

The Wellington News

MARCH
2020

Assisted Living • Respite Care Services

SHINING STAR Recognition for Angie Reynolds & Monica Rakowski

"These are my 2 go-to people. Monica's door is always open. I am able to discuss anything with Angie at any time. She's on top of it!" – NK

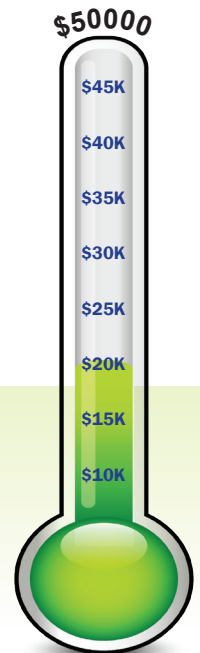
Shining Star cards can be found near the front desk. Use them to identify any of our team members who've done an especially great job helping you or a loved one during your visit or stay with us. We'll make sure that team member is recognized for their special care and helpfulness.

WISH List

Goo has new craft ideas and could use a few things if you are able to donate.

Thanks to the friend who dropped off a jar of buttons. We've been using them and could still use more. Buttons, buttons, who got some buttons? Can't believe I've never needed them before, but we could use craft sticks now. Anyone have a bunch of wine corks? Or a magnetic word set for making sentences? If you are a Goodwill or St. Vinnie's shopper, please keep an eye out for one-pound dumbbells. Need more because of the increased participation in exercise class.

Anyone know an Eagle Scout looking for a project? We have the perfect project. Looking ahead to spring and summer, we would like to finish the walking path around the pond. A flat crushed rock path would make the pond and our beautiful acreage accessible to residents.



As always, donations toward our 8+2 Wheel-chair Accessible Bus are still needed. Please help us reach our goal of \$50,000.

All donations are tax-deductible.

Job Postings

We are hiring on all shifts for full- and part-time positions. If you are interested in working somewhere with competitive pay, great benefits, and a home-like atmosphere, Wellington Place is the where you belong. No experience necessary as we are willing to train the right candidates. Feel free to come in and grab an application, or apply online at our website. We're excited for you to start your employment journey with us!

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



Happy Birthday

Best wishes to our staff and residents celebrating birthdays this month.

Residents

Mar. 6 Aloysius H. 77 yrs old

Mar. 8 Nancy F. 85 yrs old

Mar. 9 Francis H. 92 yrs old

Mar. 20 Elaine K. 89 yrs old

Mar. 30 June H. 94 yrs old

Staff

Mar. 19 Taylor

Mar. 23 Sabrina

Facility News

Happy Hour recently included spirited entertainment from Jay Hoffman. We last saw Jay perform for us at our summer family picnic. He prepared some special music just for us and many of our folks got involved. Better still, his appearance coincided with Maggie B.'s birthday.

We recently welcomed Aloysius "Al" H. to Wellington Place. He is a born and raised Hartford native and member of St. Killian's. He enjoyed singing in St. Killian's choir so we enjoy his voice at sing-a-long time. He worked at the Huth plant making Midas mufflers until it closed in 2005 when he took an early retirement.

Residents also celebrated The Year

of the Rat at Chinese Lunar New Year and a hearty Mardi Gras before the Lenten season began.

The week of January 20th was National Activities Directors Week. Our Activities Coordinator, Goo, received an embarrassing outpouring of appreciation from residents and families alike.

Wellington Place has several new staff faces. We are very lucky to have found our new cook, Shelley Dorzok. Angie and Monica did a superb job stepping in and cooking many yummy meals in the interim but we are all glad to have a full-time, experienced CBRF cook taking over and providing delicious healthy fare.



Activity Highlights

Sunday March 8th

Daylight savings begins:

Spring Forward

Trinity Irish Dancers

Tuesday March 17th

St. Patrick's Day Celebration

Saturday March 21st

4-H will be here at

2 pm to hold

the monthly

special

Saturday

Bingo game.



Celebrating Chinese New Year with a meal, a Dragon Dance and making our own fortune cookies

Activity Highlights



Jay Hoffman entertained for Happy Hour January 24th.



We made all kinds of crafts.



And tried our hand at shuffleboard.

Facebook Posts

"Thank you, Goo. You've brought a lot of life to the Wellington, crafts, games (sometimes silly games to make the residents laugh), an cooking. You're doing it all. And Bella is a must, what a wonderful dog." – Nancy K.

"Goo, your one of a kind! You truly have a gift. Thank you for all you do for the residents. You are a joy to be around. They are blessed to have you! ♥ And Ms. Bella is a great addition as well. She makes it feel like home! XO" – Patsy S.

WiCAL

Wisconsin Center for Assisted Living

Nutrition Needs in the Golden Years

As we age, we need fewer calories—about 10% less per decade from age 50 onward—but not necessarily fewer nutrients. With our bodies' own natural antioxidant systems losing steam, we need to increase our intake of antioxidant-rich fruits and vegetables like artichokes, blackberries, blueberries, broccoli, brussels sprouts, cranberries and dried plums.

Because of this calorie-nutrient paradox, it's more important than ever to choose foods with care, opting for a nutrient-dense diet and avoiding empty-calorie snacks. Fiber, for example, is a macronutrient that too many seniors get too little of. In addition to lowering levels of "bad" cholesterol, fiber helps improve regularity at a time when gastrointestinal distress may become an issue. Top

sources of healthy fiber include navy beans, oats, raspberries, oranges and green peas.

Protein is another macronutrient seniors need but 60% fail to consume in adequate amounts. The body's ability to absorb vitamin B-12 declines with age, and salmon is a great choice as a two-for-one protein and vitamin B-12 source. As a bonus, salmon, sardines, albacore and flounder are good sources of omega-3 "healthy" fats that help boost memory power.



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
Salina Damian	Coach
Lucinda Gohman-Kramer	Activity Coordinator
Shelley Dorzok	Cook
Brittany Klick	Housekeeping/Dietary
Salina D.	RA
Taylor M.	RA
Ashley S.	RA
Valeria P.	CNA
Alyssa B.	RA
Sabrina P.	RA
Jamie M.	RA
Beci E.	RA
Kathy F.	RA
Natalie K.	RA
Kyanna S.	RA
Lisa B.	RA
Kayla H.	RA

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DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceHartford.org/Donate



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.

