

The Wellington News

JULY
2020

Assisted Living • Respite Care Services

Outdoor visitation is available; call to schedule. Indoor visits are restricted.

Tips for Preventing Heat-Related Illness

STAY COOL

Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

Stay Cool Indoors: Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

Schedule outdoor activities carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your

body has a chance to recover.

Pace yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, immediately stop the activity and find a cool area or shade, and rest, especially if you become light-headed, confused, weak, or faint.

Wear sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

STAY HYDRATED

Drink plenty of fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. However, if your physician limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and

become dehydrated sooner.

Replace salt and minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. Sport drinks may help replace the salt and minerals you lose in sweat, but be sure to consult your physician before drinking a sports beverage or taking salt tablets if you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions.

STAY INFORMED

Check for updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Use a Buddy System: When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you.

Source: cdc.gov



DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceWhiting.org/Donate

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

**All events
are cancelled
right now
for the safety
of residents
and staff.**



Happy Birthday

*Best wishes to our staff and residents
celebrating birthdays this month.*

Betty *July 8th*

Lillian *July 14th*

Resident News

We have a new resident that joined our facility in the middle of June. Jerome ("Jerry") moved here from living at home with his wife. He is a very sweet, talkative man, so if you haven't, please introduce yourself to him and welcome him to our Wellington family!

The residents have been enjoying the window visits, Skype calls and letters that everyone has been writing. If you would like to set up a Skype call, please feel free to email Dawn (dschroeder@carriagehealthcare.com) or Kristan (kschaack@carriagehealthcare.com).

Letter from Administrator

The Alzheimer's Walk will be held on September 19th this year. Please let us know if you would like to join us in walking and/or donate to our team! Because we are still practicing social distancing, we will not be going out in the community asking for baskets or donations. At this time, it has not been cancelled, and if that changes, we will update everyone. We will still send any monetary donations directly to the Alzheimer's Association if the walk is cancelled.

**You can donate or sign up
to walk with our team at:
bit.ly/Alz2020**



From the Corner Desk of Traci

Hello everyone - We've made it to July, and I sure am glad to see and feel the sunshine! With warm weather and the summer days coming, we will be spending much more time outdoors and enjoying our social bonfires. But, due to the COVID-19 pandemic, the safety of our residents is our top priority so we will continue to practice safe social distancing, indoors and outdoors.

We are now able to have our families visit their loved ones outside, maintaining a safe distance of 6 ft. along with both residents and visitors wearing a protective face mask. There have been a lot of changes this year, and a lot of adjustments, but we are all doing our best to stay busy, safe, and healthy.

Unfortunately, we will not be having our annual summer party in July this year but will be moving it to a later date. We will be having more of a welcome back party this year than a themed party like we usually have.

We want to thank the families and friends who have been so understanding and been so gracious with the gifts that have been given to staff. Words cannot describe how much we all appreciate the kind gestures. We will stay in touch and keep the faith in our hearts, and hopefully will be able to be back together again soon.

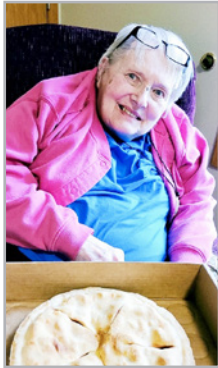
"Faith is the bird that feels the light when the dawn is still dark."

– Rabindranath Tagore

Photo Highlights



Alyssa's office internship has ended, but she has decided to stay and work the floor taking care of our residents



Audrey loves the rhubarb pie



Denny and Carol sharing wine at happy hour



Our garden is starting to bloom!



Shannon was promoted to the day shift lead, congrats Shannon!



Gerri is happy about outside visitations!



We would like to thank Lillian's family for spoiling the staff with gift cards



We would like to thank Theresa's family for donating snacks



Since the visitor restriction, staff all picked a resident to spoil until families can come back. Pictured left: Andrea keeps Don stocked with mountain dew; Pictured right: Hayley got Irene new shoes



Facility News

We unfortunately have postponed our 2020 Summer Party due to DHS Covid-19 visitor restrictions and social distancing policies. We have rescheduled a tentative "WELCOME BACK!" party in September for residents and their loved ones. There will not be a theme this year, but we will have photo opportunities for residents and loved ones. We will still need a head count beforehand, as we plan on having a catered meal for this event. Please check back for a date. Sorry for the inconvenience, and we miss you all dearly!

Donations

Wish List:

- Pots and Pans
- Frying Pan
- Coconut fiber bird nesting material for the aviary
- Black out prizes
- Chocolates
- Jarts lawn game
- Bean bag toss
- Solo cups
- Popsicles
- Small water fountains for the planter

Thank you recent donors:

- | | |
|------------|-------------|
| • Pete | • Betty |
| • Phil | • Mary |
| • Veronica | • Terry |
| • Kathy | • Carriage |
| • Myron | Healthcare |
| and Judy | • Wallner's |

JOIN US: Wellington has their own Facebook page. You can find us if you search "Wellington Place at Whiting." There is information regarding upcoming parties and events, as well as pictures from our recent activities. Wellington is trying to reach out to the community to inform them of who we are and what we offer. Our page displays recent updates, activities, and upcoming events to our loved one's families. So be sure to Like, Follow, and Share the page. 

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

How to Protect Yourself & Others

Slow the spread of germs and respiratory diseases like COVID-19:

Wash your hands often

Use soap when available or use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Stay at least six feet (about two arms' length) from other people. Do not gather in groups. Stay out of crowded places and avoid mass gatherings.

Cover your mouth and nose with a cloth face cover when around others (health conditions permitting)

The cloth face cover is meant to protect other people in case you are infected. Do NOT use a facemask

meant for a healthcare worker. Masks are NOT a substitute for social distancing.

Cover coughs and sneezes

Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds.

Clean and disinfect

Disinfect frequently touched surfaces daily. Use a household disinfectant or soap.

Monitor Your Health

Be alert for symptoms: watch for fever, cough, and shortness of breath. Take your temperature if symptoms develop.

Source: [cdc.gov](https://www.cdc.gov)

July is Anti-Boredom Month

Although many of us have spent the last couple months inside doing puzzles, coloring, and reading due to local shelter-in-place directives, July's midday summer heat may continue to keep many of us cooling off inside. With so much time inside, some of us may be experiencing moments of boredom, but the good news is that July is Anti-Boredom Month!

Let's bust that summer boredom now!

- ☐ Learn a new card game
- ☐ Draw a unicorn
- ☐ Organize boxes of family photos
- ☐ Try a new food
- ☐ Take a photograph of a rainbow
- ☐ Paint with watercolors
- ☐ Write a short story
- ☐ Paper airplane throwing contest

HELP STOP THE SPREAD OF GERMS

Prevent the spread of respiratory diseases like COVID-19

1. Cover your cough or sneeze with a tissue
2. Throw the tissue in the trash
3. Wash your hands

For more information go to: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source: [cdc.gov](https://www.cdc.gov)

