

The Wellington News

OCTOBER
2023

Assisted Living • Respite Care Services

WISH LIST

- Washing Machine
- Games (bowling)
- Prizes for BINGO

Happy Birthday

Residents

October 6

Marina P.

Activity Highlights:

October 25 – 4 to 6 PM – Trunk or Treat – Decorate your trunk, dress your spookiest, and join us for our trunk or treat event! Please help spread the word!!!

Wellington Place at Rib Mountain

149500 County Rd. NN
Wausau, WI 54401
715.842.5000

Rouhan Richarddt, 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

WE ACCEPT CREDIT CARDS

Facility News

We are implementing an “employee of the month” each month. There is a lock box located at the front desk where you can nominate a staff member that goes above and beyond for you or your loved one.

We have a new Unit Coordinator, Angie Rhode!

“My name is Angie Rhode. I am the Unit Coordinator at Wellington Place at Rib Mountain. I have been in the healthcare field for 3 years. Prior to healthcare I was in the mortgage bankin /real estate industry for 30 years. I found my passion in healthcare and providing support to families after my own personal experiences. As the Unit Coordinator, I am responsible for providing my skills and contributing support to our residents and staff. When I am not working, I enjoy spending time with my son golfing and watching him play hockey.”

Activity Photo Highlights



Brighten Your Smile with Good Dental Hygiene

Maintaining proper dental hygiene becomes increasingly crucial for aging adults due to a higher susceptibility to oral health issues as they age, which can impact overall well-being. Here are four key ways to enhance dental hygiene in older adults:

Regular Dental Check-ups: Schedule routine dental visits to address potential issues promptly and receive professional cleanings.

Effective Brushing: Use a soft-bristle toothbrush and fluoride toothpaste to gently clean teeth and gums twice daily.

Proper Denture Care: Clean dentures daily, remove them at night to allow oral tissues to rest, and ensure a proper fit to prevent discomfort.

Balanced Diet and Hydration: Consume a diet rich in fruits, vegetables, lean proteins, and dairy, and stay hydrated to support oral health and overall immune function.

Job Postings

Full Time NOC Shift CNA/RA

Every other weekend
day shift CNA/RA

Full Time PM Shift CNA/RA

Apply online at our website.

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

October is Breast Cancer Awareness Month




Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.

According to the CDC, no breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications. Breasts also tend to change as you age.

Some symptoms of breast cancer could include:

- New lump in the breast or underarm (armpit).
- Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. Two common causes of breast lumps are fibrocystic breast condition and cysts.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Women who are 40-49 years old should talk to their physician about when to start and how often to get a mammogram, and women who are 50-74 years old and are at average risk for breast cancer should get a mammogram every two years.
- Keep in mind that these symptoms can happen with other conditions that are not cancer. However, if you're concerned or have any symptoms listed above, be sure to make an appointment with your physician right away.

Source: cdc.gov

 Wisconsin Illinois
SENIOR HOUSING INC.

In our book, these go a long way.

Learn about our Core Values on our website.