

# 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.



# **Volunteer Newsletter**

Rolling Hills - October 2025

Happy Fall!

We once again will be decorating our home for Halloween with a friendly pumpkin decorating competition. If you would like to participate, we ask that you paint or decorate a pumpkin to be displayed in our courtyard. Get as creative as you can—the pumpkins help decorate our outside space, provide smiles for our residents, and is fun to see everyone's creative creations. We ask that pumpkins are in place by Tuesday, October 21st if you plan on participating. Be sure to have a sign to represent who created the pumpkin. On October 23rd the residents will have the opportunity to judge the pumpkins. If you would like your pumpkin back, be sure to have it picked up by Saturday, November 1st. If you have any questions, please reach out to Linda or Jessica. We hope to see your pumpkin creation!



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## October Volunteer Birthdays

Dianne C  
Kay S  
Barb H



## October RH Volunteer Anniversaries

Dianne C—17 years  
Patti M—17 years  
Kay S—17 years  
Janice E—15 years



**Thank You Volunteers!**

## Volunteer Opportunities

Wednesday October 1 - Come help residents to/from musical entertainment. We will start gathering around 10:00.

Monday October 20 - Help residents with a fun craft of decorating pumpkins! We will start gathering residents around 9:30.

Thursday October 23 - Pumpkin Judging will occur this afternoon. Come help residents view all the pumpkin creations and cast their vote, starting at 1:30.

Friday October 24 - Come help residents to/from musical entertainment. We will start gathering around 10:00.

Friday October 31 - Happy Halloween! Come help out at one of our Halloween parties today. Prairie Hills will have their party this morning at 10:00, and the rest of the home will have their Halloween party this afternoon at 1:30. Feel free to wear a costume and have fun!

Any Tuesday or Friday from 1:30-3:00 to assist residents to/from the bistro, play cards or other games, and visit.

Help is always appreciated on Saturdays for bingo. Please let Jessica or Linda know if you are interested in helping on a Saturday.

### Shopping:

If you are interested in helping with any of the shopping outings this month, please let Linda or Jessica know:

Friday October 3—PH shopping trip at 10:00

Wednesday October 8—Meadows shopping trip at 1:30

Wednesday October 29—RH shopping trip at 1:30

## Recipe Corner

### Pumpkin Spice Rice Krispie Treats

6 Tbsp butter, softened  
1/2 C pumpkin puree  
2 (10 oz) bags mini marshmallows  
1 tsp vanilla  
1 tsp ground cinnamon  
1 tsp ground ginger  
1/4 tsp ground cloves  
1/4 tsp salt  
12 cups crispy rice cereal (like Rice Krispies)

Grease a 9x13 pan. Add butter and pumpkin puree to large pot over medium heat. Stir well and add vanilla, cinnamon, ginger, cloves, and salt. Once the mixture is heated through and combined, add marshmallows. Stir constantly, still over medium heat, until marshmallows have melted, about 5 minutes. Remove from heat; cool for 15 to 20 minutes. Pour in cereal and mix well. This will be hard to stir to evenly coat all the cereal. Pour mixture into prepared pan and use a spatula to flatten and spread out evenly. Place in the freezer until cool to the touch, 15 to 30 minutes. To slice and serve, run a knife along the sides of the pan and invert onto a cutting board. Use a large chef's knife to cut into bars.

