

# The Wellington News

Assisted Living • Home Health & Rehab Therapy • Respite Care

## Thoughts on Being Thankful

As we celebrate Thanksgiving this year, it's important to remember that today is the day to be thankful for all the things in your life, no matter how big or small they are.

Be thankful you have strength to meet the challenges that come with life. Be thankful for each memory that family and friends have given you. Be mindful that it is more important to give than to receive.

Happy Thanksgiving!

## A Short History Lesson on Veterans Day

**The official end of the First World War was November 11, 1918.** At the one-year anniversary, President Wilson proclaimed November 11, 1919 to be "Armistice Day." This was the first nationwide commemoration of the First World War.

On November 11, 1920, the countries of England and France held ceremonies to commemorate the war, such as laying to rest unknown soldiers. The following year, the United States did the same by relocating an unknown U.S. soldier from his grave in Europe into the current day Tomb of the Unknown Soldier in Washington D.C. **The casket was placed into the tomb at exactly 11:00am on the morning of the 11th of November, 1920.** President Harding requested that all flags be flown at half-mast to commemorate the day and the great loss of life of the soldiers who fought in the war.

The United States took the unknown soldier to mean both the losses we faced as a country, as well as each American's loss and sacrifices in war. Because of this, in the years that followed, many states adopted laws declaring November 11th as a legal holiday.



On June 4, 1926, the United States Congress enacted a resolution asking the president to issue a proclamation to display the national flag on all buildings on November 11th. The resolution again named the day "Armistice Day." On May 13, 1938, Congress enacted a new law which made the day a national holiday.

In 1947, two years after the end of World War II, a "Veterans Day" parade was held in Alabama on November 11th. **In 1954 President Eisenhower signed a bill into law officially changing Armistice Day to Veterans Day.**

Each year the current President of the United States visits the Tomb of the Unknown Soldier and places a wreath while "Taps" is played. It is very popular for towns and cities to have Veterans Day parades to honor those among their communities who have either lost a loved one to war, or who have a loved one currently serving in the armed services.

## Wellington Place at Fort Atkinson

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## Preparing for Cold and Flu Season

Cold and flu season will be upon us soon and there is no better time to protect yourself than right now with a strong immune system.

**The first is nutrition.** An unhealthy diet often means that we are not giving our bodies the vitamins, minerals and other nutrients it needs in order to stay strong. There's nothing wrong with a cheeseburger or ice cream on occasion, but moderation is key. **Exercise is another great way to help build a strong immune system.** Ever notice how much better you feel after a walk? Walks, yoga, gardening, and even housework are all great forms of exercise that will help contribute to strengthening your immunity.

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Wisconsin Center for Assisted Living

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## National Caregivers Month: Taking Care of Yourself is Part of the Job



Becoming the primary caregiver for an aging parent is universally recognized as one of the most difficult transitions we can go through. The job of caring for aging parents can be overwhelming. It's easy to begin to "hover" around them in an emotional attempt to block any more harm. This is a parenting instinct and one that your parent probably won't resist because they want to be cared for. There is an instinct in caregivers to give 100% of time, energy and resources to aging parents.

Guilt often times fuels much of the intensity and effort many caregivers offer to help aging parents. Caregivers may feel guilty that mom or dad is suffering from age-related illness and may feel guilty for any

time taken for themselves, their own needs or the needs of their family.

The problem is that caregivers have obligations other than caring for a loved one. For example, caregivers often have a job, a family and a home to care for as well as their own health to think about. It's important to watch for signs of caregiver burnout.

Caregiver burnout can result in a decline in one's health. This can eventually lead to changes in attitude about the task of caregiving and, in some cases, a nervous breakdown. Symptoms include stress, poor sleep and eating habits, a possible increase in alcohol consumption and an inability to think about anything other than what mom or dad needs.

If someone you know is suffering from caregiver burnout, offer to help. Resources for caregivers can also be found at the local Aging and Disability Resource Center (ADRC).

### Your Wellington Staff

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