

The Wellington News

NOVEMBER
2019

Assisted Living • Respite Care Services

Activity Highlights

11/13 - 10:30am

Live music with Tom Palmer

11/26 - 2pm-3:30pm

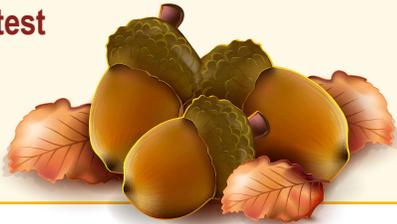
Fundraising Pie Auction

11/28 - 12pm

Thanksgiving Theme Meal

12/1 - 12/31

3rd Annual door decorating
contest



Letter from Administrator

We are very excited to announce our first ever auction. Just in time for Thanksgiving on November 26th we will host a fundraising auction to help raise funds for items on our wish list. Baked goods will be auctioned live to the highest bidder in the Wellington Place dining room. I will try my hand at auctioneering (I have been practicing diligently) and we hope to have a fun event open to resident families, staff, service providers, and the community. Watch our Facebook page for a copy of the official flyer coming soon. Inquire to Mandy or Nicole about donations or the bidding event @ **715-423-5600** or mschulist@carriagehealthcare.com.



Wellington Place at Biron

1661 South Biron Drive
Wisconsin Rapids, WI 54494
715.423.5600

Mandy Schulist, 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.

WellingtonPlaceBiron.org

WE ACCEPT CREDIT CARDS

Heritage Pot Luck

Sept 12th was our Heritage Pot Luck. The staff invited residents to a luncheon to celebrate our cultural diversity. Each staff member brought a traditional dish from their family's country of origin. What a wonderfully diverse array of dishes we enjoyed! What a great group as well.

Out to Lunch

With special thanks given to Dan W. for volunteering to assist in the outing.

DONATE SAFELY AND EASILY ONLINE:

WellingtonPlaceBiron.org/Donate



Happy Birthday!

11/13 Brittni Y.

11/19 Robin K.

WISH List

- Perennial Plants/Flowers
- Christmas cards
- Christmas wrapping paper
- Ribbon/bows
- Garland
- Bingo Prizes
- Craft supplies/ Glue
- Supplies for Busy boxes
- Board Games
- 2 Washing Machines
- Patio Furniture
- Camera
- Pies/baked goods for fundraiser event



WiCAL

Wisconsin Center for Assisted Living

 Dementia-Capable
WISCONSIN

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).



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Or visit amzn.to/2lwBS5n.

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