

The Wellington News

DECEMBER
2023

Assisted Living • Respite Care Services

WISH List

- Pots and Pans
- Rubber Scrapers
- Hand mixer
- Bingo prizes (candy, costume jewelry, perfume)
- Christmas decorations (string lights, fake snow, etc.)
- Holiday Crafts
- Books (large print, romance, mystery, Coloring)
- Playing card decks

Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

12/09	Gertrude Q.
12/11	Vonnie 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

It's the season of warm holiday carols once more, even the sheep are getting involved; all I could hear from their pen while visiting the farm was the entire chorus of Fleece Navidad. It's hard to believe we are already saying goodbye to the year 2023 but in the wise words of the pop-punk band Smash Mouth "the years start coming, and they don't stop coming." All we can do is continue to embrace the changes, both good and not so great, that the world sends our way. Together I think we should embrace the end of the year, filled with warmth, joy, and festive cheer, and to reflect on the cherished moments shared within our community. This is

my seventh holiday season with Wellington Place, and this time of year never fails to bring a special magic to the facility; With residents, staff and family coming together to celebrate the spirit of togetherness and gratitude. As we welcome the new year with hope and optimism, we extend our heartfelt thanks to the families who have been an integral part of our community. Your unwavering support over the years has contributed to the rich tapestry of Wellington Place, creating a home filled with love and compassion. May the coming year bring continued joy, good health, and cherished memories for all.

Facility News: We are so sad to announce the passing of our dear Karen in October, her loving and kind heart is missed by all who knew and loved her.

Activity Highlights



Wellington Holiday Bash
Saturday, December 9th
11:00AM-3:00PM



Resident News

We have a couple of new faces around the facility. Dale and Vernell are a married couple who moved in with us in the middle of November. They moved here all the way from Florida!

Fighting Senior Loneliness During the Holidays

According to the U.S. Department of Health and Human Services forty-three percent of seniors report feeling lonely on a regular basis. The holiday season, traditionally a time for togetherness and celebration, can exacerbate feelings of isolation and depression for seniors. These individuals have experienced many holidays throughout the years, and have likely lost friends and family members who play a prominent role in those memories. Physical limitations might also get in the way of fully participating in holiday activities. Regardless of the reason, for these individuals the Holidays might just not be the same anymore. For this reason, it is crucial to recognize this issue and make an effort to include and support older members of our communities during the holidays, to ensure that they too can experience the warmth and joy of the season. Here are some ideas on how you can help during this time of year!

QUOTE OF THE MONTH

“Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.”
– John Boswell



1. Make Communication a Priority

A. While an in-person visit is irreplaceable, if circumstances prevent you from being together during the holiday season, a phone call or video chat can do wonders in lifting spirits and bringing joy to a cherished one's day. If they happen to be on Facebook, suggest that they reconnect with old friends they may not have contacted in a while.

2. Encourage Hobbies and Other Areas of Interest

A. Do your loved ones have a hobby or interest they'd like to revisit or explore? Joining book clubs, sewing circles, or enrolling in adult education classes are fantastic ways to reignite past passions and connect with individuals who share similar interests. Here at Wellington Place we have a daily group exercise circle who meets Monday - Friday!

3. Get in the Holiday Spirit

A. If you or a loved one is experiencing a lack of holiday cheer, consider embracing a classic activity. Bake some cookies, play festive music, enjoy your favorite holiday movies,

decorate your home, take a stroll to admire the neighborhood lights, or visit a place of worship. You will notice some very similar activities on the calendar this month, feel free to join for any of them. The more the merrier!

