

The Wellington News

OCTOBER
2025

Assisted Living • Respite Care Services



Pumpkin: Facts & Fun for Fall

Fall is here, and pumpkins are everywhere! From pies and cookies to roasted seeds and pumpkin spice lattes, these versatile gourds are the ultimate symbol of autumn. **On October 26, we celebrate pumpkins: a tasty treat and iconic fall decoration.**

Pumpkin Fun Facts:

- The word pumpkin comes from the Greek word *pepon*, meaning “**large melon.**”
- Pumpkins, gourds, and squashes **are technically fruits – specifically berries!**
- Pumpkins come in **more colors** than you think: classic orange, white, yellow, green, gray, and even blue.
- The U.S. produces over **1.5 billion** pounds of pumpkins each year.

- A pumpkin is **90% water**, which is why it floats.
- Pumpkin seeds or pepitas, are **packed with protein**, magnesium, and zinc.
- Pumpkins have been grown in North America for **over 5,000 years**, originally used for food and not just decoration.
- Americans **eat over 50 million pumpkin pies** each year.
- Each Halloween, more than **1 billion Jack-o’-lanterns** are carved in the U.S. alone.
- The world’s heaviest pumpkin weighed over 2,700 pounds.

Whether carving, painting, baking, or roasting seeds, pumpkins bring fun, flavor, and fall spirit to every part of the season.

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.



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WellingtonPlaceRibMountain.org

WE ACCEPT CREDIT CARDS

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:

 Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music, enjoying nature, or exploring a favorite hobby.

 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.

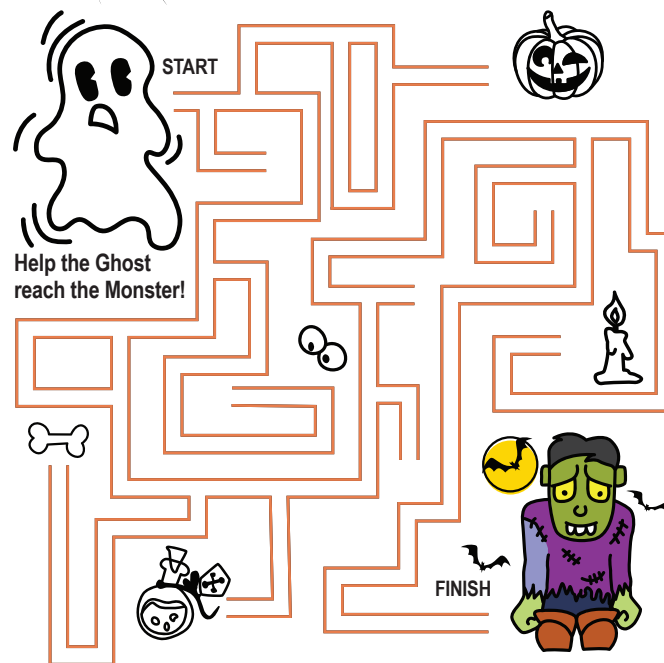
 Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

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.

WiCAL

Wisconsin Center for Assisted Living

SPOOKTACULAR ACTIVITIES



UNSCRAMBLE the letters below to reveal the Halloween-themed words.

KBALC TAC

BOESN

DNTEHUA SHEOU

KAJC O LTARENN

VAENR

IAVMREP

TWICH

IEOZBM

**Bat
Candy
Ghost
Monster
Pumpkin
Scary
Spooky
Treat
Trick**

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

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