

A Weekly Update
For The Employees of
North Central Health Care



PHOTO OF THE WEEK

Harold & Mary Rye celebrate their 70th wedding anniversary in Mount View.

NEWS YOU CAN USE

WEEKLY CONNECTION WITH OUR TEAM



Jarret Nickel
Operations
Executive

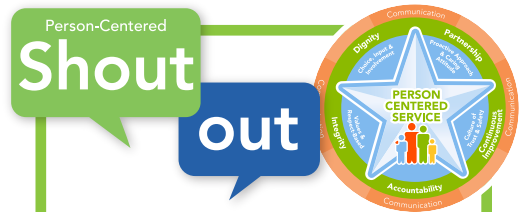
Positive Trends

Each week the Centers for Disease Control (CDC) release community positivity rates to assist with gauging the spread of Covid-19 in our communities. On January 10th our community reached its peak with a positivity rate of 26.56%, each week since the rate has dropped. As of February 14th, our community positivity rate was 12.48% showing we are trending in the right direction! NCHC's Incident Command Team will continue to monitor these rates and adjust operations as appropriate.

Along with the community positivity rate trending in the direction so has our master facility plan with our adult inpatient hospital only a few months away from opening. The new hospital will have 16 private rooms compared to the 10 shared rooms we have today along with several safety and efficiency features for both staff and patients. Pending positivity rates tours of the space will occur in late April to early May so stay tuned if you are interested! Outside of the actual construction NCHC moved ahead with another step in our master facility plan with the opening of The Bistro. The Bistro is a great connection to our community along with the gift shop creating a space for people to gather and enjoy the NCHC campus.

The final positive trend I wanted to share with everyone is our team members. In January we had almost 10% of our staff out due to Covid and as I write this today, we have just under 2% out. We also welcomed a large orientation cohort in January and continue to see strong recruitment in February. Retention will be a focus of NCHC to ensure we keep the team members we have today for years to come as we know excellent patient care starts with excellent team members!

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Jessica Suchomski, Outpatient RN

Why: Jessica is a wealth of information and has been incredibly helpful both as the nurse who did my orientation, as well as a continued mentor as I navigate my new position. She is excellent with the clients we serve, and I continue to learn from her every day.

Submitted By:
Allison Smith, RN



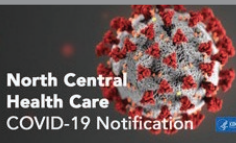
ADMINISTRATOR ON-CALL x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #s.

**Monday, Feb. 21 –
Sunday, Feb. 27**

Tom Boutain





Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick. Report Symptoms and Covid-19 Exposures to Your Manager Immediately.

Managers report in SafetyZone ASAP. Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Questions: Employee Health 715.848.4396**

COUNTY POSITIVITY RATE

MARATHON: 12.48%

LINCOLN: 13.68%

LANGLADE: 13.12%

Please follow **Alert Level Response** based on the County Positivity Rate of your location.

PPE GUIDELINES

Visitors: Cloth face covering or surgical masks required by all. Visitors to Nursing Homes & Adult/Youth Inpatient Hospitals will be screened using the COVID Screener. All other visitors will only require temperature check.

Employees: Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

Employees Working in Direct Patient/Resident Care: Each patient/resident care area will be designated as being in Standard or Covid-19 Confirmed/Suspected Precautions. Units/Patients on Covid-19 Confirmed/Suspected Precautions must have it clearly posted on the entrance to the unit or patient room.

Standard Precautions – Surgical Mask and Gloves required. Eye Protection (face shield, goggles or safety glasses) required during applicable isolation precautions.

Covid-19 Confirmed/Suspected Precautions – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

NCHC COVID-19 WEEKLY CASE REPORT

Confidential Employee Report

Employee Cases Reported through Feb. 16, 2022

Cases reported to right are current active employee cases. All employee cases previously reported that are no longer shown here have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.

