



Celebrating the Power of Nurses!

During National Nurses Week, May 6-12, we celebrate **The Power of Nurses** for their unwavering dedication to healing, comforting, uplifting, and caring for our residents. Their impact is truly invaluable.

A simple thank you, a kind word, or a small gesture of appreciation can mean so much. Join us in recognizing these incredible caregivers who enhance our community every day.

Thank You Nurses!

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

Celebrating Cinco de Mayo

Originally commemorating the Mexican victory at the Battle of Puebla, Cinco de Mayo has grown into a joyful worldwide celebration of Mexican culture and pride. Today, it's a colorful, festive occasion marked by parades, the lively sounds of mariachi bands, captivating folklore, and traditional sombreros. Red, white, and green—the colors of the Mexican flag—brighten decorations everywhere, adding to the festive spirit.

Food plays a big role in the celebration, too! From flavorful tacos and enchiladas to crowd-pleasers like nachos, guacamole, and margaritas, there's something for everyone to savor.

Many communities use this holiday as a time for learning and connection. Cultural exhibits and educational programs highlight the rich history and vibrant traditions of Mexico. People from all walks of life come together to enjoy the

day, creating moments of cultural appreciation, friendship, and fun. Looking to celebrate this year? Here are some festive ideas to try:

- **DIY Decorations:** Craft colorful papel picado banners to brighten your space.
- **Fiesta Food Bar:** Set up taco, nacho, or burrito stations for guests to create their own delicious combinations.
- **Mocktail Margaritas:** Serve refreshing non-alcoholic margaritas or spicy mocktails.
- **Cultural Trivia:** Play a trivia game about Mexican traditions, history, and culture.
- **Music & Dance:** Enjoy traditional Mexican music and invite everyone to join in the fun.
- **Books & Films:** Watch or read works that explore Mexican heritage, followed by a discussion.



Happy Mother's Day: Sunday, May 11!

Be sure to celebrate your mom, grandmother, aunt, or the special mother-figure in your life by letting her know just how much she is loved and how much she means to you. Whether it's sharing a meal, giving card or beautiful flowers, gifting a grandchild's drawing, or simply spending time together, let her know she's appreciated—not just today, but every day of the year.

MAY THE FOURTH BE WITH YOU!

"May the Fourth," also known as Star Wars Day, has become a global celebration of the beloved franchise. This date gained popularity in recent years, thanks to the resurgence of the *Star Wars* saga. The release of the latest trilogy, starting with *The Force Awakens*, and the success of the *Mandalorian* TV series—featuring the adorable and heroic Grogu—have sparked new and renewed fandom. George Lucas introduced the Star Wars Universe in 1977, with the aim of putting a fresh spin on the sci-fi genre by blending action, adventure, and romance.

Here are some out-of-this-world factoids:

- Darth Vader was a team effort: **David Prowse (body)**, **James Earl Jones (voice)**, and **Sebastian Shaw (face)**.
- Carrie Fisher was just 19 years old when she began her iconic role as Princess Leia.
- Harrison Ford, known for playing the adventurous Han Solo and captain of the Millennium Falcon, is also a pilot in real life.

Whether you're planning a movie marathon, sharing some galactic trivia, or attending a local event or exhibit, don't forget to say, "**May the Fourth Be With You!**" on Star Wars Day, and "**Beware! Revenge of the Fifth!**"—a playful nod to May 5th, the day that follows, where fans continue the celebration of all things *Star Wars*!

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com



Honoring Military Appreciation Month

May is Military Appreciation Month, a time to recognize and express gratitude for the sacrifices made by service members and their families.

This month includes several important observances, such as **Military Spouse Appreciation Day (9th)**, **Armed Forces Day (17th)**, and **Memorial Day (26th)**, each highlighting different aspects of military service and dedication.

This month serves as a reminder of the courage, commitment, and resilience of those who have served and continue to serve. It is an opportunity for communities to come together in support and appreciation of the military and their loved ones.

There are many ways to show your gratitude:

- **Wear clothing or accessories that show support for the military.**
- **Donate to organizations that assist veterans and active-duty service members.**



- **Display an American flag or a flag representing a specific military branch.**
- **Treat a service member to a coffee or meal.**
- **Reach out to a veteran or active-duty member with a call or text.**
- **Send a letter, card, or care package to deployed troops.**
- **Visit a military memorial or cemetery to pay your respects.**

Taking time to honor those who serve is a meaningful way to show appreciation and ensure their sacrifices are never forgotten.



INSIDE THE WISH ZONE

Side effects may include:

- Sudden increases in confidence
- Unusual support for career advancement
- Unexpected tuition reimbursements
- Periodic staff incentives & appreciation
- Unexplained extra staff benefits
- Growth spurts in 401(k)

Know someone who'd like to join our WISH team? [Bit.ly/wishjobs](https://bit.ly/wishjobs)

