

# NCHC Volunteer NEWSLETTER

North Central Health Care

## A Message from Sarah Happy New Year Volunteers!

As we step into 2025, we want to take a moment to reflect on the incredible journey we have shared over the past year. Your unwavering dedication and passion have made a profound impact in our community, and we are truly grateful for each and every one of you.

The new year brings with it fresh opportunities, challenges, and the chance to continue making a difference in the lives we serve at North Central Health Care. Together we can build on our successes, learn from our experiences, and inspire one another to reach new heights.

In this edition of our newsletter, we will highlight some of the remarkable adventures and memories from 2024, stories from the incredible work you've accomplished, and ways you can continue to make a difference.

Thank you for your commitment and enthusiasm. Here's to a year filled with hope, growth, and meaningful connections as we work together to create positive change in our community and for those that we serve. Whether you have been with us for years or you are new to our team we hope you find this motivating and rewarding. We look forward to making new memories in 2025.



***"The magic in NEW BEGINNINGS is truly the most powerful of them all."***

*- Josiyah Martin*



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# A New Years Message

From Melissa Stockwell

As I sit here, I find myself pondering “where did 2024 go?”. There is a lot to celebrate from this past year, and I would like to take a moment to highlight some of the hard work and wonderful moments of 2024.

1. Countless Life Enrichment Programs/Events/Outings made possible because of assistance from our wonderful, dedicated volunteers
  - We currently have **47 ACTIVE VOLUNTEERS**, 12 of whom were new in 2024
  - A total of **2,924 HOURS OF VOLUNTEERISM** in 2024
2. Educational and Recruitment Event at Wausau East High School
3. Successful Volunteer Appreciation Luncheon
4. Celebrating our **1ST ANNUAL VOLUNTEER OF THE YEAR AWARD** Winners
  - Bonnie, Steven & Susan
5. Huge success in the Heartfelt Gift Shop **EXCEEDING OUR BUDGETED REVENUE**
6. Continued **COMMUNITY COLLABORATIONS** with: United Way, Women’s Community, Curative Connections and numerous individuals, community groups and organizations that come in for 1x volunteering opportunities
7. Hosted a **SUCCESSFUL HOLIDAY GIVING PROGRAM** for all residents/clients/patients served by NCHC
8. Collected **ONGOING DONATIONS** given to our Fashion Boutique to serve those in need when they arrive for services throughout NCHC and Mount View.

Volunteer Services serves a vital role in supporting the various programs and those that we serve at NCHC, and much of that support is possible because of each of you, our wonderful volunteers. I cannot begin to express how thankful I am for each of you. Whether your role has been large or small, you have each made an impact in 2024!



Cheers to a successful 2025 and year ahead! Let’s create more memories and continue to be person centered and outcome focused throughout the year.

Thank you,

*Melissa*



## Celebrating Our First Annual Volunteer of the Year Award Winners!

We are thrilled to announce and celebrate the recipients of our 1st Annual Volunteer of the Year Awards: Bonnie, Steven, and Susan!

These outstanding individuals have gone above and beyond in their dedication, compassion, and service. Their contributions have made a lasting impact on our community and inspired everyone around them.

Bonnie, Steven, and Susan exemplify the true spirit of volunteering, and we are so grateful for their unwavering support and hard work. Please join us in congratulating them on this well-deserved recognition!

### INTERESTED IN VOLUNTEERING?

Do you know someone who would be a great volunteer? Please encourage them to contact the Volunteer Services Office at 715-848-4450 or smesenberg@norcen.org. We would love to speak with them and bring them onto our team! Information can also be found on our North Central Healthcare website@ www.norcen.org.

# A Season of Smiles:

## Volunteer Adventures & Resident Outings

The past few months have been filled with unforgettable moments, thanks to our incredible volunteers who make every outing special. From farms to fairgrounds, these experiences brought joy, laughter, and a sense of adventure to our residents.

Our visit to **Ninneman Farm** was a standout, as residents toured the property, learned about farm life, and got up close with the animals. **Shopping trips** to Walmart, Target, and more brought holiday cheer as residents picked out gifts, decorations, and a few fun surprises for themselves.

**Lunch outings** to Subway provided a cozy space for good food and great conversations, while the **WI Valley Fair** offered endless excitement. Residents enjoyed seeing the animals, sampling fair treats, and taking in all the sights and sounds.

**Bowling** trips added a bit of friendly competition, and our participation in the **Alzheimer's Awareness Walk** was a touching moment as residents and volunteers proudly wore purple to support an important cause.

One of the most heartwarming outings was to **Animal House**, a local doggie daycare, where residents played with and held an assortment of friendly pups. The smiles and laughter from that day were absolutely priceless.

These wonderful memories wouldn't have been possible without the dedication of our volunteers. Thank you for helping make these last few months so memorable—we're excited to see what adventures lie ahead!



