



The Wellington News

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Assisted Living • Respite Care Services

Speak Encouragement and Positivity

Everyone has times when they could use some support or motivation from others. That means everyone around you is a candidate to receive encouragement.

Look for someone who has been a positive influence on you or someone

else. It's uplifting to people when they are recognized for their helpfulness to others. Your encouragement will inspire that person to continue being a positive influence on others.

Look for someone you know who's been disappointed or is going through a tough moment. Showing an interest can be very encouraging. It doesn't matter if there is anything you can do to improve or fix the situation. Your encouragement will help give hope that person knowing there is someone who cares.

Look for someone who's been working hard or doing an especially great job. It doesn't have to be

something you are benefiting from. You just have to notice it and show an interest. Your encouragement will reinforce the actions of that individual and may give him or her strength to do even greater things in the future.

Find something unique and positive about someone and compliment them on it. And remember that an encouraging smile can go a long way all by itself.

Plan to be an encouragement to at least one person today. Encourage that person in your conversations, write a positive note, or help someone out. Encouragement costs nothing but can make someone else's day.



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Wellington Place at Biron is a non-profit 501c3 assisted living community. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.



September 12th is National Day of Encouragement

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National Preparedness Month: Prepare Yourself for Whatever Comes Your Way

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood, workplace or school or can confine you to your home. Here are some tips for preparing for natural disasters:

- Get to know the types of disasters that can occur in your community.
- Make an evacuation plan; practice with your entire family.
- Make sure you know alternative routes out of your community
- Create a supply kit that includes enough supplies for each family member for at least three days.
- Store at least 1 gallon of water per day per person
- Store non-perishable food in your emergency kit
- Gather basic supplies like a first-aid kit, flashlight, whistle, matches, candles, and radio with extra batteries
- Keep medications easily accessible
- Carry an index card with emergency information you may need.
- Check your kit/plan every six months; ensure food is still good and water supplies are in place.
- Know what your smoke alarms, fire alarms and local community warning sirens sound like and how to respond.

WiCAL

Wisconsin Center for Assisted Living

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How to Age Healthy, Wealthy and Wise

You may feel overwhelmed by the amount of advice that is available when it comes to dealing with aging. Here are some tips:

Eating a nutritious diet is an essential component in healthy aging.

You want to eat plenty of fruits, vegetables, whole grain and fiber; this type of diet will help give your body the fuel it needs.

Know the signs of depression. As you get older, you may experience changes that leave you feeling down. If your feelings of sadness don't go away, it might be depression. Talk to a doctor if these feelings persist.

To make sure that you do not let aging get the best of you, it is important that you stay in good shape. Your body is going to start experiencing more

physical problems if you never exercise. This does not mean you have to do high intensity aerobics, just try taking a walk each day.

Include more fiber in your diet by including more whole grains and vegetables as you become older.

Your digestive system becomes more sensitive as you age, so it is important to make sure that the foods you eat are easily digested. Keeping your digestive system in good working order can prevent many health problems.

Do not let others make you feel as if you are less of a person now than you were in your youth. Though you may require more care from others than you used to, you are just as important!



Stay at Home, Heal at Home

We're teamed with Transitions Home Health to bring healthcare to our residents

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