



# The Wellington News

MARCH  
2026

Assisted Living • Respite Care Services

## Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

Feb. 25

Donald L.

## Activities & Events

We have enjoyed various music performances so far this year and want to thank all our musicians for taking the time to come and play for our residents. They really enjoy live music! We enjoyed our Valentines Party hosted with Moment's hospice! Thank you, Trish, for helping us feel all the love! This month we will have a few return performers, along with St. Patty's day projects, Clover hunt, and of course more BINGO!

## From the Corner Desk of Michelle:

It has been a cold start to our year, but our hearts are still warm coming in from February. Hard to believe spring is almost here and St. Patricks day is just around the corner. Where did the time go? Speaking of time, don't forget with spring comes setting our clocks ahead an hour on March 8th. That extra hour difference can throw off your body a bit, so make sure to adjust your sleeping schedule a few days before!

## March is Women's History Month:

This month started as International Women's Day, then history week. Women's history week was first celebrated in 1978 in California. In 1980, President Jimmy Carter issued a proclamation declaring the week of March 8th as Women's History Week. Only a few years later in 1987 would it be declared as women's History Month.

## Facility News

In the past few months, we have had a few notable changes around Wellington. We are sad to have lost a few of our friends Virginia, Franny, Richie and Alice recently. Their smiles and friendly personalities are greatly missed around the halls. Our condolences and prayers are with all

their families during this hard time. On a happier note, we would like to welcome some newer faces to our Wellington family. Daniel, Don, Elaine K, Pam, and Jack! Please make them feel welcome and introduce yourself! It can be a hard transition for some, but we are happy to have new additions!

## 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

## WISH List

- Bingo Candy
- Soda (Diet coke, Sprite, Root Beer)
- Plants
- Crafts

## Uplift. Defend. Transform. Celebrating Social Workers.

This year's Social Work Month theme, **Uplift. Defend. Transform.**, reflects the many ways social workers support individuals and families through compassion, advocacy, and thoughtful guidance. Their work focuses on strengthening well-being, protecting dignity, and helping people navigate life's changes with confidence and care. By working closely with care teams, social workers address emotional and social challenges, offering reassurance, resources, and steady support when it matters most. **During Social Work Month, we extend our sincere appreciation to the social workers who bring empathy, dedication, and heart to their work each day. Their commitment uplifts others, defends what matters most, and helps create positive, lasting change.**

# Recognizing Hearing Loss



World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- Speech and other sounds seem muffled
- Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)
- Trouble understanding conversations when you are in a noisy place, such as a restaurant
- Trouble understanding speech over the phone
- Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)
- Asking others to speak more slowly and clearly
- Asking someone to speak more loudly or repeat what they said
- Turning up the volume of the television or radio
- Ringing in the ears

Untreated hearing loss, especially in older adults, can lead to:

- social isolation
- depression
- dementia
- falls (leading to injury)
- inability to work or travel
- reduced physical activity

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: [cdc.gov](http://cdc.gov)

Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)

# ST. PATRICK'S DAY

## Word Search

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

*Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.*

<b>CABBAGE</b>	<b>GOLD</b>	<b>LEPRECHAUN</b>	<b>RAINBOW</b>
<b>CLOVER</b>	<b>GREEN</b>	<b>LUCKY</b>	<b>SHAMROCK</b>
<b>CORNED BEEF</b>	<b>HORSESHOE</b>	<b>MINT</b>	<b>SPARKLE</b>
<b>EMERALD</b>	<b>IRISH</b>	<b>POT</b>	<b>SPRING</b>