

Ongoing Volunteer Training:

Communication Tips When Interacting with Dementia Residents:

Non-verbal communication (body language, voice tone, facial expressions) relay great amounts of information to the cognitively impaired adult. Clear communication is the essence of any quality interaction.

Changes in the ability to communicate are unique to each person with Alzheimer's. In the early stages of dementia, the person's communication may not seem very different or he/she might repeat stories or not be able to find a word. As the disease progresses, a caregiver may recognize other changes such as: using familiar words repeatedly, inventing new words to describe familiar objects, easily losing his/her train of thought, having difficulty organizing words logically, speaking less often.

Helping the Person with Alzheimer's

Communicate: People with Alzheimer's and other dementias have more difficulty expressing thoughts, emotions, and understanding others. Here are some ways to help the person with Alzheimer's communicate: Be patient and supportive, offer comfort and reassurance, avoid criticizing or correcting, avoid arguing, offer a guess, encourage unspoken communication, limit distractions, focus on feelings not facts.

Best Ways to Communicate: Identify yourself; call the person by name; use short, simple words / sentences; speak slowly and distinctly; wait for a response; repeat information / questions as needed; avoid confusing / vague statements; give visual cues; avoid quizzing; treat the person with dignity and respect.



Volunteer Newsletter

Rolling Hills - January 2026

A big Thank You to all of our volunteers who assisted during this holiday season, either with donating items, assisting with the Christmas Pageant, wrapping gifts and donating your time. You helped make this holiday season brighter for our residents. You are greatly appreciated.

Wishing everyone a safe and healthy New Year!

If you are no longer able or interested in volunteering, please let me know so I can update my records. Thank you.

happy new year

Jessica Byom, CTRS
Activity Supervisor &
Volunteer Coordinator
269-8804

jessica.byom@co.monroe.wi.us
<https://rollinghillsseniorliving.org>



January Volunteer Birthdays

Patsy G
Jenna K



January RH Volunteer Anniversaries

Laureen E - 3 years
Andrew W - 2 years
Bryan W - 2 years
Persi C - 2 years

Volunteer Opportunities

Thursday January 15 - Manicures on Pineview and Willow Lane this morning. Come help the residents receive nail care this morning.

Monday January 19 - Musical Memories at 10:30. Come help gather and return residents from live entertainment this day. We will start gathering about 10:00.

Friday January 23 - Music with Laurel at 10:15. Come help gather and return residents from live entertainment today. We will start gathering about 9:45.

Sparta Museum Outings:

Meet us at the Sparta Museum to help push residents through the museum and visit. If interested, please let me know:

Thursday January 8 - Meadows at 10:00
Thursday January 29 - PH at 10:00

Shopping:

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

Monday January 5 - PH at 10:00
Thursday January 22 - Meadows at 1:30
Wednesday January 28 - RH 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.



Fun Fact

Wearing sunglasses at night can help reduce headaches for some people. Bright lights from streetlamps, headlights, or store signs can trigger migraines or eye strain. Tinted lenses help by softening the glare and reducing light sensitivity. Many people find that rose or amber lenses work even better than gray ones. It's a simple trick that turns a stylish accessory into a helpful tool for comfort and relief.

Challenge for the Day

Create as many words as you can by rearranging the letters in your first and last name.

Food for Thought

Bread pudding dates back to medieval Europe, where it was called "poor man's pudding" because it used up stale bread. It can be sweet or savory, with flavors from cinnamon and raisins to cheese and herbs. The custard-soaked bread bakes into a soft, comforting dessert. Around the world, chefs add local twists, like tropical fruits in the Caribbean or bourbon in the American South.

Buy a Vowel

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Based on feelings rather than facts or proof.