The Volunteer Christmas Luncheon

It was a smaller crowd due to the snow storm, but those that made it had an enjoyable time!
Message from Randy Leisey, Hospice House Volunteer Coordinator and Spiritual Counselor

Four of the Hospice Volunteers have gone south for the winter and another is on medical leave. Consequently, I have 4 Receptionist slots available. These are 2 – 4 hour commitments, once a week. If you are interested in learning more, please call me at 250-2149. ~ Randy

Message from Cathi Love, WPH Volunteer Coordinator

Happy New Year! This year is certainly starting off with Old Man Winter showing his muscle! I hope you all enjoyed the Holiday Season with friends and family and are staying warm during this blistering winter! My wish for you is that 2017 is filled with health, joy and love! ~ Cathi

The Essential Piece

Volunteers Needed!

There is a new volunteer position available at the Hospital - we are in need of a Concierge at the Main Entrance a couple hours a day, Monday - Thursday. The hours would be early to mid afternoons, for 1.5 - 2 hours a day. Please let Cathi know if you are interested or know someone who is interested. Ideally, we are looking for 4 volunteers, but if you are willing to volunteer a couple days, that will work for us as well!

10,394 Volunteer hours logged for 2016!

Did you know...that jigsaw puzzles are great for your entire brain! Your left-brain thinks logically and follows sequences while the right brain is creative, intuitive and emotional. When you try to put together a jigsaw puzzle, you harness both the brainpowers. There have been several studies, like the MacArthur Study, that found people who have been doing jigsaw and cross word puzzles and are fully active, stand to gain a longer life span, keep you alert, increase your concentration, expand your creativity and lessen your chance of falling prey to Alzheimer’s, memory loss, dementia and other old age problems. It can also affect your physical health by lowering your breath rate, reducing heart rate and blood pressure. Focusing on the same image for longer periods can actually turn out more like meditation and induce a certain calmness and peace in the mind. You get immense and long lasting benefits out of doing puzzles on a daily basis. It not only sharpens your memory, improves your brain function, but the clarity of mind and thought helps you clear out the clutter in your mind and the cobwebs accumulating over the years. You then begin to see things around you in new light are able to appreciate your life a lot better. So, keep on “puzzling”!

Excerpts taken from the Social Psychiatry Blog
Happy New Year Word Search

Find all of the words that are hidden. The remaining letters spell the name of a popular location for celebrating New Years Eve.

Appetizers
Babies
Balloons
Banners
Buffet
Celebrate
Champagne
Dance
Day One
Decorations
End of December
Events
Family
Father Time
Feast
Festivities
First of January
Friends
Hats
Holiday
Horns
Kiss
Midnight
Music
New Years Day
Noisemakers
Occasion
Parades
Party
Punch
Resolutions
Singing
Streamers
Thirty First
Wine
Year In Review