



Volunteer News

Mark Your Calendars!

July 2019 Events

DATE	Event or Activity	# of Volunteers Needed to Assist
8	Ice Cream at the Park, Gardenside Crossing, 1:00 – 4:00 pm	1
9	Bus Ride, LVH, 9:45 am – 12:15 pm	2
9	Music after Church, 1st floor dining room, 2:30 – 4:30pm	3
12	Fishing and Picnic, Gardenside Crossing, 10:30 pm – 2:00 pm	1
12	Happy Hour, 1st floor dining room, 1:30 – 3:30 pm	3
13	Bingo, 1st floor dining room, 1:30 – 3:30 pm	4
15	Resident Council, 2nd floor dining room, 9:45 – 11:45 am	3
15	Neighbor of the Month, 1st floor dining room, 1:30 – 3:30 pm	3
16	Fleet Farm Shopping Trip, Lakeview Heights, 9:30 am – 12:30 pm	8
16	Shopping, Mount View lobby, 1:15 – 4:30 pm	2
19	Cecelia, Evergreen, 1:30 – 3:30 pm	3
20	Mennonite Singers, 1st floor dining room, 10:00 – 11:30 am	2-3
22	Woodchucks Game, Lakeview Heights, 5:00 – 9:30 pm	2
30	Bus Ride, Lakeview Heights, 1:00 – 4:00 pm	2
31	Wausau Fair, Gardenside Crossing, 11:00 am – 3:00 pm Includes \$5.00 meal stipend-must be able to push a wheelchair	15

August 2019 Events

2	Wausau Fair, Mount View lobby, 10:00 am – 2:30 pm, Includes \$5.00 meal stipend, must be able to push a wheelchair.	10-15
10	Bingo, 1st floor dining room, 1:30 – 3:30 pm	3-4
15	Family Picnic, 1st floor Activity Room, 4:45 – 7:00 pm	5
17	Mennonite Singers, 1st floor dining room, 10:00 – 11:30 am	2-3
22	Edgar Steamshow, Mount View Lobby, 10:00 am – 1:30 pm	5

September 2019 Events

4	Sunshine Gals, 1st floor Dining Room, 10:15 – Noon	2
14	Bingo, 1st floor dining room, 1:30 – 3:30 pm	3-4
21	Mennonites, 1st floor dining room, 10:00 – 11:30 am	2-3

*Every Thursday afternoon from 1:30-3:30 pm we are need of volunteers to help gather for activities.

We appreciate all of the time you donate!

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Our 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: *Partnering together to provide compassionate and specialized care for people with complex behavioral 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 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.

Lives Enriched and Fulfilled.

Dear Volunteers!

Hello Volunteers!

Summer has finally arrived! This year it has seemed to take forever to get here this year. I hope everyone enjoys the warm days ahead.

It is exciting to know that FINALLY the much anticipated renovations to the Aquatic Therapy Pool and the NCHC Campus buildings are ready to begin. Read the letter from Lindsey King to gain a better understanding of the transition that will be occurring in Mount View. It will be fun to watch our campus transform in the next 3 years.

As the summer progresses we will be looking for volunteers to help our residents outside for walks. If you have a few minutes and would like to offer a resident a walk outside, please let us know. We will also be searching for several volunteers for our annual 2 days at the Wisconsin Valley Fair. This year we are in need of help on Wednesday and Friday. Free entrance to the fair is provided. This outing is the highlight of the year for many of our residents. If you are able, please consider joining us.

Wishing you a safe and relaxed summer,

Sincerely,

Laural Harder, Volunteer Coordinator



Volunteer Sign In

You can find the sign in sheets at the Information Station in MVCC or at the front desk of North Central Health Care.

Heartfelt Gift Shop Now with Evening Hours

Reminder the Gift Shop is Open Monday – Friday from 9:00 am – 3:00 pm and the 1st and 3rd Wednesday's of the month from 5:30–7:00 pm. Please stop in and see the fun Summer items that are available. Pick up a gift for someone special today! Credit cards accepted.



Volunteer Email Reminder

The Volunteer office has a new email: volunteer@norcen.org; both Kathy and Laural are checking this email so it will be easier to reach us.

Flower Sale Results

This year our Annual Flower Sale raised funds for Alvin, the NCHC Therapy Dog. Over \$760 was raised for Alvin's care. This money will go towards supporting his ongoing needs, such as veterinary visits, food, bedding, grooming, hygiene products like shampoo and oral care. Thank you to all the volunteers that purchased flowers. We hope they are beautifying your patios.



Beauty Shop Sub:

We are in need of volunteers to join our list of subs to apply roller sets to our residents on Monday or Friday mornings from 9:00 – 11:30 am. No experience is necessary. Please contact the Volunteer Office at 715.848.4450 or email volunteer@norcen.org for information.

Aegis Volunteer

Aegis Therapies, located on the 1st floor of Mount View, is looking to add a volunteer to assist with group activities on Tuesdays. A 2-hour block of time is needed. Please see Laural Harder if you are interested.



Fresh Air Guides

Volunteers can take residents outside to enjoy the lovely weather and grounds, as your schedule allows.

Volunteer Spotlight

The Clements



Our volunteer spotlight this month is on Carolyn and Richard Clement. They have been volunteering at NCHC since 2000. They left us briefly to live and explore in the great up North. Little did they know that finding volunteer opportunities in such a remote area would be so challenging. Longing to resume their volunteering, Carolyn and Richard would eventually rent a small apartment in Wausau, simply to volunteer on a regular basis, while continuing to live up North. They eventually found their way back to Wausau full-time.