Program	Current Active Employee Cases	Date Reported
New Cases		
None reported	--	--
Previously Reported <small>All Cases no longer included below have returned to work.</small>		
Laundry – Wausau	1	2/12
MVCC – Floor 3	1	2/12
MVCC – Floor 4	1	2/12
MVCC – Floor 2	1	2/11
Total Active Employee Cases	4	
Active Resident/Inpatient Cases – Use Covid-Positive Precautions		
Mount View – Floor 2	1	
Mount View – Floor 3	1	
Residential – Andrea	2	
Residential – Bissell	2	
Residential – Jelinek	6	
Residential – Heather	4	
Adult Hospital – Wausau	1	
Pine Crest – Special Care	2	
Pine Crest – LTC North	2	
Total Active Residents/Patients	21	

GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes.
 - Program-established visiting hours.
 - Visitation limited to designated visiting areas or resident rooms only. No other travel throughout facilities. 2 visitors maximum per resident/patient at any time. Length of visit is determined by program.
 - Indoor, compassionate care and outdoor visits allowed. Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
 - Nursing Homes must allow in-person visitation on units. All visitors will be required to follow the the PPE guidance in place for precautions.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups - Please refer to Alert Level Response

- NCHC in-person meetings allowed. Masks, 6-foot social distancing or physical barriers between individuals required.
- Treatment groups suspended at this time due to current community positivity rates. Only DBT & AODA Groups allowed.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA) in care areas (nursing homes, outpatient clinics). Wausau Campus Theater is allowed to be scheduled for outside group use. Contact Administration Office 715.848.4405.
- Group sizes for meetings limited based on each County's Positivity Rate. Masks & social distancing required. Meetings require Incident Command approval if in RED or higher # of people than desig. limit.

HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

PROGRAM-SPECIFIC OPERATIONAL UPDATES

Programs with Operational Changes

Follow General Operational Guidelines (above) in addition to changes below. **Note:** Information below denotes only Covid-19 Confirmed cases. Some units/patient rooms may be on Covid-19 Suspected and use same precautions until negative test results are returned.

- **Adult BH Hospital:** Covid-Confirmed Precautions: 1 Positive on unit.
- **Mount View:** Covid-19 Confirmed Precautions: Floor 2 (1) Visiting Hours M-F: 7am – 7pm, Weekends: 10 am – 6pm.
- **Pine Crest:** Covid-19 Confirmed Precautions: Special Care (4), North 200 (1) & North 300 (2). In-Person Visiting Hours: M-F: 9am – 6 pm, Weekends: 9am – 3pm.
- **Residential Services:** Open and operational. Covid-19 Confirmed Precautions: Heather (4), Andrea (2), Jelinek 1 (6) & Bissell (2). Positive Resident(s) at each location.
 - **Riverview Towers and Riverview Terrace:** Visitation allowed. Visitors and residents must wear a mask when outside of their apartment, in any indoor shared space.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

- Adult Day Services – Wausau
- Adult Day Services – Antigo
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- Aquatic Therapy Center
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Facility (Adult & Youth)
- Hope House - Wausau / Antigo
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation
- Youth Hospital

Program Hours and Operations Online: www.norcen.org/Covid-19



PPE Updates for Direct Care Workers

Effective Feb. 10, 2022 for Nursing Homes and Residential Programs at NCHC



North Central Health Care

Person centered. Outcome focused.

WHAT IS NOT CHANGING?

Visitors: Cloth face covering or surgical masks required by all. Visitors to Nursing Homes & Adult/Youth Inpatient Hospitals will be screened using the COVID Screener. All other visitors will only require temperature check.

Employees: Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

WHAT IS CHANGING? 2 LEVELS OF PRECAUTIONS:

Standard Precautions or Covid-19 Suspected/Confirmed Precautions.

Employees Working in Direct Patient/Resident Care: Each patient/resident care area will be designated as being in Standard or Covid-19 Confirmed/Suspected Precautions. There will no longer be Enhanced Precautions designation. Units/Patients on Covid-19 Confirmed/Suspected Precautions must have it clearly posted on the entrance to the unit or patient room.

WHEN WOULD I USE COVID-19 SUSPECTED PRECAUTIONS?

