

# The Wellington News

## A poem by Christine G.

*I love the feel of a  
crisp fall day  
As I walk into the bare  
& quiet woods  
Where pine needles snap  
under my feet  
And unseen creatures  
scurry away.  
I can feel my lungs fill with  
the frosty air.  
I exhale and can see my own  
breath in a soft cloud  
of misty smoke.  
The tingle of the chilly air  
tickles my nose.  
White clouds billow and  
float against  
The prettiest sky I ever saw.  
Geese honk as they fly  
overhead in their V-shaped  
splendor.  
The trees rustle in quiet  
adoration.  
So quiet, so serene  
Such a beautiful time of year  
I feel alive.*

Assisted Living • Respite Care Services

## Activity Highlights

We have been asked to help paint some pumpkins pink this year for Hartford's Pink Pumpkin Run,



an annual fundraiser for Breast Cancer Awareness. Families welcome to help us on **Monday & Tuesday October 2 & 3 at 3 pm**

Last month there were enthusiastic requests at the resident council meeting for return trips to the pumpkin farm and Horicon Marsh so our outings this month will include the popular **Pumpkin Farm** loading at **1:30 pm on Thursday October 19th.** And **Horicon Marsh** the following **Thursday November 2nd** loading at **1:30 pm.** Last year we went too early for the mass migration spectacle. Hoping to see more this year a month later than we went before. Both outings are no cost outings, however, there are treats at the

pumpkin farm that

people have purchased for themselves if they want to take some money. The pumpkins we bring back to carve are from the Activities budget.

Wellington Place plans to once again participate in the **Hartford Business Trick or Treat Day, Saturday October 28th 1 pm- 2:30pm.** The residents always love to see the kids come in costume and we dress up here too. We will need your assistance in getting enough candy to hand out to the kiddo. A bin will be placed next to the front door where you can **drop off a bag or two of candy** for us to use. If everyone contributes a little it will help us a whole lot. Thank you in advance.

**Friday October 13th** for Happy Hour at **3 pm** we will be having **Kip's Lost Hits Music Diner** come to perform for us. Families welcome.

Questions? Contact Goo at [ldgohman-kramer@carriagehealthcare.com](mailto:ldgohman-kramer@carriagehealthcare.com).



## Wellington Place at Hartford

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Monica Rakowski, Administrator

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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.



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[WellingtonPlaceHartford.org](http://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 Wellington Place at Hartford
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**.

# The annual Washington County Walk to End Alzheimer's was as fun as it always is!



The camaraderie of a couple thousand people all working for a common goal with music, cheerleaders, raffle prizes and free food. Pictures in next month's newsletter. Think it's too late because the Walk is over? No worries. The fundraising campaign continues through December 31st. Follow the link or QR code it will take you directly to our team page. Then just click the Donate button. For a \$25 donation you will receive a Team t-shirt to show your support in the Fight against Alzheimer's [bit.ly/Alz23](http://bit.ly/Alz23)



## 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!

## More Photo Highlights

*Resident Council attendees asked for corn on the cob and the store finally obliged with a sale price!*



## Happy Birthday

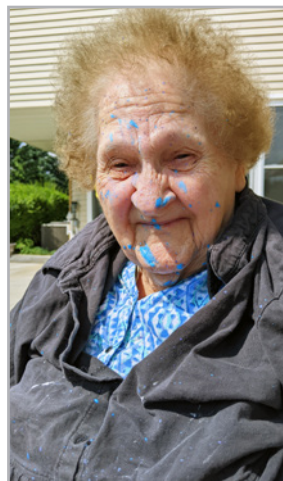
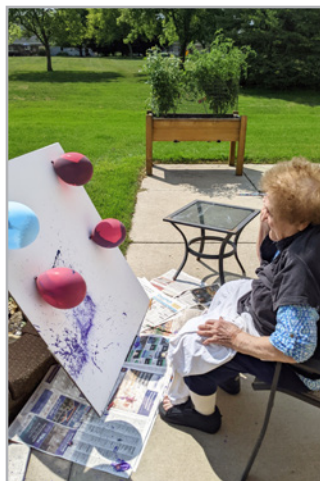
Best wishes to our residents and staff celebrating birthdays this month.

### Residents

Carl M. October 7th

### Staff

Kesha October 17th



*Smurf art – oh Theresa had a burst - I mean, a blast!*

*Happy 101st Birthday Elvira*

# Facility News

Since 2018 our residents and visitors have said how nice it would be if the walking path at the pond went all the way around. A cement sidewalk would be cost prohibitive but Goo thought this might be perfect for an Eagle Scout. After several unanswered attempts at contacting the BSA Area Council, Goo went directly to the local source. While fundraising for our Alzheimer's Walk at the 2021 Hartford Car Show, Goo found the local troops running a brat fry booth and spoke with several individuals and handed out her business card. A couple months later we had a volunteer. A 14-year-old young man, by the name of Ray Kuharske, was ready to tackle our project to earn his Eagle Scout Badge. The planning and fundraising began and continued over the winter and spring. Unfortunately, when he was ready to start Wellington informed him of an issue the city had with the pond on the property. So as not to ruin his project with the city's, Ray agreed to delay his project and continue fundraising over another winter which was when the work was to be done on the pond. Oddly, nothing ever

happened with the pond, and this writer was never informed about the whys and wherefores. So, this past spring the Eagle Scout project was back on. Our 14-year-old scout was now 16, a foot taller and driving himself. Ray raised \$2080 and reported that he came in only \$21 over budget. Home Depot donated the lumber for the resting benches he built for us. And was able to cut deals with Equipment Rental and Mayville Lime. Instead of \$30/ton he paid only \$5/ton for 34 tons of gravel with free delivery.

In one week's time in August, he had all of the manual labor done. He cut the sod, rolled it up, and announced on social media that it was free for the taking. It all disappeared within 48 hours. He used some of the sod he cut to fill in some of the damage the muskrats had caused to the bank of the pond. Then he leveled the path, spread the gravel and tamped the gravel smooth and firm with the help of his family and some of his scout troop. Above and beyond he also laid drainpipe in the parking lot run-off ditch and built this beautiful bridge across it. The residents had a great time watching all the work coming along



and have had many wonderful things to say about having the path and the great job he did. The first day it was completed Carl and Keith walked 4 trips around the pond and made use of the resting benches too. The gravel is still difficult on the two-wheel walkers as Evelyn discovered but the gravel works fine for the wheelchairs and 4-wheel-walkers.

Ray's mother made a video log of his entire process. You may view it here. [https://youtu.be/SojoVqj163k?si=u\\_h8Z9I0e3nHWf7r](https://youtu.be/SojoVqj163k?si=u_h8Z9I0e3nHWf7r)

Our most enthusiastic and heartfelt thanks to Ray Kuharske, his family, especially his mother, Joann, and his local troop for blessing us with this gift.



## West Bend GermanFest: dancing, food, fun and bier

## 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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# 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

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