Not only do they give time to Mount View Care Center, they also have spent time volunteering at the Salvation Army and helping many of their elderly neighbors. Currently, Carolyn and Richard help with church services on Wednesday afternoons and other activities as needed. Some of their favorite memories include helping with bingo, going on picnics to Rib Mountain, going on shopping outings, music and dancing events and going to the theater with residents. They enjoy being with people and get satisfaction knowing they are helping others. Volunteering for the Clements is not simply a way to pass the time but it is truly a way of life.

Over the years they have created many special relationships with our residents and continue to do so. Thank you Carolyn and Richard for being so gracious with your time and for genuinely caring for those we serve. You truly are enriching resident's lives.

Volunteer Appreciation Breakfast

Thank you to all who attended the Volunteer Recognition Breakfast. We enjoyed celebrating you and all of your contributions! If you were unable to attend we hope you will join us next year and meet some of your fellow volunteers.



Volunteer Breakfast 2019 at the Holiday Inn & Suites in Rothschild

Driver's CORNER

Older Driver Safety Awareness

Driving helps older adults—persons 65 and older—stay mobile and independent. However, as we age, declines in vision and cognition (ability to reason and remember), and physical changes might affect driving. Certain medical problems such as heart disease, dementia, sleep disorders, and limited hearing and vision place older adults at an increased risk of car crashes. Additionally, medicines, both prescription and over the counter, such as those used for sleep, mood, pain, and/or allergies among others might affect driving safety.

Older drivers are also at an increased risk of being injured or killed in a crash due to increasing frailty and underlying health problems.

Get the facts:

- One in 6 drivers in the United States are 65 years or older.
- Older adult drivers are more than twice as likely to report having a medical problem that makes it difficult to travel as compared with drivers ages 24 to 64.
- Four in five older adults take one or more medications daily. Physical changes that occur with age can change the way the body reacts to medicines, causing more side effects and affecting the ability to concentrate and drive safely.

Here are some steps that older adults can take to stay safe on the road:

- Discuss any medical issues with your doctor to determine if they might affect your driving.
- Discuss stopping or changing your medications with your pharmacist or doctor if you experience any side effects that could interfere with safe driving such as blurry vision, dizziness, sleepiness, confusion, fatigue, and/or loss of consciousness.
- Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as directed.
- Plan your route before you drive.
- Consider potential alternatives to driving, such as riding with a friend or using public transit.



Just some of the vehicles on display at the Mount View Care Center's Annual Classic Car Show, June 4th

NCHC Renovation Preliminary Plans



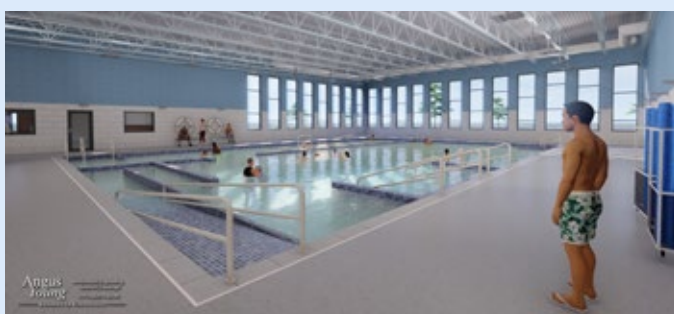
Front main entrance to Mount View Care Center and Bistro.



Entrance to the Aquatic Therapy Pool



Front view from Marshall Street



Interior Aquatic Therapy Pool

We are excited to share that on May 28 the Wausau City Council approved the North Central Health Care precise implementation plans for the renovations to the Wausau Campus. This is a \$73 million project to renovate Mount View Care Center, the Aquatic Therapy Pool and all the program space for mental and behavioral health services offered here on the campus, in addition to support services and administrative areas. The Marathon County Facilities & Capital Management team, along with NCHC leadership, will begin the bidding process and continue working with the architectural design firm on finalizing interior and exterior designs and planning the construction and renovation process.

Currently, we are anticipating a 3-year construction period for the entire campus with completion on our 50th anniversary in 2022. Mount View Care Center will update residents and families with letters, holding open meetings and conducting tours, as well as updating information on the renovation communication boards within the facility. You can view photos, videos and plans as they are released online also at www.norcen.org/Renovations. We will also be sending invitations to open family and resident meetings for sharing the design and project phases. I will also be available to meet with residents and families individually to assist them with their transition personally.



Lindsey King, Social Worker
Resident Transition Coordinator
715.848.4578
lkking@norcen.org

As we accommodate new construction and renovation of existing areas, all residents will move at some point during the construction phase. Our goal is to make this transition as smooth as possible for everyone. Residents will be notified at least 30 days prior to any moves. We will continue to provide frequent updates so you are able to anticipate transitions timely. We are confident in our team's ability to continue providing the same excellent care to you throughout this process.

During this time, I will be a contact for you to ask questions to. Please know you may contact me with any questions or concerns you may have. I look forward to this exciting time in our future.

Thank you,
Lindsey King

**For ongoing updates visit
www.norcen.org/Renovations**



North Central Health Care

Volunteer News

Fair Volunteers

We are in need of many volunteers to escort our residents around the WI Valley Fair again this year. We are looking for help on Wed, July 31 from 11 am – 3 pm and on Friday, August 2 from 10:00 am – 2:30 pm.

You **MUST** be able to push a wheelchair. A \$5 meal stipend will be included for your lunch. If you are not able to help, but know someone who would like to share the day with a resident, please have them contact the Volunteer Office at 715-848-4450 or volunteer@norcen.org.



Volunteer Services 715.848.4450 • www.norcen.org



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North Central Health Care
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