

The Wellington News

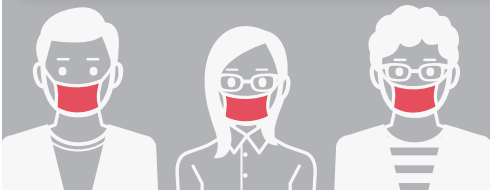
AUGUST
2020

Assisted Living • Home Health & Rehab Therapy • Respite Care

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

**HELP
STOP
the spread
of COVID-19**

**WEAR A
MASK**



Wellington Place at Fort Atkinson

200 South Water Street W
Fort Atkinson, WI 53538
920.563.6959

Heather King, 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.

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**WISCONSIN
ILLINOIS**
SENIOR HOUSING INC.

WellingtonPlaceFortAtkinson.org

WE ACCEPT CREDIT CARDS

Relaxation is the Key to a Healthy Life

Relaxation Day is August 15. While studies show eating a healthy diet and exercise may reduce stress levels, relaxation is also needed to recharge us mentally and emotionally.

When stress becomes overwhelming there are quick relaxation techniques you can do almost anywhere to make you feel better almost immediately. Try it out:

Stretch out on your back or sit comfortably where you are. Tighten all the muscles in your toes, then flex your feet. Slowly move up through your body tightening and flexing as you go until you reach your face and neck, holding each stretch for ten seconds.

Deep breathing is another relaxation technique that can slow your heart rate, lower blood pressure, and clear your mind. Begin by lying on your back

or get into a comfortable position. Inhale slowly through your nose filling the lungs completely over a period of eight to ten seconds. Hold it, and then slowly release your breath through pursed lips, taking two to three times as long to exhale as to inhale.

Guided imagery can be done alone or combined with breathing relaxation techniques. Again, lie on your back or get comfortable with your eyes closed. Imagine a peaceful setting at your favorite vacation destination. Put yourself there, feel the warmth of the sun on your cheeks, the breeze blowing through your hair.

Indulging in relaxing spa treatments is also another option, which works well with other techniques, like biofeedback and listening to relaxation tapes.

New Assistant Administrator

Meet Brianna Jochem - or Bri, as she likes to be called - the newest member to our Wellington Place management staff and Assistant Administrator.



Bri grew up in Hustisford, WI where she attended high school. She went on to graduate from the University of Wisconsin/Eau Claire with majors in business administration and gerontology.

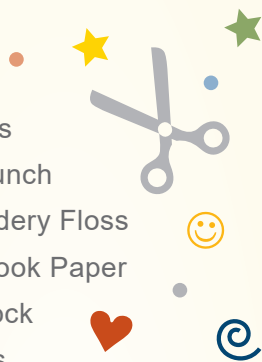
Her work history includes experience in pharmacy and assisted living. In her spare time, Bri enjoys the great outdoors, playing sports, cooking and anything involving dogs.

We are excited to have Bri here at Wellington Place and know she will be a wonderful addition to our team. Be sure to give her a warm welcome when you meet her!

Make Your Own Bookmark

Supplies

- Glue
- Scissors
- Hole Punch
- Embroidery Floss
- Scrapbook Paper
- Cardstock
- Stickers



Cut your cardstock paper to the shape you want your bookmark to be. Cut your scrapbook paper in the same shape as your cardstock.

Add any embellishments to your scrapbook paper next.

Use glue to attach the scrapbook paper to your cardstock. Let dry.

Hole punch the top of your bookmark. Cut your embroidery floss at about 12 inches, fold in half, and place your looped end through the hole. Bring the thread from the back through your loop and tighten.

WiCAL

Wisconsin Center for Assisted Living

Your Wellington Staff

Alicia J.	Care Coordinator
Daisy B.	Dietary
Maggie R.	RA / Days
Alissa O.	RA / Days
John W.	RA / Evenings
Ana G.	RA / NOC
Katie G.	PT/Evenings
Damaris J.	FT/Evenings

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Book Lovers Day is August 9

August 9 is National Book Lovers Day. It's an unofficial holiday recognized on a global scale. Its origins and creator remain unknown, but it's a nice idea to put away our smart phones for a day and pick up a book. No matter what genre you prefer – romance, historical fiction, horror, fantasy, memoir or others – there are plenty of choices.

Whether you like to search antiquarian book shops to discover first editions or want a new copy of the current bestseller, both contain stories that may take you to other countries where you learn about the culture, geography, customs and politics, or you learn more about what makes people tick in the USA.

We can revisit favorites of our youth like *The Secret Garden*, *Heidi*, *Black Beauty* or *Little Women* while reading to our grandchildren, or re-visit other worlds while sharing *The Brothers Grimm Fairy Tales*.

Books were originally chiseled on stone tablets. Once the first paper was developed books were written on papyrus or vellum sheets and hand stitched together. Hand written books

were very valuable because of the time involved and scarcity. Libraries have existed since the Middle Ages, but due to their value, books were protected in these buildings, chained to shelves to prevent theft of the huge, hand-written tomes. Librarians alone had the authority to unchain the desired book and laid it on a nearby table while a patron perused it.

Modern day librarians or media specialists are just as helpful. They will assist in finding books on the topic of your choice, suggest titles in particular genres, and guide patrons to a variety of resources.

Many libraries are now re-opening with new guidelines so that visitors remain safe. Check with your local public library for days and hours of operation and safety directives. Whether you visit your library or bookstore or order a new title online, enjoy a new story this August 9— a whole new world awaits within its cover!



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 **TRANSITIONS**
AT HOME

