

The Wellington News

JANUARY
2024

Assisted Living • Respite Care Services

WISH List

- Pots and Pans
- Rubber Scrapers
- Hand mixer
- Bingo prizes (candy, costume jewelry, perfume)
- Christmas decorations (string lights, fake snow, ect)
- Holiday Crafts
- Books (large print, romance, mystery, Coloring)
- Playing card decks

Happy Birthday

Best wishes to our Residents celebrating birthdays this month.

1/5	Jean A M.
1/21	Dennis F.

Wellington Place at Whiting

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Stevens Point, WI 54481
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Kristan Schaack, Administrator

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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.



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SENIOR HOUSING INC.

WellingtonPlaceWhiting.org

WE ACCEPT CREDIT CARDS

From the Corner Desk of Joey

Happy New Year! As we bid farewell to 2023 and welcome the promises of 2024, I find myself filled with gratitude and excitement for the journey that lies ahead. January marks not just the beginning of a new year but also a chance for renewal, growth, and the pursuit of happiness.

This year, let's embark on our collective journey with optimism in our hearts. Each new year is like a blank canvas, offering us the opportunity to paint a vibrant picture of shared experiences! As an integral part of our Wellington CBRF community, I am confident that with your help, we can make 2024 an extraordinary chapter in our lives. As I consider this I recall the fact that here at Wellington Place, we are more than just an assisted living facility; we are a Community Based Residential Facility (CBRF). This designation reflects

our commitment to fostering a sense of community and togetherness. In 2024, let's continue to embrace this mentality, recognizing the strength that comes from being part of a community that cares. As we face the challenges and triumphs that the new year may bring, let's reinforce the importance of a strong community.

Together, we can create an environment where everyone feels valued, supported, and encouraged to thrive. In the spirit of unity, I encourage each of you to participate in the various activities and events we have planned for January including our facility holiday party on January 6th! Wishing you and yours a year filled with laughter and love. Here's to a fantastic 2024 as one big Wellington Family!

Quote of the month:

"Write it on your heart that every day is the best day in the year."

– Ralph Waldo Emerson

New Year, New You:

Behavioral Change in the Elderly by Joey Krasovich

Around this time of year there seems to be a variable flood of new resolutions made by everyone around us, and as anyone who has been to a community gym in the month of January knows - behavioral change is hard. As hard as sticking with a new workout regime is though, members of our elderly population and their families often have to contend with a much more difficult kind of behavioral change; personality changes which are associated with conditions such as Alzheimer's disease or Dementia. Oftentimes those affected by these conditions can begin to act in ways that are far different from who they once were and this can be incredibly challenging not only for the individual but for those loved ones around them. Dementia alters how an individual responds to their environment; causing forgetfulness, difficulty in conversations, and potential frustration. Overstimulation from noise and activity is very common for these individuals. Behavioral changes can also stem from medical issues like

pain or infection, an individual with dementia may be contending with one of these conditions and be unable to clearly express or describe it. Instead, they may rely on "acting out" as a way to communicate their current condition or pain level. Medications may also influence behavior in people with dementia.

With all of these considerations it may seem that we, as friends and family for individuals with these conditions, are unable to do anything to help. By approaching these individuals with a new level of understanding and compassion though we can help them continue to live fulfilling and meaningful lives, here is a list of nine considerations that we can each take to help make this a reality.

1. Advocate for a healthcare provider evaluation for sudden behavioral changes, as they could signal infection, pain, or medication side effects.
2. Avoid assuming all behavior changes are solely due to dementia; medicines may not always provide a solution.
3. Recognize behavior as a form of communication, such as

anger indicating overwhelm, pain, confusion, or fear.

4. Investigate triggers for behavior changes, considering unexpected events or disruptions to routines.
5. Differentiate between risky/hazardous and annoying/frustrating behaviors, and respond accordingly.
6. Establish a structured daily routine for comfort and predictability.
7. Cultivate an attitude of acceptance, understanding that behavioral changes stem from genuine issues.
8. Practice calmness and patience, taking breaks when needed, such as walking into a different room or counting to 10. A personal favorite of mine is a 4-7-8 breath cycle, where you take a deep breath in for four seconds, hold it in for 7 seconds, and then exhale over the course of 8 seconds.
9. Connect with other caregivers for support, possibly through a support group, to learn and share effective strategies.

