

# 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, exhaustion, 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.



# Volunteer Newsletter

Rolling Hills - December 2022

Monroe County Board Chair Cedric Schnitzler extends a thank you to everyone involved in the construction and transition into our new home. A quote from his letter :

“Everything mentioned above was not attainable without teamwork. The definition of teamwork is: The combined action of a group of people especially when effective and efficient. Monroe County staff take a bow! Rolling Hills, Administration, Maintenance, IT department, Highway, Sheriff’s department, Health, Rolling Hills Volunteers, fellow County Board members, and please anyone I’m forgetting to mention!”

So, thank you once again to all volunteers involved in the transition to our new home. Your continued support and companionship have helped make all of us feel more at home.



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## December Volunteer

### Birthdays:

Joan S  
Madelyn N



## December RH Volunteer

### Anniversaries:

Joan S—14 years  
Geraldyn K—5 years

**THANK YOU**  
**VOLUNTEERS!**



# Volunteer Opportunities

December 1 - Come help decorate Christmas trees anytime after noon.

December 5 - Come help decorate our home from 9:30—noon.

December 6, 13, 20, 27 - Our Bistro will be open these days. Come visit and help bring people to and from the Bistro from 1:30 to 3:00.

December 15 - A few volunteers are needed from 1:15 to 3:15 to help bring residents to and from our Christmas pageant. Please call ahead to see if we still need help due to limited space.

December 21 - Santa's Workshop today! Come help wrap gifts for our residents starting at 9:30.

December 22 - Come help with manicures from 9:30 to noon.

\* Help is always appreciated on Saturday mornings for bingo. If interested, please be at the home by 9:15 AM to assist in the various areas. No bingo the first Saturday of the month or on December 24.

# Recipe Corner

## Frosted Cranberry Drop Cookies

1/2 C butter, softened  
1 C sugar  
3/4 C packed brown sugar  
1/4 C whole milk  
1 large egg  
2 Tbsp orange juice  
3 C flour  
1 tsp baking powder  
1/2 tsp salt  
1/4 tsp baking soda  
2 1/2 C chopped fresh or frozen cranberries  
1 C chopped walnuts

Frosting:  
1/3 C butter  
2 C confectioners' sugar  
1 1/2 tsp vanilla  
2 to 4 Tbsp hot water

In a bowl, cream butter and sugars. Add milk, egg and orange juice; mix well. Combine the flour, baking powder, salt and baking soda; add to the creamed mixture and mix well. Stir in cranberries and nuts. Drop by tablespoons 2 inches apart onto greased baking sheets. Bake at 350 until golden brown, 12-15 minutes. Cool on wire racks.

For frosting, heat the butter in a saucepan over low heat until golden brown, about 5 minutes. Cool for 2 minutes; transfer to a small bowl. Add sugar and vanilla. Beat in water, 1 Tbsp at a time, until frosting reaches desired consistency. Frost the cookies.