

# The Wellington News

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*Assisted Living • Home Health & Rehab Therapy • Respite Care*

The cold days of winter bring most of us indoors for the year – and then the sniffles start up. Symptoms like sneezing, congestion, and sore throat are common during the winter months. **These unpleasant symptoms can be evidence of a winter cold, but they can also mean indoor allergies. What are the causes of these winter ailments, and how can they be identified and prevented?**

Symptoms of colds include congestion, stuffy nose, swelling of sinuses, sneezing, scratchy sore throat, headaches, aches and pains, fever, and a cough. Allergy symptoms include stuffed or runny nose, sneezing,

## Winter Sniffles: *Allergies or the Common Cold?*



wheezing, sore throat, watery and itchy eyes, and sometimes headaches. The main difference between cold and allergy symptoms is that colds usually come with body aches and pains and possibly a low-grade fever, while allergies do not. In addition, colds usually last 7-10 days, while allergies will persist as long as the exposure to the offending allergen continues. If you have cold-like symptoms which persist for more than two weeks, it's a good guess that you're dealing with an allergy, not a cold.

### **To treat and prevent indoor allergies:**

- Visit an allergy doctor who can help you identify the offending indoor allergens
- Maintain low indoor humidity to kill dust mites and mold
- Vacuum using a HEPA filtered vacuum and run a HEPA air purifier to remove airborne allergens

- Encase mattress, pillows, and bedding in allergen-barrier encasings to protect from dust mite allergies

- Dust and clean frequently

### **To treat and prevent winter colds:**

- Wash your hands frequently and disinfect surfaces
- Get plenty of exercise and rest
- Eat nutritiously, with lots of fruits and vegetables
- Avoid alcohol, tobacco, and excess stress
- Relieve cold symptoms with nasal decongestants and cough suppressants

When treating a cold, remember that medicines may relieve symptoms, but they will not cure the cold. Only giving your body the proper care it needs – rest, proper nutrition, and plenty of fluids – will cure the cold. And with allergies, the best way to treat allergy symptoms is to remove the offending allergens from the environment.

## Wellington Place at Fort Atkinson

200 South Water Street W  
Fort Atkinson, WI 53538  
920.563.6959

Heather King, Administrator

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## Indoor Winter Fun

Tell the cold weather to take a hike, and get ready to have some fun! **Winter Beach Party** - Bring that fun-in-the-sun feeling into your home with a winter beach bash. Spread beach towels on the living room floor; wear your swimsuit and a pair of flippers (why not?); feast on hot dogs; make castles out of clay and play-dough; and don't forget to take pictures! **Winter Word Race** - Challenge your friends and family to a race of the minds. Set a kitchen timer for one minute. When the time starts, write down as many winter-related words as you can think of. The winner gets a cup of hot cocoa and the chance to choose the next word race topic. **Beach Ball Drop Game** - Arrange players in a circle and have them number off. The player with the highest number is "It." He or she stands in the center of the circle, and calls out a number while dropping the beach ball. The player with that number must catch the ball before it reaches the floor. If the player catches the ball, "It" calls another number. But if the beach ball touches the floor, then that player is "It" and the game continues.

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## Reduce Stress with More Vitamin C

It's all too easy to feel that you need to reach for the medicine cupboard when stress causes headaches and fatigue. Research shows that vitamin C is a healthy alternative to combat stress and may also have latent benefits such as preventing colds.

Vitamin C may reduce both the physical and the psychological effects suffered by people when stress attacks. Those who consume vitamin C regularly may not exhibit the symptoms of mental stress so easily when subjected to challenges each day. Additionally, those people find themselves able to recover from stressful encounters much more quickly than people whom consume very little vitamin C.

How can you be sure you're getting daily vitamin C? Try adding these foods to your diet:

- Uncooked vegetables such as broccoli, sprouts, tomatoes, parsley, and spinach
- Fresh fruits such as strawberries, bananas, and apples
- Red and green peppers
- One glass of orange juice with breakfast
- Raw fish foods
- Almonds and walnuts
- Whole wheat



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## Your Wellington Staff

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|------------|------------------|
| 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      |