

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.



VOLUNTEER NEWSLETTER

Rolling Hills - October 2020

Happy Fall!

I hope this newsletter finds you all doing well. Rolling Hills is continuing to restrict visitors to our home. We will keep everyone posted if anything changes. Again, if you are interested in keeping touch with any of our residents, they enjoy receiving letters and phone calls. We have been doing themed weeks with the residents that include a craft, game and food/drink, and we are in need of new theme ideas! If you have a theme that you would like to share with us to implement with the residents, feel free to give me a call or an email. Thank you in advance!

We miss you all! Wishing everyone a Happy Halloween!



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Volunteer of the Month!

October's Volunteer of the Month is

Barb Lash.

Barb assists with Wells Lutheran church services. Thank you for helping the residents worship together and for enriching the lives of the residents at Rolling Hills.

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October Volunteer Birthdays:

Dianne C
Rhonda W
Debbie B
Kay S
Mina J
Barb H



October RH Volunteer Anniversaries:

Dianne C - 12 years
Dorothy V - 12 years
Kathy K - 12 years
Patti M - 12 years
Kay S - 12 years
Janice E - 10 years
Joann T - 1 year

THANK YOU VOLUNTEERS!

October Fun Facts

- * October's birthstone is the Opal and Pink Tourmaline, and flower is the Calendula
- * The week of October 9th is National Fire Prevention Week, and commemorates the Great Chicago Fire of 1871
- * October hosts many health observances, including breast cancer, spina bifida, blindness, and SIDS
- * Germany's Oktoberfest originally began on October 17, 1810
- * October is: Adopt A Shelter Dog Month, Cookie Month, National Month of Sarcasm, and National Roller Skating Month, among others.
- * There are two full moons this October. The first will take place on October 1 and is called the Full Harvest Moon. The second will take place on October 31 and is called the Full Hunter's Moon.
- * Fruits and veggies that are in season in October include: apples, pears, tomatoes (end of season), butternut squash, celery, and pumpkin



Recipe Corner

Pumpkin Whip

- I package (3.4 ounces) instant butterscotch pudding mix
- I 1/2 cups cold milk
- I cup canned pumpkin
- I teaspoon pumpkin pie spice
- I 1/2 cups whipped topping
- Gingersnaps (optional)

In a large bowl, beat pudding and milk until well blended (1-2 minutes). Blend in pumpkin and pie spice. Fold in whipped topping. Spoon into dessert dishes. Chill. Garnish with gingersnaps if desired.

Source:

<https://www.tasteofhome.com/recipes/pumpkin-whip/>

