

The Wellington News


AUGUST
2019

Assisted Living • Respite Care Services

Happy Birthday!

*Wishing our residents the
best on their birthdays!*

August 11 Audrey V.

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. 

From the Corner Desk of Traci:

Hello Wellington friends and family. Does anyone else feel as if summer is flying by? I hope everyone has been doing a lot of fun and exciting outdoor activities along with enjoying time with your families. As we come into August, we are going to be focusing our attention on our Alzheimer's walk that will be held in September. Anyone is welcome to join us for this walk as we highly encourage everyone to come together for this event. We will also be having fundraisers to help raise money for the cause. All fundraiser's will be posted in the activity calendar or on Wellington's Facebook page.

We've been having a blast at Wellington by making use of our fire pit in back with s'mores. Families are more than welcome to come join for these special evenings. We want to continue to thank all the love and support we get from the families and friends of Wellington. It melts my heart to see the community come together and be so kind to each other.

- Traci

***"Carry out a random act of kindness,
with no expectation of reward, safe
in the knowledge that one day
someone might do the same for you."***

- Princess Diana

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

Notes from the Administrator

We would like to thank everyone for all the generous donations we have recently received. The residents have been enjoying both patio sets, looking over the garden out front and watching the birds in the back. The residents (and Ken) are also enjoying the new grill. As a non-profit organization we rely greatly on the generosity of our families and appreciate each and every donation we receive. As a non-profit 501c3 community, any donations to the facility can be a tax-deduction. If you would like the tax-deduction form, please let Kristan know.

DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceWhiting.org/Donate



Photo Highlights



Ken using the new grill!



Mitch and his daughter enjoying the sunshine

Save the Date: *Alzheimer's Walk*

The Alzheimer's walk is fast approaching. This great event will be on Sept. 21st. Last year we had the largest walking group in the history of Portage County! 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, along with bracelets and cookbooks. If you would like to walk with our group, purchase a T-shirt, bracelet, or cookbook, or donate to the cause please contact Kristan, Traci, or Dawn.



Wine and Cheese Tasting



Pete watching over the fire



Summertime calls for a fire

Gardening Highlights



Residents hard at work gardening



Theresa admiring everyone's hard work



Some of our beautiful flowers from our flowing garden walk



The flowers are enjoying the beautiful weather



The garden is in full bloom



The gorgeous front garden

Resident News

We had a new resident join our Wellington family in June. Irene is very friendly and chatty. If you haven't already had a chance to, don't forget to stop by and say hi.

Thank you to everyone who joined us for the Summer Party. Please watch our upcoming newsletters for photos and highlights from the event!



Donations

Thank You!

Mary

Betty

Myron and Judy

Martin Family

Kerr Family

Jim

Kim

Wish List:

- Puff corn
- Black out prizes for bingo
- Monetary donations for the Alzheimer's walk
- Chocolate
- Chocolate chip cookies
- Spoons

Celebrate Friendship Day



In 1935 the first Sunday of August was proclaimed the first annual Friendship Day. **This year Friendship Day falls on Sunday, August 4th.** The celebration of Friendship Day has become an annual event in the United States. Over the years this tradition spread to other countries and they also started celebrating this day with much excitement. This is a day for us to spend time with our friends and let them know how much they are loved and appreciated in our lives. Friendship Day is a celebration of those in our lives who give life meaning and joy. It allows us to pay tribute to our friends, new and old who have played an important role in helping to shape who we are today. Give them a call, send them an email, or write a heartfelt letter and let them know how much they mean to you.

WiCAL

Wisconsin Center for Assisted Living

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Therapeutic Activities May Help Memory Loss Patients

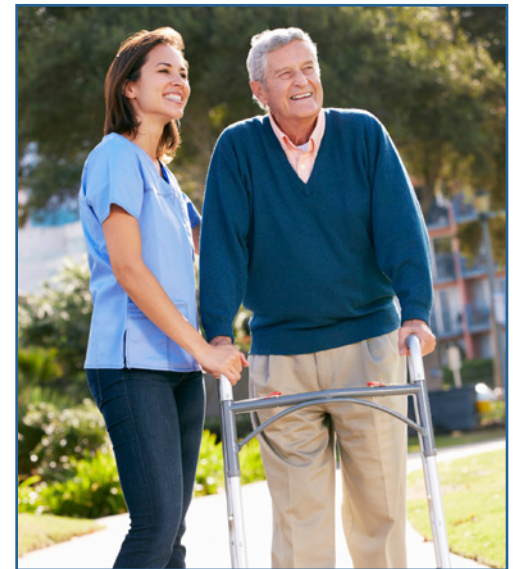
Many people understand that FDA-approved prescription medication may help slow the progression of the memory loss, but did you know that caregivers can complement treatment with activities that may help reconnect their loved ones to daily life?

“In addition to obtaining a diagnosis and beginning medication, it’s important that caregivers plan activities to share with their loved one, like playing games and going on outings,” explained Eric Pfeiffer, M.D., Professor of Psychiatry and Founding Director of the Suncoast Gerontology Center at the University of South Florida Medical Center. “Even doing simple tasks like baking cookies or feeding pets can help to give a patient with memory loss a sense of self-esteem or self-worth.”

According to research, engaging a person with memory loss in activities that they enjoy may reduce many of the symptoms

such as agitation, frustration, and wandering. Activities should benefit both patient and caregiver, by providing an opportunity to spend quality time together to connect both mentally and physically. Activities can include:

- Playing music (patient’s choice)
- One-on-one interaction
- Playing videos of family members
- Walking and light exercise
- Pet therapy
- Baking or light cooking



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.

