



The Wellington News

JULY
2018

Assisted Living • Respite Care Services

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at Biron*

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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.

July is UV Safety Month: Five Ways To Protect Yourself From UV Rays

Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. To protect yourself from UV rays, you may lower your risk for skin cancer by following these five steps:

1. Avoid Direct Sun Exposure:

Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours. Also, be aware that sand and snow reflect sunlight, so if you're at the beach or a ski resort, direct sunlight can bombard you from every direction with UV rays.

2. Cover Yourself: When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable.

This will guard your neck and cheeks from dangerous prolonged exposure. Also note that dry, dark-colored garments offer the best protection.

3. Use Sunscreen Properly: You should always use sunscreen when enduring prolonged exposure in the

...continued on back



WALA Means Better Care

You may have noticed the Wisconsin Assisted Living Association (WALA) logo on top of our newsletter. This shows that we're members of an organization whose mission is to support providers like us to enhance the quality of care and the quality of life we provide to residents living in our home. WALA's support includes advocacy, education, communication and quality initiatives.

Not all assisted living communities belong to WALA or take these extra steps to ensure quality of care. Our status as an active member of WALA is important to you or your loved one because it's an extra layer of accountability and professionalism that positively affects the job we do every day of caring for seniors. It means you can have an even higher level of confidence in the care we provide and the exceptional living experience you'll find at our home. To learn more about WALA, visit www.ewala.org.

July 30th is International Day of Friendship

Our emotions are reflected in our body language, and our state of mind can change by changing our physical state. When we demonstrate a happy, engaging attitude, we help to improve the moods and relationships of those around us.

By listening, we make the other person feel important. Are we always talking about our own life, or do we also listen to others? Listening is the best way to make your friends happy. We also can help them feel content and relieved. Listen carefully, and your friends will be thankful that someone heard them out without interruption. You will also ensure a stronger friendship.

Give and you shall receive. Apply this law in your life to friends and family. You can make them happy by telling them about how much you appreciate their friendship.

Listening to your friends, keeping a positive state of mind in their company, and appreciating their conversations will result in happy friendships.

WiCAL

Wisconsin Center for Assisted Living

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Craft Ideas for Independence Day

Pinwheel - Nothing shouts "Happy 4th" like a pinwheel! To make them, simply fold a piece of paper into a star shape. You will want to create a center section that will allow you to place a push pin through it. Color the paper red, white and blue. You'll need two squares to work with. Place the two sheets together. Then, cut the first sheet from the corners towards the middle about half way. Fold the corners to the middle, secure with push pin around a pencil at the back.

Flags - Flags are the most traditional of ways to celebrate the 4th. For a simple design, color a picture of the flag on a piece of paper. Then, attach one side of the flag to a popsicle stick for a pole and you will have a great looking flag to wave!

Stars - Another great way to show your pride is with stars. Decorate paper stars on the front and the back in a wide range of designs. Anything goes! Red, white and blue work best. Then, place a small hole through the top of each and string them together. You can hang these at your 4th of July celebration for a great way to celebrate. It makes a great decoration for around the table too.

'UV Rays' ...continued

sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns. However, sunscreen does not offer "bulletproof" protection, and UV rays can penetrate water, so just because you feel "cool" in the water doesn't mean you're protected from sunburn.

4. Use Sunglasses That Block UV Rays: Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection. UV rays are blocked by a chemical applied to the lenses.

5. Stay Away From Tanning Beds: It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase your risk of developing skin cancer in

the long-term. Health professionals advise their patients to avoid them.

By implementing these five steps in your daily routine, you can significantly decrease your risk of developing skin cancer, while maintaining a healthy lifestyle that allows for proper exposure to the sun. Another important step in prevention of skin cancer is routine examination by a doctor. If skin cancer is detected early, then your odds of survival are markedly increased.

Free CNA Training Available Limited Time Opportunity

Certified Nursing Assistants (CNAs) continue to be in high-demand in Wisconsin. Start your healthcare career today by becoming a CNA through DHS' WisCaregiver Career Program which offers free training and testing. Visit bit.ly/wiscaregiver for more information and to sign up today.

Stay at Home, Heal at Home

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

Reduces travels, so it's easier on patients. Convenient, quality medical care for residents in the comfort of their home with us. RNs, therapists, and health aides provide quality healthcare after surgery, illness, or injury. Transitions can provide care in your home too!

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