

The Wellington News

OCTOBER
2019

Assisted Living • Home Health & Rehab Therapy • Respite Care

Happy Birthday

Residents

10/14

Christy H.

Staff

10/17

Maggie

Job Postings

*Part Time aides all
three shifts, Days (6am-
2pm) PM (2-10pm) and
NOC shift (10-6am)
currently available
come apply in person!*

Completed Yardwork



Wellington Place at Fort Atkinson

200 South Water Street W
Fort Atkinson, WI 53538
920.563.6959

Heather King, 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.

WellingtonPlaceFortAtkinson.org

WE ACCEPT CREDIT CARDS

DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceFortAtkinson.org/Donate



WISH LIST

Activities for the residents,
more arts and crafts.

October 14th is National Be Bald & Be Free Day

As we age many of us feel a self-conscious and often expensive drive to find a solution to thinning hair. If this sounds familiar to you, you are definitely not alone! On October 14th we celebrate a day free of toupees, wigs, and comb-overs, as we honor the freedom and strength of the men and women who have dared to let their scalp breathe. Whether you are naturally bald or have made a choice to be bald, Be Bald and Be Free Day is a day of appreciation just for you!

Source: daysoftheyear.com and fatherly.com

WiCAL

Wisconsin Center for Assisted Living

Halloween Crafts

Ghostly Lollipops: If you are planning on handing out lollipops as part of your treats for trick-or-treating, you can decorate them. Cover the lollipop with a tissue, tying securely with a rubber band or piece of ribbon. Use a marker to draw eyes and mouth on your ghosts and they are ready to be given out.

Paint a Pumpkin: Pumpkin carving can be messy, difficult, and sometimes dangerous. Instead, use some permanent markers or acrylic paint to make your pumpkin to look like a

monster, clown, or other Halloween character. The smaller “pie pumpkins” or even the mini-pumpkins will work perfectly for this craft.

Paper Plate Masks: While you may not be able to dress up in a costume until the day of Halloween, you can easily create your own masks. Cut eyes and breathing holes out of a paper plate. Punch a hole on either side to attach a ribbon or string to tie the mask on. Then you can decorate the mask with crayons, marker, paint, or by gluing items to it.

Pumpkin Facts

- Did you know that the word pumpkin originated from the word *pepon*? *Pepon* means “large melon” in Greek.
- The United States produces over 1.5 billion pounds of pumpkins. The pumpkin state is Illinois, as it produces more than any other state.
- Health-minded people will be happy to know that pumpkin is high in vitamins and minerals while being low in calories. It's also a great source of beta-carotene which your body converts into vitamin A (great for good vision, a healthy immune system, and cell growth)!



Your Wellington Staff

Alicia J.	Care Coordinator
Daisy B.	Dietary
Stacy E.	RA/Days
Maggie R.	RA/Days
Alissa O.	RA/Days
Carmen F.	RA/Days
John W.	RA/Evenings
Ana G.	RA/NOC

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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.



262.723.2700 TransitionsHealth.org

Serving southern & central WI. Transitions At Home is a non-profit WISH agency.