SHOPPING OUTING



ANIMAL HOUSE VISIT





NINNEMAN FARM TOUR



## Wintertime TRIVIA

1. What is the coldest temperature ever recorded on Earth?
2. What is the average speed of a snowflake falling to the ground?
3. Which animal changes the color of its fur to white in winter for camouflage?
4. Which country is home to the world's longest natural skating rink?
5. What is the term for the seasonal process where water turns to ice on lakes or rivers?
6. What percentage of the Earth's surface is covered by snow and ice during the winter months?
7. What type of cloud is most commonly associated with snow?
8. What is the phenomenon called when the Sun does not rise above the horizon in the Arctic Circle during winter?
9. Which U.S. state has the snowiest city in the country?

**ANSWERS** 1. -128.6°F (Antarctica) 2. ~1.5 mph. 3. Arctic Fox. 4. Canada (Rideau Canal). 5. Freeze-up. 6. ~12%. 7. Nimbostratus 8. Polar Night. 9. Syracuse, NY

# Wintery WORDFIND

BEAUTYSHOP	FROZEN	HOPE	RESIDENT
CARE	GENEROUS	MOUNTVIEW	SNOWFLAKE
COLD	GIVING	NEWYEAR	VOLUNTEER
COMMUNITY	GRANDFRIENDS	OPPORTUNITY	WELLNESS
DONATION	HOLIDAYS	POSITIVITY	WINTERTIME



SUBWAY LUNCH OUTING



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

# A Warm Welcome

## To our New Volunteers!

We would like to welcome and say thank you to our newest volunteers. We are so excited to have you join our team.



Donna  
Wesenick



Katie  
Sims



Ally  
Langhoff

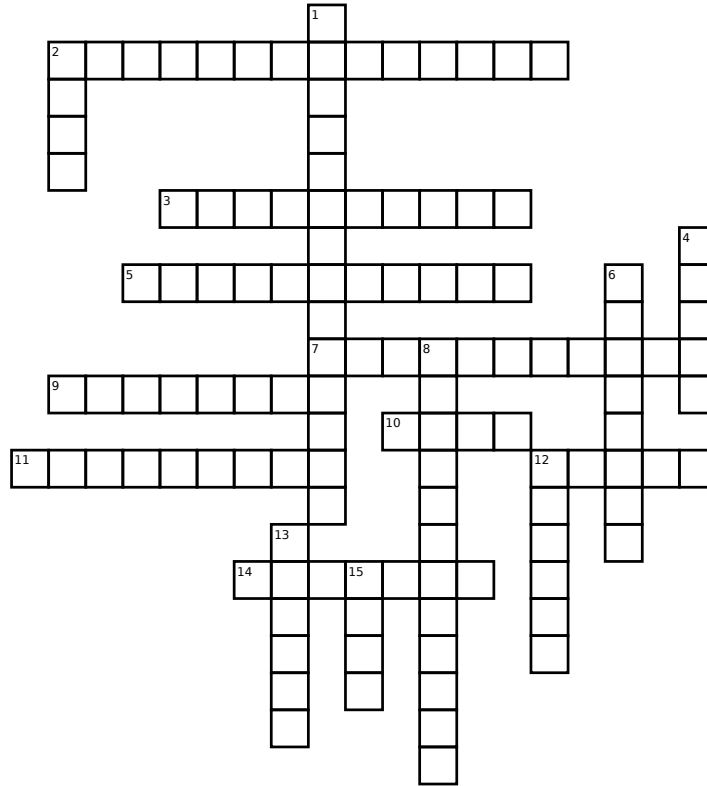
***“Volunteers do not necessarily have the time; they just have the heart.”***

*- Elizabeth Andrew*



# Wintertime

## CROSSWORD PUZZLE

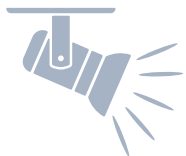


### Down:

1. Shimmering lights often seen in polar regions during winter nights.
2. Most common material used to make traditional snowshoes.
4. Traditional Scandinavian practice of enjoying winter coziness.
6. Sudden, intense snowstorm with high winds and low visibility.
8. North American mountain range known for some of the heaviest annual snowfall in the world.
12. Home to the Ice Hotel.
13. Japanese term for enjoying the snow.
15. Winter sport that involving racing sleds down icy tracks.

### Across:

2. When the Earth's axis tilts furthest away from the Sun.
3. Dry snow ideal for skiing.
5. Scientific term for animals that sleep through the winter.
7. Winter tradition in Finland where people jump into icy water after a sauna.
9. Natural disaster is caused by a rapid snowmelt.
10. Hours of daylight during its polar night.
11. Dense ice crystals that form when temperatures fall below  $-30^{\circ}\text{F}$ .
12. Norse god often associated with winter and cold.
14. Sport involving sweeping a stone across the ice.



