

# United Way RSVP of Marathon County

Connecting Volunteers 55+ to Community Needs

Monthly Update  
March 2019

## Community Coffee Hour at St. Vincent de Paul

You and your friends are invited to the Community Coffee Hour on **Tuesday, March 12 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

## John James Audubon and The Birds of America at UWSP Wausau Campus

Join us for **John James Audubon and The Birds of America in the Terrace Room at UWSP – Wausau Campus on Monday, March 4 from 9:30 - 11:00 a.m.** The program is presented by Dr. Brett Barker, a professor of history at UW-Stevens Point at Wausau, where he has taught since 2002. While his research focuses on the American Civil War and the Midwestern home front, in his spare time he is an avid birdwatcher.

In this presentation, Brett Barker will examine John James Audubon's personal journey as a scientist and artist. Beyond Audubon's fascinating life, travels, and artistic talent, the story of how he created and distributed his monumental work *The Birds of America* (1827-1838), is a story of risk, innovation, sacrifice, and ultimately triumph. Audubon's work continues to

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 and find out what items can be donated while enjoying a tour of the facility and a cup of coffee with friends. Please join us!

inspire and intrigue bird lovers, book collectors, and artists.

This session will include an exploration and analysis of some of the beautiful plates of *The Birds of America*.

**Important Directions regarding parking.** The presentation will be in the Terrace Room, located in the main building. Please be sure to park in Marathon Park, on the street or in designated handicap parking areas. **If participants park in Lots that require a parking permit, they will be ticketed.**

The street address if using GPS is 518 S 7<sup>th</sup> Avenue.

**Register to attend by calling 715-298-5721 or email [skrolow@unitedwaymc.org](mailto:skrolow@unitedwaymc.org)**

## Save the Date

**March 4  
9:30 –11:00 a.m.**

John James Audubon & The Birds of America at UWSP-Wausau Campus

**March 12  
9:30 –10:30 a.m.**

Coffee Hour at St. Vincent de Paul Thrift Store

**March 12  
5:00 – 6:30 p.m.**

Secrets of Planning A Happy Retirement at United Way

**March 18  
9:30– 11:00 a.m.**

Hearing Loss & Hearing Aids at United Way

**March 20  
9:30– 11:00 a.m.**

Sleep Issues of Older Adults at United Way

**April 3  
Noon– 1:30 p.m.**

RSVP Volunteer Luncheon at Holiday Inn at Cedar Creek

## **DISASTER VOLUNTEERING OPPORTUNITY**

Reception Center Training

**Thursday March 28**

**6:00 - 8:00 p.m.**

**At the United Way Office**

For info or to register call 715-298-5719 or email at [kmischo@unitedwaymc.org](mailto:kmischo@unitedwaymc.org)



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



United Way  
of Marathon County

## Straight Talk about Hearing Loss and Hearing Aids

Getting older is the leading cause of hearing loss with up to 70% of people over 70 affected. Why do some people hear well with hearing aids while others don't? Why don't some people like their hearing aids and find them difficult to use? What's the difference between an audiologist and a hearing instrument specialist? These are just some of the questions that **Lori Fish, Au.D., the Eye Clinic of Wisconsin's Doctor of Audiology** will address on **Monday, March 18 from 9:30 -11:00 a.m. at the United Way office located at 705 S. 24<sup>th</sup> Ave., Suite 400B in Wausau.** She will also talk about tips and strategies to maximize communication in your home and in public places. The presentation will also include the latest research on hearing aids and the brain. Feel free to invite any of your friends or family that could benefit from this program. Bring your questions!

**Register to attend by calling 715-298-5721 or email [skrolow@unitedwaymc.org](mailto:skrolow@unitedwaymc.org)**

## Sleep Issues of Older Adults

How important is sleep for your health? How many hours of sleep does an older adult need? What are some habits you can use to get better sleep? If you or your friends are curious about any of these questions, come to **Sleep and Aging presented by Linda Glazner, PhD** Join us on **Wednesday March 20 from 9:30 - 11:00 a.m. at United Way.** Linda Glazner will cover everything from the biological mechanisms which cause us to sleep to common myths surrounding sleep and aging. You will learn proven habits to improve your sleep routine. Sleep is a key component of a healthy lifestyle and has been shown to reduce the risk of a wide array of health problems. If you are not satisfied with the quantity or quality of your sleep, or are curious about how sleep impacts your health, this program is for you!

**Register to attend by calling 715-298-5721 or email [skrolow@unitedwaymc.org](mailto:skrolow@unitedwaymc.org)**

## Secrets of Planning A Happy Retirement

Most retirement planning focuses only on the financial aspect, but there is more to consider in having the fulfilling retirement you may have envisioned. For many, the transition from work to retirement is one of the most significant and sometimes difficult transitions in their lives. To help people know how to plan a happy retirement, United Way RSVP is offering a free program in which we review 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 and happy one.

RSVP invites you to join us on **Tuesday, March 12 from 5:00 -6:30 p.m. at the United Way office** for this helpful program. It is presented by Tony Omernik, Certified Retirement Coach, and Carol Pasnecker, RSVP Volunteer

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.**

## RSVP Volunteer Luncheon April 3

Plan to join us for the seventh annual United Way **RSVP Volunteer Appreciation Luncheon on Wednesday, April 3, Noon -1:30 p.m. at the Holiday Inn at Cedar Creek.** The luncheon is provided FREE to all active RSVP volunteers who have reported hours of service in 2018.

This is our chance to say Thank You for your valuable volunteer service to our community!

**Your invitation postcard will be arriving in the mail the first week of March** with more info.

This event is made possible through a sponsorship by Aspirus. We are grateful for their support in honoring the contribution of our 478 active RSVP members who provided over 59,000 hours of dedicated service at RSVP partner nonprofit organizations in 2018.

Thank you for the gifts of your time, talents and experience to help build a better community through RSVP volunteer service!

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

**[www.unitedwaymc.org/rsvp](http://www.unitedwaymc.org/rsvp)**