

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.

Happy Holidays

Volunteer Newsletter

Rolling Hills - December 2021

Season's Greetings to all of our volunteers! As a reminder, I will be out of the office on maternity leave starting the beginning of this month. Please contact Linda Fabry (269-8829) during this time. I hope you all have a wonderful holiday season!



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December Volunteer Birthdays:

Joan S
Madelyn N



December RH Volunteer Anniversaries:

Joan S – 13 years
Geraldyn K – 4 years

THANK YOU VOLUNTEERS!



Volunteer Opportunities

December 1 - Come help us deck the halls! Decorating starts at 9:30 this morning.

December 9 - We will be helping residents with their Christmas card writing at 10:00 this day.

December 16 - B-I-N-G-O this afternoon starting at 1:45. If interested in assisting, please be at the home to help gather around 1:15.

December 21 - Christmas Pageant Day! Assistance in getting residents to/from the Christmas Pageant would be appreciated. The pageant starts at 1:45, so please be at the home by 1:15.

December 30 - Manicure day! If interested in helping with nails, please be at the home by 1:30 (will start with manicures around 1:45).

Thank you to all the volunteers who assist during this holiday season!

Recipe Corner

Salted Peanut Butter and Jelly Blondies

- 1 stick butter, melted
- 1 1/4 C flour
- 1 tsp baking powder
- 1 tsp salt
- 2 eggs
- 1 1/2 C brown sugar
- 3/4 C smooth peanut butter
- 1 tsp vanilla
- 2 TB strawberry jam
- 1 TB chopped honey-roasted peanuts
- Sea salt

Whisk together flour, baking powder, and salt. Whisk together eggs, brown sugar, peanut butter, 1/2 C melted butter, and vanilla. Fold in dry ingredients. Scrape into a buttered 8x8 baking pan. Dollop with strawberry jam and top with peanuts. Bake at 350 for about 35-40 minutes. Sprinkle with sea salt.