

The Wellington News

FEBRUARY
2025

Assisted Living • Respite Care Services

Activity Highlights

The weather outside may be frightful, but we like to keep things delightful with musical entertainment, Bingo Wednesdays, afternoon card games and of course, crafting. The December activity photos are numerous and overflowing into this newsletter.



Happy Birthday

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

Residents

Pat B. Jack B.
Luann K. Janice S.

Facility news

We are having new flooring installed in the dining room and kitchen.

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

Upcoming Events

In February we look forward to visiting the Museum of Wisconsin Art in West Bend.

Heart-Healthy Living Tips

This American Heart Month, share these tips with friends and family:

- **Eat Healthy:** Focus on fresh fruits and vegetables, limit processed foods, and avoid foods high in saturated and trans fats. Choose foods high in fiber to help lower cholesterol and limit salt to lower blood pressure. Also, reduce sugar intake to manage blood sugar levels, and limit or avoid alcohol.



- **Maintain a Healthy Weight:** Carrying excess weight adds stress on the heart and increases the risk of heart disease.



- **Stay Active:** Aim for at least 2 hours and 30 minutes of moderate exercise per week (e.g., brisk walking or biking). Children should get 1 hour of activity daily.



- **Get Enough Sleep:**

Regular, quality sleep (7-8 hours) supports heart and blood vessel health. Lack of sleep is linked to higher risks of heart disease, high blood pressure, and stroke.



Consult your physician or dietitian before making any changes to your daily routine, exercise, or diet to know what is right for you. Source: cdc.gov

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

Word Search

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

BRIGHT	FLOWERS	HEART	RED
CANDY	FRIEND	KINDNESS	SMILE
CARD	HABITS	LOVE	SWEET
FEBRUARY	HEALTHY	PINK	VALENTINE

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

**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.

