

The Wellington News

APRIL
2020

Assisted Living • Respite Care Services

What is Occupational Therapy?



Happy Birthday

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

April 12th	Leo
April 12th	Pete
April 28th	Norene

Occupational therapists help individuals improve their physical function so they can better care for themselves, enjoy leisure activities, remain productive (work/volunteer), and live as independently as possible.

Through education and instruction, occupational therapists help people with things like:

- Increase memory function
- Dress, cook and function using one arm
- Manage time and money
- Learn wheelchair mobility
- Manage stress
- Improve home safety

Occupational therapists may suggest tools that help with function such as:

- Large push buttons on phones
- One-handed can opener
- Key holder to turn keys easier
- Special chair to aid with posture
- Special hammers and tools that prevent injury to hands and back
- Velcro ties on clothes and shoes
- Equipment to help put on socks
- Easy-grip handles for silverware, tooth or hair brushes
- Special bath/shower seats, or toilet seats

At press time, all visitation is suspended for the protection of residents' health.

Please call for updates. Wash hands often and stay home if you are ill.



Visit our website for more Covid 19 information.

Environmental changes may also be encouraged:

- Furniture placement and rug removal to prevent falls
- Wheelchair ramps
- Widening doorways
- Lowering/raising beds, desk tops, countertops, or cupboards
- Reorganization of living space
- Shower seat for shower safety

Occupational therapy changes lives by promoting independence and helping patients live productive lives. If you'd like more information on occupational therapy services at our facility, please call us.

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

Upcoming Events

Events and activities have been cancelled indefinitely. We are finding creative one-on-one activities for residents. Please check our website for updates or call our office before planning to attend any activities or events at our facility.

April 1st - Movie day 1:30pm

April 2nd - Easter craft 1:30pm

April 3rd - Music with Tom 10:30am

April 6th - Music with Daniel 1:30pm

April 7th - Easter eggs coloring 1:30pm

April 8th - Bingo 1:30

April 9th - Lutheran Church 1:00pm, followed by Music with Max 1:30

April 13th - Easter egg hunt 1:30pm

April 14th - Music with Ray 1:30pm

April 15th - Bingo 1:30

April 22nd - Bingo 1:30

April 23rd - Music with Max 1:30

April 29th - Bingo 1:30

Letter from Administrator

April is National Volunteer Appreciation Month. Thank you to all of the wonderful volunteers we have here at Wellington. The residents love being able to spend time with more people and see new faces. I would like to take a moment to remember our beloved volunteer, Jan. Jan started volunteering here as a way to be close to a family member who resided here. After that family member passed away, Jan continued to volunteer here because she felt like all the residents had become her family. Jan started by helping with Bingo and chatting with residents, but she wanted to do more so she designed and created the Flowing Garden Walk. Jan volunteered at Wellington at least 40 hours a week every week for several years. She is deeply missed.

Mother's Day is May 10th this year. We'll have donuts and fresh fruit for brunch that day for any family members who'd like to join us. Every year we have the option for families to purchase flowers which we will then order and deliver to mom or grandma on the morning of Mother's Day. The arrangements will be \$15 this year. If you would like to purchase flowers for your mom or grandma, please let Traci, Kristan or Dawn know.

On February 26th we had a facility license change. This will not affect the care that we provide or our staffing. The only thing that will change is if you need a 501(c) at the end of the year two may be provided instead of one.

Resident News

We have both happy and sad resident news to share. We lost our dear Floyd in late February; we will miss his friendly chatter and charismatic smile. We also lost our sweet Isabelle in late February; we will miss her love of life and energetic personality.

On a happier note we had Geraldine "Gerry" and Leo both join us in March. Gerry is a gentle, kind woman who is excited to be joining our Wellington family. Leo is joining us from another facility. He is a happy man who likes to share stories. If you haven't already, please be sure to stop by and welcome them to our Wellington family!

Photo Highlights



Carol is enjoying being pampered



Did you know that our maintenance man, Ken, and June share a birthday



Everyone celebrating Mardi Gras



Jerome was very excited for the beginning of the lenten season



Irene showing off her new hat and sunglasses



Gerry is excited to be meeting everyone



June is getting the royal treatment on beauty day



Leo showering off his ashes on Ash Wednesday



Thank you Zion Lutheran Church for coming in on Ash Wednesday

From the Corner Desk of Traci

Hello to all my family and friends of Wellington place. As we get into April, I'm sure you are all just as eager as I am for this spring weather to approach. I, along with the residents, have been cooped up inside for far too long. As the snow starts to melt and the birds migrate back, April will be filled with an exciting month of fun activities. Residents have expressed how much they enjoy Bingo days so I will be adding in a few extra Bingo days this month. With that being said, I appreciate those of you who donate prizes to the facility. These donations help so that residents can enjoy their favorite activity more throughout the week.

With Easter approaching in a couple weeks, we expect the Easter Bunny to arrive with a fun scavenger hunt for the residents! They'll be able to search for items throughout the facility and find fun prizes that the Easter Bunny has left.

We are starting a fundraiser here at Wellington for the purchase of a new, larger smart TV for so residents can watch the news at breakfast. If you or anyone you know is interested in donating for this cause, or have questions, please contact either Kristan, Traci, Dawn or Hilory.

"Easter spells out the rare beauty of new life, and of hope, and of wonderful things to come."

Donations

Thank You!

- Carrie
- Traci
- Betty
- Judy and Myron
- Wattron family
- Izzy's family

Wish List:

- Fake plants
- Water fountains
- Bingo prizes
- Black out prizes
- Solo cups
- Plastic Easter eggs
- Pretzels
- Puff corn
- Chex mix
- Soda pop

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

HONORING OUR HEROES

First celebrated in 1955, National Superhero Day is observed each year on April 28. On this day we honor both fictional and real superheroes who serve and protect while fighting evil.

Fictional superheroes gained popularity in the 1930s and '40s with the debut of comic book characters including Superman, Batman, Wonder Woman and Captain America. Many of these characters featured "superpowers" such as the ability to fly, see through walls, become invisible, or move objects using only their mind. If you could have a fictional superpower, what would it be?

Comic book heroes are still very popular today. Over the last 12 years, superhero movies from Marvel Studios have grossed over 22 billion dollars worldwide.

Real-life superheroes may not wear capes, but they risk their lives each day to protect us. Brave first responders and dedicated caregivers always put others before themselves. These amazing, real-life superheroes include police officers, firefighters, emergency medical technicians, military personnel, doctors, nurses, nursing assistants and so many others.

**Please join us
in honoring
our real-life
heroes on
April 28!**



Home Health Available to Residents

We've teamed up with Transitions At Home for convenient, quality in-home medical care at Wellington Place. RNs, therapists and health aides provide quality care after surgery, illness or injury.

Transitions can provide care in your home too.
Call for a free, in-home consultation.



715.544.2322 TransitionsHealth.org

Serving central & southern WI. Transitions At Home is a non-profit WISH agency.