In Nursing Homes or Residential Programs when a patient or resident:

- is a new admit **OR** those leaving facility for greater than 24 hours; **AND** not up-to-date on Covid-19 vaccinations, Covid-19 Suspected Precautions will be used for the first 10 days upon admission/return, even with negative test result.
(Note: patients/residents who are up-to-date on Covid-19 vaccinations or those who are covid-recovered within 90 days of positive test are not required to quarantine)
- is experiencing new onset of signs or symptoms of illness and a negative Covid-19 test result has not been confirmed.

WHEN WOULD I USE COVID-19 CONFIRMED PRECAUTIONS?

In Nursing Homes, Crisis Stabilization, Residential Programs, Hospital or any Inpatient setting when a patient or resident:

- has tested positive for Covid-19. Anyone providing direct care or anyone entering the patient or resident's room must use these precautions.

Employees Working in Direct Patient/Resident Care

Standard Precautions

Surgical Mask, Eye Protection and Gloves required.

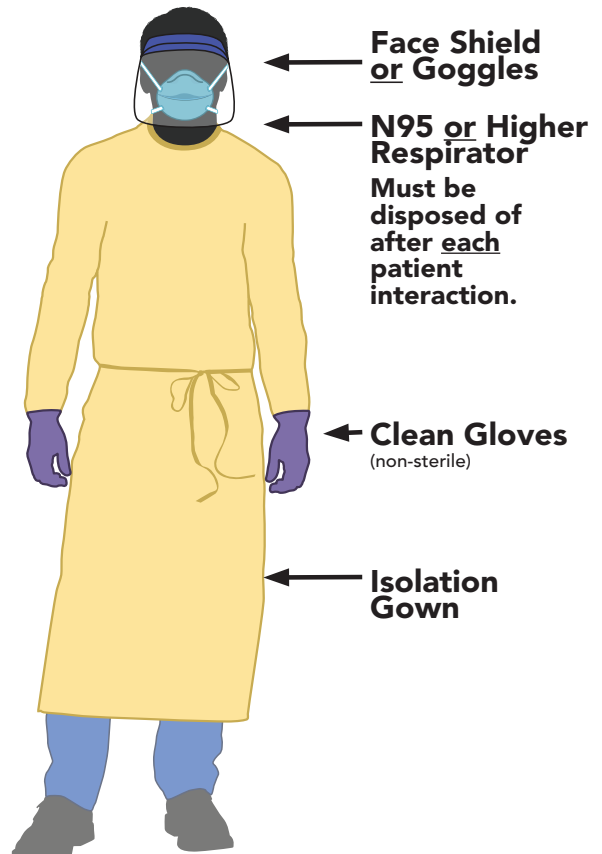


OR

Covid-19 Confirmed/ Suspected Precautions



N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.



Covid-19_PPEupdates_021422.pdf



2022 Covid-19 Vaccination Clinics for NCHC Employees

To receive your 1st, 2nd or Booster dose in 2022, vaccination clinics will be available for staff on the first Friday of each month.

Covid Vaccine Sign Up
<https://bit.ly/2022Vaccinations>

Upcoming Vaccination Clinics:

3/4/22 from 2:00 - 3:00 pm

1st Floor Dining Room of OLD Mount View Building

The Covid-19 vaccine is a 2-dose vaccine. After you receive your first dose, please make sure to sign up for your second dose for the following month. For example, if you're signing up for your first vaccine in February – make sure to sign up for your second in March. You will also be given your return date for the 2nd vaccine on your COVID Vaccine Card when receiving your first dose.



LINCOLN COUNTY FREE COVID-19 VACCINE CLINICS



Pfizer, Moderna, J&J
1st, 2nd, booster &
pediatric doses
available!

LINCOLN COUNTY HEALTH DEPARTMENT HAS PARTNERED WITH AMI EXPEDITIONARY HEALTHCARE TO PROVIDE COVID-19 VACCINE CLINICS

Tuesdays
Feb. 1, 8, 15, & 22
3:00 - 5:00 PM

Saturdays
Feb. 5, 12, 19, & 26
10:00 AM - 1:00 PM

Lincoln County Health
Department, 607 N. Sales
St. Ste 101, Merrill

TB Scott Free Library
106 1st St, Merrill

PRE-REGISTRATION IS ENCOURAGED. WALK INS WELCOME.

