

The Wellington News

NOVEMBER
2018



Assisted Living • Respite Care Services

From the Corner Desk of Traci:

Hello everyone! It's been a pleasure so far working as the new Activity Director here at Wellington Place. I'm thrilled with the opportunity to be meeting some new faces of resident's families and seeing some familiar ones. Now that summer has ended and with November being here, the weather is shifting into some cold evenings. For those who grew up in Wisconsin, it's no surprise that we will be expecting some cold drafts and snow to be arriving soon.

 **JOIN US:** Wellington has their own Facebook page. You can find us if you search "Wellington Place at Whiting." We are hoping to start utilizing Facebook a lot more. 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, as well as offering recent updates, activities, and upcoming events to our loved ones families (and a few of our residents who have Facebook!) So be sure to Like us, Follow us, and Share us.

With the thought of fall ending too soon, there will be some perks of winter. We will be able to start up the fire place again! The Residents really enjoy being able to be cozy and warm up next to the fire, along with gazing at it. Family and friends will also be able to enjoy the coziness in the facility, as if it was your own home. The holiday season is known for getting together and enjoying the moments with loved ones. Thanksgiving will be coming up as we will be preparing a delicious meal for the residents to enjoy and stuff their bellies full.

Speaking of Thanksgiving, I'd like to thank those of you have been graciously donating items to the

facility. It really makes a difference to us and the residents.

Lastly, I'd like to mention that the residents and I have finished making the 2018 summer party scrapbook. We had taken most of the pictures from the party and made an activity for the residents to be involved in. For the ones that helped, they were proud of their work and had a wonderful time creating it. Next time you are in Wellington and would like to see the finished scrap book, it will be located on the wicker chest, which is to the left when you first walk into the facility. Stay warm this winter and please drive safe!

- Traci

Save the Date: December 15th will be our annual Christmas Party

The residents will be taking pictures with Santa and doing a gift exchange from the staff. There will also be food and live music. Please watch for more information at the front desk. As usual, RSVP will be required as this is a catered event with reserved seating. The cost is \$8 for adults and \$4 for children. We look forward to seeing you there!



Wellington Place at Whiting

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Kristan Schaack, Administrator

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The 2018 Alzheimer's Walk was a Great Success

We had beautiful weather, a motivated team, cool t shirts, and a fun time walking for a great cause. This year we even brought a few residents with us. Though they didn't walk with us, they did take a ride on the Tri-Shaw bike, and oh boy was that cool! We exceeded our goal of \$1,000 and ended up fundraising about \$2,300. On top of our large amount of donations and fundraising events, we had the largest group of walkers that Portage County has ever seen! We had roughly 65 walkers walk with us this year. Included in those 65 walkers was every single employee from our building, besides the employees that were taking care of the residents that did not come to the Alzheimer's walk. Thank you to everyone who donated time, energy, cash donations, or resources for this event - we couldn't have done it without each and every one of you. We look forward to participating next year!



Alzheimer's Walk Team



Best Judy and June



Carleen and Charlie Happy Trishaw



Kristan helping Carleen buckle in



Sidewalk Chalk



Together



Walkers

Resident News – We have both happy and sad resident news. Marian B. passed away at the end of September. We will miss her beautiful smile. Marian F. also passed away at the beginning of October. She was just two weeks short of 102. We will miss her farm girl stories. On a happier note, Don will be moving into our facility at the end of October or beginning of November. A lot of you already know him from the community. If you don't, please introduce yourself to him. Either way, please welcome him to our Wellington family!



*Grandma loves babies!
Just a few weeks short of 102,
we will miss her gentle heart*



Marian B

Photo Highlights



▲ *If you're happy and you know it clap your hands*

*(Left)
Jerome loves fall*

*(Right)
Music with Pat Keller*

Activity Calendar

- Nov. 1st Resident Council Meeting at 1pm
- Nov. 4th Packer Game at 7:20pm
- Nov. 5th "We Met At Camp" at 2:30pm
- Nov. 6th Music with John at 1:30pm
- Nov. 7th Music with Bill at 1:30pm
- Nov. 8th Music with Bill Happy Hour at 1:30pm
- Nov. 11th Packer Game at 12pm
- Nov. 13th Caregiver Appreciation Day
- Nov. 14th Music with Hal at 1:30pm
- Nov. 15th Music with Max at 1:30pm
Packer Game at 7:20pm
- Nov. 21st Music with Bill Happy Hour at 1:30pm
- Nov. 22nd Thanksgiving! Lunch is at noon.
- Nov. 25th Packer Game at 7:20pm
- Nov. 27th Music with Pat at 1:30pm
- Nov. 28th Music with John at 1:30pm
- Exercise everyday at 10:30am
- Church every Saturday at 6pm
- Every Wednesday is Beauty Day
- Every Friday is Fitness with Joey and Bingo at 1:30pm
- Every Sat Coffee Clutch

Happy Birthday!

Wishing our residents the best on their birthdays!

- Nov. 14th Theresa L
- Nov. 18th Bernice
- Nov. 30th Judy

How To Stop Aging On The Outside

While there's no single secret to holding off the effects of aging, there are plenty of things that can be done to help. Here are some suggestions:

Antioxidants are absolutely one of your best weapons against aging!

Eat plenty of antioxidants as you age, such as dark vegetables and fruits like carrots, squash and spinach or blue and purple berries.

Make sure you're getting enough vitamin D in your diet. If you're not, try eating more fish or drinking more milk. If you can't do either of those, look into supplements.

Just because you're aging doesn't mean you should stop physical activity. Almost any amount of physical activity will have benefits, provided you are doing a safe level of activity for your age and health.

Your body's increased need for hydration as you age is just as important as its increased need for some vitamins. Remember, though, that water is not the only way to keep your body hydrated. Fruit and vegetable juices naturally contain water and are an easy way to address both your need for some vitamins and your need to stay hydrated.

Donations Suggestions:

- Walmart/ Amazon Gift Cards
- Sturdy plastic/ metal utensils
- Large stock pot/pots/pans
- Bingo Prizes
- Puff Popcorn
- Chocolate
- Paint
- Bean bag toss game
- Bowling game
- Sand Paper
- Puzzles

JAN'S GARDEN WISH LIST:

- Mulch
- Perennial mums
- Expandable water house

We would like to thank Jeanette, Karen, Betty, Sharon, Shannon, Phil, and Jan for their donations this month!

WiCAL

Wisconsin Center for Assisted Living

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The Gratitude Attitude

Gratitude is one of the most powerful forces in the universe. Here are some things you can do to make the Gratitude Attitude a firm fixture in your life.

Create a "thank bank." A thank bank is simply a place where you can jot down all the things that you are grateful for in your life. Put your list somewhere safe and pull it out when you're feeling down – your mood can change instantly.

Show gratitude quietly. Don't turn gratitude into a promotional or motivational tool. Express your thanks in quiet ways: a thought, a

prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren't bought at shops: a bit of your time, a sacrifice, something valuable to you.

Always replace the three C's with the three A's. If you work or manage others, and sometimes feel the need to use one of the 3 C's – complaining, condemning, and criticizing – replace them with the 3 A's of **Accepting**, **Acknowledging**, and **Appreciating**. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

