

The Wellington News

MAY
2020

Assisted Living • Respite Care Services

At press time, ALL VISITATION IS RESTRICTED for the protection of residents' health.

Show Me the Science – Hand Washing

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. The CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Hands could become recontaminated if placed in a basin of standing water that has been contaminated through previous use, clean running water should be used.

Turning off the faucet after wetting hands saves water, and there is little evidence that proves whether a significant numbers of germs are transferred between hands and the faucet.

Using soap to wash hands is more effective than using water alone because the surfactants in soap lift soil and microbes from skin, and people tend to scrub hands more thoroughly when using soap, which further removes germs.

Lather your hands by rubbing

them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Lathering and scrubbing hands creates friction, which helps lift dirt, grease, and microbes from skin.

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice. Evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods.

Source: cdc.gov

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Mandy Schulist, Administrator

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WellingtonPlaceBiron.org

WE ACCEPT CREDIT CARDS

Recognizing Our Amazing Nurses National Nurses Week: May 6-12

National Nurses Week is a wonderful opportunity to honor the “Mother of Nursing,” Florence Nightingale, and all the dedicated, compassionate nurses who have followed in her footsteps.

In 1854, Florence and a group of nurses provided care to wounded soldiers during the Crimean War. After the war she established nursing education programs.

Nurses have always been involved in patient care, and this is especially evident during times of crisis. Only about 20,000 men and women nurses served during the Civil War, but each successive war

created greater demand for nurses. By the end of WWII, more than 78,000 nurses had served. Today, all nurses are once again on the front line to serve and protect their communities in the current COVID-19 healthcare crisis.

From all of our community staff, we want to recognize and honor the dedication of nurses, who work selflessly day and night to help, heal, and care for our residents. Thank you.



Uplifting Conversation

Looking for uplifting, fun conversation starters for your family of loved ones? Ask each member of your family one of the questions below each day to learn something new about each other. Ask everyone to answer and then discuss/explain his/her answer. Encourage each member to think of a new question to add to the list, so that you can keep the conversation going! Remember be creative and have fun!

Here are sample questions to get you started:

- What song best describes you? Substitute song for dessert, vacation, mammal, bird, flower, etc.
- If you were to create your own ice cream flavor what would it be?
- What would your favorite sandwich contain?
- If you could choose any profession what would it be?

WiCAL

Wisconsin Center for Assisted Living

 **Dementia-Capable
WISCONSIN**

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Benefits of Mindfulness and Meditation

How do you practice mindfulness? Here are a few easy steps to follow:

1. **Pay attention to your environment and your senses.** Touch, sound, smell, sight and taste can be tuned in to with focus. For example, take time to feel the softness of a favorite blanket, savor the taste of delicious food, enjoy the sound of a relaxing melody or birds chirping outside. Be present in the moment, and push aside the intrusive stressful things you cannot control.
2. **Accept yourself.** Give yourself the love, appreciation and forgiveness you usually save for your closest friend. Dedicate some time to admiring yourself as you are.
3. **Focus on your breathing.** Take a deep breath and close your eyes. Focus on your breath moving oxygen into your lungs, and then out, taking your stress with it. Any amount of time doing this can help, even if it's only a few minutes.

Using meditation, breathing and visualization techniques has shown great benefits! The overall evidence based on clinical trials supports the effectiveness of mindful meditation to relieve stress, depression, anxiety and even high blood pressure. **Other benefits of meditation may include:**

- **Relaxing the body and mind**
- **Overcoming emotional problems**
- **Tuning into creative inspiration for artistic expression**



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