

Seniors Benefit From Home Health Care

Home health care is a growing service for seniors and those in assisted living communities, delivering necessary medical care and rehab therapies without the need for transport to a doctor's office or hospital.

Here's a quick list of home health care benefits:

Skilled care. Skilled medical care can be received at home by supervised, licensed nurses. This can help ensure that you or your loved one's complex medical needs are met without leaving home.

Nutrition support. Many seniors, especially those with chronic conditions, don't get the nutrition

they need. Nutritional counseling can help protect against malnutrition.

Medication management. Multiple prescriptions can be confusing. Home health care professionals can ensure the right meds are taken at the right times to help control health conditions

Better health. Research also shows that health outcomes are comparable or better with fewer complications when home care is provided to those with chronic conditions such as pneumonia, diabetes or COPD.

Cost-effective, quality care. The average cost of home health care is significantly lower than hospital or nursing home costs and is often covered by insurance.

Transitions At Home provides home health care here at our facility and is available for services in your home as well. They are dedicated to providing quality care, safety and well-being for patients.



Their team of health care professionals promote compassion, comfort, dignity, quality and respect.

Home health services include physical therapies, blood pressure checks, diabetic and other pain management, IV therapy, wound care, catheter and ostomy care, lab draws, medication management, and nutritional and safety assistance, and more.

Transitions At Home serves 10 counties in central Wisconsin. Call for a FREE in-home consultation: 715-544-2322.

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.

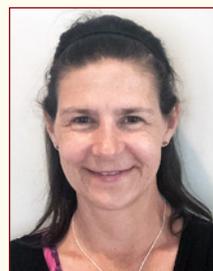
WellingtonPlaceWhiting.org

WE ACCEPT CREDIT CARDS

Meet the Transitions Team



Leah Perras,
Administrator



Amy T., Physical
Therapist



Maurica M.,
RN



Jalyssa C.,
HHA/Intake
Coord

Donations

Thank You!

Myron and Judy	Betty
Mary	Judy W.
Terri	Kim
Dawn and Sheldon	
Andy	Kimberly

Wish List:

- Cookies
- 300 Piece Puzzles
- Granola Bars
- Chocolate
- Black out prizes for Bingo (ex. Large candy bars)
- Veggie Straws

Happy Birthday!

Wishing our residents the best on their birthdays!

Sept. 4th	Mitch
Sept. 12th	Patty
Sept. 23rd	Frank

Save the Date:

Although it may seem like a long time before the snow begins, we wanted to give everyone a heads up about our Christmas Party, which will take place on **December 14th** this year. As always this will be a catered event with assigned seating. More details to come as we get closer.

Letter from Administrator

I would like to thank everyone who joined us for the Summer Party this year. Everyone had a blast, especially all the residents. I would like to give a special thank you to Traci and Tina (our previous Activity Director) for all their time and effort to make this event possible, along with Dawn who donated countless hours to make all of the delicious cakes for the cake walk. Thank you to Sheldon for making the delicious food, and to Kimberly for taking beautiful pictures of everyone. If anyone would like a copy of a photo, please let me know. Also thank you to everyone who donated raffle baskets for the party. – *Kristan Schaack*

From the Corner Desk of Traci:

Happy September to the friends and family of Wellington. What a summer we've had so far with the humid and hot days to the amount of rain that has poured down on us. I hope everyone stayed safe and not too much damage has occurred to those living in the areas where the storms have hit. Mark your calendars for our annual Alzheimer's walk that will be held on September 21st at 9:00am. We ask graciously for everyone to spread the word and appreciate any kind of cash donation for the cause. We will also be getting in our Alzheimer's shirts, if you'd like to purchase one please talk with Kristan, Traci, or Dawn. I hope everyone who was able to attend our summer party of 2019 had a fantastic time! We want

to thank Ray and his band for providing amazing entertainment, Sheldon for catering the food, Dawn for baking delicious and beautiful cakes for the cake walk, Kim for taking photographs of families, and Phil for making and providing his own wine to share with everyone. There were many more who have donated their time and or money toward the party and we couldn't have been more blessed. Although I personally do not want summer to be over yet, I can only imagine that our Christmas party will be just as amazing for 2019.

– *Traci*

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” – Marcel Proust

Resident News

We have both sad and happy resident news. We lost our sweet Evelyn in July. Her charming smile will be dearly missed. We also had a new resident join us in July, her name is Astrid. She came to us from a different facility and is excited to be joining our Wellington family. If you haven't already, please stop by and introduce yourself.

Photo Highlights



Beer and snacks on a hot summer day, what more could you ask for



Bernice and Chuck creating a puzzle together.



Heidi won twice during the raffle!



Lee was excited about his raffle basket.



Norene was excited about her basket!



Thank you to everyone who donated raffle baskets!



Richie picking up his prize.



Irene joining the staff for a meeting.



Thank you Pete for "toasting" the marshmallows for the centerpieces.

Save the Date: Alzheimer's Walk

The Alzheimer's walk is right around the corner! **This awesome event will be on Sept. 21st.** Last year we had the largest walking group in the history of Portage County, we would love to have anyone join our team that would like to. We are also working on reaching our donation goal of \$1,000 to give to the Alzheimer's Association. We are selling T-shirts in memory of our beloved volunteer Jan, these will be preordered this year so let us know ASAP if you are interested in one, the cost is \$20 each. We are also selling bracelets and cookbooks to help raise money to reach our donation goal. If you would like to purchase one of these items please contact Traci, Kristan, or Dawn.





National Assisted Living Week®
SEPTEMBER 8-14, 2019

The National Center for Assisted Living (NCAL) has selected **“A Spark of Creativity”** as the 2019 theme for National Assisted Living Week®.

This theme hopes to inspire residents to tap into their creative side, whether through the arts or beyond. Specifically, residents should explore art therapy as it can offer many benefits to older adults, such as improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress, according to the American Art Therapy Association.

Additionally, the theme aims to inspire assisted living staff to get creative in order to further person-centered care to residents.

For more information, please visit www.nalw.org.

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

September 21 is World Gratitude Day: *The Gratitude Attitude*

Gratitude is one of the most powerful forces in the universe. It may not look as good as money, a fancy car or the latest makeover – in fact, you can’t see it at all – but gratitude has more power to change your life than all these material things put together.

The dictionary tells us that gratitude is **“the expression of gratefulness and thanks,”** but this doesn’t begin to convey its real effect. Listed below are simple ways to make the Gratitude Attitude an essential part of 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. You can split the bank into different accounts such as Family, Surroundings, and Work, and then simply start writing out your thanks until you stop. Put your list somewhere safe, so you can reference it easily when you need something positive to uplift your mood.

Show gratitude quietly. Don’t turn gratitude into a promotional or motivational tool. Too much thanks is as ineffective as too little. Instead, 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 or something valuable to you.

Always replace the 3Cs with the 3As. If you work or manage others, and sometimes feel the need to use one of the 3Cs: complaining, condemning, and criticizing – replace them with the 3As of accepting, acknowledging, and appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.



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. 

DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceWhiting.org/Donate

