

NCHC Volunteer NEWSLETTER

North Central Health Care

New Beginnings

Starting Over in Spring

Spring into action and get ready to dive into a garden of inspiration, celebration, and events that will help you blossom this spring! As the days grow longer and the flowers begin to bloom (as soon as it stops snowing), we are excited to bring you the latest updates and exciting happenings in our spring newsletter. This season of renewal is the perfect time to embrace fresh ideas, connect with one another, and celebrate the beauty around us. As spring arrives in Wausau, we're excited to see our community come alive with new energy and opportunities. With longer days and warmer weather, we look forward to a busy Spring season filled with activities and hopefully no more cancellations. We would especially like to thank all of you for your continued dedication as April is National Volunteer Month, a time to celebrate and recognize the contributions that all of you make to our volunteer program and those that call North Central Health Care their home. We couldn't do this without you.



***“Alone we can do so little;
together we can do so much.”***

- Helen Keller



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Introducing our New Volunteers

Upcoming Volunteer Opportunities & Events

April

Friday, April 4 - 2:00pm Irish Music w/ Jon Shea
 Thursday, April 10 - 10:15am.....Hometown Heroes (Veteran's Program)
 Friday, April 18 - 2:00pmLEA: Let's Hop to It
 Thursday, April 24 - 2:00pm NOM & Music w/ Phil John
 Friday, April 25 - 2:00pmGrandfriends
****Monday, April 28 - 9:00amVolunteer Appreciation Breakfast****
 Tuesday, April 29 - 2:00pmSpringtime Fun w/ DJ Don

May Older Americans Month: Flip the Script on Aging

Friday, May 2 - 10:15amOAM Opening Celebration w/ the Gilks
 Friday, May 9 - 2:00pmMusic w/ Tom Burt

****National Nursing Home Week: The Tapestry of Life (Highlighting unique resident journeys)****

Thursday, May 15 - 2:00pm Celebration of Life Stories
 Thursday, May 22 - 2:00pm Music with Brass Patina
 Thursday, May 29 - 2:00pm Soaring at All Ages: Raptor Program
 Friday, May 30 - 11:45am Grandfriends End of the Year Carnival

June

Thursday, June 12 - 2:00pm Lounge Music w/ Larry Jankowski
 Thursday, June 19 - 2:00pmJuneteenth Social w/ DJ Don
 Friday, June 27 - 10:15am Music with Tom Burt

REASONS TO CELEBRATE!

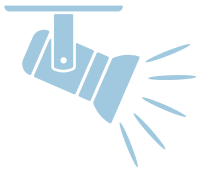
ANNIVERSARIES:

Cheryl Keding 18 years
 Karen Tauferner 16 years
 Alan Tepp 16 years
 Mary Ventzke 11 years
 Carol Schulz 10 years
 Tracy McDonnell..... 2 years
 Donald Harris 1 year
 Carol Blevins 1 year
 Krystal Ralph 1 year
 Sandra Iobe 1 year
 Jill Olson 1 year

BIRTHDAYS:

Ann Hawley 4/12
 Helen Welch 4/21
 Xiong Lee 4/14
 Erin Hawley 4/15
 Kitty Geringer..... 4/19
 Debra Pouzar 5/1
 Annette Bindl 5/20
 Donald Harris 5/12
 Joseph Napierala 5/24
 Lynn Sween 5/14
 Donnie Xiong 5/29
 Kailey Butkowski..... 5/16
 Demphia Xiong 5/29
 Pam Hesse 5/19





Volunteer Spotlight



Highlighting Jill Austin

Shining with Service:

CELEBRATING JILL AUSTIN

In every corner of our community, there are individuals who selflessly dedicate their time and energy to make a difference. This quarter, we are thrilled to shine a spotlight on one such remarkable individual who embodies the spirit of service and compassion. For this Spring edition of the volunteer newsletter, we would like to celebrate Jill Austin, whose unwavering commitment and inspiring efforts haven't gone without notice.

Jill began volunteering here at NCHC in March of 2024. In just one year here with us she has been an example of going above and beyond. When we call Jill comes running. She has been involved with just about every volunteer opportunity we have available. Jill has helped with bingo, music, and grandfriends. She has volunteered to go to appointments with residents, helped with the beauty shop and voting. Jill has also volunteered for many of our outings into the community including Woodchucks games, shopping outings, and movie outings.

