

The Wellington News

MARCH
2025

Assisted Living • Respite Care Services

Show Your Appreciation in March!

We begin by honoring social workers during **Social Work Month** for their empathy, dedication, and vital role in helping ensure individuals receive the care and resources they need. For seniors in transition or long-term care, social workers provide essential guidance, advocacy, and support.

On **March 7, Employee Appreciation Day**, we celebrate our incredible staff for their unwavering commitment to compassionate, quality care. Take a moment on this day

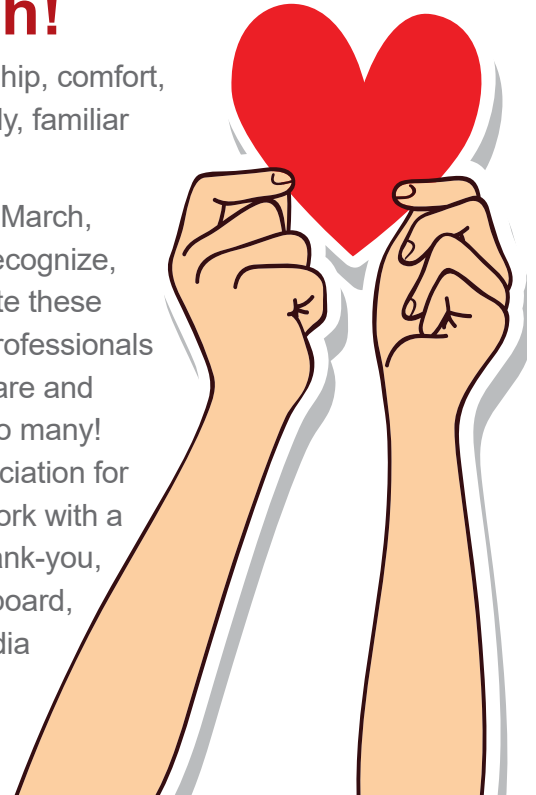
to recognize your favorite team member with a kind note, a shared story, or a simple compliment.

March 10-14 marks **Long-Term Care Administrators Week**, a time to recognize administrators who lead with expertise and heart, helping provide high-quality, resident-centered care every day.

On **March 19**, we **celebrate Certified Nurses** for their dedication to patient care and specialized expertise. Nurses provide so much more than clinical care—they offer

companionship, comfort, and a friendly, familiar presence.

Throughout March, let's uplift, recognize, and celebrate these dedicated professionals who bring care and comfort to so many! Show appreciation for their hard work with a personal thank-you, a gratitude board, a social media shoutout, or a positive review.



Wellington Place at Whiting

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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

Let's Get Crafty!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for a fun afternoon of arts and crafts.

Painted Rocks: All you need are some small flat rocks, acrylic paints, and a paintbrush. Get creative! Smiley faces. Bright, colorful doodles. Uplifting messages.



Handmade Greeting Cards: Design handmade greeting cards using cardstock, markers, stickers, and other embellishments. Send them to friends and family.

Paper Plate Crafts: Explore various crafts using paper plates, such as creating sun

catchers, masks, or decorative wreaths.

Easy Origami: Follow simple online tutorials. Folding paper into various shapes, such as cranes or boats, can be a relaxing and wonderful way to engage fine motor skills and creativity.








Button Magnets: Repurpose old buttons to create charming magnets. Select colorful, discarded buttons and glue small magnets to the back.

Decorative Paper Flowers: Create beautiful paper flowers using colorful construction paper. Cut out flower shapes and petals, layer them, and glue them to stems made from pipe cleaners or wooden dowels.



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.