

November 2020 Volunteer Newsletter

Notes from Melinda:

As you know, WHC lost use of our computer. Everything that I did on Monday was lost.... therefore why the newsletter is not pretty! Next month should be better. Change is something that we are all dealing with right now. Each day it seems like is a new challenge! I have decided to embrace change, I hope that you are able to also.

I attended a couple of webinars in October that I would like to share what I learned.

My biggest take away was from the IHA conference from speaker, Chris Norton.

“What you say makes a difference! You can be the voice of hope/encouragement or doom/gloom.” One person’s words can change another person’s life.

2nd take away is the fastest way to get someone to like you is to smile☺ and the fastest way to get someone to trust you is to make eye contact!

I am blessed to have my job at WHC and even more blessed that I get to work with an amazing group of volunteers! Thank you!

I am out of the office November 26 & 27.

Should I come in to volunteer?

Hot topic! Please do not come in to volunteer if:

- You have any cold or flu symptoms. (unless this is a usual symptom for you ie.. allergies).
- You or a family member have tested positive for COVID.
- Anyone in your house tested positive for COVID.

PLEASE contact Melinda if you or anyone in your household has tested positive for COVID.

From there we can determine a return date for you. PLEASE keep me in the loop! Thanks!

Upcoming meetings and topics

“Grief and the Holidays”, Stacia Danielson, ARNP, behavioral health

Thursday, November 5 Times: 6:30 – 7:30pm in Tendrils

“Balance and Fall Prevention”, Leah Their, PT Taylor Therapy

Tuesday, November 17 Time: 6:00 – 7:00 pm in Tendrils

No volunteering Thanksgiving and Black Friday. Melinda will be out of the office these to days also.

Happy Veterans Day to our soldiers, both past and present. We owe you our thanks, but more than that we owe you our freedom.



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HEARTLANDEFUNDRAISING.COM

Shop from the heart

**Jewelry - Bedding - Socks
Winter Wear - Leggings
Home Products - Gadgets
and More!**

**AT CHECKOUT SELECT
WAVERLY HEALTH CENTER AUXILIARY**

A collection of various items including jewelry (necklaces, earrings), a beanie, socks, leggings, home products (knives, a fan), and gadgets (a small electronic device).



Mini Meatloaves

from the kitchen of: Beth Blake

Meatloaf Ingredients:

1 lb. hamburger
1 egg
¼ C. milk
½ C. oatmeal
1 C. shredded colby-jack cheese
1 tsp. salt

Topping Ingredients:

2/3 C. Ketchup
¼ C. brown sugar
1.5 tsp. ground mustard

Preheat oven to 350° and grease a 9x13 baking dish.

Mix all meatloaf ingredients together with your hands and form into eight mini meatloaves. Place in baking dish and make an indentation on the top of each one.

Mix the topping ingredients together and spoon on top of each meatloaf. Place in oven and bake for approximately 45 minutes.

Glazed French Toast

from the kitchen of: Beth Blake

1 stick margarine, melted
1 C. brown sugar
1 tsp. cinnamon
5 eggs
1 ¼ C. milk
¼ tsp. salt
Pecans, optional

4-6 Servings

In 9x13 pan, melt margarine. Stir in brown sugar, cinnamon & nuts. Cut French bread to the thickness of 2 slices of bread or use Texas toast. Lay bread over nut mixture.

In medium bowl, mix eggs, milk & salt. Pour over bread. Cover & set in refrigerator overnight. In morning, bake 45 minutes uncovered at 350°. Cool 5 minutes to set glaze and serve.



WAVERLY HEALTH CENTER is so very thankful for each and every one of our volunteers!

We couldn't give the superb person-centered care without you.

Thank you so very much for volunteering your time and energy at Waverly Health Center.

With gratitude,
Your WHC Family



Building Project:

Week of September 27, 2020: Last week in the pharmacy, all of the wall framing and in-wall rough-ins were completed as scheduled. This week we plan to install drywall and begin drywall finish throughout. In the IT Training area, all finishes including above ceiling have been completed. We are working through our punch list process currently to finalize any details prior to completion of the area. In the Endo area, all final finish items including installation of the doors and hardware and final flooring items are scheduled to conclude this week. We plan to complete a Graham punch list in the middle of the week and are prepping for equipment installation next week.

On the exterior site, steel installation has steadily progressed with much of the high steel structure installation near completion. Exterior framing has continued and we are currently working on completing all framing around EMS including at the existing building tie ins. This week we plan to continue with exterior framing and steel

installation. Additionally, we are expecting a large delivery of roofing materials this Friday. Roof blocking is scheduled to be received and that work will begin shortly. The retaining wall blocks have been received and installation is progressing very well. This work is scheduled to continue for the next couple of weeks.



Week of September 13, 2020: Last week in the pharmacy, we started demolition on the second phase of that area. That work went throughout the whole week and will conclude this week. Additionally this week we plan to begin framing in this area and work on in-wall rough-ins for electrical. In the IT Training area, final paint and flooring installations were performed. We are currently completing above ceiling inspections and ceiling tile installation. In the endo area, the stainless steel countertops and flooring have been installed. This week we plan to complete final paint and drop ceiling tiles. The pass through window is also scheduled to be installed on next Friday.

On the exterior site, steel installation and underground plumbing activities are continuing. Last week, we were able to complete the second to last floor slab pour for the main addition. Exterior framing has begun and is continuing on the EMS area and wrapping around to the southwest corner of the building. We also completed installation of a temporary road and crane pad to position the crane for the remaining steel install. Next week we plan to continue with exterior framing and steel installation. The retaining wall blocks are also scheduled to arrive on Wednesday through Friday, so there may be an increase in truck traffic for those days.



THANKSGIVING WORD SEARCH



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Blessings	Family	Harvest	Pumpkin Pie	Tradition
Corn	Feast	Indians	Stuffing	Turkey
Cornucopia	Gather	November	Sweet Potatoes	
Cranberry	Gratitude	Pilgrims	Thanksgiving	

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 	2	3 Eileen Cheney	4	5 Nicole Upmeyer	6	7	
8	9 Auxiliary Board Meeting 8 am Tendrils	10 Nutman Sale outside the Gift Garden 8:00—3:30	11 	12	13 Terry Spohn Bryce Butler	14 Nat'l Pickle Day 	
15 Sally West	16 Virginia Robinson	17	18 Sigrid Brus	19 Elaine Wright	20	21	
22 Beth Giesmann	23	24 Kathleen Butschi	25	26 Linda Pruin THANKSGIVING 	27 	28 	
29	30 Jean Byl Nat'l Mason Jar Day 	<p>Check out the virtual sale for Heartland www.heartlandfundraising.com New items added all the time. Select: Waverly Health Center Auxiliary at check out.</p>					