

# Helpful Note

February 2025

American Heart Association.



## National Wear Red Day

**Friday February 7th**

Join us as we wear red and help raise awareness of women's No. 1 killer-cardiovascular disease.

This year for Valentine's Day, Independent Living will be hosting Love & Marriage Gameshow based off the Newlywed Game.

Resident couples will be asked questions about each other and themselves, and then answers will be compared.

## American Heart Month

Staying motivated for fitness can sometimes be a struggle, but keeping active is crucial to maintaining your heart and body health. Encourage yourself to walk more or make an extra trip to the gym this month and keep it up.

If you volunteer and visit with a resident one on one, see if the resident is up for a short walk. If they are able to walk independently utilize that time to get them active and out of their room.



## Love & Marriage Gameshow

**Friday February 14th  
2:30pm**

### **Volunteers NEEDED**

Friday February 14th  
2:00pm - 4:00pm

Volunteers are needed to transport assisted living residents to and from the event, and sit with them.

A volunteer to assist with stage assistant, which includes directing people on and off the stage and miscellaneous needs.

# VOLUNTEER OPPORTUNITIES

## Assisted Living: Transport

Volunteer would push resident in wheelchair to programming occurring in the Chapel. Volunteer would also sit with resident during program, and return resident safely to household at completion.

### ■ Piano Sing Along with Susie

Thursday February 6th  
1:40pm - 3:15pm  
start time 2:00pm

### ■ Travelogue: Colosseum with Joe Fahey

Friday February 7th  
10:10am - 11:45am  
start time 10:30am

### ■ Concert: Peter Baime & Augusta Brulla (Flamenco music with dancing)

Tuesday February 11th  
1:40pm - 3:15pm  
start time 2:00pm

### ■ Concert: Oakwood Chamber Player

Friday February 14th  
6:40pm - 8:15pm  
start time 7:00pm

### ■ Concert: Chaos In The Kitchen (Jazz music)

Thursday February 20th  
5:40pm - 7:15pm  
start time 6:00pm

### ■ Music Feature: Beatles Friday February 21st 2:10pm - 3:45pm start time 2:30pm

### ■ Presentation: Ice Age Trail February 25th 1:40pm - 3:15pm start time 2:00pm

### ■ Concert: Christo's Novelty Combo (Guitar and Steel Guitar) Tuesday February 25th 5:40pm - 7:15pm start time 6:00pm

### ■ Concert: Karlos Moser & Jake Friday February 28th 2:10pm - 3:45pm start time 2:30pm

# VOLUNTEER OPPORTUNITIES

## URGENT REQUEST

### **Assisted Living: Newspaper Delivery**

**Monday thru Friday  
Early Morning**

Volunteer is needed once or more times a week to deliver the newspapers to Assisted Living and Health and Rehab. Volunteer can start as early as newspapers arrive. This is a great opportunity to get your exercise in the morning and mingle with residents if you are interested.

### **Assisted Living: Campus Stroll**

**Friday  
3:15pm - 4:15pm**

Volunteer would assist weekly with Life Enrichment staff in the campus stroll with our Seasons and Rise residents.

Volunteer needs to be able to help assist with inviting residents, push a wheelchair, and engage in social interactions.

### **Independent Living: Mending**

Volunteer would alter and mend clothing as needed. Residents would come at a set time to turn items into the volunteer. Volunteer would return items altered and mended in a timely matter. Experience required.

### **Health and Rehab: Social Visitors**

Volunteer would visit with our Health and Rehab residents in their rooms, but also take the opportunity to introduce residents to opportunities on the Oakwood campus. Good social and communication skills, able to function independently, and physically able to push residents a plus.

## **Becoming A Volunteer**

Volunteers are made up of residents, outside community individuals and groups. Volunteers are able to come in on a one time opportunity or at least once a month if looking to become an official registered volunteer.

# VOLUNTEER OPPORTUNITIES

## SEAMS Team

Volunteer would meet main contact in the Chapel, turn on the lights, set up microphones, move piano if necessary, and answer questions. Not necessary to stay for entire program. However, would need to come back at the end to shut off microphones and lights. Training would be provided prior to event.

**Concert: Chaos In The Kitchen**  
(Jazz music)

**Thursday February 20th**

**5:00pm - 7:15pm**

**start time 6:00pm**

**Concert: Karlos Moser & Jake**

**Friday February 28th**

**2:00pm - 3:45pm**

**start time 2:30pm**



## REMINDER

Volunteers are encouraged to record their volunteer hours on a monthly basis. Hours can be recorded via VicNet electronically, paper form found in binder outside of Meadows or the Chapel, or via email to Emily Lueloff.

Emily Lueloff Volunteer Services Coordinator  
(608)230-4213 emily.lueloff@oakwoodvillage.net

Oakwood Village Prairie Ridge  
5565 Tancho Drive Madison, WI 53718

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