

Waverly Health Center Volunteer Services

NEWSLETTER
NOVEMBER 2025

NOTES FROM MELINDA

As you're reading this, I'm in Oregon visiting my daughter, Megan, and helping with wedding plans — I just love what technology allows us to do! I'll be back for a partial day on November 5 before heading to Des Moines for networking and a full day of learning with other volunteer leaders on November 6.

I want to take a moment to say how truly grateful I am for each of you. Not everyone can say they love their job — but I can, thanks to all of our amazing volunteers!

Melinda

SO VERY
thankful
INCREDIBLY
grateful
UNBELIEVABLY
flessed

Thank you, WHC Volunteers- your kindness and dedication make a difference every day!

With Gratitude
WHC Staff



Honoring Our Veterans

On Veterans Day, we proudly recognize and thank the brave men and women who have served our country. Their dedication and sacrifice protect the freedoms we cherish every day.

At WHC, we are especially grateful for the veterans among our volunteers, staff and community members. Your service continues to inspire us—both in your military contributions and in the care and compassion you share through WHC.

Thank you for your courage, your commitment and your example of service.

No Volunteering



Reminder: No volunteering on
Thanksgiving Day and Black
Friday.

Waverly Health Center Volunteer Services



New Volunteers:

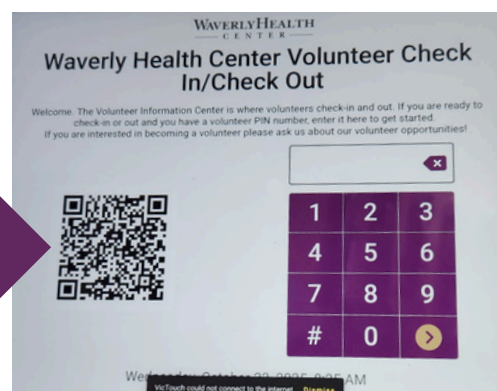
Judy Erickson
Phyllis Fuller
Sandy Neitzel

Wartburg Students:

Ava Dalen
Bella Murphy
Megan Pickar
Alex Pries



QR Code



What do you do if the touch screen is not working?

Please do the following if the touch screen is not working

1. Use the QR code with your phone
 - a. Volunteer closet: QR code is on the IPAD, on the wall above the IPAD and on the door by the name badges.
 - b. Red entrance: beside the touch screen monitor - to the left
2. Write the time that you volunteered on the paper form
 - a. Volunteer closet: It is found on a clipboard in the basket below the IPAD.
 - b. Red entrance: It is on the desk area by the keyboard.
3. Record the hours on the VIC Net app under service.

Please always let WHC staff know so they can call IT. When I am gone below are your contacts.

- a. Volunteer closet: Bailey Krull, her office is to the left of the volunteer closet.
- b. Red entrance: Katie/Allyson - Taylor staff sitting at the desk.

Paper form



Volunteer Openings

NUTRITION SERVICES AID

TH/F 10:00 - 11:00 AM
T/F NOON - 1:00 PM

GIFT GARDEN

M/W/TH/F
9:00 AM - 5:00 PM
3 TO 4 HOUR SHIFTS

PATIENT ESCORTS

TH 10:30 - 1:30 PM
TH 1:30 - 4:30 PM

Waverly Health Center Volunteer Services

October Auxiliary Board Meeting

Highlights from the WHC Auxiliary October meeting 10/13/25:

- Auxiliary finances show a balance of \$7,101.15.
- The Linen Sale profit \$621.48. The IA/ISU popcorn sale, a new fundraiser, netted \$374.74. The Nutman will be here in December.
- The Gift Garden will decorate for Christmas on Oct. 17-18. Earlier shipments of items were delayed but are now arriving. Some products have a 30% tariff, others are 15%, and some are 0.
- The Auxiliary will be 65 years old in March 2026! The Events chairperson and a subcommittee will be planning ways to recognize this achievement.
- Melinda announced that in early November she will be attending the final Leaders of Iowa's Healthcare Volunteers meeting. LIHV is disbanding due to lack of board members. Twenty volunteers still need to report receiving their flu shot before Oct. 27. A Volunteer Satisfaction Survey will be sent in the near future. The Open Enrollment Period for SHIP is October 15 - December 7. Melinda will be providing volunteer recruitment presentations this month to the Eisenach Village/Anna Estates monthly meeting and the Waverly Exchange Club.
- Administrative Policies and Procedures were updated, reviewed and approved.

The November meeting will be Nov. 10 at 9:00 am in the CG room. All are welcomed!

AUXILIARY FUNDRAISER

The Nutman Company USA, INC

Tuesday, December 2nd - 8 a.m. to 4 p.m.

