


The Wellington News

FEBRUARY
2019

Assisted Living • Respite Care Services

From the Corner Desk of Traci:

Hello family and friends of Wellington. Spring is getting closer and as the months continue to go by, the weather continues to change. With it being February in Wisconsin, we never know what the weather might be like.

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. 

So, continue to be prepared for those cold snowy nights that could turn into warm sunny days. February is the month of love, and Valentine's day is coming up on the 14th. Love comes in many forms and can be given in many ways. Love has no limits and is the best gift of all. Along with the month of love, I will continue to be putting in my love to our daily activities. We will be trying to incorporate more word games and crafts. We will of course still have our wonderful musicians come play for us. I won't forget about bingo, and with warmer

weather coming up, getting some fresh air and sunshine!

Please remember, any family or friends are always welcome to join us for any of the activities going on. We love having the extra company and the residents love having visitors. See our activity schedule in the newsletter for our bigger activities. - *Traci*

"The hardest of all is learning to be a well of affection, and not a fountain; to show them we love them not when we feel like it, but when they do."

- *Nan Fairbrother*

You Can Make The Difference!

Our mission is to serve seniors with assisted living care, even those who can't pay. Medicaid helps, but doesn't cover the actual cost of care, limiting how many state-supported seniors we can admit.

Your tax-deductible donation helps provide essential activities, new programs and equipment, enhanced amenities and more allowing us serve as many seniors as possible who need our care.



NEW

Donate safely and easily online:

WellingtonPlaceWhiting.org/Donate

NEW FACES — We have a new employee that started with us recently. Most of you have already had the pleasure of meeting Tricia. She works full time between first and second shift. Tricia has experience in caregiving and is jumping right into the swing of things. If you haven't already, please welcome her to our caregiving team!

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

Holiday Party 2018 Recap

What a wonderful turn out we had for our 2018 Wellington holiday party. It was our biggest party yet, we had around 130 attendees. We started with a salad, followed by deliciously glazed ham, roasted potatoes, green beans, and rolls. We would like to thank Andy, our guest star chef for catering. We would also like thank Jim and Phil for donating enough homemade bottles of wine to the party for those who wanted a glass (or two). We would like to thank the "Old Fashions" for the entertainment and the beautiful Christmas music they played. We want to thank Santa for stopping by on his sleigh to give each resident a present, and for giving joy, laughter, and jolliness to everyone around. On top of great food, drinks, and music this was the first year we had a professional photographer here to take photos of the party. Special thanks to Kimberly Mozuch for capturing all the memories in family photos and for volunteering her time to do this for our staff, residents, and families. There are too many names to list all the volunteers who donated but we want to thank everyone for their efforts. We also want to thank the wonderful staff of Wellington for not only working the party, but for coming and enjoying the holiday season with the residents.



We want to give a huge thank you to the jolliest Santa of all time!



Staff who were here for the holiday party 2018!



Center pieces for our dining room tables.



We would like to thank Andy for catering our holiday party 2018!



Old Fashions playing for our Holiday Party 2018



Andrea, Carleen, and Andy all match



Xmas light tour around town was a blast!



Cookie decorating with Joey



Staff, residents, and families helped to make the gingerbread house turn out as lovely as it did!



We turned the office into a gingerbread house!



We had so many carolers for the holiday season!

Facility News

Our residents have been seeing more strangers come and go, and they are probably thinking “who is this?” These people are our facility update contractors.

In our last newsletter we announced the start of our facility remodel, yet when you look around the facility, not much has changed. Out of sight out of mind? Not even close. In the beginning of January we ordered a new whirlpool tub for our spa room. January 18th Kristan took a trip down to Milwaukee to order some new furniture. Aside from some of our outside updates (like the parking lot), we are anticipating completing the remodel this Spring. See our upcoming newsletters for updates around the facility.

Activity Calendar

- Feb. 3** Superbowl Sunday
- Feb. 5** Valentine's Day Craft at 1:30pm
- Feb. 6** Music with Bill at 1:30pm
- Feb. 7** Sheep's Head with Phil at 2pm
- Feb. 12** Music with John at 1:30pm
- Feb. 13** Alzheimer's Walk
2018 Scrapbooking
- Feb. 13** Lutheran Church Service at 1pm
- Feb. 13** **Valentine's Day Happy Hour Party at 2pm**
- Feb. 16** Connor and Church Group at 10:30am
- Feb. 19** Crafting for Upcoming Tennis Event at 1:30pm
- Feb. 20** Music with Bill at 1:30pm
- Feb. 21** Table Tennis Match at 1:30pm
- Feb. 26** Music with John at 1:30pm
- Feb. 27** Music with Ray at 1:30pm

Happy Birthday!

Wishing our residents the best on their birthdays!

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|----------------|----------------|
| Feb. 7 | Wayne |
| Feb. 18 | Theresa |
| Feb. 19 | June |
| Feb. 20 | Nancy |

National Heart Health Month: *Know Your Heart Health*

We all know that keeping up with our heart health is important.

We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become

familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.



For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

It is never too late to take your heart health seriously. Make an appointment to see your physician today.

Donations Suggestions:

- Bingo Prizes
- Puffcorn
- Puzzles
- Crafts
- Walmart Gift Cards
- Large Stock Pot
- Tupperware Set
- Large Dry-Erase Board
- Crafts

We would like to thank everyone who donated time, money, food, drinks, energy, love, or whatever it may be when it came to the 2018 Holiday party. Thank you!

WiCAL

Wisconsin Center for Assisted Living

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Chocolate and Heart Health – Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and risk of developing heart disease. Whether chocolate



and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!

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.



TRANSITIONS
AT HOME

715.544.2322 TransitionsHealth.org

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

