

Volunteer Appreciation Week is April 7th-13th

Do you know that recent studies have shown that more than 40% of those aged 60 and over have volunteered in some way in the previous year? And most of those

folks would give more of their time to volunteer efforts if they were asked.

Volunteering is an incredibly fulfilling activity and can give new meaning to our lives. Perhaps this is one of the reasons so many retirees find such great joy in volunteering. When we leave a career, we sometimes need a new enterprise to give us a sense of meaning in life. Finding a new sense of meaning and purpose is one of the major factors in aging successfully.

Volunteering in the community gives us many new opportunities, including the opportunity to:


- Help others
- Use our skills, wisdom,

abilities, and knowledge in new and meaningful ways

- Enrich the lives of others
- Cultivate new social networks
- Learn new things
- Make the community and the world a better place
- Feel good about the ways we are using our time

Everyone should consider finding an organization or a volunteering activity that is the best match for his or her skills and interests. No activity gives such a sense of purpose and is more appreciated than volunteering.

Contact our community today to learn more about our volunteer opportunities.

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. 

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



DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceWhiting.org/Donate



April is Stress Awareness Month

Everyone needs successful stress management techniques. Try any of these easy-to-learn and easy-to-implement tips:

- 1. Copy good stress managers.** Have you noticed there are some people who always appear calm in stressful situations? Ask them how they keep calm and work on implementing those methods.
- 2. Stress is contagious.** Protect yourself from stress by recognizing stress in others and limiting your contact with them.
- 3. Use deep breathing.** You can trick your body into relaxing by using deep breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11.
- 4. Stop stress thought-trains.** It is possible to tangle yourself up in a stress knot all by yourself. "If this happens, then that might happen and then we're all up the creek!" Most of these things never happen, so why waste all that energy worrying needlessly?
- 5. Know your stress hot spots and trigger points.** Make your own list of stress trigger points or hot spots. Knowing what causes you stress is powerful information, as you can take action to make it less stressful.

WiCAL

Wisconsin Center for Assisted Living

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Easter Around the Globe

In America, we have the traditions of the Easter Bunny, Easter Tree, baskets full of candy and hidden eggs. What about other nations?

Scottish children hard boil eggs and paint them on Easter Saturday. On Easter Sunday, they take the eggs to the top of a tall hill and have a race to see whose egg would get to the bottom first.

Hungarian kids trade hard boiled eggs and then see who can be the first to throw a coin into the egg. It must stay in the egg and not just chip off the side of the shell. Pennies and dimes work the best.

Bulgarians crack eggs after midnight on Easter Sunday. The first one is cracked against the church wall, then everyone chooses their own egg. Each egg is cracked against

another person's egg and the one left with an unbroken egg will receive a year of good luck.

The Greeks have a unique tradition. Everyone gathers at the midnight service and all the lights in the church are turned off. A priest comes in the church doors with a lighted candle and goes to the front pew and lights one person's candle. In turn, this one candle lights another until the rest of the candles in the church are lit. This represents the Light of the Resurrection and everyone receives it.

There are many more traditions, but most of them are similar in honoring the resurrection of Christ and celebrating his return to heaven.





Construction Update

We're making improvements to better serve you

During April and May, we'll be finishing up remodel construction at Wellington Place. Plans won't displace residents and we're working hard to minimize any inconvenience. Changes that are complete or will be completing soon include:

Kitchen remodel	New flooring
New doors	Dining area remodel
Laundry room remodel	New windows
Shower remodel	Replace parking lot
New light fixtures	Replace gutters/soffits

Stay tuned for updates!

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.

