

The Wellington News

OCTOBER
2019

Assisted Living • Respite Care Services

Happy Birthday!

Residents

Oct. 5th Walter O. 80 yrs old

Oct. 20th Mary S. 89 yrs old

Our WISH list:

Our fundraising goals include first and foremost a wheelchair accessible van of our own.

We could use more one-pound dumb bell weights and stretchy exercise bands as we have more folks joining in on exercise class.

October 4th is World Smile Day: 10 Great Reasons Why Smiling Makes Us More Successful!

One: Our smile shows other people that we are friendly.

Two: A smile can make people happy.
When you smile at someone who is not already smiling and they smile back, you have brought a moment of happiness into their lives which, who knows, could last all day.

Three: Smiling can help you to make new friends.

Four: Smiling can produce positive feelings.

Five: Smiling makes you positive and happy inside.

Six: A smile makes you look far more attractive.

Seven: Smiling also helps make you memorable to others!

You are three times more likely to remember the person that is smiling over the one that isn't.

Eight: Most importantly, smiling is good for your health!

Smiling releases stress, worry and tension that you may have built up throughout the day.

Nine: Smiling is easy!

Ten: Smiling is FREE!

You are never going to run short of smiles and will always have enough to go around.

Keep smiling!



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

WE ACCEPT CREDIT CARDS

DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceHartford.org/Donate



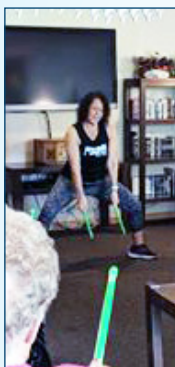
Brat Fry Fundraiser



Shared from Facebook

Amy Schmoldt:

I absolutely LOVED jammin' with these folks today! Young-spirited and full of smiles♥ What a great POUND Posse they made!



Facility News



Our Brat Fry Fundraiser Labor Day weekend was more successful than the cold and rainy May Brat Fry. We added another \$363 to our Wheelchair Accessible Van fund.

In August, our Activities Coordinator Goo, had the opportunity to test drive an accessible minivan that was up for bid through Interfaith. It was decided that the accessible minivan that was our goal just would not suit our needs. At the most, the minivan would seat 3 ambulatory passengers or one wheelchair and one other passenger. Except for clinic visits we need a larger vehicle for the other outings we do. ***So, we are announcing that our goal has changed from \$8000 (a goal we did achieve thanks to you) for a used minivan to a much more substantial goal \$50,000 for an 8+2 Wheelchair Accessible Bus (pictured).***

We took 7 residents to a Senior Tailgate for a Brewer's Game in August and 6 residents to the Washington County Fair in July. Five are already signed up to see Goo perform in the play Glorious for Falls Patio Players where we took 5 residents last year to see A Christmas Carol. We would love to do more things in our community

if we had transportation of our own. **Please consider donating to help us reach our updated goal. <https://www.wellingtonplacehartford.org/donate>**

August 17th Amy Schmoldt from POUND came to lead a unique and very fun exercise program that brought many out of their rooms to participate. POUND uses choreographed drumstick routines and some rockin' music to give a good workout. Amy did an awesome job modifying the routines to meet our needs and everyone had a lot of fun rocking out to a little AC/DC and the like.

Wellington Place at Hartford fielded a team of 12 at our first Walk to End Alzheimer's Disease on Saturday September 21st. We would love to have an even bigger presence next year. Here's hoping they find the cure and the walks will become obsolete.

The date for our Family Christmas party has been decided so please save the date Saturday December 14th from 4-7 pm. Invitations will go out at the end of October and we will need RSVP confirmations back by the end of November for our caterer. Santa will be here to give your loved ones their gift.

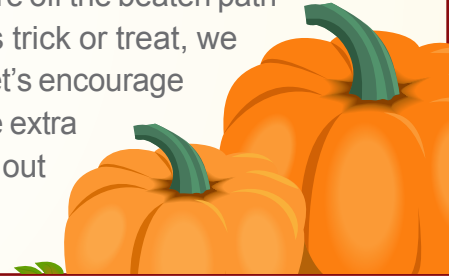
Activity Highlights

With school back in session we will be enjoying the company of our Hartford Helping Hands 4-H youth. **Saturday October 2nd is National Card Making Day.** 4-H will be here at 2 pm helping to create some beautiful hand-made cards.

