

NCHC Volunteer NEWSLETTER

North Central Health Care

Embracing Summer

Warm Days & New Volunteer Opportunities

Spring is shifting into summer. Everywhere we are starting to see the signs, longer days, warmer weather, summer flowers are abundant with life and the birds are chirping. Summer isn't a season it's a vibe. Summer is my favorite season. After surviving the long Wisconsin Winters there are so many things I look forward to. I love spending time out in the sun whether it be hiking, kayaking, cookouts, taking the dogs to the dog park or just lazy days on the beach. Most people love summer because it means warmer weather, longer days, and more opportunity to get outside and enjoy the sunshine with family and friends. For most of us summer means happiness, the sun alone makes us happy. The day trips to the beach, the warm summer breeze, outdoor adventures, camping, ice-cream, swimming, fresh squeezed lemonade, picnics, and mesmerizing sunsets are just a few reasons to fall in love with this season. With summer comes new volunteer opportunities to get our residents outside and get them feeling happy. If you are interested in being a special friend and getting our residents outside for visits, strolls, or just to catch some rays of sun let the volunteers office know. Now go out and soak up the sun. Summer after all is the season of enjoyment.



"A perfect Summers Day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

- James Dent



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Welcome to the Team!

We would like to introduce Lindsey Kroening and welcome her to our Life Enrichment Team. Lindsey is here doing an internship here at NCHC with the Life Enrichment program and will be with us through the end of August. Lindsey is finishing up her Recreational Therapy degree through University of Wisconsin- La Crosse. In her free time Lindsey enjoys hiking, boating, camping, gardening, and really anything outdoors. During the colder months, she likes to read, scrapbook, and bake sweet treats! She also likes to spend time with her family, friends, and her dog Marleigh.

Lindsey has always had a passion for working with older adults and recreational therapy allows her to do that in a way that can help improve their quality of life. She chose to do her internship at NCHC because it was highly rated and has expansive programs all within the beautiful region of Wisconsin. While at NCHC Lindsey hopes to improve her leadership abilities, expand on her communication skills, and enhance her creativity and problem-solving techniques upon completion of this internship. As of right now Lindsey says her favorite part of doing her internship here at NCHC is engaging with the residents and developing connections through the variety of activities the life enrichment team has to offer. "The residents and staff have been so welcoming which has made this transition nearly seamless. The environment created by the staff and residents is something I truly admire; I can tell the residents are highly valued. I am excited to be part of the dynamic and I look forward to my journey here at NCHC." We look forward to having Lindsey on the team for the duration of her internship. Please make her feel welcome and help show her how big of an impact the life enrichment team has on our residents and their families. Welcome to the team Lindsey we are so happy to have you.

Upcoming Volunteer Opportunities & Events

JUNE:

6/28 9:45-11:30am

Music with Tom Burt

JULY:

7/4 2:00pm

NOM & Dan Gruetzmacher

7/11 10:15am

Veteran's Day Social w/Heartland Hospice

7/11 2:00pm

Patriotic Social w/DJ Jon

7/15 2:00pm

Antique Car Show

7/18 10:00am

Veteran's Day Social

7/23 6:15pm

St. Marks Bingo

7/25 2:00pm

Entertainment w/ Phil John

7/30 2:00pm

Mount View Olympics

7/31 10:00am-2:00pm

WI Valley Fair

AUGUST:

8/1 10:00am-2:00pm

WI Valley Fair

8/1 2:00pm

NOM & Dan Gruetzmacher

8/1 2:00pm

Resident Voting

8/2 10:00am-2:00pm

WI Valley Fair

8/8 10:15am

Entertainment w/ Tom Burt

8/8 2:00pm

Entertainment w/ Larry Jankowski

8/22 Time TBD

Edgar Stream Show

FLEXIBLE ONE-ON-ONE'S

Interested in visiting with residents one-on-one for a more personalized, flexible volunteer experience? Schedule one at any time with our Volunteer Coordinator at 715-848-4450.





Areas of Need

FRESH AIR ESCORTS Currently, we are looking for volunteers to take our residents on walks outside on our beautiful campus with newly paved walking paths around the facility during the warm weather. Bring a friend!

BEAUTY SHOP VOLUNTEERS

Are you interested in hair care? Do you have a skill for setting hair? Then we need you. We will be opening up the volunteer beauty shop again starting once a week in July.

FAIR VOLUNTEERS

One of our biggest events of the summer is the outings to the fair. This summer July 31st, August 1st and August 2nd we will be taking our residents to the fair. Which means we will need many volunteers. If you know someone that would be interested in doing a one time volunteer experience please let them know about this great opportunity to assist the residents in getting out and seeing the animals and of course taste all the good fair food. This is a great time for our residents but also a great time for the volunteers who will get free entrance to the fair for the same evening as well as a \$5 stipend for food just for volunteering. So if you know someone who is planning on venturing out to the fair and wants free admittance let them know that by volunteering for a couple hours they will get free admittance to the fair.

INTERESTED IN VOLUNTEERING?

If you are interested in being a volunteer for any of these opportunities please contact Mary or Sarah in the volunteers office.

