

# Ongoing Volunteer Training:

## Cold Weather Policy

Hypothermia: is an unintentional lowering of the body temperature to 95 degrees F or below. Warning signs: shivering, confusion, memory loss, drowsiness, exhaustions, fumbling hands, slurred speech.

Hypothermia is a medical emergency that needs immediate treatment. The elderly are at a greater risk for hypothermia than the general population because the body's ability to produce its own heat declines with age. Individuals who wander or are at risk of wandering are considered high risk for hypothermia.

### Procedure:

No resident/client who is dependent on our staff for their safety and protection will leave the facility alone without the appropriate apparel and personnel to protect them from hypothermia and other cold weather dangers.

Resident should be properly dressed and have sufficient blankets. All staff should report low room temperatures or windows that may need weather proofing.

When the outdoor temperature is extremely cold and high winds exist, consideration should be given to canceling activities and appointments that can be put off until better weather conditions exist.

Please see policy posted on Volunteer Bulletin Board.

# Catholic Mass Volunteer Schedule



December 6 - St. Patrick  
Group #1 - Sparta

December 13 - St. Patrick  
Group #2 - Sparta

December 20 - Sacred  
Heart - Cashton

December 27 - Queen of  
the Apostles - Tomah

# Volunteer Newsletter

Rolling Hills - December 2018

<https://rollinghillsseniorliving.org>

To view the newsletter, click "Volunteer".

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

**Please see inside for details on  
the Volunteer Holiday Party.**



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Volunteer Coordinator  
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## Volunteer of the Month!

The December volunteer of the month is  
Diane Barribeau.

Diane plays the piano for programs such  
as the Christmas Pageant and Advent  
Service.

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

\* \* \* \* \*

### December Volunteer Birthdays:

Joan S



### December RH Volunteer Anniversaries:

Joan S - 10 years

Geralyn K - 1 year

## THANK YOU VOLUNTEERS!

**Don't forget about the Volunteer  
Holiday Party! It will be held  
Tuesday, December 18th from 11-2  
in the Recreation Room. Please  
bring a dish to pass. If you wish to  
partake in the gift exchange,  
please bring a wrapped gift not  
exceeding \$5.00. The gift exchange  
is optional. I hope to see you all  
there!**

## Volunteer Opportunities

- \* December 3 - Help would be appreciated for our Advent Service from 1:15 to 3:00.
- \* December 4 and 6 - Meet us at the museum in Sparta from 1:45 to 3:00 for pushing residents around to see the 50's train display.
- \* December 19 - Help setting out gifts— please call Linda for exact time, but hoping from 11-12 and if still needed from 3:30-4:30.
- \* December 20 - Our Annual Christmas Pageant: Assisting residents to/from the Auditorium and/or singing in the choir from 1:15-3:00.
- \* December 21 - Santa's Workshop - help wrap presents for our residents beginning at 10:30 in the Activity Room. Or help is needed pushing residents to music program from 10-12.
- \* December 27 - Help residents play Mystery Game (card bingo) - bringing residents to/from the program and assist with identifying playing cards from 1:15 to 3:00.
- \* 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

### Holiday Hot Spinach Dip

- 1 (10 oz) package frozen chopped spinach, thawed and drained
- 1/2 cup red bell pepper, diced
- 1 TBS minced garlic
- 1 (6.5 oz) jar artichoke hearts, drained and mashed
- 1/2 cup sour cream
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- 1/4 cup heavy cream

Preheat oven to 350. Mix together spinach, bell pepper, garlic, artichokes, sour cream and Parmesan cheese. Season with salt and pepper. Mixture will be thick; add cream to thin to dip consistency. Spoon into a 1 quarter baking dish. Bake for 20 minutes, or until bubbly. Serve with crackers.

Source:

<https://www.allrecipes.com/recipe/9249/holiday-hot-spinach-dip/?internalSource=staff%20pick&referringId=932&referringContentType=recipe%20hub&clickId=cardslot%201>