

KING VOLUNTEER

Helping Those Who Helped Keep Our Country Free

January 2020

Happy
Birthday
to you!

- 1 Todd Phelps
- 2 Richard Morey
- 3 Cathy Tratz
John Black
- 4 Dennis Daniels
Mary Jo Ehrhardt
- 9 Ronald Ostapa
- 10 Charlotte Onsgard
- 11 Nancy Bunnell
Gary Mader
- 12 Wayne Morgan
- 17 Doug Watson
- 18 Bonnie Wieseke
- 22 Maynard Thoe
- 25 Ken Piotrowicz
Martin Diefenthaler
- 27 Mark Forseth
- 28 Don Bretwisch
Diane Collins
- 29 Sue Waid
- 31 Glenn Kryst
Martina Koepfel

334 Active Volunteers



from your
Volunteer Coordinator

I would like to take this opportunity to pass along a greeting from our members and staff to you, our wonderful volunteers. We hope you have a happy and healthy New Year! We hope 2021 will be a safe and most importantly healthy year for all our volunteers living near or far! With the New Year approaching fast, it is a time to reflect on the past year and look forward to the upcoming year for sure.

With the Covid-19 vaccine coming out soon, I will keep you all updated as soon as I hear any news about our requirements here at King for us to move forward for opening camp back up.

Also, our yearly Educational forms which everyone is required to fill out, I will hold off on sending them out until the time volunteers are welcome back to King.

January usually brings us the cold and snowy weather. Did you know there are some snow shoveling safety tips? According to the Consumer Product Safety Commission, more than 110,000 people sought medical treatment for snow-removal injuries, including as many as 28,000 to the emergency room, in the U.S. in 2016. Shoveling can put strain on the lower & upper back, shoulders, and elbow muscles, especially when the snow is wet. Additional risks also include frostbite, hypothermia and even cardiovascular. Consumer Reports provides some tips on how to stay safe while removing snow (if you have cardiovascular disease – or have other problems that might interfere with safe shoveling – get your doctor's okay before taking on the task):

Prepare properly. The AHA recommends not eating a big meal – which may put further stress on your heart – before shoveling. Skip the alcohol, too. It can dull your perception of the cold and the amount of strain your body is under. And before you head outside, warm up with ten minutes of light

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getting to know **our Team**

Hello, my name is **Paul Hagen**. I serve both as a volunteer and staff here at the Wisconsin Veterans Home. I've volunteered for more than 10 years with over 200 hours of service. Since my wife worked at King, I was familiar with the camp and was looking for a way to contribute. I started volunteering in the coffee shop and greatly enjoyed serving our Members. Now, since I myself work here, I volunteer outside of my job. I am

married to Linda (retired from our library) who worked here for 31 years. We have two adult children. Emilie, 27, graduated from UW-Stevens Point, and is currently working in Japan teaching English. Michael, 24, attends graduate school at Iowa State University.

I currently serve at King in Member Finance. I have job experience in banking, nursing, US Census, insurance, investing, real estate, and as an Environmental Engineering Assistant. I've volunteered with Waupaca Preschool as Treasurer, the Red Cross, the Iola Car Show through the Waupaca Jaycees, and the Waupaca Library Foundation. I am active in several organizations including the Waupaca Historical Society as Chairman of the Waupaca Airport board, and as Alderman of the Waupaca City Council (25 years).

My hobbies are traveling, reading, and swimming. I truly enjoy volunteering here at the Wisconsin Veterans Home and love interacting with Members outside my job.



The **Family Holiday Parades** at the Wisconsin Veterans Home at King were such a great time and they sure brought cheer and joy to the members.



exercise, such as walking. Gentle stretches as well, to limber up muscles and joints may also be beneficial.

Dress warmly. Opt for several loose layers, and a water-resistant coat and boots, along with a hat, scarf, and mittens or gloves to protect your extremities from the cold. Try to keep your gloves dry as you shovel (dampness limits their ability to insulate your hands).

Take it slow. Pace yourself while you work. When you can, push snow along the ground to get it out of the way, rather than lifting it. Instead of a large shovel, use a smaller one, whose lighter load will be easier to lift. If you're using a larger shovel, fill it only partially with snow before lifting. And take frequent breaks to rest, warm yourself up inside, and rehydrate.

Use good form. When you lift snow, use the power in your legs instead of your back to avoid injury. Squat with your knees wide and your back straight; don't bend at the waist. Rather than tossing snow off to the side or behind your shoulder, walk it over to where you want to dump the snow.

Fall-proof yourself. Wear shoes or boots with slip-resistant soles or add traction with slip-on ice cleats, available at sporting goods stores. Once your walkway is clear, consider putting down salt or sand or both.

Stay alert for signs of trouble. If you start to feel muscle pain, it's smart to stop shoveling and rest. Stay alert for chest pain or pressure which are possible signs of heart attack and call 911 immediately.

And finally, don't forget to be careful with taking down your holiday decorations whether it's hauling out your real tree or outside lights, it doesn't take much for ladders to get slippery.

In Memoriam

*Death leaves a
heartache no one can
heal, love leaves a
memory no one can
steal...*



Therapy Pet Ollie, Bearded Dragon, passed away a couple months ago. Owner and volunteer Robert Pattillo would take Ollie around to the buildings and many members enjoyed seeing and petting Ollie. Our thoughts and prayers go out to Ollie's family & friends.

Contact Information

Dial: 715.258.4247 and the extension below

Alley 5 Bar	22713	Ainsworth Hall 1 and 2 Activity	22513, 22655, 22518 or 23715
Donations	25020	Ainsworth Hall 3 and 4 Activity	22514 or 22540
King Exchange (KX)	22352	MacArthur Hall Activity	22630 or 22375
Library	22717 or 22366	Olson Hall Activity	22249, 21707 or 22410
Maren Activity	23311	Emergency Services	2222
Veterans Cafe	22364 or 22365	Non-Emergency Services	2220
Terry Heschke	24247		