Heartfelt Gift Shop

Summer has Arrived!

Stop in and see our lovely 4th of July items, perfect for celebrating the season. Looking for a special gift? Explore our summer collection and find the perfect present for someone special today.

Interested in volunteering at the giftshop? 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.



Mango Coconut Popsicles

INGREDIENTS

- 2 ripe mangoes, peeled and diced
- 1 cup coconut milk
- 2-3 tablespoons honey (adjust to taste)
- 1 tablespoon lime juice
- Pinch of salt

INSTRUCTIONS:

1. Blend the Mango Mixture:

- In a blender, combine the diced mangoes, coconut milk, honey, lime juice, and a pinch of salt.
- Blend until smooth and creamy. Taste and adjust sweetness with more honey if desired.

2. Fill Popsicle Molds:

- Pour the mango-coconut mixture into popsicle molds, leaving a little space at the top for expansion.
- Insert popsicle sticks into each mold.

3. Freeze:

- Place the popsicle molds in the freezer and freeze for at least 4-6 hours, or until completely set.

4. Serve:

- Once frozen, remove the popsicles from the molds by running them under warm water for a few seconds.
- Serve immediately and enjoy these refreshing mango coconut popsicles on a hot summer day!

VARIATIONS:

- Add diced strawberries or pineapple chunks for a tropical twist.
- Sprinkle shredded coconut or chopped nuts on top before freezing for added texture.



Life Enrichment Spotlight



Highlighting Amy Martin

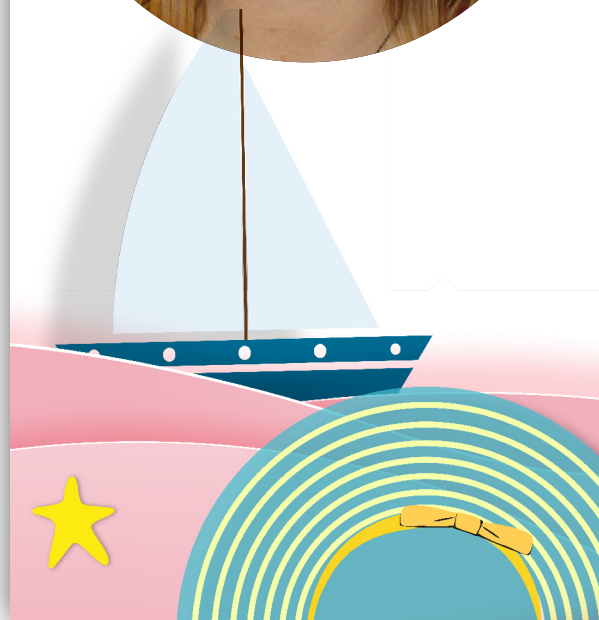
The life enrichment staff are here day in and day out making sure that our residents stay active and entertained. We wanted to take the time to spotlight a life enrichment aide and activities coordinator and share her story about who she is and why she loves her job.

Amy Martin is the life enrichment spotlight for this summer edition of the volunteer newsletter. Amy has worked at NCHC for 15 years this October. She worked as a CNA for 1.5 years, a Life Enrichment Aide for 12 years and for the last 1.5 years has been working as an activity's coordinator. When asked why she chose to work in the activity program Amy said that she wanted to be able to give residents an opportunity to enjoy life the best they can while living here at NCHC. She enjoys the feeling of joy that the activity programs bring to the residents.

Amy is outgoing and not afraid to try new things, especially new activities. She is always willing to help and try to teach people ways to incorporate life enrichment into their daily lives, whether it be residents here at NCHC, fellow co-workers, or friends and family outside of work. When not entertaining our residents at NCHC, Amy enjoys fishing, hunting, gardening, camping, and rock hounding (for those of you who don't know this is the activity of searching for and collecting rocks, fossils, or minerals. I had to look it up ☹️) Basically anything outside so if you are looking to find Amy your best option is the outdoors.

Amy said there are too many favorite memories since working in the life enrichment program. But she says, "the best is when a resident says Thank you for giving them an opportunity to participate in new activities or taking them out into the community, so they can feel like themselves. Plus, all the smiles and hugs." When you see Amy ask her about her last adventure and let her know how much we appreciate everything she does for our residents. **We are lucky to have you on our team.**

"I wanted to give residents the opportunity to enjoy life the best they can while living here." - Amy Martin





Volunteer Appreciation Week

RECAP!



Volunteer Appreciation Celebration

As you know in April, we held our annual Volunteer Appreciation Celebration. For those for you who were unable to make it we wanted to share some pictures from the celebration. Also we wanted to make sure you were aware of just how much we appreciate everything you do for those we serve here at NCHC. It was a beautiful celebration with a great turnout. We had lunch, did some education, raffled off gift baskets which were made up of many different donations from companies throughout our community, and had some entertainment. We had a group of residents come join and do a little presentation for the volunteers to show

how much the residents appreciate what you do and how much of a difference it makes in their lives. Lastly music entertainment was provided by our fearless leader Melissa along with some of the life enrichment aides and residents. It was a good time had by all. If you were unable to attend, we do have a gift for you that can be picked up in the volunteers office as well as a satisfaction survey for you to fill out to let us know how your experience volunteering at NCHC has been. Once again, we can't thank you enough for the time and effort you put into our volunteer program. We couldn't do it without you.

