

OCTOBER The Wellington News

Assisted Living • Respite Care Services

Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

Rose W. Oct. 1 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:

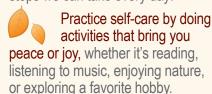
Women 40-49 should talk with their physician about when to begin screening.

- 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

Prioritize Your Well-Being

October is Emotional Wellness
Month, a reminder to check in with
yourself and make time for the
habits that support your overall
well-being. World Mental Health
Day is also on October 10, a day
dedicated to raising awareness
and encouraging conversations
about mental health worldwide.
Together, they highlight the
importance of caring for both body
and mind. There are many positive
steps we can take every day:



Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.

Care for your body with regular exercise, balanced meals, and plenty of rest. Movement and nutrition support not just physical health, but emotional health too.

Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.

Remember you're not alone.
Sharing with a loved one,
doctor, or counselor often brings
comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.



Wisconsin Center for Assisted Living



Bat
Candy
Ghost
Monster
Pumpkin
Scary
Spooky
Treat
Trick

Circle the nine hidden words, forwards, backwards, or diagonal.

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Р	E	S	T	W	S	G	K
U	R	A	P	\mathbf{C}	R	T	\mathbf{C}
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