

NCHC Volunteer NEWSLETTER

North Central Health Care

Gratitude & Abundance Embracing Fall's Arrival

As the days grow shorter and the nights cooler, the arrival of fall is upon us. It's hard to believe how swiftly the season has changed after the vibrant summer of sun and fun. With fall comes the pinnacle of the growing season, bringing a sense of abundance, gratitude, and a spirit of sharing with our loved ones. We extend our heartfelt gratitude to you for your unwavering dedication to our residents throughout the year. Your time and energy resonate in every event with our clients, patients, and residents. The joy and excitement on their faces during music sessions, rides, and impromptu ice cream stops are a testament to your impact, evoking cherished childhood memories and endless smiles. Listening to our residents sharing memories of past programs you've led reminds us of the priceless gift you've given them—the chance to live their best lives. Thank you for joining them on journeys into the past, such as visits to the Edgar Steam Show or the Antique Car Museum, and for helping them explore new horizons like Lambeau Field. Our residents not only share their life experiences but also teach us to appreciate both their past and present selves. Let's continue filling the halls and Community Rooms with music, laughter, and the creation of beautiful new memories together.



***"If you cannot do GREAT THINGS, do
SMALL THINGS in a great way."***

- Napoleon Hill



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OCTOBER:

10/5 1:30-3:30pm

NOM & Dan Gruetzmacher

10/17 1:30-3:30pm

Volunteer Appreciation ice cream social

10/13 9:30-11:30am


BINGO!

10/19 1:30-3:30pm

Justin Zopel's Bluegrass Trio

10/20 1:30-3:30pm


Grandfriends

 **10/26 1:15-3:45pm**

Spooky Movie & Popcorn

 **10/30 1:30-3:30**

Boo! Bash

 **10/31 2:00-6:00pm**

Trick or Treating and Halloween Fun

NOVEMBER:

11/2 1:30-3:30pm

NOM & Dan Gruetzmacher

11/10 9-12:00pm

Veteran's Day Program

11/16 1:30-3:30pm

Large Group Bingo

11/17 1:30-3:30pm

Grandfriends

11/19 9-3:00pm

Gift and Book Fair

11/20 & 21 10:00-3:00pm

Celestine Jewelry Pop up Sale

DECEMBER:

12/7 1:30-3:30pm

NOM & Dan Gruetzmacher

12/8 9:30-11:30am

Large Group Bingo

12/15 1:30-3:30pm

Grandfriends

12/19 1:00-4:00pm

Celestine Jewelry Pop up Sale

12/19 9:45 – 11:30am

Resident Caroling through the Halls

12/21 1:00-4:00pm

Entertainment w/Larry Jankowski



Heartfelt Gift Shop

A Little Something For Everyone

Discover a delightful array of new and distinctive items at the Heartfelt Gift Shop, just in time for the upcoming Fall and Winter seasons. Embrace the spirit of autumn with charming plaid gnomes, glittering pumpkins, and exquisite leaf-patterned scarves. If Winter is more to your taste, explore our collection of crimson trees, cheerful snowmen, and enchanting light-up landscapes. Whether you're seeking practical essentials or whimsical treasures, the Heartfelt Gift Shop is your ideal destination for holiday shopping.

Interested in Volunteering at the Gift Shop?

No prior experience is necessary; all you need is a willingness to contribute your time and share in the joy of giving back. We provide training for everything else. Drop by and inquire about how you can make a meaningful difference in our community. Give us a call at 715-848-4450 to get started.



Mount View Trick-or-Treating

Tuesday, October 31 | 3:00-5:00pm

Spread the word! Mount View is hosting a spook-tacular trick-or-treating event this Halloween. Little ones can trick-or-treat through the Mount View Community Room, delighting our residents with their costumes and spreading Halloween joy. Our residents eagerly await this annual tradition, and the children's visits bring smiles and happiness to all. Join us for this spooky night of community spirit!

Halloween Candy Donations For Residents

The activity department is in need of small wrapped candies for Residents to pass out during our Mount View Trick or treating event, on October 31.

Donations can be dropped off at the Guest Services desk or with the Life Enrichment team.

Spooky Trivia

1. What is the traditional name for a group of witches?
2. In what country did the tradition of carving pumpkins originate?
3. What is the name of the headless horseman's horse in Washington Irving's "The Legend of Sleepy Hollow"?
4. According to superstition, what should you do if you see a black cat cross your path?
5. What is the name of the ghostly ship said to be crewed by the undead, doomed to sail the seas forever?
6. What is the name of the haunted hotel in Stephen King's "The Shining"?
7. In Medieval Europe, Owls were thought to be what?
8. Which US state produces the most pumpkins?

