



The Wellington News

OCTOBER
2025

Assisted Living • Respite Care Services

Happy Birthday

*Best wishes to our Residents
celebrating birthdays this month.*


Oct. 1	Rose W.
Oct. 8	Arlene M.
Oct. 12	Frannie K.
Oct. 12	Richie P.
Oct. 12	Val M.

WISH List

- Plants
- Water fountains
- Small cups with lids
- Puffcorn
- Soda (coke, Sprite, Mt. Dew, Orange, Bingo Prizes, Puzzles)
- Large pots or pans

Wellington Place at Whiting

1902 Post Road,
Stevens Point, WI 54481
715.344.9669

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

Facility News

We are doing well on our Alzhiemers fundraising! As of now we have raised \$2,790. After the walk we will calculate our running total. Thanks to everyone who came to help/volunteer and walk with our team this year, it always means a lot to the residents and staff to have families join us!

Resident News: Its beginning to look a lot like Fall out! Residents have been enjoying the lovely weather we have been having and watching as the leaves slowly start to turn colors! We will have lots of fun activities coming up for the fall time.

Upcoming Activities

We are excited to welcome back Derrick Duplar will be returning with the poodles for a Halloween show and we will have our Halloween party that day as well. More details to follow soon!

October is National Physical Therapy month- We have many residents who utilize physical therapy for different reasons. We love all the great PT workers who come to our facility and provide such great care to our residents. Thanks for all you guys do!

Think Pink This October



October is Breast Cancer Awareness Month, a time to focus on education, early detection, and support. When found early, breast cancer can often be treated successfully.

Be mindful of changes such as new lumps, swelling, dimpling, redness, nipple discharge, or pain. While changes may not indicate cancer, it is strongly recommended that you check with your physician.

Regular self-exams, clinical exams, and mammograms are important:

- Women 40–49 should talk with their physician about when to begin screening.

- Women 50–74 at average risk should have a mammogram every two years.
- Mammogram Day, the third Friday in October, is a reminder to schedule your screening.
- Prevention steps include staying active, keeping a healthy weight, limiting alcohol, not smoking, and keeping up with routine check-ups.

Show your support this month by wearing pink. **Wear Pink Day is Oct. 25** this year and many people take part in **“Wear Pink Wednesdays.”** It is a simple way to honor survivors, remember loved ones, and spread awareness.

Source: cdc.gov

bones, haunted house, jack o lantern, raven, vampire, witch, zombie