



United Way
RSVP of Marathon County
Connecting Volunteers 55+ to Community Needs



FREE IN PERSON PROGRAM

Your ID: Staying Connected and Protected + Fraud Watch Basics

This education session will be held in person Monday, November 7, 2022 from 10:00 AM – 11:30 AM at United Way of Marathon County Office. Identity theft is widespread and varied. As many ways as there are for fraudsters to poach your identity, there are also many simple steps you can take to help keep them at bay. Join us as Paul Dobbratz, RSVP Volunteer and AARP Fraud Fighter, reviews your ID protection checklist with simple steps you can start using today to help protect your identity. [Register Here.](#) **This program is FREE but registration is appreciated.**

Supporting Yourself and Others in Grief

Free in person program

**Thursday, November 10, 2022
 9:00 AM– 10:30 AM**



We invite you to an important program on Thursday, November 10, 2022 from 9:00 AM – 10:30 AM at United Way of Marathon County. This program will be presented by Amy L Kitsemel MED, FT, CSW. Amy is the Bereavement Program Lead with Aspirus Comfort Care and Hospice Services. This program will offer an overview of grief and loss for the first timer- or well-seasoned. Discussion and interaction is guided through concepts of engaging in your loss and seeing grieving as working through and walking through life and loss. We will explore some special considerations around holiday and family gatherings together as well. Concepts of how to be of support to others through loss will be shared and taught. This is a group engaging presentation. [Register Here.](#)

This program is FREE but registration is appreciated.



Community Coffee Hour

Tuesday, November 15, 2022
 9:30 –10:30 AM
 St. Vincent de Paul
 131 W. Thomas St., Wausau

You and your friends are invited to the RSVP Community Coffee Hour at St. Vincent de Paul Thrift Store located at 131 W. Thomas Street 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 about their newest program, "Getting Ahead," an incredible 16-20 session workshop that helps individuals build their own personal plans to get out of poverty. The program just celebrated its first graduating class in mid-October! 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.

Medication Mondays

Medication Mondays is a free service designed to help adults self-administer medications and help prevent medication errors in the home. Aspirus Wausau Hospital offers Medication Mondays on the third Monday of each month. This free program allows people to meet with Aspirus Pharmacy staff for one-on-one medication consultations to get a better understanding of the medications they need to take. For more info call the Aspirus Customer Contact Center at 800-847-4707.



North Central Health Care plans to continue their tradition of providing a gift to every resident in Mount View, the CBRF, Youth Hospital, Inpatient Hospital and to any client in any of their programs that would not receive a gift during the holidays. These items directly benefit individuals and families receiving services. Consider a donation and brighten someone's holiday! Drop donations off at North Central Health Care/Mount View Care Center 2400 Marshall St., Suite B. Wausau. Thank you!

- Wallets and Coin Purses
- Sweat shirts or flannel shirts - all sizes
- WARM winter gloves and mittens
- Winter caps and scarves
- Socks + Thermal underwear
- Sweat pants* (M, L, XL, 2XL, 3XL, 4XL)
- Women's fashion scarves
- Watches (slip-on type preferred)
- Costume jewelry*, necklaces especially long chains
- Rubber soled slippers only - all sizes
- Men's belts and suspenders
- Caps + sunglasses



- Bus passes or tokens
- Dish Towels + kitchen sponges
- Body wash/ Bars of soap
- Shampoo & conditioner
- Hair accessories (brushes, barrettes, hair ties, rattail combs)
- New Make-up (lipstick, powder, blush, Chap Stick, etc.)
- Hand Cream - small or medium bottles
- Deodorant
- Nail Polish, polish remover, cotton balls
- Toothbrushes & Toothpaste
- Cologne + aftershave for men
- Perfume for women



- Small bottles of dish soap or bleach
- Laundry detergent & fabric softener sheets
- New 100-300 pieces or less Puzzles pieces
- Word Search & Crossword Puzzle Books
- Adult Coloring Books + Decks of Cards
- Colored Pencils, Markers, Crayons, Glue,
- Paints & Brushes Colored construction paper
- Board games (Pictionary, Scrabble, Sorry, Yahtzee, Life)
- Trinkets (almost any small object) for Bingo prizes
- Yarn + Pony Beads



Thank you for your generosity!



VOLUNTEER FEST 2022



VOLUNTEERFEST 2022

Thank you to the 200+ volunteers that attended VolunteerFest 2022 on **October 12th** at Holiday Inn and Suites. It was great to be together again! We enjoyed great food, networking with other volunteers and volunteer station representatives and fantastic door prizes.

Special **THANK YOU** to the 26 Volunteer Stations that attended VolunteerFest and taking time to meet with volunteers and share about the work they do in our community!

Thank you for your commitment to volunteering and helping tackle critical needs in our community!

Sincerely,
Susan Krolow

Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

MAYA ANGELOU