To pre-register, go to <https://bit.ly/3AEGPCE>,

scan the QR code or call 715-539-1375.
COVID-19 vaccine is provided at no charge. Children must be accompanied by a parent or guardian. Face masks are required.



Expanded Days & Hours!!!

Free Community COVID-19 Vaccine Clinic

Center for Business & Industry Building
Northcentral Technical College - Wausau
1000 W Campus Drive, Wausau, WI 54401

Enter lot off Campus Drive. Follow the signs.

Appointments are strongly recommended, but walk-ins are welcome!

The clinic has ALL approved vaccines and booster doses available (Pfizer, Moderna, and Janssen).

Minors under 18 years of age do require parental consent to receive the vaccine.

View booster dose information:
<https://www.dhs.wisconsin.gov/covid-19/vaccine-dose.htm>

Call 1-844-684-1064 or visit <https://vaccinate.wi.gov> to confirm availability.

Tuesdays through Fridays
11am-7pm

Saturdays
11am-3pm



10262021



Marathon County Employees Credit Union



Looking Back...

I Should Have Borrowed From the Credit Union

Looking back, it's easy to see that you made a bad deal financing your car anywhere but the credit union.

It's not too late to get out of reverse and drive forward. Talk to a loan officer about refinancing that loan.

We may be able to save you hundreds of dollars.

**See MCECU for all your financial needs!
We are here to serve you and your family.**

www.mcecu.org
715 261-7680
culoans@co.marathon.wi.us
400 East Thomas Street
Wausau, WI 54403



PHOTO OF THE WEEK



CELEBRATING 70 YEARS!

A very special **Shout Out** and **Thank You** to Jen Bass and The Legacies by the Lake Team for making Mary and Harold's 70th Wedding Anniversary so special and Memorable.

Jen and Staff went above and beyond planning, including all the residents on Gardenside Crossing in the celebration, and beautifully decorating the unit for their special day.

The entire Rye family is so thankful and appreciative for the wonderful care Mary and Harold receive each and every day.

Thank you for treating our family like your own family. You are all AMAZING!

Harold & Mary Rye celebrate their 70th wedding anniversary in Mount View's Legacies by the Lake.

Share Your Photo of the Week Email: Communications@norcen.org or Text: 715.370.1547

HELP SUPPORT OPPORTUNITIES FOR KIDS IN COMMUNITY TREATMENT

My Local Deals Coupon Books Available!

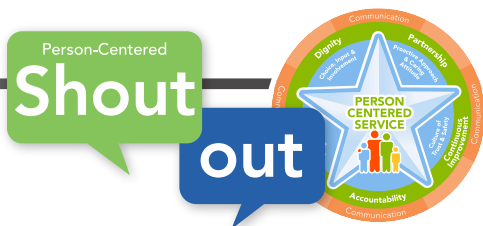
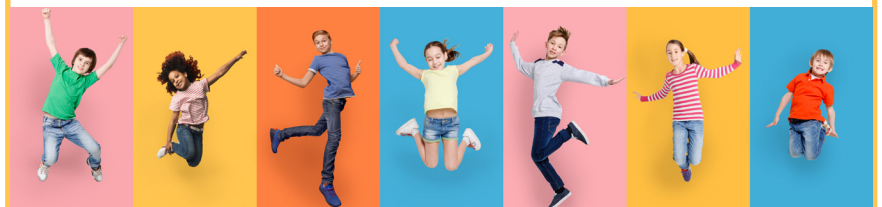
Our NCHC Comprehensive Community Services (CCS) Team has started their annual coupon book fund raiser! Please help out kids with special needs by purchasing one of the 2022 My Local Deals coupon books. This year there are over 100 participating businesses (many with multiple coupons) in the Wausau, Stevens Point, Marshfield, Merrill, Mosinee, Wisconsin Rapids, Tomahawk and Rhinelander areas.

