

Ongoing Volunteer Training:

Influenza Vaccination

Each year, influenza results in an estimated 226,000 hospital admissions and 36,000 deaths. Facts: The flu is a contagious respiratory illness caused by influenza viruses. The main way that influenza viruses spread is from person to person in respiratory droplets of coughs and sneezes. It may also be spread when a person touches the droplets on another person or an object and then touches their own mouth or nose before washing their hands. Some people, such as older adults, pregnant women, and very young children, as well as people with certain long-term medical conditions, are at high risk of serious complications from the flu. Influenza vaccination is the most effective way to prevent influenza among our patients and staff. The CDC recommends that all health care personnel receive the vaccine. Influenza vaccines cannot cause the flu and are safe. The most common side effect that a person is likely to experience is soreness where the injection was given. This is generally mild and usually goes away after a day or two. What Can You Do? By getting vaccinated, health care personnel can protect their health, their families' health, and the health of their patients. Vaccine Options: Flu Shot: A vaccine with killed virus given by needle injection. It is approved for use in people older than 6 months. Nasal Spray Vaccine: A vaccine with weakened live viruses. It is approved for use in healthy people 2 to 49 years of age. Remember: Wash your hands, Cover your cough, Stay home if you have influenza like symptoms (fever or feeling feverish/chills, cough, sore throat, runny/stuffy nose, muscle or body aches, headaches and fatigue/tiredness). It is important to practice strict standard precautions when caring for all patients: Wash/gel hands before and after every patient contact.

Catholic Mass Volunteer Schedule



October 4 - St. Patrick
Group #1 - Sparta

October 11 - St. Patrick
Group #2 - Sparta

October 18 - St. Augustine -
Norwalk

October 25 - Queen of the
Apostles - Tomah

Volunteer Newsletter

Rolling Hills - October 2018

<https://rollinghillsseniorliving.org>

To view the newsletter, click "Volunteer".

To view the activity calendar, click
"Events Calendar".

Our Annual Bazaar will be held on
Friday October 12 from 9 AM to
1:30 PM. Join us for a variety of
vendors, food, door prizes and
more. If interested in assisting,
please contact myself or Linda
Fabry—check out the Volunteer
Opportunities section inside.
Spread the word and help support
our residents!

Jessica Byom, CTRS
Assistant Recreation Director &
Volunteer Coordinator
269-8804
jessica.byom@co.monroe.wi.us

Volunteer of the Month!

October's Volunteer of the Month is

Pastor Mark Kvale,

who leads Trinity Lutheran services for our Lutheran residents.

Thank you for enriching the lives of the residents at Rolling Hills.

* * * * *

October Volunteer Birthdays:

Dianne C

Kay S

Mina J



October RH Volunteer Anniversaries:

Dianne C - 10 years

Dorothy V - 10 years

Kathy K - 10 years

Patti M - 10 years

Kay S - 10 years

Janice E - 8 years

THANK YOU VOLUNTEERS!

Volunteer Opportunities

* October 3 - We are in need of 1 volunteer to assist us with our St. John's Oktoberfest outing. Please contact Linda or myself if interested in helping from 11-3.

* October 9 - Help is needed for setting up for the Bazaar. Contact myself or Linda if interested.

* October 11 - Help is needed for packaging the baked goods for the Bazaar from 1:30-3.

October 12 - Bazaar Day! If interested in assisting on the day of the Bazaar, please contact Linda or myself.

October 25 - Shopping outing assistance needed from 1:45-3.

October 31 - Assistance is needed for our Halloween party! Help is needed for taking residents to/from the program and putting on and taking off costumes. Feel free to dress up yourself—have fun!

* We are looking for 1-2 volunteers to assist during the Veteran's Day Luncheon on November 9, held at the VFW in Sparta. If interested, please let Linda Fabry or myself know.

* Help is always appreciated on Saturday mornings for bingo. If interested, please be at the home by 9:15 AM to assist with bringing residents to the Auditorium.

Thank You!

Recipe Corner

Pumpkin Bread

- 1 package (18 oz) yellow cake mix
- 1 can (16 oz) solid pack pumpkin
- 4 eggs
- 1/3 cup molasses
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/3 cup nuts, chopped (optional)
- 1/3 cup raisins (optional)

Preheat oven to 350. Grease two 9x5 loaf pans. Combine all ingredients in large bowl and mix well. Beat at medium speed 2 minutes. Pour into prepared pans. Bake 60 minutes or until toothpick comes out clean. Serve with cream cheese or preserves, or top with cream cheese frosting or ice cream.

Source: Incredibly Easy Cake Mix Recipe Book, Page 28