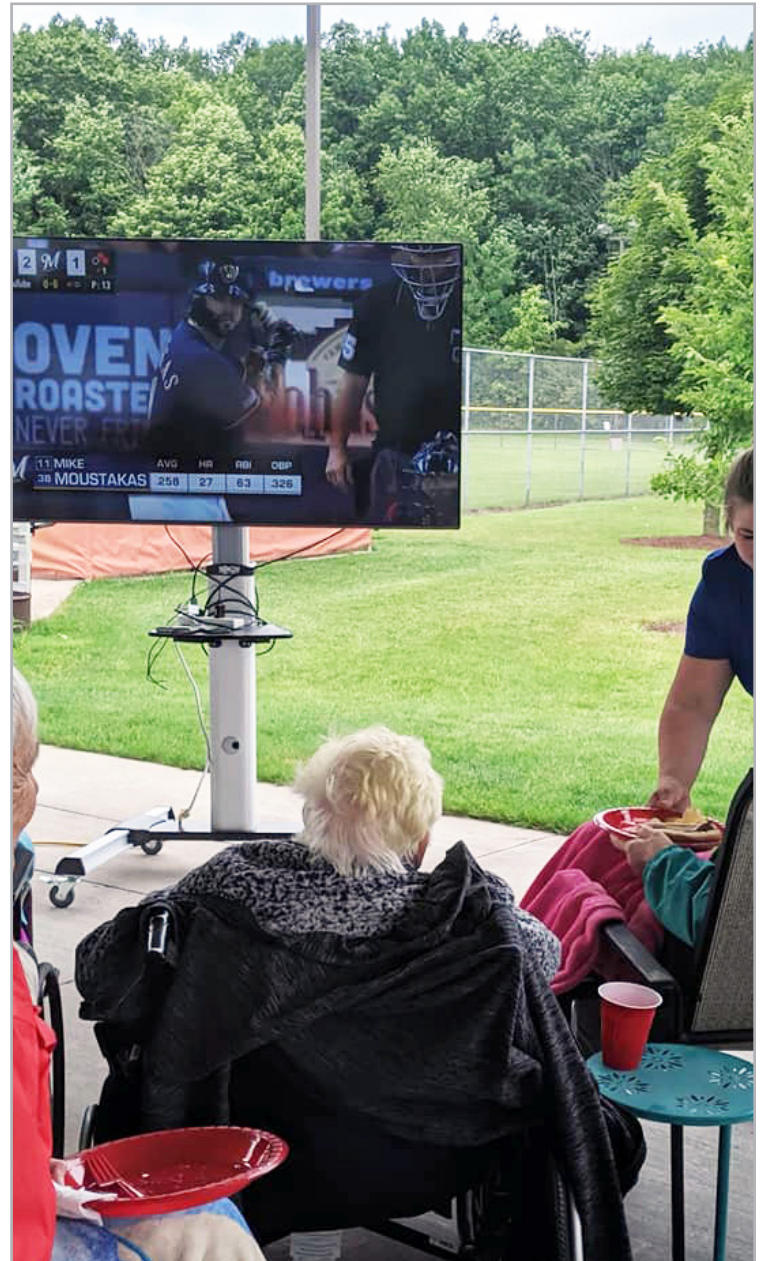
It is my goal to take some residents out to a pumpkin patch to help select some pumpkins to bring back for carving which the 4-H club will help us with on **Saturday October 19th at 2 pm.**

Pumpkin patch outing TBA

Saturday October 28th from 1-2:30 pm is Hartford's Business Trick or Treat. The residents really enjoy having the little ones come. So please help us spread the word, although we are off the beaten path for downtown business trick or treat, we are still participating. Let's encourage parents to make the little extra effort to bring their child out here for us.



Tailgating for the Brewer's game



October 14th is National Be Bald & Be Free Day

As we age many of us feel a self-conscious and often expensive drive to find a solution to thinning hair. If this sounds familiar to you, you are definitely not alone! On October 14th we celebrate a day free of toupees, wigs, and comb-overs, as we honor the freedom and strength of the men and women who have dared to let their scalp breathe.

Source: daysoftheyear.com and fatherly.com

WiCAL

Wisconsin Center for Assisted Living

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
Brittany Huss	Unit Coordinator
Andrea Kuslits	Coach
Lucinda Gohman-Kramer	Activity Coordinator
Gina Buettner	Cook
Katie Marschner	HK/Dietary Aide
Salina D.	RA
Taylor M.	RA
Stephanie B.	RA
Valeria P.	CNA
Ciarah M.	CNA
Sabrina P.	RA
Jamie M.	RA
Sue R.	RA
Beci E.	RA
Meah F.	RA
Kathy F.	RA
Joshua	RA

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Halloween Crafts

Ghostly Lollipops:

If you are planning on handing out lollipops as part of your treats for trick-or-treating, you can decorate them. Cover the lollipop with a tissue, tying securely with a rubber band or piece of ribbon. Use a marker to draw eyes and mouth on your ghosts and they are ready to be given out.



like a monster, clown, or other Halloween character. The smaller “pie pumpkins” or even the mini-pumpkins will work perfectly for this craft.

Paper Plate Masks:

While you may not be able to dress up in a costume until the day of Halloween, you can easily create your own masks. Cut eyes and breathing holes out of a paper plate. Punch a hole on either side to attach a ribbon or string to tie the mask on. Then you can decorate the mask with crayons, marker, paint, or by gluing items to it.

Pumpkin Facts

- Did you know that the word pumpkin originated from the word *pepon*? *Pepon* means “large melon” in Greek.
- The United States produces over 1.5 billion pounds of pumpkins. The pumpkin state is Illinois, as it produces more than any other state.
- Health-minded people will be happy to know that pumpkin is high in vitamins and minerals while being low in calories. It's also a great source of beta-carotene which your body converts into vitamin A (great for good vision, a healthy immune system, and cell growth)!



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

262.723.2700 TransitionsHealth.org

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

