

The Wellington News

FEBRUARY
2024

Assisted Living • Respite Care Services

WISH LIST

- New Markers
- New Nail Polish

Activity Highlights

As we have been going through the transition month from Goo's retirement to welcoming Sami as the new Activities coordinator the plans are not set but stay tuned.



Hello Everyone, I am Sami! Easy way to remember my name is Sam-I-Am. And, no, I do not like green eggs and ham. I am very excited to be the new Activity Coordinator here at Wellington Place. I know it's sad to see Goo go, she is a wonderful woman that has touched everyone's heart – and funny bone. However, I hope you all will help me make Wellington Place a fun place to have our residents live!

Some little fun facts about me: I've lived in 8 different states and all over Wisconsin. I'm left-handed. I have an 8 (soon to be 9) year old son. I have worked in healthcare for several years but my most recent job was working as a teacher's assistant/secretary at a special needs school in Milwaukee. I also just recently moved to Hartford this November!



Happy Birthday

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

Residents

Luann K February 8th
Donna N February 26th

Staff

Monica February 24th

Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027
262.673.3544

Monica Rakowski, 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.

WellingtonPlaceHartford.org

WE ACCEPT CREDIT CARDS

Help Heal Your Heart with the Cardiac Rehab

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.

Source: cdc.gov

Activity and Photo Highlights

Donald B. and his family generously treated a busload of folks to a visit to the Shalom Zoo Wildlife Park. Though it was a cold, blustery day in December we stayed warm and toasty in the bus on a drive-thru tour. Many animals came right up to the fence with curiosity as if we were the zoo critters for them to stare at.

The final 2023 Happy Hour included the retirement celebration for Goo who was with us for 5

years in October. There was an extra-large crowd of residents. Family members were invited as well as several family members from previous residents. One of our previous family members, Pam L., who volunteers with us, also volunteered some music for the party. Good-byes are hard but we wish Goo a Happy Retirement and a hearty hello to Sami and 2024.

Snowball fight ▶



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**.



HUHS Cheerleaders came with cookies and craft projects.

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.



Reindeer games



Art Quilt

The Joys of Send a Card to a Friend

There is something special about receiving a greeting card. They are thoughtful keepsakes of the relationships in your life. There may be no better way to let a loved one know how much they mean to you or that you're thinking about them than by sending a card.

The best thing about greeting cards is that you can find them for almost any situation you can think of, and for some that you may have never thought of before. Or if you're looking for something fun and creative to do, you can make your own.

Create a card from construction paper, stickers, and markers and add a heartfelt message for your recipient. They're sure to appreciate your handmade efforts. While it is great to get a greeting card for a special occasion, like a birthday, Valentine's Day, or other life event, it is even better when it is a surprise! Remember how good surprise mail makes you feel and return the favor to a special some one.



WiCAL

Wisconsin Center for Assisted Living

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Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

- | | | | |
|------------------|------------------|----------------|------------------|
| CANDY | GROUNDHOG | MITTENS | SWEET |
| CHOCOLATE | HEART | PINK | VALENTINE |
| FEBRUARY | JEWELRY | RED | WHITE |
| FLOWERS | LOVE | ROSES | WINTER |

S P V X T G G Q
 T Y C W K V O O E L W T
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 Y L Q C A N D Y Z Q R A
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 R C U J O Z E R
 S U D W W B
 T K E E
 J F

Do you know someone who'd be a good addition to our team?

We're hiring! Visit the Careers page on our website or scan the QR code.