Updates for Volunteers

Background Checks

Every 4 years we are required to update background checks for all our volunteers. For many of you these are due to be renewed in June of 2024. We will be sending the paperwork out in the mail to those of you who are due. Please fill the paperwork out and return to the volunteers' office.

TB Tests

We are also due to update everyone's tb tests. You do not need to have another test done at this time but we do have paperwork that needs to be updated. We will also be sending this out in the mail to everybody. Please sign and return to the volunteers office

Memorial Day

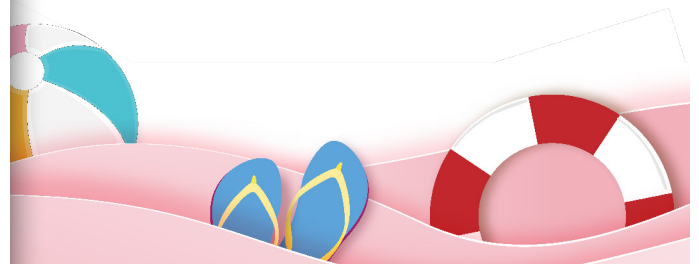
For any of our volunteers who have a loved one lost in service, we celebrate Memorial Day. A day to honor the brave men and women who have sacrificed their lives in service to our country. Let us never forget that freedom isn't free.

Our Vision:

The vision of North Central 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: Partnering together to provide compassionate and high-quality care for individuals and families with mental health, recovery and skilled nursing needs.

Mission Statement:

Our volunteers are committed to providing quality services for our residents and clients. Our programs are aimed at creating 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. What is the longest day of the year in the Northern Hemisphere called?
2. In what year did the first modern Olympic Games, held during the summer, take place?
3. Which U.S. state is known for having the longest summer days due to its location?
4. What fruit is known for being more than 90% water and is a summer-time favorite?
5. Which popular summer beach toy was originally invented as a prop for exercise?
6. Which famous music festival, held in the summer of 1969, became a symbol of the counterculture movement?
7. What is the name of the warm ocean current that flows along the eastern coast of the United States, affecting summer weather?
8. What is the traditional flower associated with the month of June, often seen blooming in early summer?
9. In which country is the famous summer festival "La Tomatina," where participants throw tomatoes at each other, held?
10. What ice cream flavor was invented in 1984 to celebrate the summer Olympic Games held in Los Angeles?

ANSWERS 1. The Summer Solstice 2. 1896 3. Alaska 4. Watermelon 5. The Hula Hoop 6. Woodstock 7. The Gulf Stream 8. The Rose 9. Spain 10. Cookies & Cream

How your Volunteer Time Makes a Difference

Enriching Lives one Hour at a Time

Every moment you spend volunteering at our nursing home is a gift of compassion and connection. Your presence not only brightens our residents' days but also enriches their lives with heartfelt interactions and meaningful activities. Through your dedication, you create a community where kindness and care flourish, making each day more joyful and fulfilling for those we cherish dearly. Thank you for the invaluable impact you make with every hour you generously give.

- 1. Creating Genuine Connections:** Your presence brings companionship and genuine connections that brighten our residents' days and alleviate feelings of loneliness.
- 2. Personalized Care and Attention:** Through your attentive care and personalized interactions, you make each resident feel valued and cherished.
- 3. Bringing Joy Through Activities:** Whether it's sharing laughter during game nights or sparking creativity in art sessions, you bring joy and purpose to our community.
- 4. Supporting Emotional Well-Being:** Your compassionate listening and understanding provide emotional support, offering comfort during both challenging and joyful moments.
- 5. Fostering a Sense of Belonging:** By organizing cultural celebrations and reminiscing about shared experiences, you help residents feel connected and part of a larger family.
- 6. Encouraging Physical Vitality:** Your encouragement in gentle exercises and outdoor walks promotes physical vitality and enhances overall well-being.
- 7. Sharing Knowledge and Wisdom:** From sharing life stories to teaching new skills, you impart wisdom that enriches lives and encourages lifelong learning.
- 8. Celebrating Life's Milestones:** Whether it's birthdays or holidays, your thoughtful gestures and celebrations make these moments truly special for our residents.
- 9. Advocating for Needs and Rights:** As a volunteer, you advocate for our seniors' needs and rights, ensuring their voices are heard and respected.
- 10. Building a Community of Care:** Together, we create a warm and supportive community where every volunteer hour contributes to a brighter, more fulfilling life for our seniors.



"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)

Remember to Sign in!

Please help us to collect your volunteer hours and be sure that you are signing in. A sign in sheet is located at the NCHC Front Welcome Desk on the clipboard on the counter. As a reminder you only need to sign your name once on the sign in sheet. Thank you for all you do.



Volunteer Office Contact Information

PHONE: 715.848.4450 | EMAIL: Volunteer@norcen.org

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



*Become a Giver &
Watch the Magic!*

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



North Central Health Care
Person centered. Outcome focused.
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