

The Wellington News

SEPTEMBER
2023

Assisted Living • Respite Care Services

Activity Highlights

First and foremost, at the beginning of the month, Saturday **September 2nd** we will be celebrating **101 years of Elvira B.!** Not only is that reason enough to celebrate but we missed celebrating her 100th last year as she was recuperating at a different facility, so we are going to make a big deal out of this one.

Did you know Elvira shares a birthday with actress Yvonne DeCarlo? (aka Lily Munster) In 1923 the BBC was established, the USSR was formed, the Tomb of Tutankhamen was discovered, the First Wimbledon

Championships are held, Reader's Digest was first printed and the Lincoln Memorial was dedicated by President Harding.

Tuesday, September 19th we will drive to Port Washington Marina for the afternoon at Lake Michigan and will probably stop at their famous ice cream shop too. We plan to load the bus after lunch about 1 pm. Volunteers wanted.

Saturday September 16th is the annual **Walk to End Alzheimer's**. Ceremony at 9:45 in West Bend Regner Park 800 N. Main Street. The Walk starts at **10 am**. Walk as much or as little as you are able. Have fun. This will be our fifth year as a team and we need you to join us. The Walk itself is just the icing on the cake. We need your help to raise the donations. Yes, you can donate to the team but if you join us you can use your contacts; friends, family, coworkers, strangers to help gather donations. Our pool of possible donors grows with each person on the team. It's a cause many are willing to donate to even if they don't know you, most everyone knows someone who has been touched by this disease.

WE NEED THE FAMILIES INVOLVED:

This is why we walk:

- Having a family member with the disease increases your risk by up to 50%.
- We're fighting for a different future
- For support for the families facing the disease today
- For research
- For treatment



The Alzheimer's Association has made their website very user friendly. It's easy.

Use the QR code to go directly to Wellington's team page or <http://act.alz.org/goto/wellingtonplacehartford>

Then simply click the **Donate** button or the **Join** button. They even provide prewritten emails (or write your own) and links to social media for you. They have fundraiser ideas for you.

Think it's too late because the Walk is in a couple weeks? No worries. The fundraising campaign continues through December 31st.

Questions? Contact Goo at ldgohman-kramer@carriagehealthcare.com.

Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027
262.673.3544

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.



Wisconsin Illinois
SENIOR HOUSING INC.

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

Elvira B. September 2nd
Joyce L. September 29th

Staff

Tiffany September 9th

Facility News & Outings

Outings this summer have been amazing. Splash pad in the park was a refreshing way to beat the heat. An evening of showtunes by the Hartford City Band with a concert in the park had a great turnout and desire to do it again. A beautiful yet breezy picnic at Pike Lake was a wonderful way to relax with a little nature and water. Some very talented children provided entertainment with their summer theater camp performance of *Annie*. Last year's frozen yogurt outing to Slinger's Fill & Chill was such a hit we did it again this year. And capping off the summer with an afternoon of polka music (and maybe a bier) at West Bend's Germanfest the last weekend of August. All that and our monthly back patio bonfires hosted by the George family made for some good times. Water balloon toss and squirt gun duels had us feeling like kids again. I know our residents enjoyed it as much as I did.



Childrens theater camp outing to see Annie

More Activity Photo Highlights



Scenes from our picnic at Pike Lake Park



Our friend and past family member Pam L. welcoming us to the Concert in the Park



Painting sunflowers in our Paint & Sip class



Kathy creates a patriotic wreath with our Saturday volunteers, Andrea & Doug

Dennis was Runner-Up in the Horseshoe pitching contest with 2 rings.



Evelyn cools off with Goo at the Slinger splash pad

Five Strategies to Live a Heart-Healthy Lifestyle



Learn Your Health History

History: Know your risks and talk to your family and doctor about your health history and preventative care.



Eat a Healthy Diet: Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less saturated fat, salt, and added sugar.



Move More, Sit Less: Try to get at least 150 minutes of moderate intensity activity such as brisk walking each week.



Take Medicines as Directed

Directed: Know what each medication is for and never stop taking your medicine without talking to your doctor, nurse, or pharmacist.



Choose Your Drinks Wisely

Wisely: Substitute water for sugary drinks to reduce calories. Avoid or limit alcohol.

Be sure to consult your physician before making any changes to your daily routine or lifestyle. Learn more about keeping your heart healthy by visiting: www.cdc.gov/heartdisease/prevention.htm

Embracing Wellness & Vitality

Healthy Aging Month serves as an opportunity to raise awareness about the importance of healthy lifestyle choices and preventive measures that contribute to a fulfilling and vibrant life for seniors.

Promoting Physical Well-Being: Healthy Aging Month focuses on encouraging seniors to prioritize their physical health. Engaging in regular exercise, such as walking or light strength training, helps maintain muscle mass, flexibility, and cardiovascular health. Seniors are also encouraged to maintain a balanced and nutritious diet to support overall well-being to prevent chronic health conditions. Proper nutrition and exercise are vital factors that can enhance energy levels, mobility, and overall quality of life as individuals age.

Embracing Mental and Emotional Health: Mental and emotional well-being are equally essential aspects of healthy aging. Engaging in cognitive activities, such as puzzles, reading, or learning new skills, helps keep the mind sharp and active. Participating in social activities, staying connected with loved ones, and joining community groups can combat feelings of isolation and loneliness.

Preventive Healthcare and Lifelong Learning: Healthy Aging Month also emphasizes the significance of preventive healthcare measures and lifelong learning. Regular health check-ups, screenings, and immunizations help detect and address potential health issues early on.

National Assisted Living Week: Sept. 10-16, 2023

September 10 begins National Assisted Living Week this year! This week provides a special opportunity for residents, staff, volunteers, and the surrounding communities to recognize and celebrate the role assisted living care centers have taken in elevating the lives of America's seniors and individuals with disabilities.

Season of Reflection is the 2023 theme for National Assisted Living Week.

This theme encourages all employees, family members, and residents to take a moment to reflect on all the special bonds, moments and memories that were created throughout the year. It also encourages everyone to embrace the changing

of the seasons, as well as changes in life that help us grow, learn, and adapt to new experiences.

season of REFLECTION



It is time to celebrate residents, staff, families, and volunteers by hosting show-and-tell events, art/photo galleries, and other group activities that feature moments from the past year. This national annual observance aims to encourage assisted living communities to celebrate the caring people we depend on every day. For more information, please visit www.ahcanal.org/ncal.

Facebook Posts

Patsy S. – I love my art gallery! It is very colorful! The best artists! 🎨🖌️❤️

Laurie Neu E. – I am so happy mom got to see this show. She always enjoyed theatre productions! Thank you!

Megan S. – Great job Grandpa L!

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

SUPPORT YOUR LOCAL ALZHEIMER'S WALK

You can support Alzheimer's research by joining a team and walking or donating to a team. Support a great cause! Scan the QR to find a walk or team near you.