Jill was raised as a farm girl in Medford. Jill served as a teacher for 26 years, with 20 of those years spent teaching 6th grade at Horace Mann middle school. Jill is married to her husband Chad, and they have one son, Cody who is the love of her world. Cody was married last June to Kelley and now Jill is hopeful for a grandchild. Jill you will be a wonderful grandmother. Jill also has a rescue dog named Frannie who she takes for daily walks. In her free time, she loves to read and says now that she is retired, she has more time to do so. In fact, she is currently working on her goal of reading the whole bible in one year, and yes, she says it is going very well. In June Jill is going to Israel/Jerusalem with a tour group. She says this adventure is a privilege and she is very excited.

When asked for a memorable experience she has had as a volunteer here at NCHC Jill said, "I just love visiting with the residents. She recalls a memorable moment where she sat with a resident who told her about her family, her husband and her sons. Jill states that this resident had a wonderful attitude about life. Jill has found these resi-



dents to be an inspiration to her and she is very grateful for that. When it comes to what Jill would like us to know about her volunteer experiences she says, "When I come to volunteer, I always come with a smile because they make me smile, laugh, and sometimes even cry."

"I am able to give my service, and I am so grateful and thankful." Jill said when asked what the best thing about being a volunteer was. Well, Jill we are grateful and thankful to have you on our team as are the residents. Jill is an individual who embodies the spirit of service and compassion. Thank you for all you do for our residents and the volunteer program here at NCHC.

We are lucky to have you.

SAVE THE DATE: APRIL 28TH, 9AM

Volunteer Appreciation Celebration

We are excited to announce our upcoming Volunteer Appreciation Celebration, a special event dedicated to honoring the incredible contributions of our volunteers. Join us for an event filled with gratitude, fun, food, and the opportunity to connect with fellow volunteers who share your passion for making a difference. Your hard work and dedication deserve to be celebrated, and we can't wait to show our appreciation for all that you do. The celebration will be held Monday, April 28th at 9:00 am in the NCHC Bistro Lobby. Please RSVP by Friday, April 18th to 715-848-4450 or volunteer@norcen.org. We hope to see you all there as we share our appreciation for all you do.

VISION

The vision of North Central Health Care Volunteers is to be recognized as a leader in providing innovative and rewarding volunteer and donor opportunities to help advance the mission of North Central Health Care: Serving our community through accessible, specialized care.

VOLUNTEER NEEDS:

Fresh Air Escorts: As the weather warms, we are seeking enthusiastic volunteers to help in providing our residents with the opportunity to enjoy the great outdoors. If you have a passion for helping others and a love for nature, we ask you to lend your time and companionship to take our residents outside for fresh air and social interaction. Whether it's a leisurely stroll around the walking path or just simply sitting outside to enjoy the sunshine, your presence can make a significant difference in their lives.

MISSION

Our volunteers are committed to providing quality services for our residents and clients. Our programs are aimed at creating a warm, friendly, home-like environment with a genuine concern for the dignity and special needs of each individual. Volunteers enable clients and residents to have programs and events within our organization as well as taking part in community outings.

Springtime Trivia

1. Which flower is often associated with the arrival of spring and is known for its vibrant colors and distinctive trumpet shape?
2. What is the name of the phenomenon where trees begin to produce new leaves in the spring, giving forests a green hue?
3. What small, brightly colored insect is often associated with the arrival of spring and is known for its gentle buzzing sound as it collects nectar from flowers?
4. In many cultures, there is a tradition of giving colored eggs during springtime celebrations. What holiday is particularly known for this practice?
5. Which bird is famous for its song that heralds the arrival of spring in many parts of the world, often returning from migration during this season?
6. Spring officially begins with the occurrence of which astronomical event?
7. In Japan, the tradition of Hanami involves the viewing and appreciation of which springtime phenomenon?
8. What is the term used to describe the process by which certain animals emerge from hibernation or dormancy in the springtime?
9. What common gardening practice involves removing dead or decaying plant material from flower beds and gardens in the spring to promote new growth?
10. In many cultures, the arrival of spring is celebrated with festivals and events. What is the name of the ancient Roman festival that honored the goddess of agriculture and fertility?



Life Enrichment Spotlight

Highlighting Rachel Riehle

The Life Enrichment staff are here day in and day out making sure that our residents stay active and live lives that are filled with joy and meaning. We want to take the time to spotlight one of our life enrichment team members in each edition of our volunteer newsletters, to share their stories, what their job entails and who they are outside of work.

For our Spring 2025 edition of the volunteer newsletter, we will be celebrating Rachel Riehle. As of June 25, Rachel will have worked as a Life Enrichment Coordinator at NCHC for 13 years. Rachel loves that our activity programming embraces, loves, and encourages each person to be the best version of themselves, despite the impacts of illness, differences in personality, and all the dynamics that have or continue to impact their lives. "It's where true conditional love lies."



