

Ongoing Volunteer Training

Food Safety:

Nursing home residents risk serious complications from foodborne illness. Many factors contribute to foodborne outbreaks in facilities:

- Poor Personal Hygiene—Use proper hand washing techniques and exclude infectious workers from handling food.
- Inadequate Cooking and Improper Holding Temperatures—Poorly cooked food promotes the growth of pathogens. Proper cooking and holding temperatures reduce the growth of illness producing microorganisms.
- Contaminated Equipment—Equipment can become contaminated in various ways, such as:
 - Poor Personal Hygiene, Improper Sanitation, Contact with raw food.

As Volunteers, please keep these things in mind:

- If you are assisting at an activity in which food is being made and/or distributed, be sure to wash your hands, wear gloves, and practice proper hygiene manners. If unsure, please ask a staff member.
- If you notice food in a resident room or unit that needs to be refrigerated or looks spoiled, please inform a staff member.



Volunteer Newsletter

Rolling Hills - November 2025

Wishing all of our volunteers a Happy Thanksgiving. We hope your day is filled with loved ones, happiness, and gratefulness.

We are thankful for our volunteers. For the time, heart, and kindness you share with our staff and residents, we wouldn't be able to do what we do without you.

We would also like to wish a Happy Veteran's Day to all the Veterans. Thank you for your service.



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November Volunteer Birthdays

Bev W
Helen V



November RH Volunteer Anniversaries

Helen V—18 years
Jancee D and Brutus—6 years
Rachelle W—2 years
John L & Romeo - 2 years
Holly Larsen—1 year

Volunteer Opportunities

Thursday November 6 - We will be playing a variety of games this afternoon. Come help residents play cards, dice, dominoes, etc. We will start gathering residents around 1:00.

Monday November 17 - Come help residents with a craft during our Music and Art activity. We will start gathering residents around 10:00.

Wednesday November 26 - Come help with manicures this afternoon. This includes removing nail polish, filing nails, and reapplying nail polish if desired. We will start gathering residents around 1:00.

Shopping:

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

Monday November 3 - PH Shopping at 10:00

Wednesday November 12 - Meadows Shopping at 1:20

Thursday November 20 - RH Shopping at 1:30

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.

Upcoming Volunteer Opportunities:

Our annual Christmas pageant will be held on December 18th, wrapping set up will take place on December 22nd, and Christmas wrapping will take place on December 23rd.

Recipe Corner

Cranberry Almond Granola Parfaits

2 C old fashioned oats (not instant)
2 Tbsp brown sugar
1/4 C honey
3 Tbsp olive oil
1 tsp cinnamon
1 C sliced almonds
1 C dried cranberries
2 C nonfat plain yogurt
1/4 C granola, optional

Heat oven to 250. Measure out all ingredients. Combine all ingredients except yogurt, in a large bowl. Mix well. Spread granola evenly over a large cookie sheet. Bake for 1 hour 15 minutes, or until very fragrant and golden brown. Remove from oven and let cool.
Layer yogurt and granola in parfait cups.
Serve and enjoy!