

# The Wellington News

MARCH  
2021

*Assisted Living • Respite Care Services*

Please check our website or call for updated information about our visitation policy.

## Masks Are Still Needed

Even if you've been vaccinated, wearing a mask is still necessary. Experts have not determined when masks will no longer be required. To protect yourself and others, continue to wear your mask, social distance and wash hands often. **More FAQs on the COVID-19 vaccine can be found here:** [bit.ly/391gem0](https://bit.ly/391gem0)



## Crochet: An Ideal Craft for Everyone

Crocheting has been a favorite craft for generations, and with good reason. **Mastering the art of crochet enables you to create wonderful and useable pieces of art, at a very reasonable cost.**

There is only yarn, a crochet hook, and possibly a crochet pattern. And as a beginner, if you make a mistake, it is easy to pull the work back and restart.

To begin any crochet project, you need to purchase some yarn and a hook. Crochet hooks come in

different sizes and materials. Hook sizes G, H and I are recommended for beginners, as smaller hooks sizes are more difficult to manage. Once you get to know the basic techniques, you'll find it can be easy to follow a pattern and complete a simple project, such as a hat. After finishing your first project, challenge yourself and improve your talents by taking on more complicated projects. Before you know it, you will be a seasoned crocheter and thoroughly enjoying your new hobby!

## Long Term Care Administrator's Week: March 8-12

On any given day our facility Administrator wears many hats. Responsibilities include managing finances, supporting staff, ensuring our residents are well cared for, updating and implementing procedures to comply with changing rules and regulations, creating a fun and comforting culture for the facility so residents and staff have a pleasant place to live and work, and so much more.

The last year has added even more to our Administrator's plate. Even with these increased responsibilities like monitoring PPE supplies, ensuring compliance with COVID-19 reporting requirements, maintaining a safe and healthy environment and organizing vaccination clinics, there's tremendous effort every day to ensure we continue our important work of caring for others. The dedication of our Administrator, supported by an incredible staff, is nothing short of amazing.



**March 8-12 is Long Term Care Administrator's Week and we are so thankful for our administrators' leadership efforts.** We hope you'll

join us in a big "THANK YOU!" to our Administrator for the many dedicated hours spent supporting our staff, residents and families.

## 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](https://WellingtonPlaceHartford.org)

WE ACCEPT CREDIT CARDS

## 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, this is the place you belong. No experience is necessary as we are willing to train the right candidates. Feel free to come in and grab an application. We're excited for you to start this journey with us!

## WISH List

- Portable DVD players
- Craft storage shelves/cabinet
- 100-300 piece puzzles



## Facility News

January 28th we received our first dose of the Moderna vaccine and the second on the 25th of February. The staff was divided into two groups. The first got their first dose with the residents and the second group got their first dose during the February vaccination. Everything went very well. We look forward to a much better year. Wearing masks and social distancing are still recommended until about 80% of the population has been vaccinated, so patience and community cooperation is needed. We do not yet have information on exactly what and when things will be changing but stay tuned and we will be sure to put out the information as soon as we know. We had fun celebrating this milestone.

We are very excited to welcome Patsy Schaefer back to the hair salon. It took her a while to get caught up on all the haircuts, perms and colors but our folks are looking gorgeous again!

We had our Chinese Dragon dance out again to celebrate the Chinese New Year of the Ox along with some takeout goodies and Monica's special chicken stir-fry.

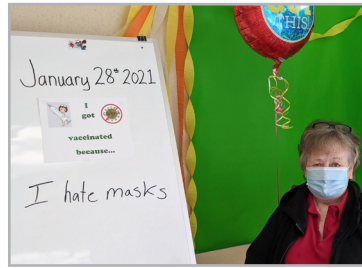
Valentine's Day, Mardi Gras and then Ash Wednesday, The Super Bowl sans Packers and International Pancake Week were all crammed into the shortest month.