Wednesday, December 3rd - 8 a.m. to 2 p.m.

200 Fine Quality Nuts, Chocolates, Snack Mixes and
Candies

Green Entrance Waverly Health Center
312 Ninth St. SW, Waverly



WAVERLY HEALTH
CENTER
AUXILIARY

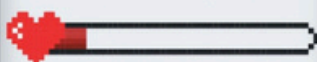
TRAINING CORNER

Power Up Your Passwords

Be legendary when it comes to passwords!

Your passwords are your digital armor. They protect everything from your personal accounts to sensitive organizational information. Cybercriminals target these accounts, and a single compromised password can put your organization's security and personal information at risk.

Level 1: Beginner



- Uses simple passwords like "password123"
- Uses the same password for every account
- Includes personal information in passwords

Defense Rating:
Low

Level 2: Apprentice



- Mixes uppercase and lowercase
- Adds numbers and special characters
- Uses different passwords for main accounts

Defense Rating:
Moderate

Level 3: Legendary



- Creates long, unique phrases
- Uses different passwords for every account
- Always uses additional authentication such as a one-time code

Defense Rating:
Maximum

Aim for legendary status to protect yourself and your organization.

Waverly Health Center Volunteer Services

R E Y A L P I T S O P L A O G F O R E W A R D T
 W E N O I S N E P S U S N G N I P P I R T T E I
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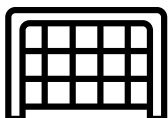
ARENA
 ASSIST
 BLUE LINE
 BOARDING
 BOARDS
 BODY CHECK
 BREAKAWAY
 CENTER
 CHARGING
 CONTACT
 CREASE
 DEFENSEMEN
 DEKE
 EJECTION

ELBOWING
 ENFORCER
 FACE MASK
 FACE-OFF
 FOREWARD
 FOUL
 GAME
 GLOVES
 GOALPOST
 GOALTENDER
 HAT TRICK
 HELMET
 HOLDING
 HOOKING

ICE RINK
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 JERSEY
 KNEEING
 LEAGUE
 LINE CHANGE
 LINESMAN
 MISCONDUCT
 NHL
 OFFENSE
 OFFICIALS
 OFFSIDE
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PENALTIES
 PENALTY BOX
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 PLAYER
 POINT
 POKE CHECK
 POWER PLAY
 PUCK
 RED LINE
 REFEREE
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 SKATES

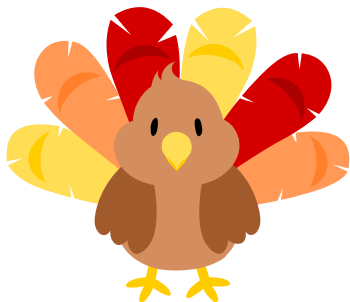
SLAPSHOT
 SLASHING
 SLOT
 SPEARING
 STANLEY CUP
 SUSPENSION
 TIME-OUT
 TRIPPING
 WHISTLE
 WINGS
 WRIST SHOT
 ZAMBONI
 ZONES



ACCIDENTAL INVENTIONS

MICROWAVE - Every reluctant cook should be grateful to Percy Spencer, a navy radar specialist who was tinkering around with microwave emitters, when he felt the chocolate bar in his pocket start to melt. The year was 1945, and the world, or rather the kitchen, hasn't been the same since.





hello NOVEMBER 2025



DATES TO REMEMBER:

10/15 - 12/7 Open Enrollment Period for Medicare

11/2 Daylight Savings

11/4 Kathy Olson

11/6 Louise Shabani

11/10 Auxiliary Board Meeting 9:00 - 10:00 am CG Room- everyone that receives this newsletter is welcomed!

11/11 Veteran's Day

11/11 Grief During the Holidays with Cedar Valley Hospice- 6:00- 7:00 pm in Tendrils

11/11/25 Breast Cancer Support Group 6:30 - 7:30 pm in CG Room

11/19 Elaine Wright

11/20 Parkinson's Support Group 1:30 - 3:00 pm in CG Room

11/22 Beth Giesmann

11/26 Janice Willson

11/27 Thanksgiving- no volunteering

11/28 Black Friday - no volunteering

11/28 Olivia Janss

11/29 Support Local Businesses

11/30 Jean Byl

December:

12/2 Nutman - Green entrance 8:00 - 4:00 pm

12/3 Nutman - Green entrance 8:00 - 2:00 pm

BE THANKFUL.
BE
Grateful
&
BE BLESSED.

Melinda out of the office
10/28/25 - 11/4/25- vacation
11/6- conference
11/27 & 11/28- Thanksgiving

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