

The Wellington News

SEPTEMBER
2023

WISH List

- Bingo prizes (candy, costume jewelry, perfume)
- Soda pop for Bingo (Coke, Dr. Pepper, Sprite, Mt. Dew, Orange)
- Books (large print, romance, mystery, Coloring)
- Playing card decks
- Hand Mixer for the kitchen
- Rubber spatulas for the kitchen

Assisted Living • Respite Care Services

From the Corner Desk of Joey

Hey, do you guys happen to know what the leaves say just before they hibernate? Rake me up when September ends! Happy end of the Summer season everyone, we had quite the incredible Summer these last few months! Don't worry though, as the fall will be filled with just as much excitement and activity here at Wellington Place at Whiting. Starting off with one of our biggest undertakings of the year, The Walk to End Alzheimer's! We appreciate all your support for this event as it is a cause that affects each and every one of us. I am proud of the work we do here at Wellington Place at Whiting to support this cause, and look forward to another successful walk this year! Though I will say that I am going to miss the bright sunny days of Summer there is nothing quite like the beauty of this area during Autumn. As the leaves begin to change colors you may notice us taking more nature walks and rides around to appreciate the beauty nature has in store for us over the next couple months. I find that this time of year is a great time to generate gratitude and appreciation for all the incredible things life has to offer us, not least of which being the incredible community of care we have built here at Wellington Place. On that note, you may notice some new faces walking around the facility if you have a moment. I encourage you to welcome them to our family and the facility as we appreciate the opportunity to include new and incredible people into our lives. Remember to enjoy the sun while it is still sticking around, and thank you all for your continued support.

Quote of the Month - *"Happily we bask in this warm September sun, which illuminates all creatures."* -Henry David Thoreau

Happy Birthday

Best wishes to our Residents
celebrating birthdays this month.

9/26

Mary K.

UPCOMING ACTIVITIES

Walk to End Alzheimer's Raffle
Basket Pull – Sept 15th 3:00PM

Walk to End Alzheimer's – Sept 16th

Wellington Place at Whiting

1902 Post Road,
Stevens Point, WI 54481
715.344.9669

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

EVENTS: It's walk month! Our Walk to End Alzheimer's is on September 16th. If you haven't signed up yet, there is still time! You can sign up online under our team (<http://act.alz.org/goto/WellingtonPlaceWhiting>), or stop at the front desk the next time you're here. We would be more than happy to help you or do it for you! When you stop in this month, keep an eye out for all of our wonderful raffle baskets! We use the funds gained from this to put towards our team for the walk. We are trying to reach our team goal of raising \$1,000 for the Alzheimer's association. We also have our annual team t-shirts for sale, that we will be wearing at the walk to support the cause. The shirts will be distributed the week before the walk, and the price is \$25 per shirt, with all of the extra proceeds going directly to the Alzheimer's Association. Let us know if you are interested in purchasing one!



We also want to thank everyone who came out to support us at O'Brien's on Main for our fundraiser night and those who stopped by during our burger/brat fry last month! We had so much fun raising funds and awareness and we hope you did too!

Pictured left: Brewers Game repping the Alz committee

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.

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.ahcancal.org/ncal.*

season of
REFLECTION



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. Embracing a proactive approach to health empowers seniors to make informed decisions and take control of their well-being.

Resident News

With a very sad heart, we must announce the passing of a couple of our Wellington family members. Al passed away at the end of July. Although Al was not with us for very long, we will cherish and remember the time he spent with us, here at Wellington Place. Our "Thank You" Joe passed at the beginning of August. His laughter, jokes, sayings, and his as-always gratitude will be remembered and cherished by all of us who had the pleasure of knowing him. He will forever be remembered as the "best horse in the barn."

On a more positive note, we had two new residents who recently moved in with us at the beginning on August. Funny enough, they both have similar names! We now have Jean and Gene who both joined us from other facilities. If you haven't already, please stop and introduce yourself, and welcome them to our Wellington family!

Facility News – Make sure you take a peek at all of our photos from our “Wild West” summer party! We had so much fun spending time with our friends and family. With summer quickly leaving us, we are now starting the preparations for our Holiday party. We will share more details as we have them in the coming newsletters and our Facebook page!



Arlene and family



Audrey and family



Denny and family



Cupcakes made by Jenny!



Don and Lynn



Nancy and Andrea volunteered to get pied with Joey!



Norene and family



Karen and Kim



Raffle winner!



Angie and Gertrude in the photo booth



Charlene won multiple baskets!



Gertrude in the photo booth!



Karen won a basket!



Loras and family



Andrea and Roger



Kristan and Roger



Ken and Chris!

Seven 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.



Monitor Your Blood Pressure

at Home: Self-measured blood pressure monitors are easy, safe to use, and help keep you informed.

Be sure to consult your physician before making any changes to your daily routine or lifestyle.

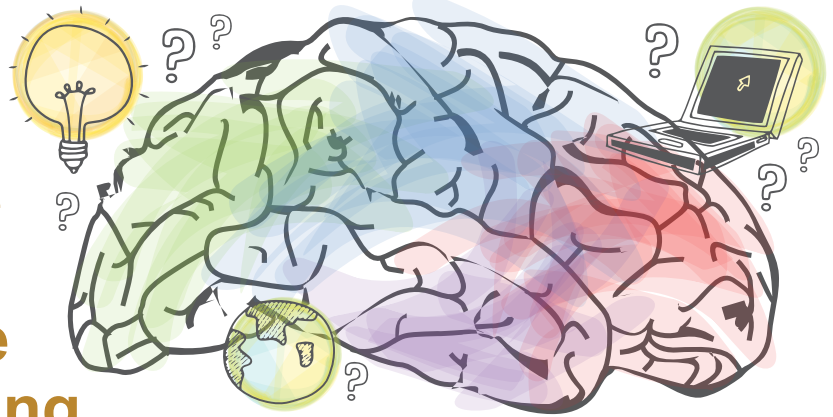
Learn more about keeping your heart healthy by visiting: www.cdc.gov/heartdisease/prevention.htm

WiCAL

Wisconsin Center for Assisted Living

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Keep Your Brain Active with Online Learning



Learning new information on a regular basis is important for keeping your mind sharp and active. No matter what age you are, there is always something new to learn! While new information can be obtained from a variety of sources, the internet provides an almost limitless source of learning.

There is an incredible amount of information available online, including websites, blogs, and YouTube channels that are dedicated to almost any topic you can imagine. For more formal or structured instruction, there are courses available entirely online that are taught by college professors or by individuals who are experts in their fields. Many of these courses are available for free and can be completed at your own pace.

Here are some of websites dedicated to online learning:

www.getsetup.io

www.oasiseverywhere.org

seniorplanet.org

Your local public library may offer free online services for learning. Or, for a wider variety of information, do an online search about any topic that interests you – you will likely discover thousands of results!

Short on time? Try downloading an educational app on your smartphone or tablet:

Elevate – Brain Training Games

Uptime: Get Smarter, Stand Out

Duolingo – Language Lessons

Whether you want to spend five minutes or five weeks learning about a topic, there are resources available for you. Use the vast amount of knowledge available online to learn something new today!

ALZHEIMER'S WALK

SAT, SEPT 16
IN STEVENS POINT

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 Whiting

