

Assisted Living • Respite Care Services

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

## Overcome Your Winter Blues

**Did you know... 50 to 60 percent of Americans are affected by winter blues?**

This loss of happiness is known as Seasonal Affective Disorder (SAD). There is a broad spectrum of symptoms that can be attributes to the shift in attitude that may

include restlessness, insomnia, weight gain, and sadness.

Here are a few things you can do to help overcome winter blues:

- Stick to a daily routine
- Go to bed on time
- Eat healthier foods
- Call, visit, video-chat with loved ones
- Add some flowers or plants to your space
- Make a list of daily tasks to accomplish and check things off as you complete them
- Save challenging projects for when you are feeling the most energized and happy
- Go for a walk or enjoy some light exercise
- Relax with meditation, massage, light music
- Drink plenty of water
- Laugh with friends and family often



### Wellington Place at Biron

1661 South Biron Drive  
Wisconsin Rapids, WI 54494  
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Mandy Schulist, Administrator  
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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](http://WellingtonPlaceBiron.org)

WE ACCEPT CREDIT CARDS

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

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

### WORD LIST

- CANDY CANE
- CHEER
- COOKIES
- FAMILY
- GIFTS
- GINGERBREAD
- HOLIDAY
- LOVE
- MERRY
- MISTLETOE
- SKI
- SNOW
- TOGETHER
- TRADITION
- WINTER

# Keep Active In The Winter Tips

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

**Yoga or Pilates:** Taking a yoga or pilates class online or in-person will help you connect with others, keep you moving and even tone up your muscles!

**Start or Join Book Club:** Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

**Go for a Walk:** Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

**Weekly Meeting with Friends:** Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well.

**Play a Game:** Organize a game of balloon volleyball, noodle ball, or hallway bowling with a handful or friends. Play an interactive video game on a Nintendo Wii or Switch. Immerse yourself in an afternoon or virtual fishing, tennis, darts, or bowling with friends or family every week and stay moving.

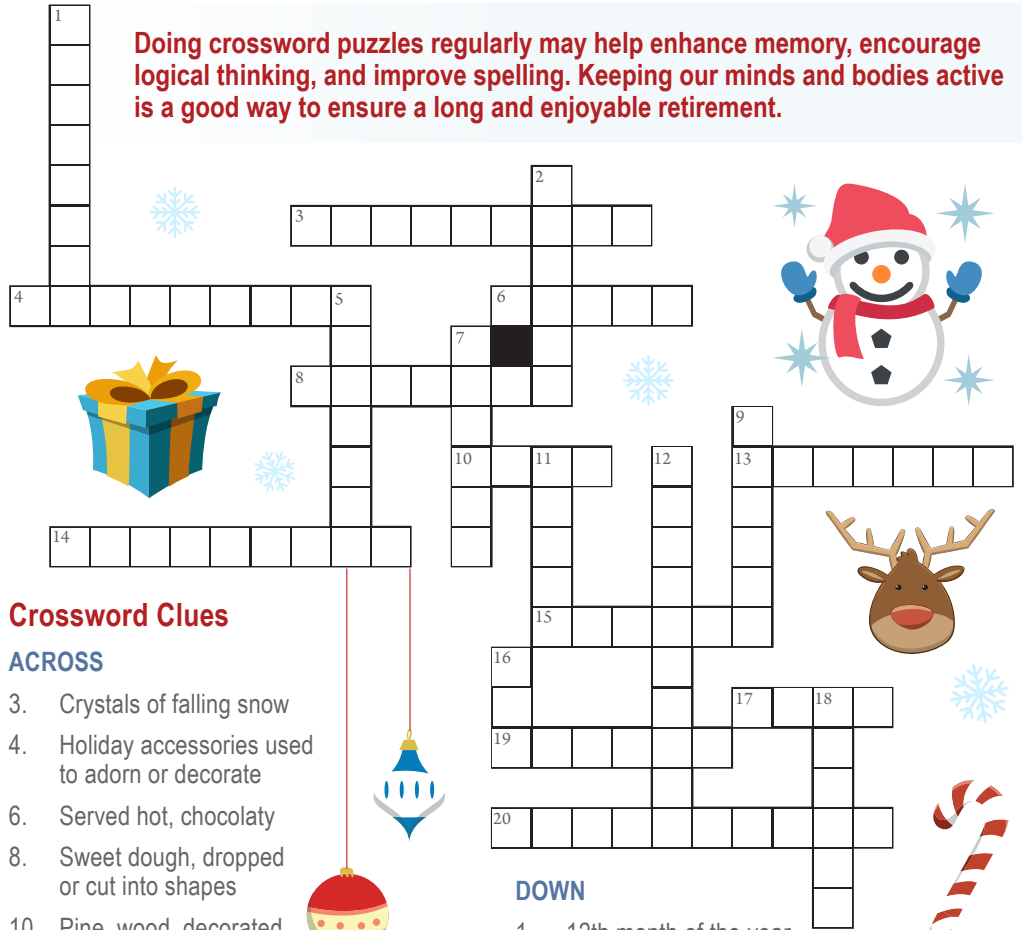


Wisconsin Center for Assisted Living



# Winter-Themed Crossword Puzzle

Doing crossword puzzles regularly may help enhance memory, encourage logical thinking, and improve spelling. Keeping our minds and bodies active is a good way to ensure a long and enjoyable retirement.



## Crossword Clues

### ACROSS

- 3. Crystals of falling snow
- 4. Holiday accessories used to adorn or decorate
- 6. Served hot, chocolaty
- 8. Sweet dough, dropped or cut into shapes
- 10. Pine, wood, decorated
- 13. Most famous reindeer
- 14. A hard, seasonal confection with a curve at one end (two words, no space)
- 15. Horse-drawn vehicle for snow
- 17. Something given, wrapped
- 19. A drink made of eggs, milk or cream; sugar, liquor is optional
- 20. A holiday plant with bright scarlet, pink, or white leaves

### DOWN

- 1. 12th month of the year
- 2. A medley or collection of festive songs, sung aloud in a group
- 5. Figure of a person made of packed snow
- 7. Cold season between autumn and spring
- 9. Circular band of flowers/foliage hung during the holidays
- 11. Small humans in folklore, pointed ears
- 12. Long-established customs that are passed on for generations
- 16. Circular baked good with a filling of meat or fruit
- 18. Any persons closely related or that comprise a single unit

## CROSSWORD ANSWERS

Flip the page upside down for answers

ACROSS: 3. snowflake, 4. ornaments or trimmings, 6. cocoa, 8. cookies, 10. tree, 13. Rudolph, 14. candy cane, 15. sleigh, 17. gift, 19. eggnog, 20. poinsettia  
DOWN: 1. December, 2. carols, 5. snowman, 7. winter, 9. wreath, 11. elves, 12. traditions, 16. pie, 18. family

## WELLINGTON PLACE 2021 DONATION DRIVE

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