



# Learning the Rewards of Reading



## Happy Birthday!

August 9th Carol.G  
77 Years old

August 19th Harry.M  
85 Years old

## Welcome Home!

Therese C. moved in on Monday, July 10th. Please welcome her to Wellington Place of Hartford.

## Wellington Place at Hartford

615 Hilldale Drive  
Hartford, WI 53027

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.

**What have you been reading lately? When was the last time you read a book? Are you an avid reader?** In a group setting, you can usually tell who the avid readers are. Avid readers often win the admiration, respect, and good opinion of others.

**Reading expands the mind.** Many people consider reading as one of the most satisfying pastimes.

**Reading is primarily a mental activity.** We read with our mind and use our imagination to paint the setting of the book, while recreating the joy and pain that the main characters experience as the story unfolds. We bring into play the different arguments and ideas brought up by the author.

**To read effectively, reading helps you develop a wide vocabulary through extensive reading.** A skillful reader has a wide recognition vocabulary. He or she may not know exactly what every word means, but will have a good general idea of the



meaning of the sentence.

**Reading makes you alert and curious about new words.** Some readers develop the dictionary habit. Every time they come across a strange word, they try to figure out what it can possibly mean by the context. If they cannot do this, they refer to the dictionary.

**Likewise, reading develops intellectual curiosity by exposing you to a variety of materials.** You learn to read by reading books of increasing difficulty and variety. As in other forms of activity, you learn by actually doing.

...continued on back

## National Senior Citizens Day

August 21 is National Senior Citizens Day - a day to honor and show appreciation to our seniors for their life experience, wisdom, accomplishments, and their continued value in our communities. Celebrate seniors and show your support by spending time with elderly family members or friends, or by volunteering at a local retirement or assisted living center. In honor of seniors every day, we strive to provide a compassionate, caring, and friendly home where seniors keep their independence, but have assistance when they need it.

# 'Reading'

*...continued*

**Reading trains you to have an active and open mind.** Merely grasping the writer's idea is not enough. You must make a positive response to what you read.

Be an active, not passive, reader. Develop the habit of drawing your own conclusions, the habit of active thinking, of agreeing or disagreeing with the author. Keep your mind open; understand and weigh the ideas that you read. A practical part of active reading is comprehension and conclusions.

# Beach Party Highlight



The Residents had a great time at the beach party on June 16th.



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*  
Catherine Marx *Activity Coordinator*  
Heather King *Team Leader*

Christian Walding *C.N.A.-1st shift*  
Miranda Gall *C.N.A.-1st shift*  
Brittany Huss *R.A.-1st shift*  
Kathleen Mavis *R.A.-1st shift*  
Stacey Mossman *R.A.-2nd shift*

Sandra Meraz *R.A.-2nd shift*  
Martha Limones *R.A.-2nd shift*  
Meghan Zapfel *C.N.A.-2nd shift*  
Alanna Hagen *R.A.-2nd Shift*  
Ashely Patton *R.A.-2nd shift*

Andrea Kulitis *R.A.-3rd shift*  
Tiffany Tetrick *C.N.A. - 3rd shift*

Gina VandeBoom *Cook/C.N.A*  
Barbro Vincent *C.N.A./D.A*  
Kathleen Lechner *Housekeeping*  
Katie Marschner *Dietary/Housekeeping*

Newsletter Production by PorterOneDesign.com

## Healthy Living with Peaches

Peaches are a great source of carbohydrates, protein, dietary fiber, vitamin C and vitamin A. They have a good amount of boron which encourages the estrogen level in postmenopausal women, which is a great benefit for women. They can also stimulate your brain and prevent the chances of osteoporosis. Peaches are also known to lower your blood pressure.

Peaches are very useful for digestion due to their alkaline content. They are a good source of dietary fiber which works well for constipation problems. It can help to prevent hemorrhoids. They also recharge your immune system which can aid in preventing many diseases including shingles.

Peaches are rich in potassium, sodium and calcium, which can provide a good complexion. With an 88% water content they are known to be thirst-quenchers.

Peaches also contain a good amount of carbohydrates which have the ever essential phytonutrients (plant-based nutrients), anti-oxidants and carotenoids. The presence of carotenoids means it can be very useful for your eyes. The lutein and zeaxanthin filter present in peaches can help protect your eyes as well. The anti-oxidants and nectarines can help you fight diseases which are related to aging. So, enjoy a peach and feel great in the knowledge that you are helping to keep your body healthy.

## ♪ Live Music ♪

*Come join us on August 18th at 2pm for LIVE music performed by Bill Hill. We hope to see you there!*