



The Wellington News

DECEMBER
2018

Assisted Living • Respite Care Services

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), "the most important thing you can do to keep from getting sick is to wash your hands."

Handwashing can help prevent illness. It involves five simple and effective steps (wet, lather, scrub, rinse, dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the

Be Sure To Wash Your Hands!

best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or treats
- After touching garbage
- After changing diapers or helping a child who has used the toilet

Info taken from cdc.gov



Happy Birthday!

Residents

Ingeborg S. Dec. 8th
87 years old

Carol M. Dec. 26th
81 years old

Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027
262.673.3544

Monica Rakowski, 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.

WellingtonPlaceHartford.org
WisconsinIllinoisSeniorHousing.org

WE ACCEPT CREDIT CARDS



Annual Holiday Party

December 15th from 4pm to 7 pm

Please bring a batch of your family favorite Christmas cookies to share. **Entertainment starts at 4 pm. Dinner will be served at 5 pm.**

Please R.S.V.P by December 7th for an accurate count for dinner. See R.S.V.P. ticket on back.

Santa will be bringing Christmas cheer after dinner. If you wish him to give your gifts to your loved one please bring the present with their name on it by Thursday December 13th.

Holiday Activities

- Members of the **High School Beginning Orchestra** will share some of their music with us on during the week before our Christmas party.
- Saturday, December 22nd** we will again have music from Generations, a husband and wife team from Mary T's church.

Flu Season - Bah Humbug!

The flu hits thousands of people every year, so every time you leave the house you run the risk of encountering someone with the flu. How should you protect yourself and stay healthy?

1. Strengthen your immune system. Get plenty of exercise, which keeps you fit and also strengthens your immune system. Eating fruits and vegetables can boost your resistance by ensuring your immune system is getting all the vitamins and minerals it needs. Also, make sure to get plenty of sleep. Your body needs to recharge after each day. The more worn out your body is, the weaker your immune system can become.

2. Get a flu shot. A flu vaccine is another simple way to keep yourself free from that pesky sickness this season.

3. Wash your hands regularly. As you go through your day, your hands are touching all sorts of things, picking up germs and bacteria everywhere they go. Then if you eat or rub your face, all those germs are going into your system, forcing your immune system to kill them off, which makes it easier for the flu to take hold.



RSVP

Wellington Place of Hartford Holiday Party

Please reserve _____ places for us
_____ 's family



NEW STAFF

Wellington Place at Hartford is pleased to introduce our new Activities Coordinator, Lucinda "Goo" Gohman-Kramer. She is excited to get to know our residents and their families so stop in and look for her. Marv's wife shared his love for the concertina and the Polka. The next day they were spotted polka-ing up and down the halls.

Goo spent 25 years in public education as a sign language Interpreter adapting information and activities to match the needs of her students. For the last two years she worked as a job coach for individuals with disabilities both in the community and in a sheltered work center. Her skills should transfer well to creating activities for our folks.

Your Wellington Staff

Office Hours: 8:00 AM to 5:00 PM

Visiting Hours 8:00 AM to 8:00 PM

Monica Rakowski	Administrator
Angie Reynolds-Klick	Care Coordinator
Heather King	Unit Coordinator
Brittany Huss	Coach
Andrea Kuslits	Coach
Lucinda "Goo" Gohman-Kramer	Activity Coordinator
Christian Walding	CNA
Stephanie Beck	RA
Becky Zelm	RA
Valeria Paredes	CNA
Kayla Meyer	RA
Salina Damian	RA
Kokla Reynolds	RA
Lauren Hansen	RA
Beci Ellis	RA
Taylor Mangan	RA
Kelly Deaton	CNA
Gina Buettner	Cook/CNA
Katie Marschner	Housekeeping/Dietary

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