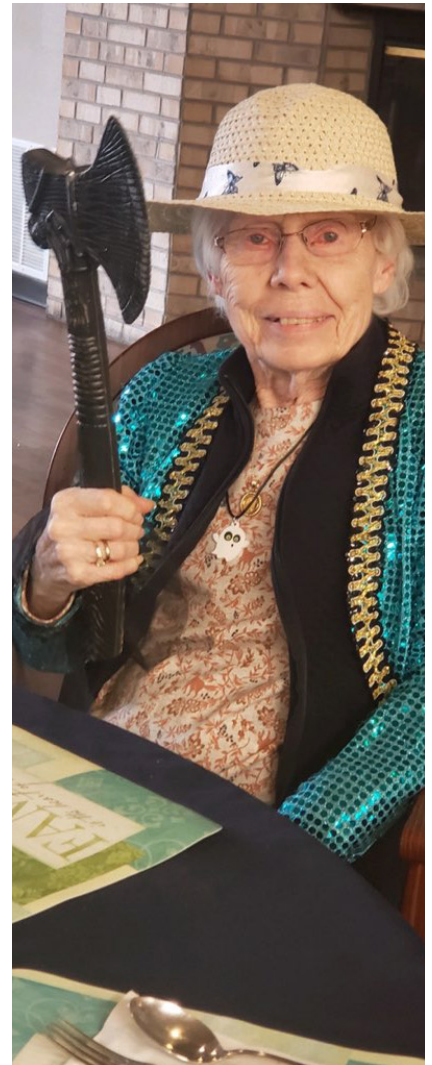
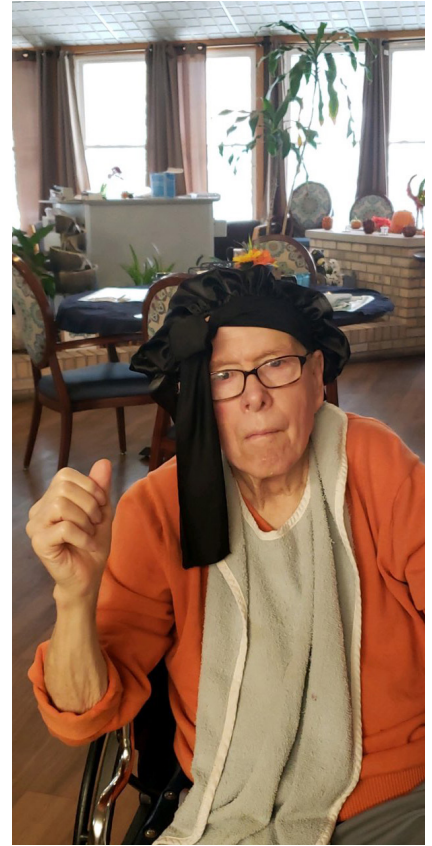
4. Talk it Out

A. While seniors are at a higher risk of experiencing depression, they often hesitate to seek assistance. It's important to reassure the seniors in your life that it's completely normal to feel lonely, and it's perfectly acceptable to discuss their emotions. Make sure they are aware of your support and willingness to listen, as talking about their feelings can aid in processing and coping with them. This might seem like it will be an awkward conversation, but trust me when I say it is an important one.

5. Most Importantly, Spend Time Together! - Though it can be difficult with the hustle and bustle of the holiday season it's important to find ways to spend extra time with your loved one. It's the greatest gift you can give this holiday season.



