

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.

Halloween Fun Facts!

- Jack-o-Lanterns were inspired by an Irish legend about a man named Stingy Jack.
- Keene, New Hampshire holds the Guinness World Record for the most lit jack-o-lanterns on display—30,581!
- Trick-or-treating was inspired by the medieval English tradition of “souling” and a tradition in the middle ages known as “mumming”.
- Candy wasn't given out to trick-or-treaters until the 1950's.
- According to candystore.com, Skittles were America's favorite candy to give out in 2020, followed by Reese's Cups and Starburst.
- The fear of Halloween is called Samhainophobia.
- Silly String is banned in Hollywood on Halloween.
- The world's longest haunted house is 3,564 feet long.
- Disney's *Hocus Pocus* was originally called *Halloween House*.
- In a few states, the night before Halloween is known as Mischief Night.



Volunteer Newsletter

Rolling Hills - October 2021

Hello Volunteers!

Our new home across the road is making fast progress! It is exciting to be able to see it come to life with walls and a roof! At this point, the new Rolling Hills is planned to be finished in September 2022.

We continue to ask that you wear a mask and protective eyewear (provided) when you are here volunteering. If you are interested in returning to volunteering and have not yet, please give me a call.

If there are any changes in the ability for Rolling Hills to welcome volunteers, I will notify those volunteers who have returned with a phone call. Otherwise, I will post it here in the newsletter.

Happy Halloween!



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Volunteer Opportunities

Recipe Corner

October Volunteer Birthdays:

Dianne C
Rhonda W
Debbie B
Kay S
Barb H



October RH Volunteer Anniversaries:

Dianne C – 13 years
Kathy K – 13 years
Patti M – 13 years
Kay S – 13 years
Janice E – 11 years

THANK YOU VOLUNTEERS!

October 7 - music with Laurel B at 1:45. We will start bringing residents to the dining room around 1:15.

October 13 - Bingo! Please be at the home at 10:00.

October 14 - We will be doing manicures this morning at 10:00.

October 15 - We will be playing a variety of games. If interested in assisting, please be at the home at 10:00.

October 20 - music with Old Moldy Hay at 10:30. We will start bringing residents to the dining room around 10:00.

October 22 - Mystery Game! Please be at the home at 10:00.

October 27 - Music with Jay at 1:45. We will start bringing residents to the dining room around 1:15.

October 29 - Our Halloween Party! If you are interested in assisting with this fun program, please be at the home at 10:00. Feel free to come dressed in costume!

Please let me know if you are interested in assisting with any activities. Thank you!



Garlic Cheese Bombs

- 1 can premade biscuits (10 pieces)
- 20 cubes cheddar cheese
- 3 TB butter
- 1 clove garlic, crushed
- 1/3 C parmesan cheese
- 2 tsp dried parsley

Preheat oven to 375.

Cut each biscuit in half and slightly roll out. Place a cheese cube in the middle and wrap the biscuit dough around the cube, ensuring the edges are sealed. Roll in your hands to make a ball shape. Place butter and garlic in a small bowl and melt in the microwave about 12 seconds. In a separate bowl, combine parsley and parmesan cheese.

Dip each rolled biscuit into the butter mixture and then into the cheese mixture. Place on a parchment lined pan.

Bake 10-12 minutes or just until browned.