

The Wellington News

OCTOBER
2023

Assisted Living • Respite Care Services

WISH List

- Trick or Treat Candy
- Bingo prizes (candy, costume jewelry, perfume)
- Summer/Fall decorations
- Crafts
- Books (large print, romance, mystery, Coloring)
- Playing card decks
- Puzzles (Medium-Large sized pieces)

Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

10/8	Arlene M
10/12	Richard P
10/12	Val M

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

From the Corner Desk of Joey

Did any of you guys hear the big news? The scarecrow just won a Nobel prize, and it is well deserved; he's really outstanding in his field! Before we get into all of the exciting updates for fall, I wanted to take a moment to thank you all for all the support we have received at Wellington Place over the past couple months. July through September are big and exiting months for us with the combination of our annual Summer Party and the Walk to End Alzheimer's and we would not be able to pull both of these events off as successfully without all of the donations and help we have received, so thank you all; I am grateful to be part of such a generous and hard working community. As much as we all might have tried to deny it, autumn is here in all of its glory promising with it the return to colder months very soon. With that in mind, I want to encourage everyone to soak up as much sun as is left. In Wisconsin, and other midwestern states with long Winters, Vitamin D levels can decrease progressively over the darker months so we should get as much as we can before father winter truly arrives! If you are interested in this topic, here is a quick read article released

by health partners which includes some further detail - <https://www.healthpartners.com/blog/heres-the-truth-about-vitamin-d-in-minnesota-and-wisconsin/>. On top of being good for you, getting outside during the fall also allows you to enjoy all the magic in the air during this time of year. I have always said, ever since I moved to the area almost a decade ago, that there is nowhere else in the world quite like Stevens Point in Autumn. A particularly beautiful ride is in store for anyone traveling between here and Wausau over the next few months! I hope to see you all at our Halloween Bash at the end of October, and feel free to bring any kids interested in participating in our festivities; having them come and trick or treat in costume is a definite highlight of the year for many of the Residents here.

If you have any questions on this event please feel free to call the facility and ask for Joey, or email me at jkrasovich@carriagehealthcare.com!

Happy Fall, Y'all!

Quote of the month: ***"As long as autumn lasts, I shall not have hands, canvas and colors enough to paint the beautiful things I see."***
— Vincent Van Gogh

UPCOMING ACTIVITIES

Join us for our
Halloween Bash
Tuesday, October 31st
from 1:00PM to 4:00PM.
Highlights of this
event include our staff
costume party, trick or
treat for the kids (you
are welcome to bring
any little ones to join in
the festivities!), and a
live music performance
by Tom P at 3:15pm.



FACILITY NEWS

Congratulations to
Hannah on her recent
marriage!



Letter from the Administrator:

I would like to thank everyone who joined us for the Summer party this year! Everyone had a blast, we ate great food, sang lovely western songs, did a pie walk, and even had three pies in the face this year. We would like to give a special thank you to the Stevens Point Country Club, who catered this event for us, and Hal, who sang some wonderful western songs to go with our theme. Along with Jenny, who put in countless hours baking our deserts, and Joey who went above and beyond with planning this party for us all. Next, we would like to thank everyone who joined us in our Walk to End Alzheimer's. Please check our Facebook for event details, and upcoming newsletters for pictures.

Colorful Harvest

Color the image below with your favorite fall colors. Feeling creative? Add a face to the pumpkin to create a jack o' lantern!



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

Seven Tips for Communicating with Your Elderly Loved Ones

1. Speak to them as a fellow adult
2. Make them feel comfortable
3. Avoid rushing or hurrying
4. Speak plainly
5. Address them face-to-face
6. Write down or print out takeaway points
7. Recognize that people from different background may have different expectations

These tips were released as part of a document outlining guidelines for communicating with older patients provided by the National Institute on Aging.

Full article can be found at bit.ly/talk384 and includes further details on these tips as well as a section providing specific strategies for communication with those whose vision or hearing is impaired as well.

National Physical Therapy Month

Inpatient/outpatient physical therapy services available. Contact us to learn how our physical therapists can help you or a loved one today.



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. Poor oral health has been linked to various systemic conditions such as cardiovascular disease and diabetes. To reduce these risks, here are five 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.

Flossing and Interdental Cleaning: Encourage regular flossing or use of interdental brushes to remove plaque and food particles from between teeth.

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.

WiCAL

Wisconsin Center for Assisted Living

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OH GREAT PUMPKIN DAY!


Fall is here, and we're ready for pumpkin everything! It's the perfect time to indulge in pumpkin pies, cookies, coffee, cheesecake, pasta, roasted seeds, and oatmeal. On October 26, we celebrate our favorite spooky and silly decoration and food: the pumpkin! Is there anything pumpkins can't do?

White pumpkins are the newest fad in pumpkin fashion in the U.S. They are great for carving and painting due to their bright, white canvas-like skin. Pumpkins

grow in many colors ranging from the classic bright orange, to yellow, brown, green, grey and white.

PUMPKIN FUN FACTS:

- The word pumpkin originated from the word pepon. Pepon means "large melon" in Greek.
- Pumpkins, gourds, and squashes are technically fruits, specifically berries.
- The United States produces over 1.5 billion pounds of pumpkins each year.

 Wisconsin Center for Assisted Living

In our book, these go a long way.

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HONESTY
RESPECT**

Learn about our Core Values on our website.