

The Wellington News

MARCH
2025

Assisted Living • Respite Care Services



Happy Birthday

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

Residents

Judy B.	03/02
Dale J.	03/23
Barb V.	03/24

Facility News

The first two months at Wellington Place have been an incredibly rewarding experience! It has been such a pleasure getting to know the wonderful residents and their families, and I've been truly moved by the strong bonds that are formed here. The families play such an integral role in our community, and I've loved being able to connect with them and learn more about their loved ones' lives, passions, and experiences. Their involvement and support are essential to the well-being of the residents, and it's clear that they care deeply about the care and happiness of their family members.

One of my favorite parts of this journey has been working alongside our exceptional team of caregivers, who show so much compassion and dedication to each resident's well-being. Together, we've worked to implement some changes that I believe will further enhance the quality of care provided here. From improving daily routines to introducing new programs and activities, it's been so rewarding to see the positive impact these efforts are already having. However, none of this would be possible without the support and hard work of our incredible caregiving team, as well as the families who trust us with the care of their loved ones. The care and commitment they bring to our community truly make all the difference, and I'm grateful to be part of such a supportive and compassionate environment.

Elizabeth

Wellington Place at Rib Mountain

149500 County Rd. NN

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Elizabeth Grubb, 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.**

WellingtonPlaceRibMountain.org

WE ACCEPT CREDIT CARDS

Visitation Guidelines

We're happy to welcome visitors! Just a quick request: with flu season and illness going around, please monitor your health before visiting. If you're feeling unwell, we kindly ask that you stay home to help keep everyone safe and healthy. Thanks so much for your understanding!

WISH List








- Popcorn Cart
- St. Patrick's Day Decorations
- Dry Erase Boards (8.5x11 or 17x23)
- Activity books (word searches, crosswords, etc.)
- Magazines

Job Postings

We're hiring an Activity Aide! If you're passionate about creating engaging activities and working with residents (or know someone who is), we'd love to hear from you! Contact egrubb@carriagehealthcare.com or 715-432-1332 for more details or to apply! **Apply online at our website.**

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.