



## Hospice in Assisted Living is a Better Way

**Wellington Place offers more services than ever, which means seniors can stay with us longer while receiving increasing levels of care and even hospice services. In fact, these days, seniors can often live out their lives in the community they've chosen to call home without having to transfer to a hospital or other location.**

When people think about hospice, they often think of it as a place where a patient goes, but it's really defined more by the service provided than by the location.

While hospice facilities do exist, they are rare, and most patients prefer to spend their final days being cared for in the place they call home surrounded by people they trust.

Hospice services are available at Wellington Place by hospice nurses who come into our facility. They

provide equipment, medication, and care to ease pain while bringing dignity and comfort at end-of-life. They also provide education, emotional support, and counseling to patients and families. Some hospice providers even offer music therapy and massage to maximize a patient's comfort.

According to the Assisted Living Federation of America, about one-third of assisted living residents receive end-of-life care within the assisted living community they call home, and many benefits come from aging in place through this end-of-life stage.

Hospice patients experience less stress and trauma if a transfer to a hospital can be avoided. Families report less stress overall and can focus on quality time with their loved one. And combining the care of the assisted living staff with the support of a hospice nurse means the patient has round-the-clock care. It can be difficult for families to provide that kind of care at home, and many patients who receive hospice within their family home will end up in a hospital due to the intense level of care needed.

Other services you can expect from hospice care within assisted living:

- Medical supplies and equipment
- Medication management
- Comfort plans
- Education for families
- Spiritual support
- Grief support for families



- Nurse on-call
- Support of community staff
- CNA care and support

We welcome and will work as a team with the hospice provider chosen by a patient or family, or we can give you a list of trusted agencies with whom we've worked in the past.

For more information on hospice care at Wellington Place, please call us.



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### Wellington Meadows

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Jennifer Weltzin, Administrator

Wellington Meadows 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.



## A Summer Garden for the Birds

There are many reasons to create a summer garden the best however, as most gardeners are well aware is for your personal enjoyment. For bird lovers everywhere it is quite possible to have a fabulous summer garden that appeals to the bird lover. There are several ways this goal may be accomplished. First of all birds like water. They need water to drink, but they actually enjoy playing in it too. Some excellent choices would be a water fountain, a goldfish pond, or a waterfall. Another way to attract birds to your summer garden is by creating an environment in which they feel safe and at home. Plant trees that these birds favor for building nests or place birdhouses in your garden that will provide a great potential home for these birds to make their own. Attract more birds by filling bird feeders regularly. The steps above will help make your garden an attractive place to favorite birds to play and build their homes. Incorporate them all into your summer garden for best results and the opportunity to live in harmony with the birds you enjoy watching.

# WiCAL

Wisconsin Center for Assisted Living

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# Favorite Foods for 4th of July

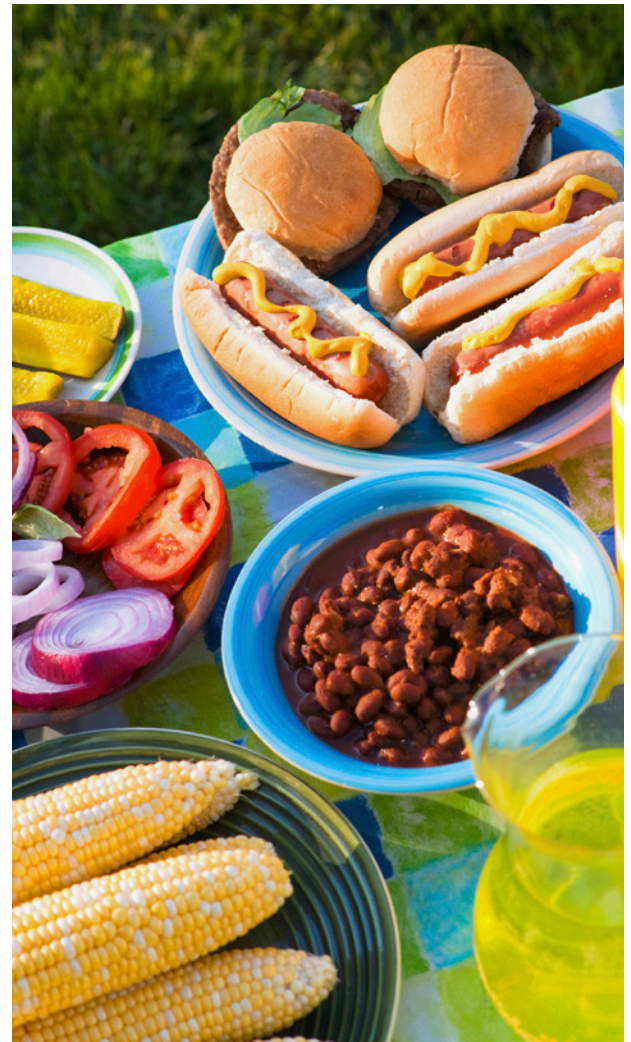
The Fourth of July has become synonymous with barbecues and picnics because it's a perfect time for family and friends to bond and celebrate the freedom the fourth of July represents to our nation. There are lots of traditional foods that are prepared during Independence Day gatherings. It may vary from family to family, but one thing is for sure, each food served at Fourth of July gatherings symbolizes patriotism and love of the country. Here are some examples of favorite July 4th foods:

**Hamburgers or hot dogs** are somewhat staples of any picnic or barbecue that has become part and parcel of the celebrations of Independence

Day. Hamburgers and hotdogs can be easily grilled outdoors while everyone waits for the fireworks display to begin.

**Corn on the cob** can be boiled or grilled. If you want you can spread some butter or margarine on the corn before you eat it.

**Fried chicken** is one of the ageless dishes that is served in celebration of the Fourth of July. There are lots of recipes on how to prepare fried chicken. Or if you are looking to save time, you can always serve fast-food fried chicken. This all-American dish evolved from fricassee that was eaten in the southern states in the middle and late 18th century.



**Vanilla ice cream on top of apple pie** is one of the classic desserts for Fourth of July celebrations. Family members anticipate this classic dessert after a hearty meal.

The final call on the dishes to serve during Independence Day is really your preference. There are a lot of dishes that are worthy to celebrate the patriotism and the gallantry of our forefathers. The important thing is that you are with family and friends celebrating this momentous occasion that defined what America truly stands for, which is liberty and freedom.