

The Wellington News

APRIL
2025

Assisted Living • Respite Care Services



Happy Birthday

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

Residents

Joan O.

04/10

WISH List

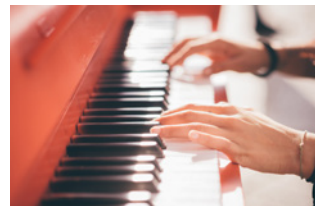
- Reusable food storage containers
- Popcorn Cart
- 8x11 white boards
- Large bulletin board

Facility News

At our facility, we strive to create engaging and uplifting experiences for our residents, and we're looking for volunteer groups to help make that happen. Whether it's leading fun activities or performing for our residents, your time and talents can bring joy and a sense of connection to our community.

We welcome groups of all types—musicians, performers, artists, or even groups that can organize activities such as games, crafts, or educational sessions. If you know of any groups that would be interested in volunteering their time, we'd love to hear from you!

Volunteering with us is an opportunity to make a meaningful impact and brighten the day of those who may need it most. If you or a group you know would like to get involved, please reach out for more information. Together, we can create special moments for our residents!



Wellington Place at Rib Mountain

149500 County Rd. NN

Wausau, WI 54401

715.842.5000

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

Upcoming Events

CaptionCall Demo April 9th at 9am. Families are welcome to come and learn more about the services they offer!

Job Postings

Do you love cooking and working with the elderly? We are looking for a dedicated cook to join our team! If you have a passion for preparing delicious meals and creating a positive experience for our residents, we would love to hear from you. Interested?

Reach out to Elizabeth at 715-842-5000 or email egrubb@carriagehealthcare.com for more details.

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!

Laughter: A Simple Remedy for Stress

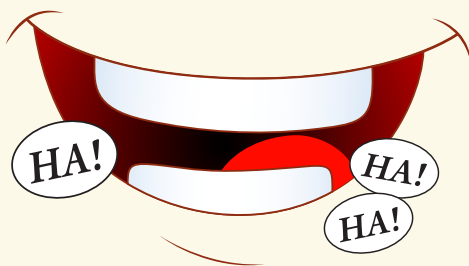
Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

Make it a habit to laugh often—whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a “humor file” filled with comics, memes, and jokes for an instant mood boost—one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. But if stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.

PHOTO HIGHLIGHTS



WiCAL

Wisconsin Center for Assisted Living

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FIND PURPOSE, SHARE JOY!

Volunteer with us and make a difference in the lives of our residents. Whether a few hours a week or more, your time brings friendship, fun, and plenty of smiles.

Contact us today!