

United Way RSVP of Marathon County

Connecting Volunteers 55+ to Community Needs

Monthly Update
February 2018

Valentine Coffee Hour at St. Clare's Hospital

For our first Coffee Hour of the month, we invite community members of all ages to attend a Valentine's Coffee Event at Ascension St. Clare's Hospital (SCH) to learn about some of the unique aspects of hospital volunteering.

The Coffee Hour will be held on **Tuesday, February 6 from 9:30-10:30 am at St. Clare's Hospital in Conference Rooms A and B located at 3400 Ministry Parkway in Weston.** Please park at Entrance 4 and Escorts are available to guide guests to the conference rooms.

The program will include general information on what people need to know about hospital volunteering along with a variety of Valentine treats and coffee to enjoy.

Then volunteers from each service site will give a brief presentation about what they do. You will learn about the different areas of hospital volunteering from volunteers already doing those jobs.

Following the Coffee Hour, you'll receive a 20% coupon to use in the Gifts From Saint Clare's gift shop.

This event is open to the public, so feel free to invite a friend to join you and make it more fun!



Save the Date

February 5
9:30 – 11:00 a.m.
Windows 10 Basics at
United Way Office

February 6
9:30 – 10:30 a.m.
Coffee Hour at St.
Clare's Hospital

February 8
9:30 – 11:30 a.m.
Planning Your
Non-Financial Portfolio

February 20
9:30 – 10:30 a.m.
Coffee Hour at
St. Vincent DePaul
Thrift Store

February 22
9:30 – 11:00 a.m.
Heart Health By the
Numbers

February 26
9:30 – 11:00 a.m.
Tablet Basics at United
Way Office

February 27
9:30 – 11:00 a.m.
iPhone Basics at
United Way Office

Coffee Hour at St. Vincent DePaul Thrift Store

You and your friends are invited to the Community Coffee Hour on **Tuesday, February 20 from 9:30 – 10:30 a.m. at St. Vincent de Paul Thrift Store located at 131 W. Thomas St. in Wausau.** Learn about the mission and work of St. Vincent de Paul in the community and how the Thrift Store is an integral part of that. You'll also learn how a thrift store operates from receiving the donations through processing and how they end up in the store or recycled depending upon the condition of

the item. As you will see, there are many steps in processing the donated items as we demystify the thrift store operation. You'll also find out about their volunteer opportunities while enjoying a tour of the facility and a cup of coffee with friends. The Community Coffee Hour is open to the public, so feel free to bring a friend and find out about the St. Vincent de Paul Thrift Store.



United Way RSVP of Marathon County
705 S. 24th Ave., Ste. 400B, Wausau - 715-298-5721



United Way
of Marathon County

Heart Health by the Numbers

Did you know that 1 in 4 women and 1 in 4 men will die of heart disease? Heart disease is the leading cause of death in America which is why February is recognized as American Heart Month. Even if you have no symptoms, you may still be at risk for heart disease. **Join us at the United Way on Thursday, February 22 from 9:30—11:00 for a program on Heart Health presented by the Wisconsin Women's Health Foundation.** Learn about ways to protect your heart by knowing your numbers, what they mean and identifying your personal risk. Learn what a heart attack is and how to recognize symptoms of a heart attack. You'll also find out what you can do to prevent heart disease. While this program is for both men and women, it will provide additional specific info related to women's heart health. **Register to attend by calling 715-298-5721 or email tomernik@unitedwaymc.org**



RSVP's Martin Luther King Jr. Day of Service Project Highlights

On January 15 a group of 25 RSVP volunteers gathered to learn about youth hunger in our community at Blessings in a Backpack which provides food to 1,069 children weekly who struggle with having enough food to eat. The children served are K-5th graders in the Wausau and DC Everest School Districts who are ages 4-10 years old. RSVP volunteers learned about the packing process and did food packing for one of the schools as part of the service project. Thank you to all the RSVP volunteers who helped make our 2nd Annual MLK Day Project such a great success! Contact Tony if you want to learn more about BIB.



Check out the RSVP Community Connection for information on **FREE or LOW COST** events and activities which support a healthy active lifestyle for older adults at:

www.unitedwaymc.org/rsvp

Planning Your Non-Financial Portfolio

Most retirement planning focuses only on the financial aspect which is very important, but there is more to consider in having the fulfilling retirement you may have envisioned. For most people, the transition from work to retirement is one of the most significant and sometimes even difficult transitions in their lives. To help people get their "**non-financial portfolio**" in order, United Way Retired and Senior Volunteer Program (RSVP) is offering a free program in which we review some important areas in retirement planning that are often overlooked. You'll find out the top 10 reasons why people "flunk" retirement and how you can make your retirement a very successful one.

United Way RSVP invites you to join us on **Thursday, February 8 from 9:30 –11:30 am at the United Way** for this helpful program. Whether you're still working, planning to retire, recently retired or have been retired for years, this program has something of value for you. It will provide you with many useful and practical ideas to help you create the retirement you had always envisioned. **Call United Way RSVP at 715-298-5721 to register.**