

Ongoing Volunteer Training:

Dignity

Residents have the right to receive visits 24 hours a day. The resident's wishes prevail if they differ from that of a family member or other visitor.

"The facility must promote care for residents in a manner and in an environment that maintains or enhances each resident's dignity and respect in full recognition of his/her individuality." Promoting resident independence and dignity in dining such as by avoidance of: Day to day use of plastic/paper utensils/dishware, Bibs (clothing protectors - except by resident choice), Staff standing over residents while assisting them to eat, Staff interacting/conversing only with each other rather than with residents while assisting residents. Respecting residents' private space and property by:

Not changing radio or television station without resident's permission, Knocking on doors and requesting permission to enter, Closing doors as requested by resident, Not moving or inspecting resident's personal possessions without permission.

Respecting residents by: Speaking respectfully, Addressing the resident with a name of the resident's choice, Avoiding use of labels, Not excluding residents from conversations or discussing residents in community settings in which others can overhear private information, Maintaining resident privacy of body. Refraining from practices demeaning to residents such as: Keeping urinary catheter bags uncovered, Restricting residents from use of common areas unless they are on transmission-based isolation precautions or are restricted according to their care planned needs.

Focusing on residents as individuals when talking to them and addressing residents as individuals when providing care and services Maintaining an environment in which there are no signs posted in residents rooms or in staff work areas able to be seen by other residents and/or visitors that include confidential clinical or personal information.

Please see Volunteer Board for full policy.

Catholic Mass Volunteer Schedule



Friday, August 9—
St. Mary's Ridge—
St. Mary's Parish

Friday, August 23—
St. Augustine—Norwalk

Volunteer Newsletter

Rolling Hills - August 2019

I hope everyone is enjoying their summer. Soon it will be back to school and the leaves will be starting to change!

*"What sunshine
is to flowers,
smiles are
to humanity."*

- Joseph Addison



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Volunteer of the Month!

August Volunteer of the Month is
Betty Pottinger.

Betty assists with Tuesday bingo and our Bazaar fundraiser. Thank you for enriching the lives of the residents at Rolling Hills.

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August Volunteer Birthdays:

Diane B
Brian Y
Josh Y



August RH Volunteer Anniversaries:

Elsie A - 10 years
Nicole O-R, Paul R and Josie - 7 years
Betty P - 4 years

THANK YOU VOLUNTEERS!

**Interested in joining RSVP?
RSVP, or Retired and Senior Volunteer
Program, provides volunteer
opportunities for people 55 and better
in La Crosse and Monroe counties. With
many different volunteer options to
choose from, there is something for
everyone.**

**Want to learn more, join RSVP, get
reinstated, or know someone who may
be interested? Please let me know.**

Volunteer Opportunities

August 9 - Come help the residents enjoy some watermelon outside! 1:15 to 3:00.

August 20 - Fishing outing in the morning. If you are interested in helping residents fish, please let an activity staff know.

August 21 - Our Last Picnic Of The Year! Help is needed to bring residents outside, serve food, and bring residents back inside. Assistance is needed starting at 11:15.

August 27 - Shopping Trip to WalMart. If you are interested in helping a resident with some shopping, please let an activity staff know. Plan on being at WalMart around 2.

* 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

Strawberry "Cool" Brulee

2 cups sliced strawberries
8 tsp raw sugar
1/2 cup whipping cream
1/3 cup lowfat vanilla yogurt

Divide strawberries among four 8 oz dessert dishes. Sprinkle 1 tsp sugar over strawberries in each dish. With electric mixer, whip cream into soft peaks. Fold in yogurt and spread evenly over strawberries. Sprinkle 1 tsp of the remaining sugar over each. Cover and chill for 2-6 hours.

<http://www.midwestliving.com/recipe/strawberry-cool-brulee/>