ANSWERS: 1. Coven 2. Ireland 3. Daredevil
4. Cross Your Fingers & Make a Wish
5. The Flying Dutchman 6. Overlook Hotel
7. Witches 8. Illinois

A Letter of Appreciation

From the MVCC Administrator

With October upon us, Fall is here. I love everything about this season including the changing leaves, pumpkin patches, apple cider donuts and football. There is always the debate about whether pumpkin spice or apple flavored items for fall are better. I guess I love both. Just thinking about it reminds me of my grandmother's pies. It is amazing how different seasons bring us different memories. I hope you have joyful memories of fall throughout your life.

I want to thank you all for being so patient with us as we navigated through the last five years of our new building and renovation projects. The internal renovation should finally be complete by the end of October and next summer they will work on making our grounds beautiful again.



In a day and age where time is a precious commodity, it's important to find the right words to thank all our volunteers who take time from their busy lives to help out. You are all profoundly appreciated! You brighten up the residents' days and we are so thankful for your kindness and generosity. It truly makes a difference in their lives.

- Kristin Woller - Mount View Administrator

Volunteer Event Recap

2023 Volunteer Fun, so far!

Bowling, Lambeau, cheesecurds and more! Check out the fun activities our volunteers have been up to this year!

STRIKE! An afternoon of bowling and fun as residents and volunteers hit the lanes.



Say "cheese". Residents and volunteers spend an afternoon at Mullin's, doing some shopping and lots of tasting.



A group of 30 residents, volunteers, and staff toured Lambeau Field and the Packer Hall of Fame earlier this summer.



We love Elephant Ears and our Volunteers! The WI Valley Fair is one of the largest events of the year, providing lots of volunteer opportunities for our community.





Remember & Honor Are You a Veteran?

As a tribute to our esteemed veterans, we extend a heartfelt invitation to join our annual Veteran's Day Program. This special event is scheduled for Friday, November 10, 2023, at 10:15 am. If you wish to be honored during this occasion, kindly reach out to our Volunteer Office. Share with us your service details, including when you served and your branch of the military. We deeply appreciate your dedicated service to our nation. Thank you for your service!



Meet the Team

Melissa Stockwell (middle)
Life Enrichment & Guest Services Manager

Mary (left)
Retail Services Associate

Lori Arendt (right)
Volunteer Coordinator



Join us for an **ICE CREAM SOCIAL** Celebrating YOU!

Tues., Oct. 17th, 2-3pm | Community Room

Mount View Residents and Staff would like to show their appreciation for all that you do for them by hosting an Ice Cream Social for all of our wonderful volunteers!

Please RSVP to the Volunteer Office in person or by calling 715-848-4450.



Bonnie G.



Volunteer Spotlight

I've been volunteering 10 years at NCHC. A lady from church asked me to help gather residents for worship after I retired. I have always enjoyed volunteering at NCHC. The residents & personnel have always been very appreciative. I have met so many wonderful people over the years. Some who enjoyed sharing their experiences & stories of family. On my first shopping trip, the lady I was with met one of her cousins. Later in the store she met one of her neighbors. It was a joy seeing her visit with people she hadn't seen for a while. I knew how important it was for the residents to be out in the community and seeing others. On days when you think you haven't done much, a new friend will be thanking you.

Unlocking the Power of Volunteering

A Journey of Giving & Gaining

Volunteering is more than just lending a helping hand; it's a powerful catalyst for personal growth, community development, and positive change. While it undoubtedly benefits the recipients of our efforts, the act of volunteering bestows invaluable rewards upon the volunteers themselves. Let's explore some of the remarkable benefits that make volunteering an enriching experience for both individuals and society as a whole.

Mental Well-Being: Volunteering has been linked to improved mental health. Engaging in acts of kindness and service triggers the release of endorphins, our brain's natural mood lifters. It can reduce stress, combat depression, and enhance overall emotional well-being.



Expanding Social Networks: Volunteering provides a natural avenue to meet diverse and like-minded people. It fosters connections that often lead to lasting friendships. These social networks can be especially vital for newcomers to a community or those seeking a supportive social circle.

Skills and Experience: Volunteering offers a unique platform for skill development and experiential learning. Whether you're a student gaining real-world experience or a professional looking to broaden your horizons, volunteering provides opportunities to acquire and hone a wide range of skills, from leadership and communication to problem-solving and teamwork.

A Sense of Purpose:

One of the most profound benefits of volunteering is the sense of purpose it imparts. Knowing that your actions make a positive impact on the lives of others is deeply fulfilling. This sense of purpose can provide a renewed zest for life and a clearer sense of personal direction.

Bridging Generational Gaps:

Volunteering often brings together individuals of different age groups. It bridges generational gaps, enabling the exchange of wisdom, experience, and fresh perspectives. Younger volunteers can learn from the life stories of older participants, while older volunteers can gain insights into the concerns and passions of the younger generation.

