

Please check our website or call for updated information about our visitation policy.

## Enhance Your Hydration & Signs of Dehydration

**Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older.** For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body will prevent you from getting dehydrated.

### Signs of dehydration include:

- Fatigue
- Dry mouth or lips
- Cramps/constipation
- Headache/dizziness
- Stiff joints/muscle weakness
- Dark/odorous urine

### Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Keep a hydration log where you can easily update it

- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a water bottle with you, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



## Wellington Place at Biron

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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

## Celebrate Fathers on Sunday, June 20

On Father's Day, we celebrate the special guys in our lives. Not just fathers, but all the men who have made a positive impact on our life.

A number of recent studies shine light on the positive effects of good fathering. Men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home.

Reach out via phone, text, video chat, or safe visit to your dad or father figure on Sunday, June 20 and let him know what a difference he has made in your life.



## Sudoku

5			4		8	6		
		7	1	5			9	3
	8	2	7	9		4	5	1
7	2	3	6	1		5		
	6					7	1	
	5	1					6	2
	3	6				1	8	5
	7	5			1			6
1	9	8		6				4

## Memory Jars

Instead of keeping a journal or starting a scrap book, a memory jar is an alternative way to record summer nostalgia. If all the memories will not fit into one jar, you may want to make several for special days or outings that happened during the summer.



You will need a large clear glass jar with a lid. Collect small mementos or other meaningful objects that will fit inside a jar. The options are really only limited to your imagination.

# WiCAL

Wisconsin Center for Assisted Living

Dementia-Capable  
WISCONSIN

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## June is Men's Health Month

There are common men's health problems that are treatable if caught early enough, but can be permanently debilitating or even fatal if they are not detected until after symptoms make themselves known. Prostate cancer is the most common cancer, excluding skin cancers, in American men. As



Americans continue to live longer lives, the overall impact of prostate cancer is becoming more prevalent. Fortunately, prostate cancer may be easily treated if it is detected early. For this reason, it is very important that men over the age of forty receive annual prostate examinations.

Prostate cancer symptoms may include, but are not limited to:

- Increase in urination frequency, especially at night
- Difficulty in starting urination, with painful or burning sensation
- Painful emission
- Blood in urine
- Pain or stiffness in the back, hips, or upper thighs

If you have one or a combination of any of the symptoms listed above, schedule an appointment with your physician as soon as possible.

## FREE CNA Classes

Call our Administrator or  
HR Dept to get started today.



**JUNE 21-25, 8a-4:30p**

Free 16-hour online course plus free 59-hour in-person or zoom class needed to test for your nurses aide certification (75 hours total). 17+ may apply. Employment commitment required.

**DONATE SAFELY AND EASILY ONLINE:**

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

