

The Wellington News

JUNE
2025

Assisted Living • Respite Care Services



Happy Birthday

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

Residents

Misty M.

06/12

WISH List

- BINGO Prizes
- Twin sized sheets
- Rib Mountain /Granite Peak Artwork
- Historical Wausau artwork

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

Facility News

Residents at Wellington Place are loving the warm spring weather and spending more time outdoors. Many are relaxing on the patio, soaking up the sunshine, and enjoying the fresh air with friends. The beautiful weather has brought a renewed sense of energy and joy to the community. As summer approaches, we're excited to announce that we're planning a special summer party for residents, their families, and our dedicated staff! It promises to be a fun-filled celebration with good food, great company, and plenty of sunshine. If anyone knows of entertainers in the area who could perform at the event, please let us know! We'd love to add some extra fun and music to the celebration.

Upcoming Events

June 18th 1pm Music with Bradley

June 27th 11am Hymns with John

PHOTO HIGHLIGHTS



Short Term Therapy

Many residents at Wellington Place are receiving physical and occupational therapy, and it's amazing to see their progress. They're getting stronger each day, gaining confidence and improving their mobility with the help of our dedicated therapists.

Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



WiCAL

Wisconsin Center for Assisted Living
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WORD SEARCH

Find and circle the 25 words listed. The words are hidden diagonally, across, and up and down. All words are forward-reading. Good luck!

F	D	N	U	Y	U	G	D	I	P	V	X	N	B	N	M	O	F
F	A	T	H	E	R	W	M	M	G	U	O	K	U	X	Q	D	S
I	Y	X	R	W	G	E	V	U	I	I	B	K	X	V	A	C	A
C	B	B	L	T	J	Z	L	K	T	Y	I	G	L	J	G	V	N
E	I	S	X	G	L	M	Y	A	B	R	Q	E	N	S	G	M	D
C	M	W	V	J	H	Y	C	S	X	D	I	Z	F	A	C	B	C
R	S	H	U	P	P	A	A	R	H	Q	B	B	K	N	B	P	A
E	P	U	C	C	V	G	I	B	O	O	B	O	E	E	Y	B	S
A	J	P	N	Z	Y	R	X	P	A	Q	R	A	W	D	M	T	T
M	J	N	V	G	K	S	J	B	F	S	V	T	S	A	Y	T	L
E	V	X	Z	P	L	O	U	M	E	T	E	N	S	G	T	E	E
E	M	L	P	M	I	A	F	N	N	A	E	B	R	R	D	E	T
E	C	R	T	O	A	C	S	S	S	T	C	Y	A	A	S	S	R
R	P	Q	H	W	P	M	N	S	Y	H	S	H	N	L	Q	B	I
A	N	E	Y	B	A	S	W	I	E	Y	I	O	A	R	L	J	B
V	Y	R	Y	P	N	V	I	A	C	S	M	N	J	U	M	H	X
V	Q	S	Z	Z	A	V	W	C	I	E	E	W	E	S	Q	E	U
A	O	U	I	B	X	J	I	A	L	L	F	B	L	E	T	A	T
I	U	M	Q	Q	X	U	S	I	T	E	B	A	Z	A	L	T	F
G	Y	M	J	U	P	N	U	H	Q	E	D	F	R	S	X	Z	B
J	B	E	V	T	A	E	C	K	M	N	R	D	C	H	D	C	F
Z	N	R	A	F	R	B	K	E	A	A	Y	M	Y	E	R	Q	I
N	S	F	S	X	K	M	T	S	F	H	M	N	E	L	X	B	U
A	M	S	W	T	Y	L	Z	Z	K	L	Y	N	E	L	W	H	W
B	Y	S	B	G	A	R	D	E	N	Q	D	Y	F	F	O	T	S
B	B	S	B	X	E	S	L	Y	K	F	D	J	R	N	V	N	P
T	W	U	S	V	Z	O	I	Y	T	S	W	I	M	E	Q	J	V
X	N	Z	R	S	P	G	T	U	E	Y	I	Y	D	S	E	E	J

**BASEBALL
 BEACH
 BOAT
 FATHER
 GARDEN
 HEAT
 HYDRATE**

**ICE CREAM
 JUNE
 LEMONADE
 PARK
 PICNIC
 POPSICLE
 RELAX
 SANDALS
 SAND CASTLE**

**SEASHELL
 SHORTS
 SUMMER
 SUNGLASSES
 SUNSHINE
 SWIM
 VACATION
 WATER
 WATERMELON**