Books are \$20 each and \$14 from each book goes directly to help the youth in our programs!!

There are over \$5,000 worth of savings in each book!

A few examples of the coupons include \$20 in Kwik Trip gas coupons, buy one get one for WOW laser tag (\$17 value), free cheese curds at Milwaukee Burger, golfing, spa services, pizza, oil changes, and tons of restaurant coupons! Cash or check only and please make any checks out to Gina Lenz. Thank you so much for helping us to improve the lives of the children we serve. These funds are used to send children to camps that they wouldn't otherwise have the opportunity to attend, incentives to help them meet their goals, and basic needs items. **Please contact Gina Lenz at glenz@norcen.org to get your Coupon Book today.**

Your Support is greatly appreciated!





HEART DISEASE: CONTROLLING YOUR RISK From Aspirus Healthy Living Resource Center

It is February Heart Health Month. This is a great time to remind ourselves to pay attention to our hearts and how we can take good care of it. To prevent a heart attack or stroke.

You can protect yourself from heart attack and stroke. Two steps can help you avoid heart disease, our nation's leading killer.

STEP 1: LEARN YOUR RISK FACTORS

The more risk factors you have, the greater your risk for heart disease. Major risk factors for heart disease include:

Heredity. If one or both of your parents have had heart disease, you are more likely to develop it too. Heart disease rates are also higher among African Americans, Mexican Americans, American Indians, Native Hawaiians and some Asian Americans.

Gender. More men than women have heart attacks, and they have them at an earlier age.

Age. Most people who die of heart disease are older than 65. Men's risk starts climbing after age 45. Women's risk starts climbing after age 55.

Smoking. According to the American Heart Association (AHA), people who smoke greatly increase their risk of heart disease.

Smoking promotes deposits of cholesterol in the arteries and may damage artery walls. It also reduces the level of high-density lipoprotein (HDL) in your blood. HDL is the good cholesterol, which researchers believe clears the bad low-density lipoprotein (LDL) cholesterol from blood vessels.

High blood pressure. According to the AHA, nearly half of American adults have high blood pressure. But many don't even realize they have it. High blood pressure is called a silent killer because it usually has no specific symptoms or early warning signs.

Also known as hypertension, this condition forces the heart to work harder than normal to pump blood. This causes the heart to enlarge and weaken over time.

Hypertension also increases the risk of stroke, heart attack, kidney failure and congestive heart failure, according to the AHA.

A blood pressure reading of 130 or greater systolic (heart-pumping) pressure or 80 or greater diastolic (heart-resting) pressure for extended periods indicates hypertension. Ideal blood pressure is less than 120 systolic and less than 80 diastolic.

People whose blood pressure is between 120 and 129 systolic and under 80 diastolic have what's called elevated blood pressure. These people should talk with their doctors about making lifestyle changes to help prevent hypertension.

High blood cholesterol. High levels of LDL cholesterol can increase your risk for heart disease. Cholesterol can damage and thicken the walls of the arteries, making it more difficult for blood to reach the heart.

Healthy blood cholesterol levels vary by age and sex. And your cholesterol levels should be considered in context with your other risk factors.

Physical inactivity. Being inactive increases your risk for heart disease and contributes to other heart disease risk factors such as obesity, diabetes, high blood pressure and low blood levels of HDL cholesterol.

Extra body weight. Being overweight or obese puts extra strain on the heart. Even if you have no other risk factors for heart disease, extra body fat increases your risk.

Diabetes. At least 68% of people 65 or older with diabetes die from some form of heart disease, and 16% die of stroke, according to the AHA. If you have diabetes, good disease management can reduce damage to your heart and arteries.

STEP 2: REDUCE YOUR RISK

Once you know your risk factors for heart disease, take steps to eliminate them:

Stop smoking. Your risk for heart disease begins to decrease as soon as you quit smoking. One year after quitting, an ex-smoker's excess risk of developing heart disease is reduced by half, according to the AHA.

Quitting also dramatically reduces the risk of a heart attack, and it reduces the risk of a second heart attack in people who already had one. Your doctor can help you quit.

