

Ongoing Volunteer Training:

Warm Weather Policy

Prevention and Early Intervention:

Residents are to be encouraged to stay indoors when air temperatures are excessively high. Staff will post EXTREME HEAT signs on exits and an overhead announcement will be made when temperature reaches 90 degrees F including the heat index. Staff will inform residents wishing to go outside of the danger. Outdoor activities will be re-scheduled or cancelled at the discretion of the department head and/or nursing supervisor in the event of extreme heat. Advise residents to dress appropriately. Encourage consumption of extra fluids.

Risk Factors for Heat Related Illnesses: Age (over 65), Obesity, Medical Conditions, Medications.

Heat Exhaustion and Heat Stroke Compare/Contrast:

HEAT EXHAUSTION : Cause: depletion of body fluids and electrolytes due to exposure to intense heat or inability to acclimatize to heat. Resulting in prolonged or severe diaphoresis. May progress to heat stroke.

Symptoms: headache, vomiting, dizziness, profuse perspiration, cool/moist skin, normal body temperature. Offer cool fluids, loosen tight clothing, elevate legs. **HEAT STROKE:** Cause: failure of temperature regulating mechanism of the body due to prolonged exposure to high temperatures. **Symptoms:** headache, vomiting, dizziness, no perspiration, hot/dry skin, extremely high temperature, mental confusion. Call for transport to medical facility immediately. Offer cool water, sponging, fluids by mouth if alert, reduce body temperature ASAP.

Information also posted on the Volunteer News Board.

Catholic Mass Volunteer Schedule



Friday, June 14—St. Patrick
Group #1—Sparta

Friday, June 28—Sacred
Heart—Cashton

Volunteer Newsletter

Rolling Hills - June 2019

Thank you to all the volunteers who lent a hand during the Flower Sale last month. Thanks to your help, we had another successful year!

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Happy
Father's
Day

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It's June Dairy Month—don't forget to support our dairy farmers! Visit one of the many local Dairy Breakfasts coming this month!

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Volunteer of the Month!

June Volunteer of the Month is
Pat Hansen.

Pat assists with Mass services. Thank you for helping the residents worship together and enriching the lives of the residents at Rolling Hills.

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June Volunteer Birthdays:

Betty P
Janice E



June RH Volunteer Anniversaries:

Mina J - 11 years
Zoe S - 8 years
Alice O - 1 year

THANK YOU VOLUNTEERS!

We have a new Activity Staff member who is joining us for the summer. Please help us in welcoming Jeremy to our department.

Volunteer Opportunities

June 3 - Come support and join us for \$ lemonades for SACS.

June 11 - Our first picnic of the summer! Help is needed from 11:15 to 1:00.

June 18 - Fishing outing at 1:45. Please let myself or Linda know if interested.

June 19 - We will be playing a variety of games starting at 1:45.

June 24 - Come and enjoy the weather with some Ice Tea on the patio. Help is needed bringing residents outside and back in: 1:45 to 3:00.

June 25 - Fishing at 9:30 - Let myself or Linda know if interested in assisting. Also this day in the afternoon, parfaits outside in honor of National Strawberry Parfait Day.

June 27 - Shopping outing at 1:30. Please let myself or Linda know if interested in helping with this outing.

* 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

Pineapple Sunshine Cake

Cake:

1 box yellow cake mix
4 eggs
1/2 cup vegetable oil
1 (8 oz) can crushed pineapple with juice

Frosting:

1 (8 oz) container cool whip, thawed
1 small box instant vanilla pudding
1 (8oz) can crushed pineapple with juice

Instructions:

Preheat oven to 350. Spray a 9x13 pan with cooking spray.
In a large bowl, combine cake mix, eggs, oil and 1 can of crushed pineapple with the juice . Mix well.
Pour into prepared baking pan and bake for 25-30 minutes, or until toothpick comes out clean. Allow to cool completely.
In a medium sized bowl, fold together cool whip, box of vanilla pudding, and 1 can crushed pineapple with the juice. Spread over the top of cooled cake. Enjoy!

<https://belleofthekitchen.com/2015/04/03/sunshine-cake/>