

Ongoing Volunteer Training:

Elder Care

It's important to recognize and acknowledge signs and symptoms of abuse and report them to a supervisor or other professional as soon as possible. There are many signs and symptoms of abuse. Some of them may be noticeable to you and others may not be apparent at first glance. Report any doubts you have to a supervisor, physician, or other professional. No matter who the perpetrator of the abuse may be, you must report the problem immediately to your supervisor. If you see an abusive situation occurring in the facility, get a supervisor immediately. It is important to stop the abuse as quickly as possible so no harm comes to the elder. Your supervisor may decide to take further action against the perpetrator and you may have to file a report regarding the abuse you witnessed. It is up to you to help protect and care for the elders who reside in the facility.



Symbols of St. Patrick's Day:

*The Shamrock – is native to Ireland. Saint Patrick used the shamrock to illustrate the concept of the Holy Trinity.

*The Color Green – is associated with many aspects of Ireland including the scenery, the Irish Catholic Confederation, the Friendly Brothers of St. Patrick, and the United Irishmen.

*Leprechauns – hide their gold in big iron pots at the end of the rainbow and will trade his gold for his freedom.

St. Patrick's Day Humor:

How is a best friend like a four-leaf clover? - They are hard to find and lucky to have.

What do you get when you cross poison ivy with a four-leaf clover? - A rash of good luck.

Why can't you borrow money from a leprechaun? - Because they're always a little short



ROLLING HILLS VOLUNTEER NEWSLETTER



Hello Volunteers!
Just a few reminders:

- Please remember to sign in and out of the Volunteer Sign In book when you are here
- If you are sick, please stay home (see illness policy sent out last month)

Thank you all for everything you do! We greatly appreciate you!



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March Volunteer Birthdays:



March RH Volunteer Anniversaries:

Pat S —8 years
Madelyn N—4 years

THANK YOU
VOLUNTEERS!



Volunteer Opportunities

4th - Prairie Hills shopping outing at 1:15. If interested in assisting, please let an activity staff member know.

6th - Help bring residents to/from live music with Dylan. We will start gathering about 10:00.

7th - Meadows shopping outing at 10:00. If interested in assisting, please let an activity staff member know.

13th - Help the residents play a Leprechaun Race game. We will start gathering about 1:00.

27th - Rolling Hills shopping outing at 1:30. If interested in assisting, please let an activity staff member know.

28th - Help resident dye eggs for the upcoming holiday. We will start gathering about 1:30.

Recipe Corner

Italian Pinwheels

4—10 inch flour tortillas
8 oz cream cheese, softened
1 Tbsp Italian seasoning
1 C sliced pepperoncini
1 medium tomato
3 leaves romaine lettuce, chopped
12 slices hard salami
12 slices ham
12 slices provolone cheese
32-64 slices pepperoni

Add the cream cheese and Italian seasoning to a mixing bowl and stir until incorporated.

Chop the pepperoncini and tomato into fine bits. Add to the cream cheese mixture and stir together.

Scoop 1/4 of the mixture onto each tortilla and spread across the entire surface. Repeat until all 4 tortillas are covered.

Chop lettuce and scatter on top of each cream cheese coated tortilla.

Arrange 3 slices of cheese across the center of each tortilla, then 3 slices of salami, and 3 slices of ham.

Place 4-8 slices of pepperoni above and below the meat and cheese layer, so the entire surface of each tortilla is covered in meat. Starting from the top, tightly roll the tortilla into itself, until it is all rolled up. Use toothpicks to secure if needed. Chill for an hour in the fridge.

Remove from fridge, trim the ends, and slice into 1 inch sections for serving.