

The Wellington News

JULY
2020

Assisted Living • Respite Care Services



We are happy to announce that outdoor visitation will start on July 15! Specific procedures must be followed including making an appointment. Give us a call and we are happy to arrange a time for you and your loved one to visit together. Indoor visits are still restricted. Visit our website or Facebook page to read the outdoor visitation policy.

Activity Highlights

Residents enjoyed celebrating Memorial Day with picnic foods: grilled brat & hamburgers, baked beans, watermelon & strawberry cake – yum! Residents made tissue paper flowers to decorate the facility. We finally have warm weather in Northcentral WI and residents were able to go outside and relax on the back patio. We also planted some flowers in containers around the facility.



Arts & Crafts: Residents made tissue paper flowers.



Residents enjoy warm Spring weather on the back patio

Wellington Place at Rib Mountain

4100 North Mountain Road
Wausau, WI 54401
715.842.5000

Barbara Boenski, 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.

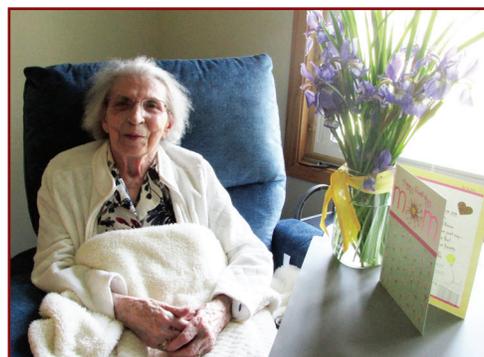
Please call our office.



**WISCONSIN
ILLINOIS**
SENIOR HOUSING INC.

WellingtonPlaceRibMountain.org

WE ACCEPT CREDIT CARDS



Happy Birthday to Helen S.

DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceRibMountain.org/Donate





Happy Birthday

Best wishes to our staff and residents celebrating birthdays this month.

EMPLOYEES

7/2

Barb B.

Wish List

Here's a list of items we could use to help benefit our residents. If you can help donate, please bring items to the office.

- **Wii censor**
- **Wii games residents can do**
- **Activity supplies**
- **Center pieces for tables**
- **Outdoor lawn decorations (ex: something to put flowers in)**
- **Outdoor chairs (for front entrance)**
- **Locked cabinets**
- **Shrubs/ flower bushes**
- **Rototiller (small)**
- **Slot machine**
- **Lawn games**
- **Hand mixer**

WiCAL

Wisconsin Center for Assisted Living

How to Protect Yourself & Others

Slow the spread of germs and respiratory diseases like COVID-19:

Wash your hands often

Use soap when available or use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Stay at least six feet (about two arms' length) from other people. Do not gather in groups. Stay out of crowded places and avoid mass gatherings.

Cover your mouth and nose with a cloth face cover when around others (health conditions permitting)

The cloth face cover is meant to protect other people in case you are infected. Do NOT use a facemask

meant for a healthcare worker. Masks are NOT a substitute for social distancing.

Cover coughs and sneezes

Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds.

Clean and disinfect

Disinfect frequently touched surfaces daily. Use a household disinfectant or soap.

Monitor Your Health

Be alert for symptoms: watch for fever, cough, and shortness of breath. Take your temperature if symptoms develop.

Source: [cdc.gov](https://www.cdc.gov)

July is Anti-Boredom Month

Although many of us have spent the last couple months inside doing puzzles, coloring, and reading due to local shelter-in-place directives, July's midday summer heat may continue to keep many of us cooling off inside. With so much time inside, some of us may be experiencing moments of boredom, but the good news is that July is Anti-Boredom Month!

Let's bust that summer boredom now!

- Learn a new card game
- Draw a unicorn
- Organize boxes of family photos
- Try a new food
- Take a photograph of a rainbow
- Paint with watercolors
- Write a short story
- Paper airplane throwing contest

HELP STOP THE SPREAD OF GERMS

Prevent the spread of respiratory diseases like COVID-19

1. Cover your cough or sneeze with a tissue
2. Throw the tissue in the trash
3. Wash your hands

For more information go to: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source: [cdc.gov](https://www.cdc.gov)

