

The Wellington News

JANUARY
2020

Assisted Living • Respite Care Services

Happy Birthday!

Wishing our residents the best on their birthdays!

Jan. 6th Astrid

Jan. 23rd Irene



Thank you to those who participated in the door decorating contest this year. The residents loved the family participation and competition!

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
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SENIOR HOUSING INC.

WellingtonPlaceWhiting.org

WE ACCEPT CREDIT CARDS

Winter Sniffles: Allergies or the Common Cold?

The cold days of winter bring most of us indoors for the year – and then the sniffles start up. Symptoms like sneezing, congestion, and sore throat are common during the winter months.

These unpleasant symptoms can be evidence of a winter cold, but they can also mean indoor allergies.

Symptoms of colds include congestion, stuffy nose, swelling of sinuses, sneezing, scratchy sore throat, headaches, aches and pains, fever, and a cough. Allergy symptoms include stuffed or runny nose, sneezing, wheezing, sore throat, watery and itchy eyes, and sometimes headaches.

The main difference between cold and allergy symptoms is that colds usually come with body aches and pains and possibly a low-grade fever, while allergies do not. In addition, colds usually last 7-10 days, while allergies will persist as long as the exposure to the offending allergen continues. If

you have cold-like symptoms which persist for more than two weeks, it's a good guess that you're dealing with an allergy, not a cold.

To treat and prevent indoor allergies:

- Visit an allergy doctor who can help you identify the offending indoor allergens
- Maintain low indoor humidity to kill dust mites and mold
- Vacuum using a HEPA filtered vacuum and run a HEPA air purifier to remove airborne allergens

To treat and prevent winter colds:

- Wash your hands frequently and disinfect surfaces
- Get plenty of exercise and rest
- Eat nutritiously, with lots of fruits and vegetables

Grateful Testimony

"We are truly grateful for all you did for our father. The care you provided him was compassionate, respectful and allowed him to maintain his dignity. We are deeply appreciative of your commitment and dedication to him and our mother."

- Resident's family member

Letter from Administrator

I would first like to thank all of the staff that worked on Thanksgiving and made it a special day for the residents. Thank you to everyone who joined us for the Christmas party! We all had such a good time. The residents loved the visit from Santa and all the presents that he brought with him. We would like to thank everyone for the gracious donations to our staff members this holiday season. We would thank you all individually, but we had a few Secret Santas. More photos will be posted in the next newsletter.



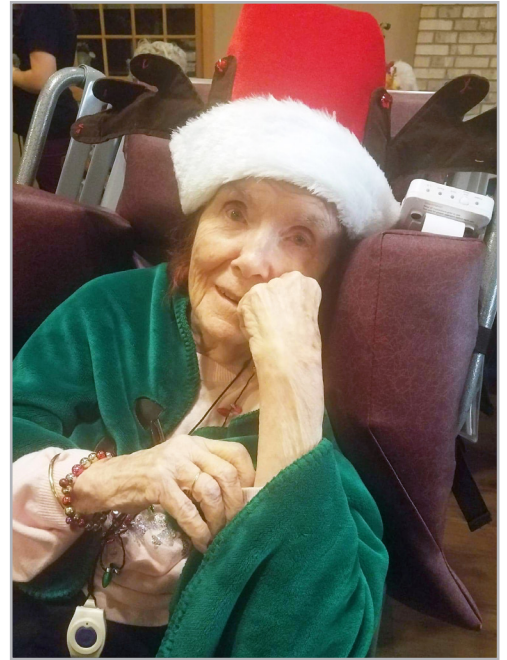
Check coming out to look at the Christmas decorations.



Richie checking out the Christmas decorations!



Gary getting warmed up before lunch!



June getting into the Christmas spirit!



Residents enjoying the fire!



Whose present is that?

From the Corner Desk of Traci

Happy New year, everyone! I hope your holidays were filled with joy and happiness for each and every one of you. Take this new year and fill it with beautiful moments, treasured memories and all the blessings a heart can know! As we start the year 2020 off, I'd like to thank all the families and friends for their constant appreciation and donations to our facility. We continue to grow more and more as a family and kindness really does go a long way. With the weather being cold and snowy, we will be continuing to have indoor activities here for the residents. I will be incorporating more board games and small projects to keep our creativity flowing. If anyone has ideas for activities, I am always open to the new ideas. Also, we are always looking for more entertainment/ musicians to come and play for

the residents. If you know anyone who would be interested in doing so, please leave me a contact number and information on them.