Rachel grew up in Edgar/Poniatowski on a dairy farm. Rachel says they milked cows, tossed hay bales, picked rocks, and just truly valued making a difference in the world. Thus, she says, her first work experience, at the age of 17, was as a CNA at MVCC and later for the facility group homes caring for persons with disabilities. "Even though I knew I was making an impact, I wanted to do more, so I furthered my education and graduated from the University of Eau Claire with a degree in social work." Rachel was the director of Social Work at a care center in Colby but quickly learned that it was too much paperwork for her high energy self. Eventually Rachel found herself in the activities profession and has been leading activities for the past 25 years.

In her free time, when not doing activities with the residents, Rachel volunteers as a trail maintainer and event organizer for the Marathon County Chapter of the Ice Age Trail Alliance, spends time cuddling her dog, and enjoys visiting friends and family. Rachel also volunteers at her area church and has a strong faith life. She

loves backpacking in many locations around the state and world, having hiked the entire 1200-mile Ice Age Trail, hundreds of miles of the North County Trail, and is currently working on a round trip hike of the Superior Hiking Trail. Rachel has gone backpacking in New Zealand, Nepal, Ireland, and will be backpacking in Iceland in July. "The outdoors is truly my second home."

Since working in the Life Enrichment Program and reflecting on favorite memories Rachel says, "I have many wonderful memories, but my favorite was our Ice Age Trail, all-terrain wheelchair event. Everyone playing Ice Age Trail bingo, eating at subway, painting signage posts, and going down the trail in the wheelchair will be forever etched in my heart. Together we found a piece of freedom." Rachel has helped many residents find a piece of freedom, a piece of themselves and has impacted the daily lives of more residents than we can count. The residents and the life enrichment team are lucky to have you, Rachel. **We look forward to hearing about more adventures and living vicariously through you.**

Give a Little, Help a Lot!

KEEP DONATIONS LOCAL

At North Central Health Care, the needs of our patients, clients, and residents are ever-changing. Whether it's an updated pair of shoes, bingo prizes, or a simple bottle of dish soap, your support can make a real difference in their quality of life.

Each month we'll share an updated list of the most-needed items to help support those we serve. Whether big or small, every donation helps bring comfort to those right here at NCHC!



APRIL WISH LIST

SLIDE-ON/TIE SHOES

FOR THE FASHION BOUTIQUE

BINGO PRIZES:

- **FUN-SIZE CANDY BARS**
KIT KAT, MOUNDS, ALMOND JOYS, HERSHEY'S, REESE'S PB CUPS
- **CANS OF SODA**
- **SUGAR-FREE GUM**
- **SMALL HOLIDAY DECOR**
- **STUFFED ANIMALS** IN GOOD SHAPE

Please bring all donations to the Volunteer Office located in the front of MVCC.

norcen.org/volunteer

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.



Kailey
Butkowski

Debra
Pouzar



Jeffery
Binversie



Destiny
Xiong



Lisa
Mork



NEW VOLUNTEERS WELCOME!

Know someone who would be a great volunteer?

Share your volunteer experiences with your friends and family and invite them to join our team. 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. Embrace the season of Growth: Volunteer with us this Spring!!



Spring Pea & Lemon Pasta Salad

FOR THE SALAD:

- 12 oz pasta (bow ties or rotini work great)
- 1 cup fresh or frozen peas
- 1 cup cherry tomatoes, halved
- ½ cup thinly sliced radishes
- ¼ cup red onion, finely chopped
- ½ cup crumbled feta cheese
- 2 tbsp fresh parsley, chopped

FOR THE LEMON DRESSING:

- ¼ cup olive oil
- Juice of 1 lemon
- 1 tsp lemon zest
- 1 tbsp honey or maple syrup
- 1 tsp Dijon mustard
- Salt & pepper to taste

INSTRUCTIONS:

1. Cook pasta according to package directions. In the last 2 minutes, add peas to the boiling water.
2. Drain and rinse under cold water.
3. In a large bowl, combine pasta and peas with tomatoes, radishes, onion, and feta.
4. In a small bowl or jar, whisk together dressing ingredients until well combined.
5. Pour dressing over the salad and toss to coat.
6. Sprinkle with fresh parsley before serving.

Tip: This salad tastes even better after chilling in the fridge for an hour — perfect to prep ahead!

“Volunteering affords a great opportunity to meet new people and to enjoy the intrinsic value of assisting others-and one’s self in the enjoyment of life.”

- Liz Rossiter (NCHC volunteer)

Sign in, Sign in, 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

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

Do you know someone
who would be a great
NCHC volunteer?
Contact the Volunteer
Services Office to refer:
715.848.4450 or
volunteer@norcen.org

Become a giver &
Watch the Magic!



North Central Health Care
Person centered. Outcome focused.
2400 Marshall Street, Suite B.
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