Activity Highlights

**Wellington
Holiday Bash**



**Saturday,
January 6th
11:00AM-3:00PM**



Facility News

We are sad to announce the passing of our sweet Dolores in late November. She will be missed by all of us who were lucky enough to have her as a part of our Wellington family.

We are excited to welcome Barb as the newest member of our Wellington family! Barb came to us in early December and is adjusting to life here at the facility. If you see her around, please stop and say hi!

Photo Highlights



Vernell and Dale enjoying time by the fire.



Denny and Terri visiting on the couch!



Kristan and Denny wearing matching hats!

New Year's Resolutions Ideas for Seniors

Resolutions are a fun way to kick off the New Year, but they can also provide a sense of purpose and motivation that can foster a positive outlook on life. Setting goals can help seniors stay engaged and maintain a healthy lifestyle. Don't know where to begin? **Here are eight resolutions to get you started:**

Stay Socially Connected: Resolve to participate in more social activities such as games, crafts, or movies.

Daily Physical Activity: Incorporate

light exercises into your daily routine, like short walks, chair exercises, or gentle stretching.

Learn Something New: Whether it's painting, learning to play an instrument, or participating in local or online educational programs, resolve to learn a new hobby.

Healthy Eating Habits: Focus on making healthier food choices by incorporating more fruits, vegetables, and whole grains into meals, while being mindful of portion sizes.

Mindfulness and Relaxation: Set aside time each day for relaxation and mindfulness activities, such as meditation or deep breathing exercises.

Connect with Family: Make it a priority to stay in touch with family through phone calls, video chats, or in-person visits.

Read More: Cultivate a reading habit by setting aside time each day to enjoy a good book or explore new topics of interest.

Maintain a Positive Outlook: Resolve to focus on the positive aspects of life, express gratitude, and find joy in small moments, fostering a positive mindset despite any challenges.

It is important for resolutions to be realistic and obtainable for them to be successful. When deciding on resolutions, choose ones that focus on your well-being. Celebrate small successes along the way, every little bit makes a difference.

Before making any changes to your diet or exercise routine, be sure to consult your physician to know what is right for you.



Happy Activity Professionals Week

We owe a lot to our activities team for keeping our residents and families engaged, active, and safely participating in so many innovative ways. From crafts to bingo to seasonal fun, they have gone above and beyond to lift us all up with some great activities. Luckily, January 21-27 is designated to recognize them for their hard work during National Activity Professionals Week!

Be sure to dedicate some time this week to your activities team who continuously share their talents, creativity, spirit, enthusiasm, energy, generosity and compassion. One of the easiest ways to show your appreciation and gratitude is to say “thank you!” Create heartfelt appreciation cards for each of your activity staff members. Use markers, colored pencils, paints, or even glitter to create a special greeting.



WiCAL

Wisconsin Center for Assisted Living

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It's Time for Trivia

Do you enjoy learning and remembering facts and bits of information about a broad variety of topics? Is Jeopardy! one of your favorite game shows? Are your friends and family impressed by the amount of seemingly random knowledge you possess? If your answer is “yes” to any of the above, then National Trivia Day was created for people like you!

National Trivia Day was founded in 1980, and takes place each year on January 4. To celebrate the day, learn something new and put your memory to the test by swapping trivia with others. Play trivia games such as Trivial Pursuit or attend or organize a trivia night in your area with friends and family!

Trivia games are a great way to give your mind a workout in a social and competitive setting, and being the one to correctly remember a factoid feels incredibly satisfying!

To get you started, here is some trivia about trivia:

- Trivia is a plural word. The singular form is trivium.
- The first book about trivia in the modern sense was Trivialities: Bits of Information of Little Consequence by Logan Pearsall Smith, published in 1902.
- The current longest-running trivia contest is the Great Midwest Trivia Contest, held in Appleton, Wisconsin. It celebrated its 57th year in 2022.
- The current largest trivia contest is held by the University of Wisconsin-Stevens Point radio station, 90FM WWSP. It runs for 54 hours, and broadcasts 8 trivia questions each hour.
- More than 100 million copies of Trivial Pursuit have been sold in at least 26 countries and 17 languages.
- Over 30 countries have broadcast their own adaptations of Jeopardy!