Continue to follow the Wellington of Whiting Facebook page for any updates on what we're doing! Keep staying warm and drive safe as we wait for spring to come.

"Bless this year with love and light. Bless this year with faith and sight. Bless this year with grace and ease. Bless this year with joy and peace."

- Mary Davis



Resident News

As many of you already know, we lost our dear Ed L. in November. We will miss his kind nature and speeches of appreciation at every event. On a happier note, we have had a couple of new faces join us in late November and the beginning of December. For those of you that remember Maurine, her husband Floyd is now a resident here. We also had Bob S. join us. He is reserved but very sweet. Please make sure to stop in and say hello to these new additions to our Wellington family!

Upcoming Events

Jan. 2nd – Resident Council Meeting 1:00

Jan. 7th – Wheel of Fortune 1:30

Jan. 8th – Word Scrambler 1:30

Jan. 9th – UNO 1:30

Jan. 14th – Music with Ray 1:30

Jan. 15th – Movie/ Banana Split Social 1:30

Jan. 16th – Music with Hal and Happy Hour 1:30

Jan. 21st – Comedy Hour 1:30

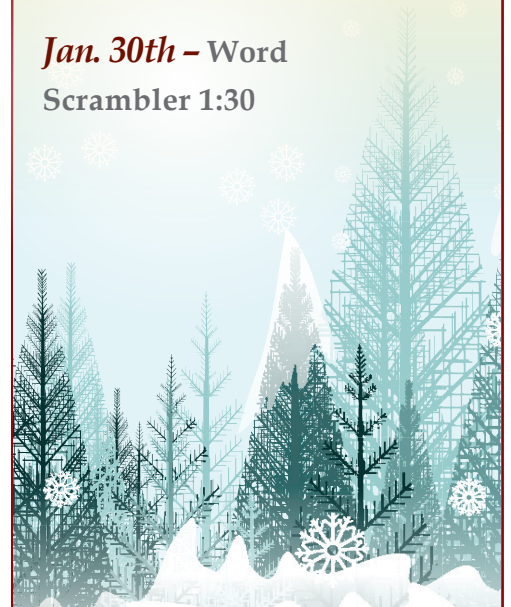
Jan. 22nd – Frost Cookies 1:30

Jan. 23rd – Music with John 1:30

Jan. 28th – Painting 1:30

Jan. 29th – UNO 1:30

Jan. 30th – Word Scrambler 1:30



Donations

Thank You!

Judy Brooks Shania

Losinski Family Jim Wnuk

Audrey V. Sharron

Carrie McDill students

Teri Laszewski family

Many staff members for
helping with door decorating!

Wish List:

- Puff corn
- Orange soda (cans)
- Chocolates
- Cookies
- Black out prizes

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. 

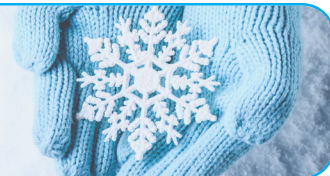
WiCAL

Wisconsin Center for Assisted Living

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WellingtonPlaceWhiting.org/Donate



Reduce Stress with More Vitamin C

It's all too easy to feel that you need to reach for the medicine cupboard when stress causes headaches and fatigue. Research shows that vitamin C is a healthy alternative to combat stress and may also have latent benefits such as preventing colds.

Vitamin C may reduce both the physical and the psychological effects suffered by people when stress attacks. Those who consume vitamin C regularly may not exhibit the symptoms of mental stress so easily when subjected to challenges each day. Additionally, those people find themselves able to recover from stressful encounters much more quickly than people whom consume very little vitamin C.

How can you be sure you're getting daily vitamin C? Try adding these foods to your diet:

- Uncooked vegetables such as broccoli, sprouts, tomatoes, parsley, and spinach
- Fresh fruits such as strawberries, bananas, and apples
- Red and green peppers
- One glass of orange juice with breakfast
- Raw fish foods
- Almonds and walnuts
- Whole wheat



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