

The Wellington News

JULY
2025

Assisted Living • Respite Care Services

WISH List

We are raising money for the Alzheimer's Association with the sale of beautiful planter wands. We invite you to join staff for the Washington County Walk to End Alzheimer's at Regner Park, West Bend, in September. If you would like to donate but not walk, that would be great as well.

Activity Highlights

In June, we went on a sculpture garden tour, Kelley's Creamery & spent an afternoon at Pike Lake!



Facility News

We look forward to our Country/Western themed picnic! Our planned outings in July are to the Hartford Sodbusters competition, Holy Hill and to an ice cream shop

Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027
262.673.3544

Monica Rakowski, 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.

WellingtonPlaceHartford.org

WE ACCEPT CREDIT CARDS



Celebrate Ice Cream Month with a Scoop of Creativity!

July is Ice Cream Month, and what better way to celebrate than by thinking outside the carton? July 1 is Creative Ice Cream Flavor Day, a sweet invitation to dream up your own imaginative ice cream flavor with no rules required!

If you could invent any ice cream flavor, what would it be? Mix sweet with spicy, fruity with crunchy, or even throw in a savory surprise. This is your chance to bring back flavors from your childhood or create something totally new and unexpected.

Need a little inspiration?
Try these fun combinations:

- Strawberry shortcake with a drizzle of salted caramel
- Vanilla bean swirled with toasted granola and coconut
- Mint chocolate chip with a hint of lemon zest
- Chocolate peanut butter with real strawberry or grape jam drizzle
- Cookies & cream with a splash of espresso
- Salted caramel with pretzel pieces and dark chocolate chips
- Lemon ice cream with hot fudge a dash of sea salt

Celebrate with family and friends! Share flavor ideas, sketch your dream cone, or try a fun, new flavor combination or toppings.



WiCAL

Wisconsin Center for Assisted Living

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Protecting Your Skin: UV Safety Awareness

July is UV Safety Awareness Month, a timely reminder for adults, especially seniors, to take steps to protect their skin from the harmful effects of ultraviolet (UV) radiation.

As we age, our skin becomes thinner and less resilient, making it more susceptible to damage from sun exposure.

Seniors are at a higher risk for:

- Skin cancer
- Sunburn
- Age spots and wrinkles
- Delayed healing of sun-damaged skin

Protecting your skin doesn't mean avoiding the outdoors—it means enjoying it safely.

Here are some practical ways to stay protected from UV rays this summer:

- Choose a SPF 30+ sunscreen daily, reapplying every two hours or after swimming and keep it in easy-to-reach spots to encourage daily use.

- ☞ Wear lightweight, long-sleeved clothing with SPF fabric, wide-brimmed hats, and UV-blocking sunglasses can shield your skin and eyes.

- ☀️ Avoid peak sun hours and if you must be outdoors, try to stay in the shade between 10 a.m. and 4 p.m., when UV rays are strongest.

- 💧 Proper hydration helps maintain skin elasticity and overall health.

- ✅ Do monthly skin checks by look for new or changing spots, and see a dermatologist annually for a full-body skin check.

- 📱 Check the UV Index daily using a weather app—it helps you plan safer outdoor time.

UV Safety Awareness Month is a thoughtful reminder to care for ourselves and those we love. With a few simple precautions, you can enjoy the sunshine while keeping your skin safe, healthy, and radiant at any age.