Employee Health & Wellness Center

1100 Lake View Drive, Wausau, WI
North Central Health Care Campus
Door 25

Schedule an Appointment:
715.843.1256 or MyAspirus.org

Updated Hours:

Monday - Wednesday - Friday: 8:00 am - 4:30 pm

Tuesday: 6:30 am - 3:00 pm

Thursday: 9:30 am - 6:00 pm



Fight high blood pressure. To lower your blood pressure, reduce the amount of salt (sodium) in your diet, avoid alcohol, lose weight if you're overweight and increase your physical activity level.

Your doctor may also prescribe medication to help control your blood pressure.

Control your cholesterol. Work with your doctor to get them to a healthy level. Lifestyle changes and medicines can usually help.

Watch your weight. Balance the calories you eat with your level of physical activity.

Get moving. The health benefits of regular exercise include: lower blood pressure, greater success at cutting down on or stopping smoking, weight loss, a lower risk of diabetes and higher HDL (good) cholesterol, which has been linked to a decreased risk of heart disease.

The AHA recommends at least 30 minutes of aerobic exercise on most days of the week to promote heart fitness.

Examples of aerobic exercise include moderate-to-brisk walking; jogging; running; swimming; and sports such as tennis, racquetball, soccer and basketball.

Even modest levels of low-intensity physical activity, such as gardening, walking and brisk housework, can help if you do them regularly over a long period of time.

See your doctor before you begin an exercise program if you have a heart condition, have had a stroke or have another medical condition that might require special attention. Also talk to your doctor if you are middle-aged, haven't been physically active and plan a vigorous exercise program.

The Employee Health and Wellness Center can help you find out your risk factors and aid you in reducing them to have better heart health. Call 715-843-1256 to schedule an appointment.

ARTICLE FROM <https://aspirus.netreturns.biz/HealthInfo/Story.aspx?StoryID=ce9d45b1-bb97-4a7f-8297-18bb21e4c094#.Ygp1lv7MKUK>



In the **NEW Mount View Building**
WAUSAU CAMPUS CAFÉ
Grab-N-Go



Monday – Friday
 9 am – 5:30 pm



Breakfast 9:00 am

Lunch 11 am – 1:30 pm
 Hot Food Bar \$.45/ounce

9 am – 5:30 pm

Grab 'n Go Sandwiches, Soups & Salads,
Juice, Water, Snacks

What's For Lunch?

FEB. 21 – 25, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>main course</i> Pork Chop Suey Steamed Rice Chow Mein Noodles	Meat Loaf Green Beans Cheesy Mashed Potatoes	Hot Turkey Sammy Green Peas Mashed Potato	Baked Pork Chop Sauerkraut Parslied Noodles	Manicotti & Cheese Green Beans Garlic Bread
<i>dessert</i> Fortune Cookie	Iced Chocolate Cake	Fruited Gelatin	M&M Cookies	Frosted Pumpkin Bar
<i>soup of the day</i> Salsa Soup	Cream of Tomato	Beef Stew	Beef Barley	Chicken Dumpling



THE BISTRO

7:30AM – 3PM | MONDAY – FRIDAY

SPECIALS

PANINI OF THE WEEK



CHICKEN BACON RANCH \$5.25

GRILLED CHICKEN BREAST | BACON
PROVOLONE | RANCH | SPINACH

DESSERT OF THE MONTH



APPLE PIE PANINI \$3.5

HONEY WHIPPED CREAM CHEESE | CINNAMON
BROWN SUGAR APPLE SLICES | RAISIN BREAD

MENU

COFFEE

	16oz	20oz
CAPPUCCINO	3.50	4.00
LATTE/CHAI LATTE	3.50	4.00
AMERICANO	3.00	3.50
MACCHIATO	3.25	3.75
COFFEE	1.50	2.00
ICED COFFEE	1.50	2.00
HOT CHOCOLATE	2.00	2.50
HOT TEA	2.00	2.50
FLAVOR SHOTS	.50	.50
VANILLA (REGULAR + SF) SALTED CARAMEL (REGULAR + SF) IRISH CREAM PEPPERMINT WHITE CHOCOLATE MOCHA		
ESPRESSO SHOT	1.00	1.00