# Volunteer Spotlight



## Highlighting Kappy Molling



### Two Decades of Dedication:

## HONORING KAPPY MOLLING

**In a world that often feels fast-paced** and self-centered there are individuals who stand out for their unwavering commitment to making a difference. This year we celebrate Kappy , who has dedicated 20+ years to volunteering at North Central Health Care. Her journey is a testament to the power of compassion, dedication, and the profound impact one person can have on the lives of many. Thank you for your 20 years of service to our volunteer program Kappy. **We appreciate your dedication and hope to have you on our team for many more years.**

*"Her journey is a testament to the power of compassion, dedication, and the profound impact one person can have on the lives of many."*

# REASONS TO CELEBRATE!

**Total Volunteer hours for 2024:** Volunteer hours can make a big difference in communities and organizations. You logged 2,924 volunteer hours in 2024!! This is a significant achievement and reflects the dedication and hard work of all of you. This is not just a number; it represents a journey of service, growth, and connection. This showcases the profound impact that dedicated individuals like yourself can have on their communities and serve as a reminder of the importance of giving back. Thank you for all you do, and let's keep logging those hours! (can we Put this in where you normally have the quote on the back. I am currently working on getting a new quote to use but we can use this for now.)

### ANNIVERSARIES:

- Liz Rossitier ..... 11 years
- Cheryl Ruplinger ..... 10 years
- Bill Seidl ..... 10 years
- Ann Hawley ..... 8 years
- Debbie Legenza ..... 7 years
- Gina Pieper ..... 4 years
- Diane Mcaninch..... 2 years
- Steve & Susan Schumann ..... 2 years
- Jill Austin ..... 1 year

### BIRTHDAYS:

- |                |                 |               |
|----------------|-----------------|---------------|
| Krystal R. 1/1 | Peter G. 3/17   | Sandy L. 3/24 |
| Carol S. 2/3   | Debbie L.a 3/23 | Gina P. 3/27  |
| Susan S. 2/10  |                 |               |

# Thank you for all the Donations!

This Halloween, many of you helped to make a day in the lives of the residents at MVCC by giving a candy donation for our annual safe trick-or-treat event. The event was a huge success, with a line of costumed children and families waiting outside the door. Many smiles and laughs were seen and heard throughout the afternoon, and the residents are still talking about it.

We would also like to thank those of you who so kindly adopted a residents/client this holiday season or made donations from our general donation list. We were able to provide over 400 gifts to those we serve, and thanks to you made sure they all had a merry and bright holiday.

We can continue holding events such as this due to the thoughtfulness and generosity of all of you. We hope that you will consider donating again in 2025. We look forward to making lasting memories the remainder of this year and into next. Thank you!



## Hearty Vegetable & Barley Soup

This soup is versatile, nutritious, and can be easily customized with whatever vegetables you have on hand. It's an excellent way to stay warm and healthy while making the most of winter produce.

### Ingredients:

2 tablespoons olive oil	6 cups vegetable broth
1 medium onion, diced	1 teaspoon dried thyme
3 garlic cloves, minced	1 teaspoon dried oregano
2 medium carrots, diced	1 bay leaf
2 celery stalks, diced	Salt and pepper to taste
1 potato, peeled & diced	2 cups chopped kale/spinach
1 cup diced tomatoes	Fresh parsley for garnish
1 cup pearl barley, rinsed	

### Directions:

1. Prepare the base: Heat olive oil in a large pot over medium heat. Add the diced onion, carrots, and celery. Sauté until the vegetables are softened, about 5 minutes. Stir in the garlic and cook for an additional minute.
2. Add the base ingredients: Add the diced potato, tomatoes, barley, vegetable broth, thyme, oregano, bay leaf, and a pinch of salt and pepper. Stir well to combine.
3. Simmer: Bring the soup to a boil, then reduce the heat to low and let it simmer for about 45 minutes, or until the barley and vegetables are tender. Stir occasionally to prevent sticking.
4. Add greens (optional): If you're including kale or spinach, stir it into the soup during the last 5 minutes of cooking.
5. Finish and serve: Remove the bay leaf. Taste the soup and adjust the seasoning with more salt and pepper if needed. Ladle into bowls, garnish with fresh parsley, and serve with crusty bread or crackers.

