

From the Corner Desk of Nikki:

July is going to be an exciting month! There is just so much planned. Between more entertainment than

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ever before, crafts, and our Senior Prom, I don't know if I could fit anything else into the month. On top of that, the weather is nice and I want us all to start having some fun in the sun! Now that it's so warm out, we can take walks around the block, visit the park next door, and have bonfires again. My goal is to keep everyone active, entertained and out of their rooms socializing. Wellington is your home and you all deserve to enjoy every minute of it. I am here 10-4 Monday through Friday and want to keep you all busy. I have so much fun laughing and getting to know more and more about each person. I enjoy listening to their stories about your lives. We talk about the good, the bad, and the struggles we've been through. Each day I see all my residents talking and getting to know each other and it melts my heart. (Some have even found out that they had once crossed each other's path at one time.)

Please remember family is more than welcome, even encouraged, to come and listen to entertainment or join us with some of our other activities. With school being out, I know our residents would love to have the kids come and visit or participate in the activities. As I have mentioned in the previous newsletters, I'm always looking for volunteers. I have had one family that has asked to come and volunteer, just so their children and themselves can experience the joy of working with the elderly.

Now here is a subject I really would like to talk about: The Alzheimer's walk is coming up fast, on 9/22/2018. We are looking for as many people as we

can get to walk with us again this year. The last four years our group has gotten larger and larger and this year we are hoping to once again have the largest yet. Our goal is to have largest group of walkers and cash or check donations that we have ever had, even beating out our records in the past. Everyone is encouraged to come and bring family and friends with them, or even the kids! There is either a 1 mile, or for those who are ambitious, a 3 mile walk. Please join team Wellington and help us reach our goals. Our cash goal is to reach \$1,000 again this year. The money that is raised goes toward further care, support, and research efforts of the Alzheimer Association. The Alzheimer Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by each state. The walk is rain or shine. I have more information that I will be posting around the facility and sending invites out for. The Alzheimer walk is so important to us, to the work that we do, and to those that we care for with the disease. Please join us in this Walk to End Alzheimer's.

As I do with each article I would like to end it with a quote:

"The two most important days in your life are the day you were born, and the day you find out why." - Mark Twain

Needed for upcoming activities:

- Felt – all colors
- Bingo prizes
- 300 or less piece puzzles (preferably easy grip)
- Assorted color large poster board paper

Have you seen the library?

I recently rearranged and organized our precious Library. When you come to visit, make sure you stop in and see all the beautiful work our residents have hand-made on the wall. Aside from our hand-made artwork, I found out that there are quite a few residents that enjoy putting together puzzles. I have some of the puzzles they have finished up on the walls in the library, too. I hope this makes our residents want to spend more time there.



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.

Save the Date!

July 14th is our annual Summer Party!

This year we will be hosting a Senior Prom!

Please RSVP no later than July 2nd, as this is a catered event with reserved seating, and live music as always. The cost is \$8 for adults and \$4 for children. This will be an awesome event for everyone interested. Please remember to dress nicely, as we are having a Prom! We hope to see you there.

New Faces – As most of you know, three of our employees graduated college and moved out of town. We miss them dearly; however we have some pretty great staff that recently started with us. Cass primarily works first shift, but occasionally fills in on second shift. She transferred here from Willowbrooke Senior Living at the end of May. We also have another Hannah, who works second shift as well (let's hope we don't all get confused). Hannah is a nursing student at UW Minnesota and wants to work at Wellington when she is home for school breaks. This works well for us too, because our Alyssa goes home for school breaks, so they will be here year-round. Lastly, we have Kelsey, who works the overnight shift. Unless you are up at night, you might not have met her. She is a sweet girl, and is happy to be back into caregiving. All three girls bring the benefit of experience to our Wellington team. Please welcome them on board!

WALA Means Better Care

You may have noticed the Wisconsin Assisted Living Association (WALA) logo on top of our newsletter. This shows that we're members of an organization whose mission is to support providers like us to enhance the quality of care and the quality of life we provide to residents living in our home. WALA's support includes advocacy, education, communication and quality initiatives.

Not all assisted living communities belong to WALA or take these extra steps to ensure quality of care. Our status as an active member of WALA is important to you or your loved one because it's an extra layer of accountability and professionalism that positively affects the job we do every day of caring for seniors. It means you can have an even higher level of confidence in the care we provide and the exceptional living experience you'll find at our home. To learn more about WALA, visit www.ewala.org.

