

The Wellington News

Assisted Living • Home Health & Rehab Therapy • Respite Care

Seniors Benefit From Home Health Care

Home health care is a growing service for seniors and those in assisted living communities, delivering necessary medical care and rehab therapies without the need for transport to a doctor's office or hospital.

Here's a quick list of home health care benefits:

Skilled care. Skilled medical care can be received at home by supervised, licensed nurses. This can help ensure that you or your loved one's complex medical needs are met without leaving home.

Nutrition support. Many seniors, especially those with chronic conditions, don't get the nutrition they need. Nutritional counseling can help protect against malnutrition.

Medication management. Multiple prescriptions can be confusing. Home health care professionals can ensure the right meds are taken at the right times to help control health conditions

Better health. Research also shows that health outcomes are comparable or better with fewer complications when home care is provided to those with chronic conditions such as pneumonia, diabetes or COPD.

Cost-effective, quality care. The average cost of home health care is significantly lower than hospital or nursing home costs and is often covered by insurance.

Transitions At Home

provides home health care here at our facility and is available for services in your home as well. They are dedicated to providing quality care, safety and well-being for patients.



Their team of health care professionals promote compassion, comfort, dignity, quality and respect. Home health services include physical therapies, blood pressure checks, diabetic and other pain management, IV therapy, wound care, catheter and ostomy care, lab draws, medication management, nutritional and safety assistance and more.

Personal care services include meal prep, dressing and grooming, light housekeeping and laundry, errands, medication reminders, companionship, transportation to appointments and more.

Transitions At Home serves 10 counties in south Wisconsin. Call for a FREE in-home consultation: 262-723-2700.

Wellington Place at Fort Atkinson

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Amy Phillips, 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.



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WellingtonPlaceFortAtkinson.org

WE ACCEPT CREDIT CARDS





The National Center for Assisted Living (NCAL) has selected **“A Spark of Creativity”** as the 2019 theme for National Assisted Living Week®.

This theme hopes to inspire residents to tap into their creative side, whether through the arts or beyond. Specifically, residents should explore art therapy as it can offer many benefits to older adults, such as improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress, according to the American Art Therapy Association.

Additionally, the theme aims to inspire assisted living staff to get creative in order to further person-centered care to residents.

For more information, please visit www.nalw.org.

September 21 is World Gratitude Day: *The Gratitude Attitude*

Gratitude is one of the most powerful forces in the universe. It may not look as good as money, a fancy car or the latest makeover – in fact, you can’t see it at all – but gratitude has more power to change your life than all these material things put together.

The dictionary tells us that gratitude is **“the expression of gratefulness and thanks,”** but this doesn’t begin to convey its real effect. Listed below are simple ways to make the Gratitude Attitude an essential part of your life.

Create a “Thank Bank.” A Thank Bank is simply a place where you can jot down all the things that you are grateful for in your life. You can split the bank into different accounts such as Family, Surroundings, and Work, and then simply start writing out your thanks until you stop. Put your list somewhere safe, so you can reference it easily when you need something positive to uplift your mood.

Show gratitude quietly. Don’t turn gratitude into a promotional or motivational tool. Too much thanks is as ineffective as too little. Instead, express your

thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren’t bought at shops: a bit of your time, a sacrifice or something valuable to you.

Always replace the 3Cs with the 3As. If you work or manage others, and sometimes feel the need to use one of the 3Cs: complaining, condemning, and criticizing – replace them with the 3As of accepting, acknowledging, and appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

There’s nothing complicated about gratitude. It’s something we can all do. Unfortunately, more often than not, we tend to focus on negative things, and we take the wonderful things for granted.



Wisconsin Center for Assisted Living

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