

National Relaxation Day is August 15: Try These Two Mindfulness Exercises!

Mindfulness exercises let you “tune in” to yourself. Distractions are let go, and your brain power is increased. The exercises help you think more clearly and concentrate better.

Self Reflection Exercise

Anytime you are stressed, stop, and carefully watch yourself to identify what’s bothering you. You may be expecting something bad to happen, perhaps there is an argument going on just below the surface of your consciousness, or you’re worried about something, or in pain in some

way. Notice everything you can.

This self-observation is crucial. It will get easier as you do it more. You’ll start to realize just how many things are going on in your own head, distracting you. When you do this exercise, you’ll feel less stressed, and more able to focus on your tasks.

Senses Exercise

Sit down, relax and breath deeply through your nose. Let your eyes close and be aware of your breath going in and out. Move your attention

to your body, one part at a time, noting sensations of cold, hot, tight, sore and anything else you identify. After a few minutes, start listening to sounds in the room, without thinking about them. Just listen, while still maintaining an awareness of your body and your breath.

When you are aware of your body, breath and immediate environment, you are more fully “in the moment.” Your mind is in a receptive state, with fewer mental distractions that can prevent clear thinking.

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August 25th is Banana Split Day

When you think classical American dessert, banana split would likely make the top five of anyone’s list! On August 25th, we celebrate the creation of this delicious hot and cold treat with National Banana Split Day.

In 1904 a 23-year-old David Evans Strickler made his mark on history by inventing the banana split! This dessert traditionally includes a banana cut in half lengthwise (hence the name) and scoops of vanilla, strawberry, and chocolate ice cream. Some favorite toppings include heated chocolate fudge sauce, strawberry and pineapple sauces, whipped cream, nuts, and maraschino cherries.

In Latrobe, PA, locals celebrate National Banana Split Day with the annual Great American Banana Split Festival. In 2004 Latrobe hosted the 100th anniversary of the invention, and that same year it was certified as the birthplace of the banana split by the National Ice Cream Retailers Association.



Celebrate Friendship Day



In 1935 the first Sunday of August was proclaimed the first annual Friendship Day. **This year Friendship Day falls on Sunday, August 4th.**

The celebration of Friendship Day has become an annual event in the United States. Over the years this tradition spread to other countries and they also started celebrating this day with much excitement.

This is a day for us to spend time with our friends and let them know how much they are loved and appreciated in our lives. Friendship Day is a celebration of those in our lives who give life meaning and joy. It allows us to pay tribute to our friends, new and old who have played an important role in helping to shape who we are today. Give them a call, send them an email, or write a heartfelt letter and let them know how much they mean to you.

WiCAL

Wisconsin Center for Assisted Living

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Therapeutic Activities May Help Memory Loss Patients

Many people understand that FDA-approved prescription medication may help slow the progression of the memory loss, but did you know that caregivers can complement treatment with activities that may help reconnect their loved ones to daily life?

“In addition to obtaining a diagnosis and beginning medication, it’s important that caregivers plan activities to share with their loved one, like playing games and going on outings,” explained Eric Pfeiffer, M.D., Professor of Psychiatry and Founding Director of the Suncoast Gerontology Center at the University of South Florida Medical Center. “Even doing simple tasks like baking cookies or feeding pets can help to give a patient with memory loss a sense of self-esteem or self-worth.”

According to research, engaging a person with memory loss in activities that they enjoy may reduce many of the symptoms such as agitation, frustration, and wandering.

Activities should benefit both patient and caregiver, by providing an opportunity to spend quality time together to connect both mentally and physically. Activities can include:

- Playing music (patient’s choice)
- One-on-one interaction
- Playing videos of family members
- Walking and light exercise
- Pet therapy
- Baking or light cooking



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