

The Wellington News

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Assisted Living • Respite Care Services

National Heart Health Month: *Know Your Heart Health*

We all know that keeping up with our heart health is important.

We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become

familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.



For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

It is never too late to take your heart health seriously. Make an appointment to see your physician today.

Wellington Place at Rib Mountain

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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

You Can Make The Difference!

Our mission is to serve seniors with assisted living care, even those who can't pay. Medicaid helps, but doesn't cover the actual cost of care, limiting how many state-supported seniors we can admit.

Your tax-deductible donation helps provide essential activities, new programs and equipment, enhanced amenities and more allowing us to serve as many seniors as possible who need our care.



NEW

Donate safely and easily online:

WellingtonPlaceRibMountain.org/Donate

Celebrating Random Acts of Kindness Day on February 17th

Kindness is a generosity of spirit. It comes to life when we give of ourselves and our time to help others, without expecting anything in return. Here are some ideas of easy ways you can make a big difference to others. By doing something each day or each week, you can spread kindness all year long.

- **Write a note of appreciation to someone.**
- **Put money in someone's expired parking meter.**
- **Walk a friend's dog while they're at work.**
- **Give a hug to your local assisted living administrator.**
- **Give a huge tip to someone when they least expect it.**
- **Compliment a co-worker on the job they're doing.**
- **Shovel someone's walk or take their trash out.**
- **Write encouraging letters to deployed soldiers.**
- **Tell family and friends how much you appreciate them.**
- **Send a thank you note to a person who has helped you.**
- **Pay for a stranger's coffee.**
- **Offer a kind word and a smile.**

There are so many little things that you can do to help others. Take the opportunity today to make a difference. Remember that a few seconds of your time could mean the world to someone else.

WiCAL

Wisconsin Center for Assisted Living

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Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

Did you know:

- Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process called dry-scouring (later dry-cleaning) in 1821.
- Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.
- In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first

African-American (man or woman) to own an entertainment production company.

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to "seize the opportunity" to honor African-American accomplishments "in every area of endeavor throughout our history."



Chocolate and Heart Health – Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand-in-hand? You might be surprised to find out that chocolate isn't as bad as it was once thought. The fat content in chocolate, derived from cocoa butter contained in premium grade dark chocolate, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. But, stearic and palmitic acids are forms of saturated fat – not so good. Saturated fats are linked to increases in LDL-cholesterol and



risk of developing heart disease. Whether chocolate and heart health do walk hand in hand is still an open topic. In moderation it may not do your heart any harm for a special occasion; however, be sure to watch those calories. But most of all, enjoy it because it tastes so good!

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.



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AT HOME

715.544.2322 TransitionsHealth.org

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

