

# The Wellington News

MAY  
2024

Assisted Living • Respite Care Services

## From the Corner Desk of Joey

**Hey, do you guys know how the spring flowers kiss in May? With their tuLIPS!** Happy May everyone, after an exciting and slightly snowier April than expected I am sure we are all happy to finally get to more consistently warm weather. As a garden and plant enthusiast I'm excited for us to begin preparing and planting our Wellington Place standing garden. I'm prior to hyacinths and daisies personally, but what kinds of things would you like to see in our little community garden? Feel free to contact us or drop off your requests and I am sure we will be able to make room. With the coming warm weather also comes my, at this point annual, reminder to protect your loved one's skin from the sun! A little sun is great, but too much can be trouble for our Residents. Dehydration and sunburn can happen even quicker with their population so make sure to always look for some shade and have an extra beverage on hand for them. If you need any assistance with this feel free to ask any of our staff members for assistance, I am sure they would be happy to help you all enjoy the outdoors safely. Finally, on a more personal note, I must inform you that unfortunately come May 10th you will not be seeing me around the facility as a worker anymore, because after nearly eight amazing years here at Wellington Place that will be my last day. Starting work here as a

RA I had no idea just how important this place would become to me. It has been an honor to be part of this Wellington Family for so long, and my experiences here have taught me countless lessons not only about healthcare and caregiving, but about life, who I am, and who I would like to be. Know that I will carry you all with me as I move forward to the next stage in my professional career. I recall all the way back to my interview to begin work here; I informed Kristan that one day I would have to move on to pursue my dreams of becoming a physical therapist, but I planned on being here until that day came and here we suddenly are. Thank you all for embracing me, horrible jokes and all, for this important time in my life and I will miss you, the staff, and our residents dearly. I wish you all the very best, and request that you wish me luck as I head to Marshfield to begin my first full time clinical rotation. That being said, we still have some time together and due to the timing for this newsletter there will be one more "Corner Desk of Joey!" to enjoy. Wish you all the best May, new beginnings and all!

**With all my Love, Joey**

**Quote of the month - "The direction you choose to face determines whether you're standing at the end or the beginning of a road."**

*-Richelle E. Goodrich*



**Thank You  
Nurses!**

**Our community staff extends a heartfelt appreciation to our nurses, who tirelessly dedicate themselves to provide healing and care to our residents.**

## Wellington Place at Whiting

1902 Post Road,  
Stevens Point, WI 54481  
715.344.9669

Kristan Schaack, 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.**

[WellingtonPlaceWhiting.org](http://WellingtonPlaceWhiting.org)

WE ACCEPT CREDIT CARDS



Our administrator Kristan wasn't always the big boss around here, she actually started working here as a resident aid and took advantage of training opportunities provided by the company to prepare herself for her current position

# Adaptive Gardening: A Therapeutic Option for Elderly

Gardening isn't just a pastime; it's a therapeutic endeavor that connects individuals with nature, offering mental and physical benefits. However, for elderly or wheelchair-bound individuals, traditional gardening methods may pose challenges. Thankfully, adaptive gardening opens the doors to this therapeutic hobby for everyone, regardless of physical limitations.

Adaptive gardening involves modifying gardening techniques and tools to accommodate the needs of individuals with mobility issues or other limitations. It empowers them to enjoy the joys of gardening while enhancing their overall well-being. Here's why adaptive gardening is a game-changer for the elderly and wheelchair-bound:

**Physical and Mental Health Benefits:** Engaging in gardening activities can improve physical strength, flexibility, and motor skills. It provides a sense of purpose and accomplishment, boosting mental well-being and reducing stress levels.

**Connection with Nature:** Being surrounded by greenery and nurturing plants fosters a deep connection with nature, promoting relaxation and inner peace. It's a sensory experience that stimulates the mind and soothes the soul.

**Social Interaction:** Gardening can be a social activity, offering opportunities for bonding

with family, friends, or fellow gardeners. It encourages communication, collaboration, and a sense of community, reducing feelings of loneliness or isolation.

## Tips for Adaptive Gardening:

### 1. Accessible Raised Beds:

Raised beds at an appropriate height allow wheelchair users to garden comfortably without bending or stooping. Ensure pathways between beds are wide enough for wheelchair access.