Activity Photo Highlights



Charlie, Carlene, and Ed making sun catchers!



Grandma and Tyce reminiscing on 101 years



Bob watches the train every evening, and he has the perfect view!



Who knew Ed was so artsy!



Dolores painting!



Carlene and Charlie creating more beautiful memories together



▲ Stroll through our garden!

◀ Thanks for all of your help around the facility
Jan and Pete!



More and more music!

Activity Calendar

- July 3rd** at 1:30 pm
Resident Council Meeting
- July 4th** Independence Day
- July 5th** at 1:30 pm Scrambler
- July 6th** at 2 pm Happy Hour
- July 10th** at 1:30 pm
Music with Bill
- July 11th** at 1:30 pm
Fabric art craft
- July 12th** at 1:30 pm
Lutheran Church Services
- July 14th** SENIOR PROM
- July 17th** at 1:30 pm
Music with Ray Konkol
- July 18th** at 1:30 pm
Music with Tom
- July 18th** at 1:30 pm
Wheel of Fortune
- July 19th** at 1:30 pm
Music with Max
- July 19th** at 6:30 pm Bon Fire
- July 20th** at 2 pm Happy Hour
- July 24th** at 1:30 pm
Music with Pat
- July 25th** at 1:30 pm
Music with Bill
- July 26th** at 1:30 pm
Music with Max
- July 31st** at 6:30 pm Bonfire
- Exercise everyday at 10:30 am**
- Church every Saturday at 6 pm**
- Every Monday and Friday Bingo at 1:30 pm**
- Every Wednesday is Beauty Day**
- Every Sat Coffee Clutch**

July is UV Safety Month: Five Ways To Protect Yourself From UV Rays

Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. To protect yourself from UV rays, you may lower your risk for skin cancer by following these five steps:

1. Avoid Direct Sun Exposure:

Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours. Also, be aware that sand and snow reflect sunlight, so if you're at the beach or a ski resort, direct sunlight can bombard you from every direction with UV rays.

2. Cover Yourself: When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable. This will guard your neck and cheeks from dangerous prolonged exposure. Also note that dry, dark-colored garments offer the best protection.

3. Use Sunscreen Properly: You should always use sunscreen when enduring prolonged exposure in the sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns. However, sunscreen does not offer "bulletproof" protection, and UV rays can penetrate water, so just because you feel "cool" in the water doesn't mean you're protected from sunburn.

4. Use Sunglasses That Block UV Rays: Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection. UV rays are blocked by a chemical applied to the lenses.



5. Stay Away From Tanning Beds:

It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase your risk of developing skin cancer in the long-term. Health professionals advise their patients to avoid them.

By implementing these five steps in your daily routine, you can significantly decrease your risk of developing skin cancer, while maintaining a healthy lifestyle that allows for proper exposure to the sun. Another important step in prevention of skin cancer is routine examination by a doctor. If skin cancer is detected early, then your odds of survival are markedly increased.

Donations

Some smaller needs we have are:

- Walmart/Amazon Gift Cards
- Sturdy plastic/metal utensils
- Wooden spoons
- Stock pot/pots/pans
- Chair Cushions (for dining room chairs)
- Portable fire pit (for our summer fires!)

We would like to thank Tina C., Judy W., Dawn S., Jan M., Betty P., Judy L., Peter U., Kathy and Kathy N. for their donations this month!

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

Craft Ideas for Independence Day

Pinwheel - Nothing shouts "Happy 4th" like a pinwheel! To make them, simply fold a piece of paper into a star shape. You will want to create a center section that will allow you to place a push pin through it. Color the paper red, white and blue. You'll need two squares to work with. Place the two sheets together. Then, cut the first sheet from the corners towards the middle about half way. Fold the corners to the middle, secure with push pin around a pencil at the back.

Flags - Flags are the most traditional of ways to celebrate the 4th. For a simple design, color a picture of the flag on a piece of paper. Then, attach one side of the flag to a popsicle stick for a pole and you will have a great looking flag to wave!

Stars - Another great way to show your pride is with stars. Decorate paper stars on the front and the back in a wide range of designs. Anything goes! Red, white and blue work best. Then, place a small hole through the top of each and string them together. You can hang these at your 4th of July celebration for a great way to celebrate. It makes a great decoration for around the table too.