

The Wellington News

JANUARY
2024

Assisted Living • Respite Care Services

WISH LIST

• Drumsticks • Balls



Happy Birthday

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

Residents

Donald B.	January 10th
Geri T.	January 15th
Nancy N.	January 27th
Keith L.	January 29th

Staff

Beverly	January 31st
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Activity Highlights

January is always a quieter month after the holidays. However having made the decision to postpone our grand family holiday gathering until **Thursday January 11th 3-7 pm** we will continue the festivities. Although disappointing that the lead up to the holidays was disturbed, we hope this will fit into people's plans and maybe we will see more who can make it to celebrate the joys of 2023 and all our hopes for 2024.

If other activity plans for December were cancelled due to Covid precautions, such as the Shalom Zoo outing, we hope to reschedule them for January such as the Shalom Zoo outing.

It's Time for Trivia

Do you enjoy learning and remembering facts and bits of information about a broad variety of topics? Is Jeopardy! one of your favorite game shows? Are your friends and family impressed by the amount of seemingly random knowledge you possess? If your answer is "yes" to any of the above, then National Trivia Day was created for people like you!

National Trivia Day was founded in 1980, and takes place each year on January 4. To celebrate the day, learn something new and put your memory to the test by swapping trivia with others. Play trivia games such as Trivial Pursuit or attend or organize a trivia night in your area with friends and family!

Trivia games are a great way to give your mind a workout in a social and competitive setting, and being the one to correctly remember a factoid feels incredibly satisfying!

To get you started, here is some trivia about trivia:

- Trivia is a plural word. The singular form is trivium.
- The first book about trivia in the modern sense was Trivialities: Bits of Information of Little Consequence by Logan Pearsall Smith, published in 1902.
- The current longest-running trivia contest is the Great Midwest Trivia Contest, held in Appleton, Wisconsin. It celebrated its 57th year in 2022.
- The current largest trivia contest is held by the University of Wisconsin-Stevens Point radio station, 90FM WWSP. It runs for 54 hours, and broadcasts 8 trivia questions each hour.
- More than 100 million copies of Trivial Pursuit have been sold in at least 26 countries and 17 languages.
- Over 30 countries have broadcast their own adaptations of Jeopardy!

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.



**Wisconsin Illinois
SENIOR HOUSING INC.**

WellingtonPlaceHartford.org

WE ACCEPT CREDIT CARDS

Activity and Photo Highlights

Once again Wellington Place at Hartford was entered in the Hartford Christmas Parade. Everyone had so much fun being in the parade for the third year in a row. There were even some residents riding the bus who had not been on any other outings. It was fun to have some new faces. This year's parade theme was A Salute to Christmas as the parade day also fell on Veteran's Day. Our two veterans were proudly

waving from the bus along with several other residents. Goo borrowed an old-fashioned overhead projector to draw a cast of characters from the Beetle Bailey cartoon who were riding along with the residents.

Many folks were able to visit with family over Thanksgiving and the rest of us were gathered as family here to enjoy wonderful food and the blessings we have.

Fortunately, the annual theatrical performance of A Christmas Carol was not cancelled. It's a tradition that always gets us in the Christmas spirit. The Falls Patio Players perform 5 times in one day for a minimal ticket price

so senior and school groups can attend. Their production is every bit as good as the Pabst.

Friday December 29th's Happy Hour was a party to remember. This was Goo's last day of work before retirement. We were treated to music by Pam Lidington and her friend. Wellington has provided many memories to have and to hold for years to come but now it is time to rest the body and enjoy doing the many things Goo has been looking forward to.



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**.



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!

Apply online at our website.



A Christmas Carol Outing

Activity Photo Highlights...continued



Hartford Christmas parade



Residents help decorate for Christmas



Horicon Marsh Outing



Making ornaments

Happy Activity Professionals Week

We owe a lot to our activities team for keeping our residents and families engaged, active, and safely participating in so many innovative ways. From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 21-27 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say “thank you!” Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.



WiCAL

Wisconsin Center for Assisted Living

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New Year's Resolutions Ideas for Seniors

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin?

Here are eight resolutions to get you started:

Stay Socially Connected: Resolve to participate in more social activities such as games, crafts, or movies.

Daily Physical Activity: Incorporate light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New: Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits: Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Mindfulness and Relaxation: Set aside time each day for relaxation and mindfulness activities, such as meditation or deep breathing exercises.



Connect with Family: Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

Read More: Cultivate a reading habit by setting aside time each day to enjoy a good book or explore new topics of interest.

Maintain a Positive Outlook: Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.



YOU MAKE WHAT WE DO POSSIBLE: PROVIDE A WARM, SAFE HOME AND COMPASSIONATE CARE WHEN IT'S NEEDED MOST.