

# The Wellington News

APRIL  
2019

Assisted Living • Respite Care Services

## April 17th is Haiku Day

What is a haiku? A haiku is traditionally a non-rhyming three-line poem of Japanese origin that offers a way of looking at the physical world. The origins of haiku can be traced back to the ninth century. The haiku consists of three lines with a five-seven-five syllable structure using sensory language to gain inspiration.

Here is a simple Easter haiku:

*Easter Bunny fun*

*Hides rainbow eggs out of sight*

*Children run to find*

Clapping out each word's syllables makes them easier to count when creating your poem. Haikus can be a fun and fast alternative to writing a longer poem.



## Volunteer Appreciation Week is April 7th – 13th

Do you know that recent studies have shown that more than 40% of those aged 60 and over have volunteered in some way in the previous year? And most of those folks would give more of their time to volunteer efforts if they were asked.

- Help others
- Use our skills, wisdom, abilities, and knowledge in new and meaningful ways
- Enrich the lives of others
- Cultivate new social networks
- Learn new things
- Make the community and the world a better place
- Feel good about the ways we are using our time

Volunteering is an incredibly fulfilling activity and can give new meaning to our lives. Perhaps this is one of the reasons so many retirees find such great joy in volunteering. When we leave a career, we sometimes need a new enterprise to give us a sense of meaning in life. Finding a new sense of meaning and purpose is one of the major factors in aging successfully.

Volunteering in the community gives us many new opportunities, including the opportunity to:

Everyone should consider finding an organization or a volunteering activity that is the best match for his or her skills and interests. No activity gives such a sense of purpose and is more appreciated than volunteering.

**Contact our community today to learn more about our volunteer opportunities.**

## 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](http://WellingtonPlaceBiron.org)

WE ACCEPT CREDIT CARDS

DONATE SAFELY AND EASILY ONLINE:

**[WellingtonPlaceBiron.org/Donate](http://WellingtonPlaceBiron.org/Donate)**



# April is Stress Awareness Month

Everyone needs successful stress management techniques. Try any of these easy-to-learn and easy-to-implement tips:

**1. Copy good stress managers.** Have you noticed there are some people who always appear calm in stressful situations? Ask them how they keep calm and work on implementing those methods.

**2. Stress is contagious.** Protect yourself from stress by recognizing stress in others and limiting your contact with them.

**3. Use deep breathing.** You can trick your body into relaxing by using deep breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11.

**4. Stop stress thought-trains.** It is possible to tangle yourself up in a stress knot all by yourself. "If this happens, then that might happen and then we're all up the creek!" Most of these things never happen, so why waste all that energy worrying needlessly?

**5. Know your stress hot spots and trigger points.** Make your own list of stress trigger points or hot spots. Knowing what causes you stress is powerful information, as you can take action to make it less stressful.

**6. Eat, drink, sleep and be merry!** Lack of sleep, poor diet and no exercise wreaks havoc on our body and mind.

# WiCAL

Wisconsin Center for Assisted Living

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## Easter Around the Globe

In America, we have the traditions of the Easter Bunny, Easter Tree, baskets full of candy and hidden eggs. What about other nations?

Scottish children hard boil eggs and paint them on Easter Saturday. On Easter Sunday, they take the eggs to the top of a tall hill and have a race to see whose egg would get to the bottom first.

Hungarian kids trade hard boiled eggs and then see who can be the first to throw a coin into the egg. It must stay in the egg and not just chip off the side of the shell. Pennies and dimes work the best.

Bulgarians crack eggs after midnight on Easter Sunday. The first one is cracked against the church wall, then everyone chooses their own egg. Each egg is cracked against

another person's egg and the one left with an unbroken egg will receive a year of good luck.

The Greeks have a unique tradition. Everyone gathers at the midnight service and all the lights in the church are turned off. A priest comes in the church doors with a lighted candle and goes to the front pew and lights one person's candle. In turn, this one candle lights another until the rest of the candles in the church are lit. This represents the Light of the Resurrection and everyone receives it.

There are many more traditions, but most of them are similar in honoring the resurrection of Christ and celebrating his return to heaven.



## Construction Update

### Watch Our Progress

During April and May, you'll see remodeling and minor construction at Wellington Place. These plans won't displace residents and we're planning carefully to minimize any inconvenience. In addition to some exterior improvements, expect to see:

- New front doors installed
- An updated kitchen installed including new flooring cabinets & more
- Office upgrades including new flooring and paint
- Dining room remodel including new flooring
- New paint in library, lounge, dining room and family rooms

### Stay tuned for updates!

## Home Health Available to Residents

We've teamed up with Transitions At Home for convenient, quality in-home medical care at Wellington Place. RNs, therapists and health aides provide quality care after surgery, illness or injury.

Transitions can provide care in your home too.  
Call for a free, in-home consultation.



715.544.2322 [TransitionsHealth.org](http://TransitionsHealth.org)

Serving central & southern WI. Transitions At Home is a non-profit WISH agency.

