

The Wellington News

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Assisted Living • Respite Care Services

Simple Habits for a Healthier You

September is **Healthy Aging Month**, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy –

Exercise doesn't have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain –

A colorful plate isn't just pretty—it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind –

Lifelong learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key –

Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.

Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.

Wellington Place at Rib Mountain

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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



National Assisted Living Week: Sept. 7-13, 2025

This week provides a special opportunity for residents, staff, volunteers, and the surrounding communities to recognize and celebrate the role assisted living communities play in enriching the lives of seniors and individuals with disabilities.

The 2025 theme, **Ageless Adventure**, celebrates the idea that no matter our age, the spirit of discovery and joy never

fades. This uplifting theme encourages residents, staff, volunteers, and families to come together for a week of meaningful experiences, shared stories, and imaginative events that highlight the sense of fun, curiosity, and community that exists in every assisted living home.

It's a time to reflect on the journeys we've taken and let our memories and imagination take us anywhere we want to go. Staff and residents alike can embrace this theme by hosting "adventure" themed activities such as passport lunches, travel-inspired parties, storytelling sessions, and creative getaways like cruise days, beach parties, or safari dress-up fun.

As always, NALW is also a time to honor the caregivers, volunteers, and family members who support our communities every day. Let this week serve as a joyful reminder that adventure has no age limit, and that the connections we share continue to inspire every step of the journey. For more information, ideas, and planning resources, visit www.ahcancal.org/ncal.

Let's Get Crafty, Silly, and Inspired!

Creativity isn't just for artists—it's for anyone who's ever told a story, tried a new recipe, doodled on a napkin, or fixed something in a clever way. **On Live Creative Day, September 14, celebrate the joy of making, imagining, and exploring on your own, with friends, family, or alongside grandkids!**

Try one of these just-for-fun ideas:



Design a postcard and mail it to someone you love.



Paint or color something—even if it's just outside the lines!



Write a story together, or make up a funny skit.



Host a silly hat parade with costume pieces and music.



Create a memory box with keepsakes, photos, or favorite quotes.

There's no wrong way to be creative, so let loose, laugh a little, and enjoy where your imagination takes you.

WiCAL

Wisconsin Center for Assisted Living

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8 Great Ways to Celebrate Grandparents Day

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

1. Make Something Together

Craft a handmade card, bake a favorite family recipe, or create art side by side.

2. **Share a Story** - Ask grandparents to tell a favorite memory or piece of family history. Make a video or write it down.

3. **Play and Laugh** - Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.

4. **Plan a Special Meal** - Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.

5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

7. **Explore Your History** - Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

8. **Create a Time Capsule** - Gather mementos, notes, or drawings and seal them in a box to open together next year.

No matter how you celebrate, Grandparents Day, Sunday, Sept. 7, it is simple: spend time, show love, and make memories together.