

JANUARY 2021

THE CONNECTION



Waverly Health Center Volunteer Services



NOTES FROM MELINDA

QUOTE FOR JANUARY:

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. " The third way is to be kind."
—Mister Rogers

As the year 2020 comes to an end, I find my focus on an "attitude of gratitude." While being grateful for anything may seem challenging during this pandemic, it is possible. Being grateful for what we have can bring hope during the darkest of times and calm amid chaos.

I am extremely grateful for volunteers and their dedication and compassion in the face of these unique and challenging times. While our volunteer services were temporarily suspended due to COVID-19, our volunteers continued to support us from home with projects like hand sewn face masks and mailings.

You came through with generous donations to our Happy Cart with goodies and prizes for the WHC employees. Believe me, they benefited from your generosity. Continue to stay safe! Happy Holidays! **Melinda Pitt**

Upcoming Meetings and Topics

Auxiliary Board Meeting
Monday, January 11
8 am - 9am
Virtual— let Melinda know if you would like an invite.
Everyone is welcome!

HAPPY CART THANK YOU!!

COVID had really brought an employee down today. We are not able to live our lives as we want - not seeing family and doing other activities as we had done. And this is everyone - not just "essential workers". Sometimes we just need to talk about it but the Happy Cart added a little happiness too.

Again, please thank the ones that have contributed to this and let them know it does make a difference and is appreciated!!!

VOLUNTEER APPRECIATION DRIVE-BY SURPRISE!



THE CONNECTION

NEW PROVIDERS AT WHC



Christopher Johnson, MD
OBGYN

Dr. Johnson received his medical degree from the University of Iowa and completed his Residency at the Wilford Hall USAF Medical Center in San Antonio, Texas specializing in Obstetrics and Gynecology. Dr. Johnson has 25+ years of experience as a physician and is coming to us from Montgomery County Hospital in Red Oak, IA.



Erica Smith, DO | Family
Practice

Dr. Smith received her medical degree from Des Moines University and completed her Residency at the Northeast Iowa Medical Education Foundation in Waterloo, Iowa specializing in Family Medicine. Dr. Smith has been working as a physician since 2007 and is coming to us from Heart of the Rockies Regional Medical Center in Salida, Colorado.

Dr. Smith is seeing patients at the Shell Rock Clinic.



NEW VOLUNTEER:

Nick Hofsommer



THE MONTH OF JANUARY IN HISTORY...

New Year's Day - The most celebrated holiday around the world.

January 4, 1790 - President George Washington delivered the first State of the Union address.

January 11, 1964 - The U.S. Surgeon General declared cigarettes may be hazardous to health, the first such official government report.

1971—Cigarette television ads cease.

January 25, 1961 - President John F. Kennedy conducted the first live televised presidential news conference, five days after taking office.

January is National Donate Blood month.

January is National Soup Month in the US.

January 1st is both the furthest away and the closest day to December 31st.

1954 – NBC broadcasted Pasadena's Rose Bowl parade, for the first time in color.

1956—Abigail Van Buren's "Dear Abby" column 1st appeared in newspaper syndication.

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**BUTTERFINGER DESSERT**from the kitchen of: **Deb Newton**

(Weight Watchers)

- 1 – 10" prepared angel food cake, cut into 1" cubes
- 1 – 1oz pkg sugar free/fat free Butterscotch Pudding Mix
- 1 ½ Cups Skim Milk
- 2 – 8oz Cool Whip (free-thawed)
- 10 fun size Butterfingers candy bars; crushed

Spray 9x13 pan. Arrange half the angel food cake cubes in bottom of pan. In large bowl combine pudding mix with skim milk. Whisk until it starts to thicken. Fold in both Cool Whip Free. Pour half the "fluff" mixture over the cubed angel food cake. Top with half the crushed candy bars. Repeat with rest of cake, fluff & candy bars.

Cover and refrigerate for at least an hour before serving or overnight. Enjoy!!

CHOCOLATE LASAGNAfrom the kitchen of: **Deb Newton****Mix together:**

3 Cups Milk

3-3 oz Bx Instant White Chocolate Pudding Mix

Add:

1-8 oz Cool Whip

Layer 9x13 pan with 1 pkg of Chocolate Graham Crackers (not crushed); then ½ pudding mix, another layer of Chocolate Graham Crackers & other ½ pudding mix.

One more layer of Chocolate Graham Crackers and then top with another 8 oz Cool Whip. Top with sprinkles of Heath Candy Bar if desired.

Refrigerate overnight.

Can use skim milk, fat free butterscotch pudding and fat free Cool Whip

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BUILDING PROJECT:

December 22, 2020: On the addition, roof blocking and exterior wall sheathing is 100% complete and the exterior wall waterproofing is approximately 90% complete. All of the exterior curtain wall openings have been completely wrapped with waterproofing and the curtain wall frame install is scheduled to be completed this week. Glass for the openings is due to arrive next week with an additional crew onsite to install glass within the curtain wall frames. Storm drains on the addition have all been connected to the storm sewer and roofing is in progress with the EMS area complete and work resuming to the south. Moving forward we also intend on continuing with interior wall layout and framing. Additionally, we are scheduled to have the exterior wall insulation install begin the first of the year.

On the penthouse, the exterior walls with all openings for ductwork is now complete. We are continuing with steel joist and exterior sheathing installation around the penthouse. Also, in the admin area, we are continuing demolition of interior walls and installing a temporary construction heater in this area.



Week of November 29, 2020: On the addition, all steel decking and detail work has been completed. Exterior framing around the perimeter of the building has been completed and nearly 100% of the clearstory framing is also complete. Roof blocking and exterior wall sheathing has continued and is now nearly 100% installed. The top portions of the walls that are currently open are to allow for access for fireproofing work that is scheduled to happen this week. Spray foam work is also ongoing and will continue through this week. Air barrier installation on the plywood sheathing is progressing with nearly all window openings completely wrapped with the blue flashing. The remainder of the white air barrier will resume soon. The concrete duct collar at the retaining wall has been formed and the concrete pour for that is also finished.

On the penthouse, the concrete curb was formed last week and poured yesterday. Now that this is complete, we will begin framing walls and setting joists over the new penthouse. After December 1, the roof around the concrete curb is planned to be sealed up. The next couple of weeks will be critical for finishing exterior plywood, air barrier, fireproofing and insulation scopes. We are anticipating the first delivery of window frames for the openings in the next week as well.



THE CONNECTION

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basement	cabinet	counter	fork	microwave	pot	socks	toothpaste
bathroom	candle	cup	frame	mirror	purse	spatula	towel
bath tub	carpet	curtains	glass	mop	refrigerator	sponge	trash
bed	chair	cushion	hanger	ottoman	remote	spoon	vacuum
bedroom	clock	desk	hook	outlet	rug	stairs	vent
bench	closet	detergent	iron	oven	shampoo	table	washcloth
blanket	clothes	dishwasher	keys	pan	sheet	teapot	washer
blender	coaster	door	kitchen	pantry	shelf	television	window
book	coat	drawer	knife	paper	shoes	tile	

January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 HAPPY NEW YEAR!	2
3 Sandra Dahlquist	4 Nat'l Spaghetti Day 	5	6	7 Kathleen Hankner	8	9
10	11	12 Linda Hennings	13	14	15 Nat'l Bagel Day 	16
17	18	19 Nat'l Popcorn Day 	20	21	22	23 Nat'l Pie Day 
24	25 Ellen Crayne Sarah Trueman	26	27 Tracy Wilson	28 Carol Bruxvoort	29 Mary Ver Steegt Nat'l Puzzle Day 	30
31 Linda Podhajsky						