

The Wellington News

APRIL
2021

Assisted Living • Respite Care Services

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

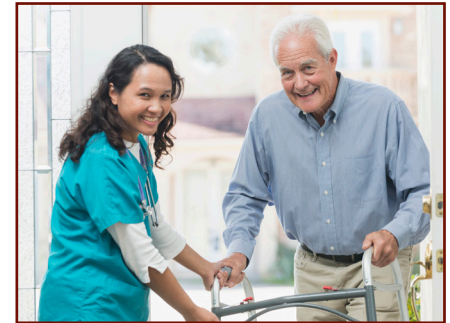
Masks Are Still Needed



Even if you've been vaccinated, wearing a mask is still necessary. Experts have not determined when masks will no longer be required. To protect yourself and others, continue to wear your mask, social distance and wash hands often. **More FAQs on the COVID-19 vaccine can be found here:** bit.ly/391gem0

April is Occupational Therapy Month

Since 1980, the American Occupational Therapy Association (AOTA) has celebrated National Occupational Therapy Month and the +213,000 occupational therapists, occupational therapy assistants, and students who work nationwide to create fuller lives for clients and their families.



Occupational therapy practitioners enable people of all ages to live life to its fullest by helping promote health, and prevent or cope with injury, illness, or disability. These services can include:

- Offering ways to resume independence in bathing, dressing, and cooking a meal to seniors who are recovering from a stroke.
- Helping seniors recovering from injury to regain skills necessary to return home.
- Evaluating seniors' homes to promote safety and prevent falls.

Source: aota.org

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

WE ACCEPT CREDIT CARDS

Help Stop the Pandemic by Getting Vaccinated



Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. COVID-19 vaccination is an important tool to help us get back to normal.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 just after vaccination. This is because the vaccine has not had enough time to provide protection.



Celebrate World Art Day on April 15

World Art Day is an international celebration of the fine arts, which was declared by the International Association of Art (IAA/AIAP) to promote awareness of creative activity worldwide. The first World Art Day was held on April 15, 2012, a date chosen in honor of Leonardo da Vinci's birthday. In the United States, World Art Day was officially held for the first time in the City of Los Angeles on April 15, 2015.

Help up celebrate World Art Day by creating something in your favorite medium, whether it is painting, drawing, music, crafts, or however you want to be creative!

WiCAL

Wisconsin Center for Assisted Living

Dementia-Capable
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Healthy Ways to Cope with Stress



Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient.

Here are some healthy ways to deal with stress:

- Consider limiting news to just a couple times a day and disconnecting from your phone, TV, and computers for a while.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer, other health screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community or faith-based organizations.

WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

ARTIST	JELLY
AWARENESS	PEANUT BUTTER
CLASSIC	RECYCLE
COPE	SHAKESPEARE
EARTH	STRESS
EASTER	THERAPY
EGG	VACCINE
ENVIRONMENT	

C	C	L	A	S	S	I	C	A	O	A	B	C	B	E
J	O	V	F	V	E	Z	M	M	P	Z	F	T	S	P
I	D	A	H	Z	A	B	C	B	C	P	E	B	A	R
U	O	R	R	B	R	C	S	A	P	N	N	S	U	R
R	I	T	E	P	T	S	C	Z	E	S	V	P	E	D
A	F	I	C	B	H	H	J	I	A	U	I	I	L	U
W	H	S	Y	C	O	A	E	U	N	O	R	Y	S	J
A	M	T	C	T	T	K	L	T	U	E	O	Y	T	A
R	A	U	L	N	H	E	L	L	T	H	N	U	R	F
E	E	Z	E	T	E	S	Y	S	B	Z	M	I	E	X
N	K	E	B	E	R	P	A	B	U	A	E	I	S	T
E	U	G	A	I	A	E	J	M	T	S	N	Q	S	E
S	S	G	T	Z	P	A	G	K	T	Z	T	U	P	T
S	J	W	W	X	Y	R	O	I	E	A	H	O	V	Z
F	H	U	Z	C	I	E	V	E	R	C	C	U	C	J

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