

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.

HAPPY
LABOR
DAY

VOLUNTEER NEWSLETTER

Rolling Hills - September 2020

Hello Rolling Hills Volunteers!
The staff and residents miss you all! If anyone is interested in helping to brighten some of our residents' days, we welcome letters and phone calls. You can write to a specific resident, or if you would like Linda to read it to everyone through our in house TV channel, you can address it to "Any Resident". Individual phone calls to residents would also be appreciated. You can call the main line and ask to be directed to a specific unit, then ask to speak with a specific resident. If you are interested in doing this but have questions, please call me. We hope you all are staying healthy.

Jessica Byom, CTRS
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Volunteer of the Month!

September's Volunteer of the Month is
Father Eric Berns & Father Fernando.

Father Eric Berns and Father Fernando lead Mass services for our Catholic residents. Thank you for enriching the lives of the residents at Rolling Hills.

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September Volunteer Birthdays:

Janet B
Barb L
Dorothy V
Jancee D
Paige W



September RH Volunteer Anniversaries:

Pat M - 12 years
Jade P - 1 year

THANK YOU VOLUNTEERS!



September Fun Facts

- ◆ September holidays include: Labor Day, Grandparents Day, Patriot Day, Rosh Hashanah
- ◆ September is also National potato month and National Happy Cat Month
- ◆ September's birthstone is the Sapphire and its flower is the Aster and Morning Glory
 - ◆ September in the Northern Hemisphere is similar to March in the Southern Hemisphere
- ◆ September's full moon is called the Full Harvest Moon
 - ◆ Fruits and veggies that are in season in September include: apples (coming into season), blackberries, blueberries (end of their season), grapes, tomatoes, broccoli, carrots, peppers, potatoes, pumpkin (coming into season)
- ◆ September 12—Chocolate Milk Shake Day
- ◆ September 16—Working Parents Day
- ◆ September 21—International Day of Peace
- ◆ September 28—National Good Neighbor Day

Recipe Corner

Scrambled Egg Muffins

1/2 pound bulk pork sausage
12 eggs
1/2 cup chopped onion
1/2 cup chopped green pepper, or to taste
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1/2 cup shredded cheddar cheese

Preheat oven to 350. Lightly grease 12 muffin cups, or line with paper muffin liners. Heat a large skillet over medium-high heat and stir in sausage. Cook and stir until sausage is crumbly, evenly browned and no longer pink. Drain.

Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in sausage and cheddar cheese. Spoon by 1/3 cupfuls into muffin cups.

Bake about 20-25 minutes, or until a knife inserted near center comes out clean.

Source:

<https://www.allrecipes.com/recipe/222586/scrambled-egg-muffins/>