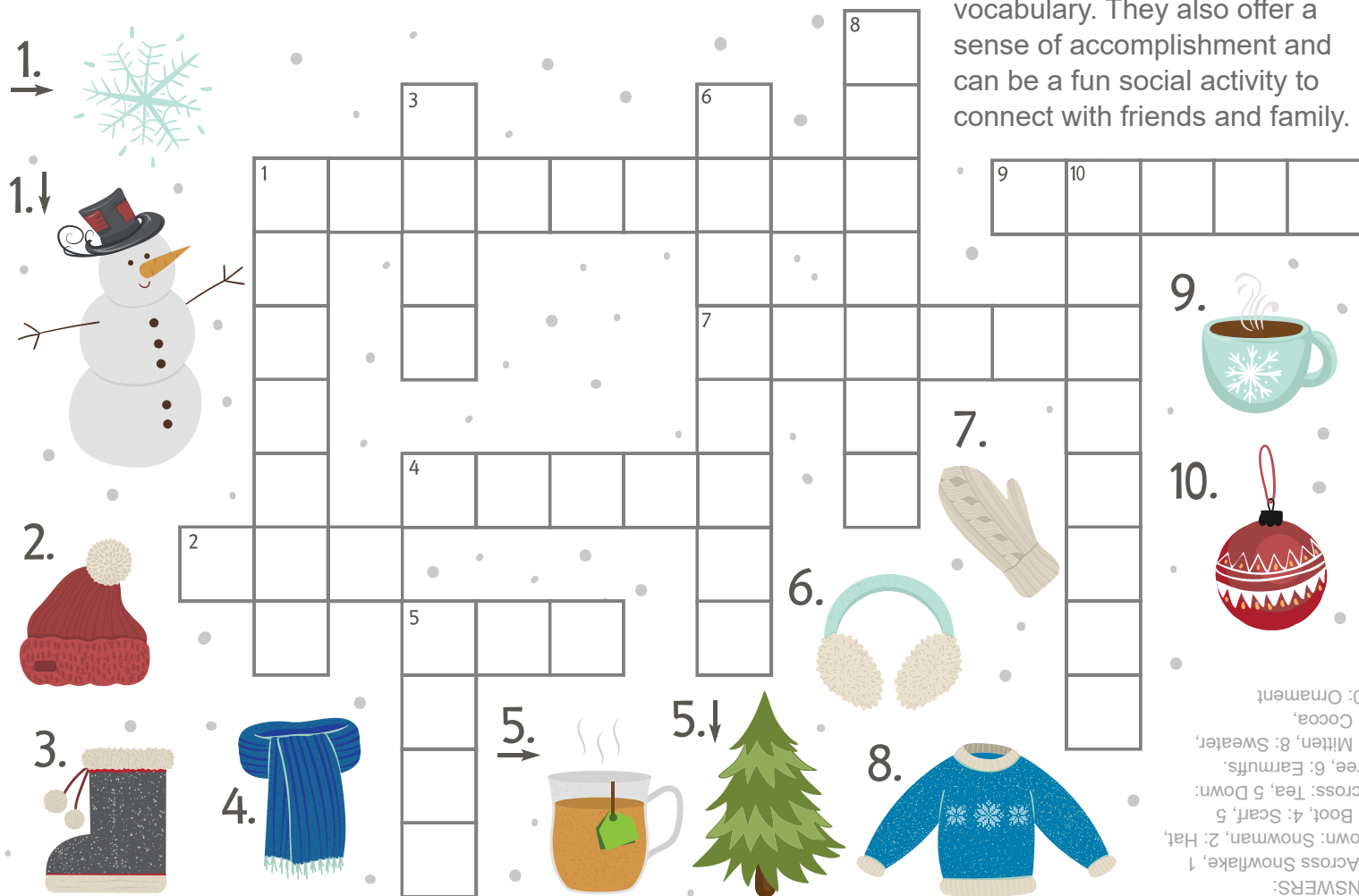
Photo Highlights



WINTER THINGS CROSSWORD

CROSSWORD PUZZLE DAY IS DECEMBER 21

Crossword puzzles can improve memory, promote problem-solving skills, and enhance vocabulary. They also offer a sense of accomplishment and can be a fun social activity to connect with friends and family.



Paper Snowflake Craft

Paper snowflakes are a fun and easy craft for winter. Follow these simple step-by-step instructions to make your own snowy decor.

Supplies: Sheets of 8.5in x11in paper and scissors (Optional: pencil, glue, glitter)

Start with your sheet of paper vertical.

- Take the bottom right corner of the paper and fold it diagonally to the opposite corner, forming a triangle.
- Take the bottom left corner of the folded triangle and fold it up in half again, so the right-angle corner meets the opposite side, creating a smaller triangle.
- Cut off the excess paper across the top, leaving just your triangle.

- Fold the right corner to left once more to make a smaller triangle.
- Using a pencil, lightly draw your snowflake design on the folded triangle. You can create simple geometric shapes or more intricate patterns.
- Carefully cut out the shapes you've designed. Be creative and make different cuts to form your unique snowflake.

- Be sure not to cut all the way from one side of your triangle to the other.
- Gently unfold the paper to reveal your paper snowflake.
- Repeat the steps above to create additional paper snowflakes.
- Get creative with your designs, shapes, and sizes to make each snowflake unique. Add glitter to make them glisten.

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