

The Wellington News

JULY
2024

Assisted Living • Respite Care Services

WISH List

- BINGO prizes (small bags of chips, candy)
- Plants (indoor or outdoor)
- Small dessert plates
- Playing cards
- Pots and pans
- Monetary donations to our team's Walk to End Alzheimer's page

Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

7/7	Barb K.
7/19	Gene H.

From the Corner Desk of Joey

Hey there, folks! Do you all happen to know what you get when you combine an elephant with a fish? SWIMMING TRUNKS!

Jokes aside - with July rolling in, it's time to prepare for our big summer party extravaganza here at Wellington Place! But before we dive into the details, let me introduce you to someone special who'll be spearheading our activities moving forward: Mary! She's got a knack for planning fun and engaging events, and I'm sure you'll all love what she has in store for us. Now, back to the summer party buzz! As we gear up for this exciting event, let's brainstorm together. What activities and games do you want to see at our bash? Whether it's a lively game of beach volleyball, a refreshing lemonade stand, or a chill outdoor movie night, your ideas matter! Feel free to drop off your suggestions, and let's make this summer party one for the books. Amidst all the fun, let's not forget to take care of ourselves, especially in the sun. As the temperatures rise, it's crucial to stay hydrated and protect our skin. Remember to seek shade, hydrate often, and apply sunscreen

generously to keep those harmful UV rays at bay. On a bittersweet note, I have an announcement to make. After nearly eight wonderful years here at Wellington Place, my journey with you all will be coming to an end. It's been an incredible ride, filled with laughter, learning, and cherished memories. But fear not, because Mary will be stepping in to continue the legacy of fun and community here at Wellington Place. As I embark on a new chapter in my career, I want to express my deepest gratitude to each and every one of you for being a part of my journey. Your warmth, kindness, and unwavering support have meant the world to me. I'll carry the memories of our time together close to my heart as I move forward. So, as we gear up for the summer party and bid farewell to one chapter, let's embrace the excitement of new beginnings and the promise of endless summer adventures ahead! **Here's to the vibrant community we've built together. Let's make this summer one to remember!**

Quote of the month - "The beginning is always today"
- Mary Shelley

Facility News

We have a few new staff members to introduce! Oakley will be working on day shift and Heather will be starting on NOC shift! If you haven't yet, please introduce yourself and welcome them to our Wellington family!



A few times a year you might see a family of cranes prowling the grounds here at Wellington Place, sometimes even coming up to the window to say hi! One memorable morning a baby crane got stuck in our fence and Handyman Ken had to help the little guy out. The parents were angry but I think they probably appreciated it in the end!

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

Activity Highlights

We recently went out on a fishing trip hosted by the ADRC. See the photos in this newsletter!

2024 Summer Party

This year's summer party will take place on July 20th. As always, this will be a catered event and we will need a head count to ensure we have enough food for everybody. Please call the facility to let us know how many people will be in attendance. We look forward to seeing and spending time with our extended Wellington family!



Walk to End Alzheimer's

Fundraising time has begun! Please visit our official Walk to End Alzheimer's team page to join our team or donate!

Please help in the fight to end Alzheimer's by joining Wellington Place at Whiting in participating in the 2024 Walk to End Alzheimer's in Stevens Point on Saturday, September 14th. Watch for our fundraising events in the coming newsletters, and our Facebook page!

From the Corner Desk of Mary

Hi everyone, Just wanted to take a moment and introduce myself to you. My name is Mary and I am new to Wellington Place. I started on April 22 so some of you may have seen me running around. I am the new Activity Director here and I will also be doing many different tasks as well. I came here from Dimensions Living in Stevens Point after being there for 8 years. I have a background in caregiving, state certified in doing medication administration, cook, activities and transports. So a little bit about myself, I moved to Wisconsin when I was 16. I am originally from Illinois. I have 2 grown children, Brandon (20) and Ashley (18). I have been married for 12 years to my husband Matt. My husband and I are also excited to be welcoming our first grandchild Ayla Rae at the end of August! During my time here at Wellington Place, I have had the opportunity to get to know all of the residents, some of the family members and staff.

