

# The Wellington News

SEPTEMBER  
2023

Assisted Living • Respite Care Services

## WISH LIST

- Stand-Up Freezer
- Washing Machine
- Games (bowling, yard games)
- Prizes for BINGO

## Happy Birthday

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

### Staff

September 2nd    McKenzie H  
September 12th    Talia B

## 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

## Facility News

We are looking for entertainment during happy hour each Friday from 2-3 PM. If you know of anyone, please reach out to Rouhan at (715) 842-5000.



## WALK TO END ALZHEIMER'S: SEPT 23

Please use our QR Code  
to sign up to walk with us!



## Activity Photo Highlights



## Six Strategies to Live a Heart-Healthy Lifestyle



### Learn Your Health 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.



### Quit Smoking:

Call 1-800-QUIT-NOW for free help and take the first step on your journey to quit.



### Take Medicines as 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:

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](http://www.cdc.gov/heartdisease/prevention.htm)*

## Job Postings

Full Time NOC Shift CNA/ RA

Every other weekend day shift CNA/RA

Full Time PM Shift CNA/ RA

# WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

# 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

season of  
**REFLECTION**



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

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/nal](http://www.ahcanal.org/nal).*

## ALZHEIMER'S WALK SAT, SEPT 23 IN WAUSAU

Scan the QR for Walk details and to join the Wellington team or donate to our team. Help support this worthy cause!



Wellington Place  
at Rib Mountain