**2. Container Gardening:** Utilize containers, pots, or hanging baskets for planting flowers, herbs, or vegetables. They can be placed at convenient heights, making it easier for individuals with limited mobility to tend to their plants.

**3. Adaptive Tools:** Invest in ergonomic or adaptive gardening tools with features like extended handles, easy-grip designs, and lightweight materials. These tools reduce strain on joints and muscles, making gardening tasks more manageable.

**4. Vertical Gardening:** Vertical gardening maximizes space and accessibility, ideal for individuals with limited mobility. Install trellises, wall-mounted planters, or vertical towers to grow plants vertically, saving space and effort.

**5. Watering Systems:** Install drip irrigation systems or soaker hoses to efficiently water plants without the need for constant manual watering. This reduces the physical strain of carrying heavy watering cans or hoses.

**6. Accessible Workspaces:** Designate work areas with sturdy, accessible benches or tables where individuals can pot plants, repotting, or perform other gardening tasks comfortably.

**7. Adaptive Seating:** Provide seating options like benches, stools, or chairs with back support to allow individuals to rest while gardening. Foldable or portable seating can be moved around the garden as needed.

**8. Safety Considerations:** Ensure garden paths are level, stable, and free of obstacles to prevent trips or falls. Use non-slip surfaces or ramps where necessary for wheelchair access.

Adaptive gardening opens up a world of possibilities, allowing elderly and wheelchair-bound individuals to reconnect with nature and experience the joys of gardening firsthand. With the right adaptations and support, everyone can enjoy the therapeutic benefits of tending to a garden, nurturing life, and finding solace in the beauty of nature.



# Activity Photo Highlights



## WISH List

- Dessert Plates
- Gardening Supplies
- Pots and Pans
- Bingo Prizes (candy, costume jewelry, perfume)
- Books (large print, romance, mystery, Coloring)
- Playing Card Decks

## Resident News

We are so sad to announce the passing of our John in early March. He will be missed by all who knew him

## Activity Highlights

Mother's Day is on May 12th this year! As always, we will be ordering flowers for any Moms/Grandmas and will be \$15 each. Please reach out to Kristan if you would like to place an order. Wellington Place will also be doing something small for all of our "Bonus Moms!"

## Facility News

Welcome more new faces to the facility! Married couples Rose & Gene and Beatrice & Gerald. If you see them around the facility please take a moment to introduce yourself!

## Coming Events

As things begin to warm up we are in the beginning stages of organizing a fishing trip for this summer! If you or your loved one is interested in joining us for this event, please let us know.





# Spring Flowers Word Scramble

Rearrange the letters below  
to make the flowers bloom.

RTEAS

NCOINATRA

CRCOSU

DDFOALFI

IYADS

EUMARING

UICSBШИ

NGHAYDREA

SRII

ILLY

RDGMAIOL

ENYOP

REOS

ELUFOWSRN

ITPUL

Answers: Aster, Carnation, Crocus,  
Daffodil, Daisy, Geranium, Hibiscus,  
Hydrangea, Iris, Lily, Marigold,  
Peony, Rose, Sunflower, Tulip

# WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com



**While Cinco de Mayo initially observed the Battle of Puebla and Mexican heritage, it is now a global secular celebration of Mexican culture.** This vibrant holiday is honored with parades, mariachi music, folklore tales, and sombreros. Decorations are often showcased in the colors of the Mexican flag (red, white, and green). Festivities may also include enjoying tasty tacos, enchiladas, margaritas, nachos, guacamole, and more!

Community events during Cinco de Mayo often feature educational workshops and art exhibitions, teaching Mexican culture and history. Celebrations extend beyond Mexican communities, with people of all backgrounds coming together to enjoy the cultural appreciation, unity, and festive time with friends and family.

Here are some fun ways to celebrate this year:

**Craft Decorations:** Craft papel picado (paper banners) to embellish personal or community spaces.

**Enjoy Mexican Cuisine:** Prepare a taco bar where everyone can customize their delicious meal.

**Cultural Trivia Game:** Engage seniors with a trivia game about Mexican culture, history, and traditions.

**Music and Dance:** Play traditional Mexican music and encourage residents to dance and enjoy the lively tunes together.

**Movie Screening:** Watch a film or documentary that highlights Mexican heritage, followed by a discussion to enhance residents' and families' understanding of Cinco de Mayo.

