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## Happy Birthday!

February 8 <sup>th</sup>	Shirley B. 88 years
February 17 <sup>th</sup>	Marjean K. 84 years
February 24 <sup>th</sup>	Monica R. 50 years

## Welcome!

Donna G.

## Wellington Place at Hartford

615 Hilldale Drive  
Hartford, WI 53027

[www.wellingtonplacehartford.org](http://www.wellingtonplacehartford.org)  
Monica Rakowski, Administrator



@ Wellington Place-Hartford

Wellington Place at Hartford is a non-profit 501(c)(3) 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.

# February is American Heart Month: 10 Tips for Healthy Heart

## How can you help your heart stay healthier longer?

**1. Fill up on fiber.** Not only does fiber help lower levels of LDL (“bad”) cholesterol, it can aid weight management. Two-thirds of Americans are on the heavy side, but only half get enough fiber. Top sources include oats, beans, raspberries, blackberries, oranges and green peas.

**2. Go bananas.** 99% of women and 90% of men don’t get enough potassium in their diet, which is responsible for regulating the fluid in our cells. Too much sodium and too little potassium is a recipe for high blood pressure. Strike a healthier balance by cutting back on salt and increasing potassium intake with bananas, broccoli and kiwi.

**3. Say “no” to that extra cup of caffeinated joe.** Four or more cups of daily coffee could elevate blood levels of homocysteine, an amino acid associated with increased risk of cardiovascular disease.

**4. “Beet” heart disease.** Beets contain the antioxidant betanin, which can help



keep LDL cholesterol from clogging your arteries. Beets, spinach, broccoli, and papaya are also good source of folic acid, which helps to break down that heart-hurting homocysteine.

**5. Become a better listener.** Researchers have found that people with “dominant personalities” had a 47 percent higher risk of heart disease when compared to their more patient, passive peers.

**6. The “L” word your heart truly longs for: lycopene.** This heart-healthy phytonutrient is found in tomatoes, watermelon and pink grapefruit. It may help lower cholesterol levels and reduce inflammation.

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## 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!

**262-723-2700**  
[www.TransitionsHealth.org](http://www.TransitionsHealth.org)



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## Easy Heart Healthy Exercises

Exercise is a very important part of healthy heart care. The following movements may help your heart and lower your stress levels.

- Sit in a comfortable chair and loosen your clothing for comfort.
- Start with your feet and ankles; gently rotate each ankle counterclockwise and then clockwise five to 10 times in each direction.
- Next work your legs; raise them up together and hold for 20 seconds before lowering. Repeat 10 times. Then, slowly raise your arms over your head and back down. Repeat 10 times.
- Lastly, slowly tilt your head back and forth, side-to-side 10 times.

# WiCAL

Wisconsin Center for Assisted Living

## Your Wellington Staff

Office Hours: 8:00 AM to 5:00 PM

Visiting Hours 8:00 AM to 8:00 PM

Monica Rakowski	Administrator
Angie Reynolds-Klick	Care Coordinator
Heather King	Team Leader
Catherine Marx	Activity Coordinator
Christian Walding	CNA-1st shift
Veronica Tetric	CNA-1st Shift
Vanessa Damian	CNA-1st Shift
Miranda Gall	CNA-2ndshift
Alanna Hagen	RA-2nd shift
Natasha Becker	CNA 2nd shift
Salina Damian	RA 2nd shift
Taylor Mangan	RA 2nd shift
Andrea Kuslits	RA-NOC shift
Tiffany Tetric	CNA-NOC shift
Gina VandeBoom	Cook/CNA
Barbro Vincent	CNA/DA
Katie Marschner	DA/Housekeeping
Kathleen Lechner	Housekeeping

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# Random Acts of Kindness Week

National Random Act of Kindness Week is February 11-17. Here are some ideas of easy ways you can make a big difference to others. By doing something each day or each week, you can spread kindness all year long.



- Write a note of appreciation to someone.
- Put money in someone's expired parking meter.
- Walk a friend's dog while they're at work.
- Give a hug to your local assisted living administrator.
- Give a huge tip to someone when they least expect it.
- Compliment a co-worker on the job they're doing.
- Shovel someone's walk or take their trash out.
- Write encouraging letters to deployed soldiers.
- Tell family and friends how much you appreciate them.
- Send a thank you note to a person who has helped you.
- Sign up on Amazon Smile so each purchase you make benefits a non-profit.
- Pay for a stranger's coffee.
- Offer a kind word and a smile.

There are so many little things that you can do to help others. Take the opportunity today to make a difference. Remember that a few seconds of your time could mean the world to someone else.

## 'Healthy Heart'

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### 7. Choose healthy fats.

Monounsaturated fats (think olive oil, avocado, nuts), when used in place of saturated fats (think butter, bacon, beef), help lower cholesterol. Another healthy fat – omega-3 – helps reduce inflammation. Omega-3 sources include wild salmon, walnuts and flaxseed.

**8. Don't turn breakfast into breakfast.** While skipping breakfast actually lowers your metabolism, going overboard is no better. Skip the flapjacks and opt for something lighter.

**9. Ode to soy.** Twenty-five grams of soy protein per day may help to lower

cholesterol, according to the American Heart Association. Soy's other heart-healthy nutrients include folic acid and magnesium (which helps maintain normal blood pressure). Soymilk, edamame, tofu and soynuts are just some of the many ways to enjoy soy.

### 10. Go for a raise in HDL cholesterol.

Higher levels of "good" cholesterol can be almost as important as low levels of LDL cholesterol to keep cardiovascular disease at bay. In addition to exercise, quitting smoking and limiting trans fats, studies have shown drinking cranberry juice could help boost HDL levels.