

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.

Please see volunteer board for policy.

Catholic Mass Volunteer Schedule



Friday, October 11—NO
MASS due to the Bazaar

Friday, October 25—
Sacred Heart—Cashton

Volunteer Newsletter

Rolling Hills - October 2019

SAVE THE DATE!

Our Annual Bazaar will be held on
Friday October 11 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.
Spread the word and help
support our residents!

Jessica Byom, CTRS
Assistant Recreation Director &
Volunteer Coordinator

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<https://rollinghillsseniorliving.org>



Volunteer of the Month!

October's Volunteer of the Month is
Mina Johnson.

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

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October Volunteer Birthdays:

Dianne C
Kay S
Mina J
Barb H



October RH Volunteer Anniversaries:

Dianne C - 11 years
Dorothy V - 11 years
Kathy K - 11 years
Patti M - 11 years
Kay S - 11 years
Janice E - 9 years

THANK YOU VOLUNTEERS!

Volunteer Opportunities

1st - Help bring residents to and from music.
1:15—3:00.

8th - Help setting up for the bazaar—getting the rummage sale items ready starting at 1:45.

9th - Setting up for the bazaar starting at 1:45. Please call ahead of time if you are interested in helping this day.

10th - Preparing the baked goods for the bazaar starting at 1:30.

11th - Bazaar Day! If interested, you can help with various tasks throughout the day, such as serving the vendors lunch, pushing residents, clean up at 1:30, or you can come and shop. Anyway, your help and support will be appreciated.

15th - Shopping outing to WalMart if interested in helping a resident with their shopping - 1:45.

23rd - Chemistry fun with Larry Scheckel. Help is needed for bringing residents to/from this activity from 1:15 to 3:00.

24th - Shopping outing to Theisen's, if interested in helping a resident with their shopping - 1:45.

31st - Annual Halloween Party! Help is needed with bringing residents to/from the party, helping residents get into costume, or supervising the auditorium while staff assist with costumes. 1:15 to 3:00. Please feel free to dress in costume as well!

* We are looking for 1-2 volunteers to assist during the Veteran's Day Luncheon next month, 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

Chocolate Panini

8 3/4 inch thick slices challah bread or
Hawaiian sweet bread
2 TB butter, melted
4-6 oz semisweet chocolate, finely
chopped
Powdered sugar

Heat a grill pan or large heavy nonstick skillet over medium-low heat. Meanwhile, brush one side of each bread slice with some of the melted butter. Place half of the bread slices on a work surface, buttered side down; sprinkle with chocolate, covering the bread to within 1/4 inch of the crust. Top with remaining slices, buttered sides up. Place sandwiches, 2 at a time, in grill pan; weigh down top of sandwiches with a large heavy skillet.

Grill sandwiches over medium-low heat for 6-8 minutes or until the chocolate is melted and bread is golden brown, turning once halfway through grilling time. Repeat with remaining sandwiches.

To serve, cut each sandwich into quarters. Dust with powdered sugar. Serve warm.

<http://www.midwestliving.com/recipe/chocolate/chocolate-panini>