I am pleased to say that I am truly enjoying my time here. As the Activity Director, I have started to incorporate some new things that I feel are beneficial for the health and wellbeing of our residents. We started off with incorporating pool noodles during our morning exercise routine, and I also obtained a giant beach ball in which we are able to play some fun games with and keep our residents moving! I do have some big shoes to fill being that Joey was here for 8 years and I did enjoy spending the time with him and learning the tricks of the trade. Coming up, we will be having our summer party on July 20th. So I am looking forward to having fun with my first big event here.

Thank you everyone for taking the moment to get to know me and please feel free to say hi or even help me with any ideas that you may have. I do appreciate all the help I can get while making myself home here at Wellington!

Craft Ideas for Independence Day

FORK FIREWORK PAINTING – *Supplies needed: paper, paint and plastic forks. Optional: brushes and glitter.* Dip the back of a plastic fork into the paint. Press the fork onto the paper to create a in a circular pattern to make a firework effect. Experiment to create unique firework bursts with the tines. Add glitter to the wet paint for extra sparkle.

FLAGS – Color a picture of the flag on a piece of paper or make one from cut paper and glue. Then attach one side of the flag to a popsicle stick for a pole and you will have a great looking flag to wave!

STARS – Decorate paper stars on the front and the back in a wide range of designs. Anything goes! Red, white and blue work best. Then, place a small hole through the top of each and string them together. You can hang these at your 4th of July celebration for a great way to celebrate.



Activity Photo Highlights



Bite-Sized Hot Dog Facts

It's probably no surprise that July is Hot Dog Month, but the third Wednesday of the month is also National Hot Dog Day!

The hot dog is one of the most iconic American foods with Americans consuming more than a billion of them each year during the summer!

- New York City and St. Louis street vendors sold hot dogs in buns in the 1860s.
- In 1893 **Chris Von de Ahe brought baseball and hot dogs together** selling them at St. Louis Browns games (now the St. Louis Cardinals.) The Colombian Exposition in Chicago also began selling hot dogs. In both locations they became an instant hit.



- The name "hot dog" was said to be created by a cartoonist. At a baseball game in 1901, he saw vendors selling sausages in rolls and drew a cartoon. Not knowing how to spell "dachshund," he wrote "hot dog" instead.
- **Mustard is the #1 condiment of choice.** Other popular toppings include: ketchup, onions, chili sauce, pickles, relish, sauerkraut, cheese and coleslaw.

- **Hot dogs have gone to space!** In the 1960s, astronauts ate hot dogs because they are easy to store and eat in zero gravity.

However you like your hot dog prepared, whether nestled in a bun and smothered with condiments and toppings, chopped up, bunless and with baked beans, or maybe just plain, enjoy one of America's iconic foods at cookouts and ballgames this summer.

Mix Up Your Mac & Cheese

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:

Veggie Delight: Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

Spice it Up: Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

Protein Power: Add bacon bits, pulled pork, brisket, ham, or sausage for some added flavor and a boost of protein.

Say Cheese: One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might like feta, colby jack, or gouda.

BBQ: BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!

Oodles of Noodles: Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, shells, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

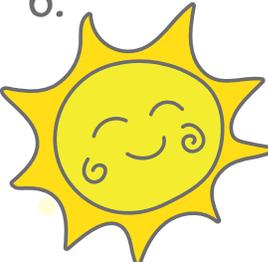
WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

Summer Crossword

1.  2.  3.  4. 

5.  6.  7. 

Answers: 1. Ball, 2. Lemonade, 3. Seashell, 4. Sandcastle, 5. Sunglasses, 6. Sun, 7. Flippers

"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people."

- Roy T Bennett

Learn more about our Core Values on our website.