## Patsy and her beautiful peeps





# First round of Covid-19 vaccinations

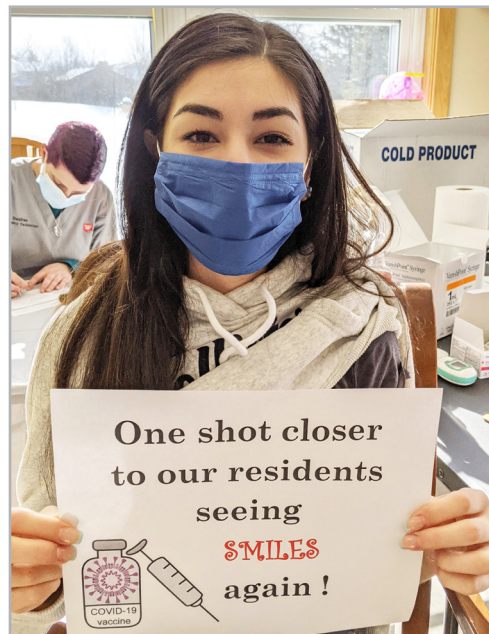
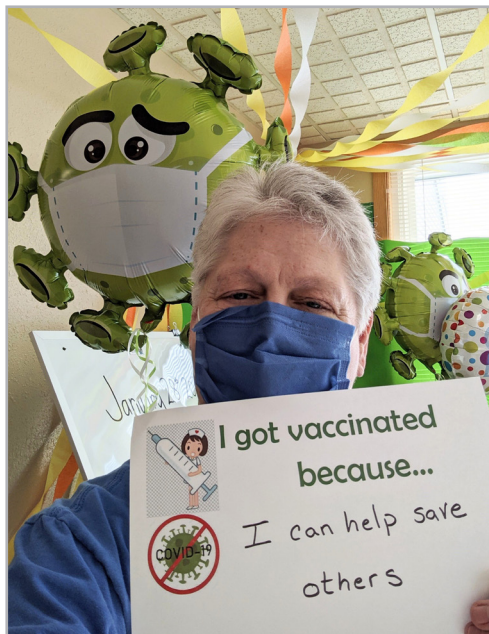


## Happy Birthday

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

### Residents

March 8th	Nancy F.
March 20th	Elaine K.
March 30th	June H.



## Add a Rating or Review on Google

1. On your computer, open **Google Maps** and make sure you're signed in.
2. Search for a place.
3. On the **left**, scroll down and click Write a review.
4. In the window that appears, click the stars to score the place. You can also **write a review**.



## Sudoku

8	7		6		4	5		
1			8					
		9						
								4
					8			
	4		9		7		2	5
				7		4	9	2
6				9				1
	2				1	7		6

## Activity Highlights

**St. Patrick's Day.** We will dedicate much of the month to learning about Ireland; the land, people, food, music, poetry, authors, movies.

# 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	<i>Administrator</i>
Angie Reynolds- Klick	<i>Care Coordinator</i>
Salina D.	<i>Coach</i>
Lucinda Gohman-Kramer	<i>Activity Coordinator</i>
Shelley Dorzok	<i>Cook</i>
Valeria P.	<i>CNA</i>
Jamie M.	<i>RA</i>
Haley M.	<i>RA</i>
Hannah B.	<i>RA</i>
Vicki F.	<i>RA</i>
Joel T.	<i>Custodial</i>
Jenna R.	<i>RA</i>

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## Nutrition Needs in the Golden Years

**As we age, we need fewer calories—but not necessarily fewer nutrients.** Increasing our intake of antioxidant-rich fruits and vegetables like artichokes, blackberries, blueberries, broccoli, brussels sprouts, cranberries and dried plums over empty-calorie snacks can keep the body going during a time where different processes are slowing down.

**Because of this calorie-nutrient paradox, it's more important than ever to choose foods with care.** Fiber, for example, is a macronutrient that too many seniors get too little of. Fiber lowers levels of “bad” cholesterol, and 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.

**Another nutrient for your noggin is niacin.** In a four-year study of 800 seniors, those with the highest intake of niacin—also known as vitamin B-3—had an 80 percent lower risk of developing Alzheimer's. Niacin sources include portobello and button mushrooms, red potatoes, and once again, salmon: an all-around “superfood” for seniors.

Be sure to consult your physician, nutritionist, or dietician before making any changes to your diet or vitamin intake to know what is right for you.



## WISH Rising Stars Scholarship

**Scholarship Applications due March 30th**

WISH scholarships are available to current employees and also high school students in WI and IL who are interested in post-acute care.

Read more about the scholarship and how to apply at [bit.ly/wish-scholarship](http://bit.ly/wish-scholarship)



**WISH**  
Rising Stars

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**[WellingtonPlaceHartford.org/Donate](http://WellingtonPlaceHartford.org/Donate)**

