

# The Wellington News

MARCH  
2025

Assisted Living • Respite Care Services



## Happy Birthday

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

### Residents

Nancy F.

Marion H.

## Activity Highlights

We celebrated Chinese New Year with crab rangoons, eggrolls, fortune cookies, & hot tea. Everyone had a description of their zodiac read and posted. Did you know 2025 is the Year of the Snake? We also enjoyed a live humorous musical performance by Rob Peterson. We look forward to his return.



## Facility News

The new flooring in our dining room and kitchen transformed these areas. Stop by and check it out!



## 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](http://WellingtonPlaceHartford.org)

WE ACCEPT CREDIT CARDS








## Upcoming Events

We are gearing up to celebrate Marti Gras and St. Patrick's Day in March. We have an outing scheduled for the Hartford Auto Museum as well.



# Tips for Better Sleep

Healthy sleep habits play a vital role in physical, mental, and emotional well-being. Sleep-related difficulties are common, making it important to practice good sleep habits, such as:

- **Soaking up morning sunlight** to boost melatonin levels, a hormone essential for sleep. 
- **Maintaining a consistent sleep schedule** by going to bed and waking up at the same time every day, including weekends. 
- **Winding down with a book or a soothing bath.** 
- **Creating a sleep-friendly environment—keep your bedroom quiet, dark, relaxing, and at a comfortable temperature.** 
- **Removing electronic devices** like TVs, computers, and smartphones from the bedroom. 
- **Avoiding large meals, caffeine, and alcohol** before bedtime. 
- **Staying active throughout the day**, as regular movement can help you fall asleep more easily at night. 

If you experience ongoing sleep difficulties that affect how you feel or function during the day, consult your physician. Keeping a sleep journal for at least ten days can provide helpful insights for your visit. *Source: cdc.gov*

# WiCAL

Wisconsin Center for Assisted Living

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## Lesser-Known Facts about St. Patrick's Day

There have been many legends attributed to St. Patrick throughout the centuries. St. Patrick's Day began as a Holy Day in the Catholic Church, but over the years this religious Catholic saint's day has turned into a more secular celebration of the upcoming spring.

### Here are a few lesser-known facts about St. Patrick's Day:

- The original color associated with St. Patrick was blue. Green became popular because of Ireland's nickname, "The Emerald Isle," and the green in the Irish flag and landscape.
- March 17, the day of celebration, is the day of Patrick's death.
- St. Patrick, the patron saint of the Irish, was not from Ireland.
- Patrick was a missionary in Ireland during the 4th century.
- The shamrock, a symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate the Holy Trinity to the Irish.
- Finding a four-leaf clover was considered a sign of great luck in Irish folklore.

Over time it was merged with the use of shamrocks in St. Patrick's Day decor.

- The first St. Paddy's Day parade in America was in 1737, 40 years before the Revolutionary War.
- Since the early 60s, the city of Chicago has dyed the Chicago River green to celebrate. The dye is a vegetable-based coloring that lasts for about five hours.
- New York City hosts the largest St. Patrick's Day parade in the world.
- Until the 1970s, Irish laws mandated that pubs be closed on St. Patrick's Day, since it was a religious holiday. The law was later repealed to promote tourism.
- Astronauts have celebrated St. Patrick's Day on the ISS with specially prepared meals and green-tinted water.

**So on March 17, wear something green, enjoy a green mocktail while you share these interesting facts with friends, and have fun "being Irish" for the day!**



## It's not Valentine's Day, but it's time to show our Administrators some love!

Long-Term Care Administrators are the soul of our senior care communities, leading with dedication and compassion while creating warm, caring and safe homes for seniors.

This March, join us in celebrating them. Share a smile, a kind word of encouragement or a simple "thank you" and let's make their day.