

Reasons to volunteer

The United Way of Inner Wisconsin is in the midst of its annual campaign. The agency collects donations to support 34 partner programs in the south Wood County community in four impact areas: education, income, health and safety net services.

In addition to supporting local programs to improve the lives of people here, United Way coordinates the Volunteer Center, a gathering place for agencies seeking helpers and volunteers looking for places to donate their time and talents.

Why volunteer?

“It’s an opportunity to socialize, get out in the community, make new friends,” said Angela Loucks, Volunteer Center coordinator. It’s also a chance to learn about your community and stay active.

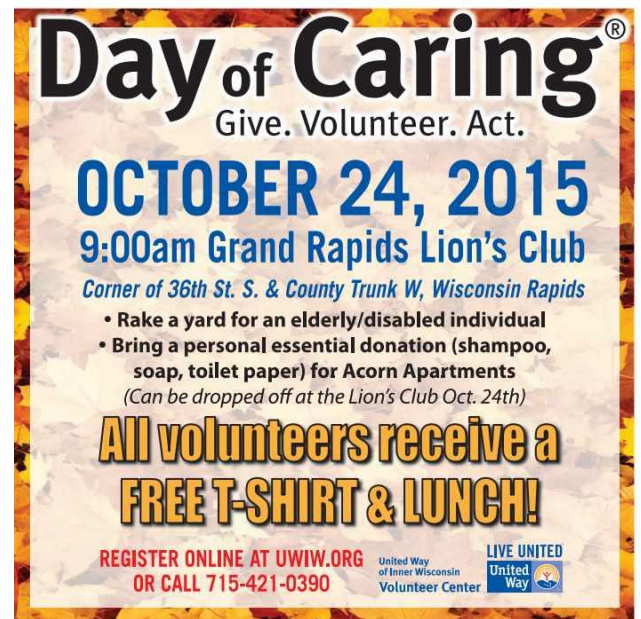
“It’s good for your health,” Loucks said. “Volunteering keeps you active, keeps you healthy and gives a high quality of life.”

She cited an article about centenarians (people who live to age 100 or older) in several communities around the world. Researchers wanted to know why so many of them were living so long in these particular communities. They found diet, high quality of life and a sense of purpose were key. Among a group in California – members of a religious community – volunteering gave them that sense of purpose.

Volunteers enjoy the “helper’s high,” that “warm fuzzy feeling you get when you help,” Loucks said.

The Volunteer Center offers all sorts of volunteer opportunities, with many choices to fit your time and skills. Volunteer opportunities can be one-time or ongoing. Maybe you want to stuff envelopes for an agency mailing. Maybe you want to help children improve their reading. Maybe you want to help take care of pets. The Volunteer Center will help you make the perfect match.

You can sign up online at www.uwiw.org or call the United Way office, 715-423-0390.



Day of Caring®
Give. Volunteer. Act.

OCTOBER 24, 2015
9:00am Grand Rapids Lion's Club
Corner of 36th St. S. & County Trunk W, Wisconsin Rapids

- Rake a yard for an elderly/disabled individual
- Bring a personal essential donation (shampoo, soap, toilet paper) for Acorn Apartments
(Can be dropped off at the Lion's Club Oct. 24th)

All volunteers receive a FREE T-SHIRT & LUNCH!

REGISTER ONLINE AT UWIW.ORG
OR CALL 715-421-0390

United Way of Inner Wisconsin
Volunteer Center

LIVE UNITED
United Way

How to help

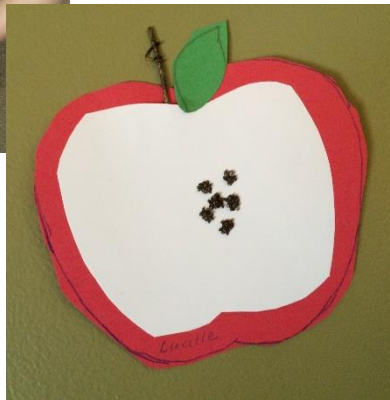
Volunteers also are needed for United Way’s annual Day of Caring on Oct. 24. Volunteers help rake leaves for elderly and people in the community who can’t physically do it themselves or pay to have it done.

People who need their yards raked can call 2-1-1 to register. Volunteers can register online or by calling the United Way office. Each volunteer receives a free T-shirt and lunch for participating.

Great Things Happen When We
LIVE UNITED!



We visited Dairy State Cheese, played croquet, made a paper quilt and fall crafts and had baby Arrow visit among other September activities.




