

Ongoing Volunteer Training:

Warm Weather Policy

Prevention and Early Intervention:

Residents are to be encouraged to stay indoors when air temperatures are excessively high. Staff will post EXTREME HEAT signs on exits and an overhead announcement will be made when temperature reaches 90 degrees F including the heat index. Staff will inform residents wishing to go outside of the danger. Outdoor activities will be re-scheduled or cancelled at the discretion of the department head and/or nursing supervisor in the event of extreme heat. Advise residents to dress appropriately. Encourage consumption of extra fluids.

Risk Factors for Heat Related Illnesses: Age (over 65), Obesity, Medical Conditions, Medications.

Heat Exhaustion and Heat Stroke Compare/Contrast:

HEAT EXHAUSTION : Cause: depletion of body fluids and electrolytes due to exposure to intense heat or inability to acclimatize to heat. Resulting in prolonged or severe diaphoresis. May progress to heat stroke. Symptoms: headache, vomiting, dizziness, profuse perspiration, cool/moist skin, normal body temperature. Offer cool fluids, loosen tight clothing, elevate legs.

HEAT STROKE: Cause: failure of temperature regulating mechanism of the body due to prolonged exposure to high temperatures. Symptoms: headache, vomiting, dizziness, no perspiration, hot/dry skin, extremely high temperature, mental confusion. Call for transport to medical facility immediately. Offer cool water, sponging, fluids by mouth if alert, reduce body temperature ASAP.



Volunteer Newsletter

Rolling Hills - June 2022

Welcome Summer!

Progress continues to happen at our new home. Asphalt has now been done, grass planted, and interior work is coming along quickly. It's hard to believe that it's only 2 more months until move in (anticipated move in is August).

I hope all is well with you. We miss all of our volunteers. Thank you to those who continue to volunteer. If you are interested in returning to volunteering and are up to date on your covid vaccination, please reach out. Thank you all again. I hope everyone has a fun, enjoyable, and healthy summer!

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June Volunteer Birthdays:

Michael F
Betty P
Janice E



June RH Volunteer Anniversaries:

Alice O—5 years
Sheila E—3 years
Michael F—3 years
Barb H—3 years
Brian and Josh Y—3 years
Ray and Pat K—3 years

THANK YOU
VOLUNTEERS!

Volunteer Opportunities!

Wednesday June 15 - Come help us celebrate June Dairy Days with cow races at 10:30

Monday June 20 - Come help with a lunch outing to Rudy's at 11:30! If interested, please call ahead so we know to expect you.

Friday June 24 - Come assist some residents on a fishing outing at 9:45. If interested, please call ahead so we know to expect you.

We are looking for volunteers who are willing to help keep the residents entertained during our move in August. This may include playing games, reading, and/or similar activities. If you are interested in assisting, please reach out to Linda Fabry or myself. Volunteers would need to be up to date on their covid vaccination (including booster if eligible) and wear a mask.

Recipe Corner

Cheesy Zucchini Breadsticks

4 C graded zucchini
1/2 C Mozzarella cheese
1/3 C Parmesan cheese
1 egg
1 tsp garlic salt
1 C grated cheese of choice
(topping)

Squeeze all the juices you can out of the grated zucchini. In a bowl, combine zucchini, mozzarella cheese, parmesan cheese, egg and garlic salt. Stir to combine. On a lined baking dish with parchment paper, lay out the zucchini mixture. It's best to lay out the mixture to at least half an inch of thickness. It will shrink while baking. Bake at 425 for 15 minutes. Top baked crust with your choice of cheese. Bake until the cheese melts. Serve while hot.