Creating a Ripple Effect:

Volunteering is contagious. Acts of kindness inspire others to follow suit, creating a ripple effect of positivity and compassion. When you volunteer, you become part of a collective force for good, making your community and the world at large a better place.

Building Community: Volunteering is the cornerstone of community building. It strengthens the bonds that tie us together, fostering a sense of belonging and unity. When individuals come together to support a common cause, whether it's feeding the hungry, mentoring youth, or beautifying public spaces, they create a vibrant and resilient community.

In conclusion, volunteering is a transformative journey that benefits not only the recipients of our kindness but also ourselves. It enriches our lives by nurturing our mental and emotional well-being, fostering personal growth, and strengthening the bonds of community. So, as you consider the profound impact you can have through volunteering, remember that by giving, you also receive immeasurable rewards. Volunteering truly is a gift that keeps on giving—for everyone involved.



Holiday Donation Wish List

Below are donation suggestions for clients and residents of North Central Health Care. These items will directly benefit individuals and families receiving services. Donations will be delivered to Mount View Care Center, Adult Day Services, Group Homes, Community Treatment for Children and Adults, Behavioral Health Hospitals (Youth & Adult), Crisis Stabilization (Youth & Adult) and Outpatient clients in Wausau, Merrill and Antigo.

**Items with an asterisk are most needed.*

Personal Items

- Wallets and Coin Purses
- Sweat shirts - all sizes: S - 4XL
- WARM winter gloves and mittens*
- Winter caps and scarves
- Sweat pants* (S - 4XL)
- Men's Undershirts, Underwear* - S - 4XL
- Women's Underwear* - S - 4XL
- Costume jewelry*, necklaces especially with long chains
- Rubber soled slippers only - all sizes
- Baseball Caps
- Fleece blankets
- Reading Glasses (Variety of Powers)

Toiletries

- Body wash*
- Shampoo & conditioner*
- Hair accessories (brushes, barrettes, hair ties, rattail combs)
- New Make-up (lipstick, ChapStick, etc.)
- Men's shaving items*
- Hand Cream* - small or medium bottles only
- Deodorant* (predominantly Men's)
- Nail Polish*, polish remover, cotton balls
- Toothbrushes & Toothpaste*
- Cologne* for men and women or Aftershave
- Disposable Razors* for men and women
- Feminine Napkins/Tampons
- Small bottles of dish soap or bleach
- Kitchen Sponges
- Laundry detergent, pellet packs and fabric softener sheets

Paper Products

- Paperback Bibles (Large print or soft sided)
- Stationary (small sets) and stamps for mailing

Unique Suggestions

- Sewing kits
- Small Fans
- Anything Green Bay Packers, Badgers, Brewers, Bucks
- Cans of Soda (caffeine-free only)
- Small packages of snacks, gum and candies (sugar-free or regular)
- Gift Certificates to McDonald's, Subway, Walmart, Kwik Trip, Target, etc.
- Kitchen dish towels
- Sunglasses
- Dish Towels
- Towel sets: 1 bath towel, 1 hand towel, 2 wash cloths
- Boxes of Chocolates (must be sealed)
- Movie Theater Gift Cards

Recreation/Craft

- Colored construction paper*
- New 100-300 pieces or less Puzzles or therapeutic puzzles with large pieces*
- Word Search* and Crossword Puzzle Books*
- Adult Coloring Books
- Colored pencils, markers, crayons
- Trinkets (almost any small object) for Bingo prizes
- Inexpensive canvases (all sizes), art paint & brushes
- Glue or glue sticks*
- Tissue Paper
- Decks of Cards (new)
- Pony Beads
- Pens or Pencils
- Christmas Gift Bags for Wrapping (Medium & Large)

Interested in adopting a client or creating a Giving Tree at your organization or business for the holidays?

Please, contact the NCHC Volunteer Office at
715.848.4450 or **volunteer@nrcen.org**



Donations can be dropped off at the Guest Services desk or with the Life Enrichment team.

"North Central Health Care Volunteers make life more livable and make it possible for me to go out into the community & attend special outings."

- Ron S. (NCHC Resident)

Additional Reminders

Logging Hours Please remember to log your volunteer hours, for our records, by signing in and out. Sign-in sheets can be found at the MV Tower Guest Services Desk and NCHC front desk.

Flu Shots As cold/flu season approaches, we ask volunteers to consider getting vaccinated. Vaccination is not a required to volunteer, however a declination form will be. Flu vaccination clinic dates/deadlines to be announced.

Volunteer Office Contact Information

PHONE: 715-848-4450 | EMAIL: Volunteer@norcen.org

ADDRESS: Volunteer Services Office, 2400 Marshall Street, Suite B

715-848-4450 or
volunteer@norcen.org

Contact the Volunteer
Services Office to refer:

Do you know someone
who would be a great
NCHC volunteer?

*Become a Giver &
Watch the Magic!*



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North Central Health Care
Person centered. Outcome focused.



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