FOOD + BAKERY

SCONES	2.00
MUFFINS	2.00
BAGELS	2.00
M&M CHOCO CHIP COOKIE	1.25
MARSHMALLOW CRISPY BAR	1.75
PEANUT BUTTER CRISPY BAR	2.00
CHEESECAKE	2.00 - 3.00
PUFF PASTRY	1.50
BREAKFAST SANDWICH	3.00
BREAKFAST SANDWICH W/MEAT	4.00
PANINI	3.50 - 5.25



HEY NCHC TEAMS!

Looking to give back to those we serve and our community?

Consider donating to the Help the Homeless Hygiene Drive to help local Crisis programs like NCHC's Community Corner Clubhouse, The Salvation Army, Neighbor's Place and many more in our local communities!

Start collecting personal care and cleaning supplies NOW through March 6, and drop them off to collection boxes in our community...

OR Drop off at Collection Boxes at Wausau Campus (MVCC Main Entrance, Outpatient Main Entrance and Health Department Entrance)

OR interoffice mail donations to Communications & Marketing.

Please make sure your items are easily transportable (in bags or boxes) for ease of delivery.

Take a photo of your team with your donations and share on our NCHC Employee Communications Facebook Page with #IamNCHC

Donate Personal Care and Cleaning Supplies for LOCAL crisis programs

Help ease the financial strain on your local crisis programs and those they serve!

Most Needed Items:

- Cleaning Supplies
- Hair Care
- Laundry Soap
- Feminine Needs
- Deodorant
- Kitchen Trash Bags
- Bathroom Tissue
- Dental Care
- Paper Towels
- Diapers/Baby Care
- Body Lotion
- Face/Bath Soap

Donations Remain in the Communities Where They are Collected!

- *"When someone comes to us in the middle of the night with nothing but hope for a better life, our welcome basket filled with 'Help for the Homeless' toiletries and some basic items means a lot." – Shelter Director*
- *"Children's eyes light up and mothers have been brought to tears when I give them shampoo and toothbrushes, an extra deodorant for gym class, laundry soap to wash their clothes, cleaning supplies, feminine products, and toilet paper. A care package of hygiene and cleaning supplies is technically "just things in bag", but to a family experiencing homelessness, it's tangible proof that people care about them, they are worthy, and that they matter." - School Social Worker*
- *"At 18 I have 'aged out' of foster care. I'm homeless, and have nothing. Being able to have shampoo, soap, a razor to shave with, and deodorant helps me to feel better about myself and feel sorta normal." - Warming Shelter Guest*



VOLUNTEER OPPORTUNITIES AVAILABLE

As spring rolls around, we at Wausau Metro Special Olympics are starting to plan our spring sports. We are currently in need of volunteers to help coach our soccer, swimming and bocce ball teams. We typically practice one night per week, and our tournaments take place on the weekend. Each team will have one weekend tournament, but may have the opportunity to participate in a second tournament depending on their scores.

Our volunteers are all ages and their commitments can range from an afternoon to a lifetime. Minimal sporting experience is necessary to volunteer with Special Olympics Wisconsin; however, you must be at least 13 years of age, unless accompanied by an adult.

Online applications available. Background checks required.

For additional information or to volunteer contact:
akalenske@norcen.org

Types of Volunteers

Long-Term (Class A)

- [Coach](#) or Assistant Coach
- Chaperone
- [Local Program/Agency Manager](#)
- Games Management Team Member
- [Unified Sports Partner](#)

Short-Term (Class B)

Class B Volunteers are typically day-of/event

- Official
- Scorekeeper/Timer
- Awards Presenter
- Athlete Escort
- Fundraising event volunteer
- [Healthy Athletes medical volunteer](#)

"I promise to give of the time in my life so that Special Olympics athletes can have the time of their lives. I promise to support Special Olympics, not just as an expression of charity, but as a form of respect for my fellow human beings. I promise to spread the word of volunteerism because, in giving, I receive so much more in return."