# Upcoming Volunteer Opportunities & Events

## January

Thursday, January 9 - 2:00pm ..... Music w/ Tom Burt  
 Thursday, January 16 - 2:00pm ..... Grandfriends  
 Tuesday, January 21 - 10:00am ..... Winter Movie Matinee  
 Thursday, January 23 - 2:00pm ..... Winter Luau w/ DJ Don  
 Thursday, January 30 - 2:00pm ..... Large Group Bingo  
 Friday, January 31 - 10:15am ..... ELVIS

## February

Friday, February 7 - 2:00pm ..... Love Song w/ DJ Don  
 Friday, February 14 - 2:00pm ..... Fishing for LOVE  
 Thursday, February 20 - 2:00pm ..... Grandfriends  
 Thursday, February 27 - 2:00pm ..... Music w/ Lenny Cegielski

## March

Thursday, March 6 - 2:00pm ..... Music w/ Brass Patina  
 Thursday, March 13 - 2:00pm ..... Music w/ Phil John  
 Friday, March 14 - 2:00pm ..... Irish Music w/ Jon Shea  
 Monday, March 17 - 2:00pm ..... Irish Happy Hour w/ DJ Don  
 Thursday, March 20 - 2:00pm ..... Grandfriends



## Area of Need

### BEAUTY SHOP

Beauty Shop Volunteers: Do you have a skill for setting hair and are interested in volunteering? The Volunteer Beauty shop is currently open every Friday from 10am to 12pm and we are looking for volunteers to help make sure all of our ladies are looking their best. If you would be interested please contact the volunteer office and let us know.



**WALK TO END ALZHEIMERS**

# Winter Wellness

## Prioritizing Selfcare through the Seasons

Winter can be a beautiful season, but it also brings challenges that can affect our physical and mental well-being. Shorter days, colder temperatures, and a busier schedule around the holidays often leave us feeling drained. That's why it's essential to prioritize self-care during this time. Here are some tips to help you stay healthy, energized, and positive throughout the winter months.

**STAY ACTIVE** - It's tempting to hibernate when the weather gets chilly, but staying active is one of the best ways to boost your mood and energy levels. Bundle up and enjoy a brisk walk, go sledding with family, or try an indoor activity like yoga or a fitness class. Even light exercise can help combat winter sluggishness and improve overall well-being.

**STAY HYDRATED** - It's easy to forget about hydration when it's cold outside, but your body still needs water to function its best. Herbal teas and warm broths can be a comforting way to stay hydrated while keeping the winter chill at bay.

**GET ENOUGH SLEEP** - With longer nights, winter is a great time to reset your sleep routine. Aim for 7-9 hours of quality sleep per night. Create a relaxing bedtime routine, avoid screens before bed, and keep your sleeping area cozy but not too warm.

**PROTECT YOUR SKIN** - Cold air and indoor heating can take a toll on your skin. Keep your skin hydrated by using moisturizers, lip balm, and sunscreen (yes, even in winter!). Wearing gloves and scarves can also protect exposed skin from the harsh elements.

**STAY CONNECTED** - The darker days can sometimes feel isolating. Make an effort to stay connected with friends, family, and your community. Volunteering, joining a book club, or attending events are great ways to maintain social connections and lift your spirits.

Taking care of yourself during the winter months isn't just about surviving the season; it's about thriving in it. By staying active, nourished, and connected, you can make this winter one to enjoy. And remember, your well-being matters, so don't hesitate to take the time you need to care for yourself.



**EAT NOURISHING FOODS** - Winter is the perfect time for hearty, warming meals, but don't forget to include plenty of fruits, vegetables, and whole grains. Foods rich in vitamins C and D, like citrus fruits and fortified cereals, can help support your immune system. A balanced diet can keep you energized and ready for all the season's activities.

**EMBRACE THE SEASON** - Instead of dreading winter, find ways to enjoy it. Whether it's cozying up with a good book, trying a new winter sport, or simply watching the snow fall with a warm drink in hand, taking time to appreciate the unique aspects of the season can bring joy and reduce stress.

**BE MINDFUL OF YOUR MENTAL HEALTH** - Winter can be challenging for mental health, especially with Seasonal Affective Disorder (SAD) affecting many people. If you notice persistent feelings of sadness or fatigue, consider light therapy or speaking with a mental health professional. Practices like meditation and journaling can also help you manage stress and maintain a positive outlook.

**TAKE BREAKS** - Volunteering and helping others is incredibly rewarding, but it's also important to know your limits. Make sure to schedule regular breaks and give yourself time to recharge. Remember, you can't pour from an empty cup.

*"Small acts, when multiplied by millions of people,  
can transform the world." - Howard Zinn*

## Remember to Sign in!

Please help us to collect your volunteer hours. This is very important to our records!. Your help with this is greatly appreciated. Sign in sheets are located at the main entrance to the tower at the front desk. A reminder that you only need to sign your name once to the sheet and mark your hours under the corresponding date that you are volunteering.

## Volunteer Office Contact Information

PHONE: 715.848.4450 | EMAIL: [Volunteer@norcen.org](mailto:Volunteer@norcen.org)

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

715.848.4450 or  
[volunteer@norcen.org](mailto: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!*



2400 Marshall Street, Suite B.  
Wausau, Wisconsin 54403

Person centered. Outcome focused.

North Central Health Care

