

FEBRUARY 2023

# HELPFUL NOTE

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## BECOME AN OAKWOOD PREFERRED HOSPICE VOLUNTEER

Volunteers can work directly with residents or help support hospice in other ways, like assisting with administrative tasks. Experience in health care is not required, we provide our volunteers with the training you need. Oakwood Preferred Hospice is looking for committed volunteers who are dependable and want to make a difference in someone's life. We offer many opportunities that support varying schedules, including days, evenings, and weekends.

The Prairie Ridge campus welcomes back Renee Wenger, as the limited term Volunteer Services Coordinator. Renee maybe a familiar face to some as she has worked previously in both Health and Wellness and Life Enrichment, and retired in June from Oakwood. Renee will be available part time during Emily's maternity leave.

## WELCOME



Please give her a warm welcome back to campus, and feel free to reach out to her regarding any Volunteer Services needs. Renee can be contacted at:  
**Renee.Wenger@oakwoodvillage.net**  
**608-230-4213**



Interested in learning more please email our Hospice Volunteer Coordinator, Alison Resch at [alison.resch@oakwoodvillage.net](mailto:alison.resch@oakwoodvillage.net)



# Volunteer Opportunities



## SEEKING: Sewers for Inspirational Hearts

Assisted Living Life Enrichment Specialist, Gail Beaver, would like to start a Prairie Ridge campus wide act of kindness project. Gail is looking for sewers to utilize their own materials to make fabric hearts that Assisted Living and Independent Living residents would place around campus when on their walking group for others to find and either keep or hide.

Hearts are made of fabric, generally the size of your palm. Most have a layer of batting or fiberfill and you can embellish with buttons, sequins, ribbons, etc. Have fun with your creative process!

**Contact Gail Beaver or Volunteer Services for more information.**

## SEEKING: Aviary Volunteer

Assist with light cleaning of aviaries in Community Center, Knoll, Seasons, and Meadows. Follow aviary guidelines to clean aviaries' plexiglass windows with cleaning supplies and lightly rake up debris on bedding at bottom. Duties would need to be completed biweekly.

**Contact Volunteer Services for more information.**



## SEEKING: Pastoral Care Assistant

Position requires basic computer knowledge do to work being on computer provided by Pastoral Care. Position includes printing weekly bulletins, making copies, distributing, filing as necessary, and other clerical duties as assigned.

**Contact Chaplain Wayne or Volunteer Services for more information.**

# More Volunteer Opportunities



## Prairie Ridge Liaison for

### Piano Recital

Saturday February 11th

10:00 AM - NOON

Volunteer would make sure Chapel is ready for recital, greet outside community guests, and direct guests as needed. Basic knowledge of Chapel lights and sound system would be provided prior to event.

**Contact Sarah Wieloch or Volunteer Services for more information.**

## SEEKING: Health & Rehab Center

### Visiting Companion

Looking for visiting volunteer in the later afternoons to evenings to engaging with residents in our Health & Rehab center. Volunteer would socialize or engage in activities of interest of the resident.

**Contact Volunteer Services for more information.**



## SEEKING: Religious Service Transports

Volunteers to transport residents in wheelchairs to Vespers (Wednesday weekly at 4:00PM) and Catholic Service (3rd Friday of month at 10:30AM)

**Contact Volunteer Services for more information.**

## SEEKING: Mail Delivery

Assist with delivering mail room to room in Assisted Living and Health & Rehab Center. Volunteer can do one day a week or numerous days throughout the week. Time would be in late afternoons.

**Contact Volunteer Services for more information.**

# BOOST YOUR SELF ESTEEM MONTH

## NAME CHANGE

The volunteer group on the Prairie Ridge campus known as the QUILT GROUP will now be known as the **Prairie Stitchers**. This group provides numerous projects for the campus and the greater community. If you are interested in joining please join them on the 4th Floor Settlers Ridge on the 2nd and 4th Friday of each month. See monthly calendar or Touchtown for exact details.



## THE VILLAGE MERCANTILE

The mercantile currently offers green baskets for your shopping convenience. The green shopping baskets must stay in the Mercantile and can not be taken back to your apartment with you. Thank you for understanding.

**Low self esteem can trip you up just when you need it to be at its best. These tips will help you feel better about yourself quickly:**

- 1) Think back to when you did something new for the first time
- 2) Do something you have been putting off
- 3) Do something you are good at
- 4) Stop thinking about yourself
- 5) Get seriously relaxed
- 6) Remember all the things you have achieved
- 7) Remember that you could be wrong

<https://www.hypnosisdownloads.com/blog/7-ways-to-boost-your-self-esteem-quickly>



## HAPPY ANNIVERSARY

As Oakwood celebrates their 75 anniversary in 2023, Volunteer Services will be honoring the anniversaries of our volunteers. Volunteers will receive a gift card to utilize in the dining venues on campus in their anniversary month. Thank you volunteers for your service to the Oakwood community.

Dress  
Up  
Days

**FEBRUARY:  
HEART MONTH**

Wear **RED** on  
Friday 3rd

**FEBRUARY:  
SUPERBOWL  
WEEKEND**

Wear your  
favorite team  
**JERSEY** on  
Friday 10th

**FEBRUARY:  
VALENTINE'S  
DAY**

**HAPPY  
VALENTINE'S DAY!**  
Wear a **HEART**  
Tuesday 14th