

Ongoing Volunteer Training:

Cold Weather Policy

Hypothermia: is an unintentional lowering of the body temperature to 95 degrees F or below. Warning signs: shivering, confusion, memory loss, drowsiness, exhaustions, fumbling hands, slurred speech.

Hypothermia is a medical emergency that needs immediate treatment. The elderly are at a greater risk for hypothermia than the general population because the body's ability to produce its own heat declines with age. Individuals who wander or are at risk of wandering are considered high risk for hypothermia.

Procedure:

No resident/client who is dependent on our staff for their safety and protection will leave the facility alone without the appropriate apparel and personnel to protect them from hypothermia and other cold weather dangers.

Resident should be properly dressed and have sufficient blankets. All staff should report low room temperatures or windows that may need weather proofing.

When the outdoor temperature is extremely cold and high winds exist, consideration should be given to canceling activities and appointments that can be put off until better weather conditions exist.

PLEASE SEE VOLUNTEER BOARD FOR POLICY.



VOLUNTEER NEWSLETTER

Rolling Hills - December 2020

Hello from Rolling Hills! I hope everyone is staying healthy, especially coming into these winter months. Thank you to those who have already donated items to our residents for Christmas—we greatly appreciate it! Wishing everyone a safe and joyous holiday season!



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Volunteer of the Month!

The December volunteer of the month is

Jancee Doemel and Brutus.

Jancee and her pet therapy pig Brutus provide visits to the residents. Thank you Jancee and Brutus for enriching the lives of the residents at Rolling Hills!

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December Volunteer Birthdays:

Joan S



December RH Volunteer Anniversaries:

Joan S - 12 years

Geralyn K - 3 years

THANK YOU VOLUNTEERS!



December Fun Facts

- An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
- Some people consider December 28th to be the unluckiest day of the year.
- December 7th—Pearl Harbor Day
- December 12—Poinsettia Day
- December 20—Go Caroling Day
- December 30—Bacon Day
- December's full moon takes place on December 29 and is called the Cold Moon.
- December's birthstone is Turquoise and the flower is Narcissus.
- Fruits and veggies that are in season in December include: clementines, pears, cranberries, brussel sprouts, cauliflower, potatoes, turnips.
- December in the Northern Hemisphere is similar to June in the Southern Hemisphere.
- The shortest day of the year is the Winter Solstice, and takes place this year on December 21.
- In December 1989, the movie Christmas Vacation was released in theaters.



Recipe Corner

Raspberry Hot Chocolate

3 cups 2% milk

1 cup frozen unsweetened raspberries, thawed

6 ounces semisweet chocolate, chopped

2 teaspoons sugar

Optional Toppings: whipped cream, marshmallows, chocolate curls

In a small saucepan, heat milk over medium heat until bubbles form around sides of pan (do not boil). Place the raspberries, chocolate and sugar in a blender; cover. While processing, gradually add hot milk in a steady stream. Strain; discard seeds. Serve in mugs; top with whipped cream, marshmallows and chocolate if desired.

Source:

<https://www.tasteofhome.com/recipes/raspberry-hot-cocoa/>