United Way campaign

Hilltop is participating in this year's United Way campaign. Employees are invited to donate one time or make an ongoing donation to the United Way of Inner Wisconsin.

As part of the campaign, we are taking part in the Community-wide Denim Day. (See below).

The campaign will wrap up Oct. 12.



Hilltop will participate in the community-wide **Denim Day** on **Oct. 2**. You can donate \$5 to United Way in exchange for wearing jeans to work. Anyone who participates will be entered into a drawing for a United Way T-shirt!

Questions? See Mystique in the office or call 715-423-7400.

Image courtesy of Stoonn at FreeDigitalPhotos.net

Employee spotlight

Chris Madsen joined Hilltop three years ago as a caregiver, but she's been providing care much longer than that.

"I had started nursing at one time, but my real heart was to be a homemaker and full-time mom," she said. When her children started school, she got into caring for elderly, an extension of what she already was doing with her own family. She was employed as a caregiver for 17 years before starting at Hilltop. She now is the administrative assistant for Alpine Terrace and Ravenwood.



"I'm a lot feistier than I look," she said with a laugh. "My husband says I'm pretty good at keeping it hidden."

Her favorite part of the job is the people -- "trying to make their day the best it can be," she said, by providing quality of life for them.

"God's blessed me in so many ways. I love my job. I love my family," she said. Her hope, she said, is to be the best employee she can be for Hilltop and to see her children and grandchildren going in the best direction spiritually and academically.

She has been married for 40 years and has four children and 14 grandchildren. She enjoys reading, camping, gardening, bicycling and helping with a youth group at church. "I enjoy life," she said.

New employees

We welcome new staff member to Hilltop. Please say hello to them when you see them around.

- Shelly Anderson, activities coordinator
- Kathryn Baker, cook
- Breanna Emery, cook
- Cindy Francis, Hilltop of Pepper and Estate
- Joann Grecht, Alpine Terrace
- Kelly Morey, Alpine Terrace
- Kara Sleeter, Hilltop of Pepper

Hilltop will hold its first-ever hay ride at 1 p.m. Oct. 20 at Hilltop Estate, 914 Highway 73 S., weather-permitting.

Join your loved one for hot cider, s'mores and singing around a campfire as well as a hay ride.

Family will receive an invitation with RSVP details. Look for it in the mail!



Happy birthday to these residents!

- Lucille, Oct. 2
- Marjorie, Oct. 2
- Bernice, Oct. 5
- Charity, Oct. 14



IMAGE COURTESY OF STUART MILES AT
FREEDIGITALPHOTOS.NET

Hilltop blog

Mystique has started a blog about working at Hilltop. It's an outsider's look at working in assisted living. It's a little bit light-hearted and a little bit heartfelt.



You can read it (and subscribe) at

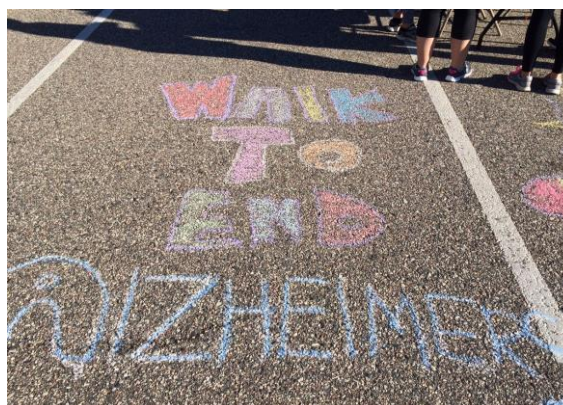
<http://mystiqueathilltop.blogspot.com/>. Read about our activities, a community help guide for dementia, the Walk to End Alzheimer's, when a baby came to visit and more.

Walk to End Alzheimer's

Hilltop participated in the Plover walk on Sept. 19. It was a nice day for a 2-mile route. It was our first time participating. We already are making plans to walk next year – probably in costume. (Anyone for purple capes?) You are welcome to join us.

You still can help us raise money for the Alzheimer's Association. You can donate at www.tinyurl.com/hilltopalzwalk.

To see a video about the walk, go to <https://www.youtube.com/watch?v=PZYyM9P7XcY>. To read our blog post, go to <http://mystiqueathilltop.blogspot.com/>.



The Alzheimer's Caregiver Support Group will feature Jason Gruszynski of Daly Drug on medications and memory care on Oct. 8 and Shelly Anderson, Hilltop activities coordinator, on Nov. 12. We meet at 9:30 a.m. at the Aging & Disability Resource Center in Centralia Center. Family members and caregivers are welcome.