

# The Wellington News

APRIL  
2024

Assisted Living • Respite Care Services

## WISH List

- Toaster (4-Slot)
- Dessert Plates
- Gardening Supplies
- Pots and Pans
- Bingo Prizes (candy, costume jewelry, perfume)
- Books (large print, romance, mystery, Coloring)
- Playing Card Decks

## Happy Birthday

*Best wishes to our Residents celebrating birthdays this month.*

4/15	Alice H
4/28	Norene A
4/4	Orville D

## Wellington Place at Whiting

1902 Post Road,  
Stevens Point, WI 54481  
715.344.9669

Kristan Schaack, 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.**

[WellingtonPlaceWhiting.org](http://WellingtonPlaceWhiting.org)

WE ACCEPT CREDIT CARDS

## From the Corner Desk of Joey

**Hello Everyone,**  
**do you know how I can tell April is even happier than March? It has a little SPRING in its step! Evidently my New Year's resolution to write better jokes for these newsletters has failed spectacularly!**

Regardless, we are beginning to enter a very exciting time of year. The days are becoming longer, we are starting to get more sun, and the very beginnings of Spring are beginning to surprise and delight us all. I think I am most looking forward to spending more time outdoors and getting some fresh air at our great local parks and hiking trails! With the change in season also comes our yearly tradition of spring cleaning, you may notice our maintenance man Ken and Cook Chris helping out with this during the week; take a moment to thank them for all they do for our

Wellington Family! Though I enjoy the time of rest and coziness of the Winter months, I think we are all ready for the warm weather to breathe new life into our existence. I am extra excited to start planning and putting together our community garden. We were given our beautiful standing gardens late last season, but we have a fresh start to really get them going this year! If you are interested in helping out at all with our community garden (donations, help, or advice) please feel free to contact the facility at 715-344-9669 to set something up. I wish you all the best start to the warmer months of the year, and thank you all for your continued contributions to our community

Quote of the month:

***"To plant a garden is to believe in tomorrow."***

— Audrey Hepburn



Six members of our Wellington Family have Birthdays in April! Not only that, but four of them occur on April 28th including myself (Joey), Our CC Andrea, Helper Courtney, and Resident Norene!

# Out and About! A Stevens Point Guide to Wheelchair Accessible Outdoor Activities

The desire to get out and enjoy nature and our great community is palpable this time of year, though I definitely expect another cold snap or two. It's never too early to start planning some fun activities for the Spring and Summer seasons. Unfortunately, mobility restrictions common among the elderly can create barriers to participation for members of that population. Events and activities can sometimes be less accessible for individuals who need to utilize walkers, wheelchairs, or even just need to utilize a ramp to navigate curbs. Participation in these activities of interest are vital to the physical, mental, and social health of the elderly population and as such I decided this month to provide a guide on handicap accessible locations and activities in the Stevens Point Area.

**Parks/Hiking Trails:** The Green Circle Trail is a famous hiking trail located in, around, and through Stevens Point. It has many parts, a lot of which are wheelchair accessible and have ample rest stops for breaks. These ADA compliant sections include the Riverfront Trail, Hoover Road Trail Spur, and Heartland Trail Spur.

**Fishing:** This popular activity can be challenging for those with mobility restrictions, as getting in and out of boats and on non-handicap accessible piers can be incredibly challenging and even dangerous. Stevens Point though has multiple options for handicap-accessible fishing piers which allow for safe participation in this relaxing activity. These piers are located at Bukolt Park, Lake Joanis, McDill Pond, Collins Lake, Lake Emily, and Lake Pacawa.

**Playgrounds:** Spending time with grandchildren and other younger relatives is often the highlight of our Resident's day, but activities which appeal to young children and are accessible to those with physical disabilities can be hard to find. The K.A.S.H Playground found at Mead Park is a great solution for this as a handicap accessible playground

**K.B. Willet Ice Arena:** It might be hard to believe, but sometime soon you might actually be interested in escaping the heat of Summer! This can be achieved by a visit to the K.B. Willet Ice Arena which offers open skate hours and has skate aids for those who

need balance assistance.

