



# The Wellington News

JUNE  
2018

Assisted Living • Respite Care Services

## Celebrating National Nursing Assistants Week: June 15-22

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### Free CNA Training Available *Limited Time Opportunity*

Certified Nursing Assistants (CNAs) continue to be in high-demand in Wisconsin. Start your healthcare career today by becoming a CNA through DHS' WisCaregiver Career Program which offers free training and testing. Visit [bit.ly/wiscaregiver](http://bit.ly/wiscaregiver) for more information and to sign up today.

### Nursing Assistants work very hard to offer a contribution to the medical field.

They help patients meet their basic needs. They also offer comfort and support. They work one-on-one with patients, getting to know them better than some of the other medical staff. They use this knowledge to make things easier for the patient as well as to help the other staff do what is best for the patient. In addition, they work with nursing staff, often assisting with anything that comes up at a moment's notice.

There are several things patients, staff, and employers can do to recognize the efforts of Nursing Assistants.

Many patients and their families choose to send a simple thank you

note or letter to the Nursing Assistant. Often, this heartfelt thank you is more than sufficient. It can often help a Nursing Assistant stay motivated, knowing what they do really does make a difference for many people. A simple gift of candy, flowers, or a gift card can also be a great token of appreciation for someone who offered so much during your time of need.

Employers need to make sure Nursing Assistants feel appreciated as well. Verbal appreciation should be expressed towards the efforts of Nursing Assistants. Another great way to show appreciation is to ask Nursing Assistants for their input regarding patient care and include them in discussions about how to handle particular patient issues. This will definitely make them feel appreciated and valued.

Wellington Place  
at Hartford

615 Hilldale Drive

Hartford, WI 53027

[www.wellingtonplacehartford.org](http://www.wellingtonplacehartford.org)



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Wellington Place at Hartford is a non-profit 501c3 assisted living community. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.





## Tips to Prevent Dehydration

### *Why does hydration matter?*

In older adults, adequate fluid consumption has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Dehydration can often lead to adverse effects from medications, urinary tract and respiratory infections, delirium, renal failure, seizure, hypo- and hyperthermia. In older adults with other health problems, it can precipitate emergency or repeated hospitalizations and increased mortality rates among older adults.

### *The following tips should be practiced for preventing dehydration:*

- Identify and treat correctable causes of dehydration such as vomiting and diarrhea.
- Observe the color of the urine: Dark, concentrated urine can be a sign of dehydration.
- Provide glasses and cups

that are not too large or heavy to handle, and have straws available at the bedside.

- During hot weather, be especially attentive to replacing excessive lost fluid.
- Make sure water is within reach.

### *For older adults, it's essential to have consistent fluid*

*intake throughout the day, especially because they should not consume large amounts of fluid at one time.*

# WiCAL

Wisconsin Center for Assisted Living



## June is Men's Health Month

There are common men's health problems that are treatable if caught early enough, but can be permanently debilitating or even fatal if they are not detected until after symptoms make themselves known.

Common issues of this type include heart disease, prostate problems, and hypertension. These are all potentially silent killers that can be prevented or treated if detected early enough.

Heart disease is the most common killer of both men and women in America. The sad fact is that most Americans eat high fat diets and do not exercise much, if at all. Fortunately, if heart disease is detected before major damage to the heart muscle has occurred, then treatments are available. Lifestyle changes are the first line of defense in prevention and treatment of cardiovascular disease. Taking medication and following a physician approved program of diet and exercise means that men can live a long and full life, even with heart disease.

Prostate cancer is the most common cancer, excluding skin cancers, in American men. As Americans continue

to live longer lives, the overall impact of prostate cancer is becoming more prevalent. Fortunately, prostate cancer is easily treated if it is detected early in the disease's progression. For this reason, it is very important that men over the age of forty receive annual prostate examinations.

### **Some prostate cancer symptoms:**

- Increase in urination frequency, especially at night
- Difficulty in starting urination, with painful or burning sensation
- Painful emission
- Blood in urine
- Pain or stiffness in the back, hips, or upper thighs

Hypertension, or high blood pressure, is often called "the silent killer" because it is usually asymptomatic until a heart attack or stroke occurs. For this reason, everyone should receive regular blood pressure screenings regardless of age or sex. If caught early enough, hypertension can be treated via medication and/or by change in lifestyle.

## *Your Wellington Staff*

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

Visiting Hours 8:00 AM to 8:00 PM

|                      |                             |
|----------------------|-----------------------------|
| Monica Rakowski      | <i>Administrator</i>        |
| Angie Reynolds-Klick | <i>Care Coordinator</i>     |
| Heather King         | <i>Team Leader</i>          |
| Catherine Marx       | <i>Activity Coordinator</i> |
| Christian Walding    | <i>CNA-1st shift</i>        |
| Veronica Tetrick     | <i>CNA-1st Shift</i>        |
| Vanessa Damian       | <i>CNA-1st Shift</i>        |
| Miranda Gall         | <i>CNA-2nd shift</i>        |
| Alanna Hagen         | <i>RA-2nd shift</i>         |
| Natasha Becker       | <i>2nd shift</i>            |
| Salina Damian        | <i>2nd shift</i>            |
| Taylor Mangan        | <i>2nd shift</i>            |
| Andrea Kuslits       | <i>RA-NOC shift</i>         |
| Tiffany Tetrick      | <i>CNA-NOC shift</i>        |
| Gina VandeBoom       | <i>Cook/CNA</i>             |
| Barbro Vincent       | <i>CNA/DA</i>               |
| Katie Marschner      | <i>DA/Housekeeping</i>      |
| Kathleen Lechner     | <i>Housekeeping</i>         |