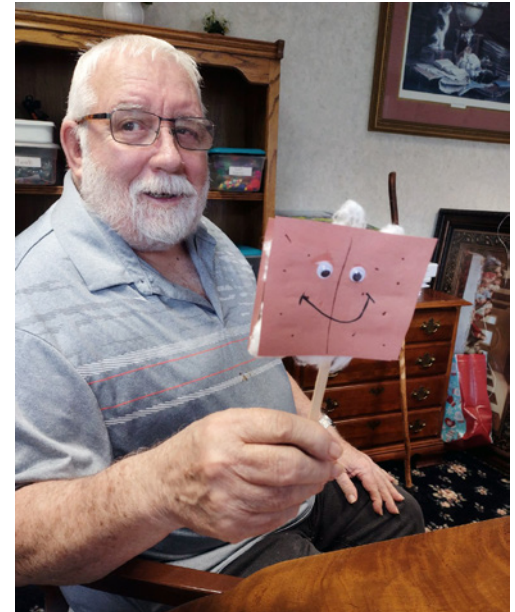
## WISH LIST

- Stand-Up Freezer
- Washing Machine
- Vacuum Cleaner
- Games (bowling)
- Craft Supplies (paper, stickers)
- Prizes for BINGO

## ACTIVITY HIGHLIGHTS

- End of Summer Party  
4 PM to 6 PM - August 11
- Walk to end Alzheimer's  
coming up - Sept

## Photo Highlights



## Five Easy Ways to Relax

On Relaxation Day, August 15, try some of these methods that can help to reduce stress and relax.

**1. Deep controlled breathing** may help. Sit comfortably and inhale through the nose slowly and deeply, while concentrating on contracting your stomach muscles with each breath.

**2. Progressive relaxation** combines breathing exercises with the slow contraction of body muscles. Work through each body muscle group from the toes to your chest by flexing each one and releasing the tension as you exhale.

**3. Meditation** helps unite the body and mind. Occupy your mind with a pleasing memory or image;

close your eyes and focus on that thought. Feel the joy of that moment. Be sure to seek out a quiet setting to ensure that you are not disturbed.

**4. Exercise** benefits the mind as well as the body. Regular cardiovascular exercise (like walking, dancing, cycling) is one of the leading ways to relieve stress. Be sure to consult your physician on what exercises, duration and frequency is right for you.

**5. Yoga** is great for settling the mind, placing you at ease and promoting mental and spiritual enlightenment. Yoga flows and postures learned from an in-person class or an online lesson may help to bring balance, strength and mobility to your system.

## Wellington Place at Rib Mountain

149500 County Rd. NN  
Wausau, WI 54401  
715.842.5000

Alyssa Sarasin, 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.

[WellingtonPlaceRibMountain.org](http://WellingtonPlaceRibMountain.org)

WE ACCEPT CREDIT CARDS

# Book Lovers Unite to Celebrate the Magic of Reading

Every August 9, bibliophiles (book lovers) around the world unite to celebrate Book Lovers Day! **On this special day, bookworms, avid readers and literary enthusiasts of every age come together to express their appreciation for the written word, share their favorite stories and delve into new literature. It is a time for book clubs, literary events, and online discussions that allow readers to connect, share recommendations and engage in conversations about favorite books, stories, memoirs,**

**poems, non-fiction and more.**

The joy of discovering shared passions for a particular novel or engaging in lively debates about literary interpretations may create lasting connections and friendships.

**Books transport us to different worlds, eras and dimensions. Through literature we can explore realms beyond our own lives, experience the joys and struggles of diverse characters and embark on thrilling adventures without leaving the comfort of our favorite readings spot.** Whatever the topic, reading allows us to detach from reality

and immerse ourselves in a different narrative.

**Getting lost in a book creates a tranquil space where the reader can unwind, recharge, find solace and possible answers to life questions.**

Book Lovers Day provides endless opportunities for personal growth, self-reflection and intellectual enrichment that come with being a dedicated reader. So head to the nearest library, bookstore, online resource, or family's bookshelf to begin your next reading journey.

**Your choices are limitless!**

## Happy Birthday

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

### Staff

08/23 Ashley Z  
08/25 Selena P

### Residents

08/01 Dawn H  
08/24 Debra P  
08/26 Keith G  
08/29 Marlys Z

### Work Anniversaries

Stephanie H – 08/03 | 3 Years



## Job Postings

Full Time NOC Shift CNA/RA  
Every other weekend  
day shift CNA/RA

# WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

**The mind that opens to  
a new idea never returns  
to its original size.**

*- Albert Einstein*

Learn more about our  
Core Values on our website.