**Cycling Without Age:** Seen at popular events such as the Walk to End Alzheimer's Cycling without age is a program which allows people without the physical ability to bike experience what it is like utilizing a trishaw bike design. This service is actually free and available by appointment. To schedule a ride you can contact this incredible organization through email ([cwa.stevenspoint@gmail.com](mailto:cwa.stevenspoint@gmail.com)) or phone (715-326-0641).

**I think that sometimes those with mobility deficits have the belief that they are stuck where they are due to their restrictions, and that participating in community activities is now beyond their reach. In reality though, a lot is possible through a little bit of ingenuity and creative problem solving in regards to accessible and adaptive design. I am proud to live in an area which embraces this creative spirit in order to give all members of our community equal opportunity to enjoy this beautiful place we call home.**

## Coming Events

As things begin to warm up we are in the beginning stages of organizing a fishing trip for this summer! If you or your loved one is interested in joining us for this event, please let us know.



## Facility News

You might notice a new face around Wellington, Rose moved in last month; make sure to say hello and welcome her to the facility!

We are also saddened to announce the passing of our Fay and Dale. Fay's sass and infectious laughter will be missed greatly. Even though Dale was only with us for a short period of time, we have created memories of him that will last forever.

# Healthy Ways to Cope with Stress

Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient.

**Here are some healthy ways to deal with stress:**

- Take breaks from watching, reading, or listening to the news, including stories on social media. Consider limiting



news and disconnecting from your phone, TV, and computer/tablet screens for a while each day.

- Try to eat healthy, well-balanced meals.
- Exercise regularly; walk, stretch, dance are low-impact options.

•Get plenty of sleep.

•Avoid excessive alcohol, tobacco, and substance use. These may seem to help, but they can create additional problems and increase the stress you are already feeling.

•Continue with routine preventive measures as recommended by your healthcare provider.

•Make time to unwind. Try to do some other

activities you enjoy.

- Connect with others: host an afternoon game get together, movie night, or book club
- Talk with people you trust about your concerns and how you are feeling.
- Engage in mentally healthy activities, such as meditation, affirmations, or music therapy.
- Recognize when you need more help. Considering reaching out to a psychologist, social worker, or professional counselor, physician, or pastor.
- Connect with your community- or faith-based organizations.
- Connect with family and friends who may live far away via phone, text, video chat, or by mail.
- Take care of your body
- Take deep breaths, stretch, or meditate

## Activity Photo Highlights



*Richie enjoying his cheese during our activity!*



*We played Word Scrambler during our wine & cheese activity.*



## Activity Highlights

4/1 - Easter Egg Hunt  
on Easter Monday

# Indulge in Self-Care to Reduce Stress

Stress Awareness Month in April reminds us to manage stress for our overall well-being. Recognizing the presence of stress proactively helps us identify its causes and gives us a chance to use healthy ways to cope. One of the best ways to reduce the effects of stress is to engage in self-care. **There is a large variety of activities to choose from to aid in melting the stress away:**

- **Physical:** Exercise, eat well, sleep enough, and practice hygiene.



- **Relaxation:** Take breaks, and enjoy hobbies, leisure activities, and time in nature.



- **Emotional:** Journaling, mindfulness, and setting healthy boundaries.



- **Intellectual:** Read, learn new things, engage in creativity.



- **Social:** Spend time with loved ones, join groups, and make social plans.



- **Spiritual:** Practice gratitude, engage in spiritual activities, and connect with nature.



# WiCAL

Wisconsin Center for Assisted Living

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## 18 Reasons to Volunteer

April 21-27, 2024 is National Volunteer Week. As a non-profit, we are always appreciative when people volunteer to help out, or donate with items or financial support to benefit our residents.

**Have you thought about the benefits of volunteering? Consider these 18 reasons to volunteer:**

1. To make new friends
2. To build personal and professional contacts
3. To build your self-esteem and self-confidence
4. To develop new skills
5. To make a difference in the world
6. To increase personal satisfaction
7. To add experience to your resume

8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share your skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

If you are interested in making a resident's day and helping out in our facility, please call us. We'd love to hear from you. Whether it's a couple hours a week or more often, the reward is friendship, fun and lots of smiles.



**Thank you to every one of our staff for all you do every day helping residents, being a valued team member & making our community great!**