

# Ongoing Volunteer Training

## Hand Hygiene

### When to Clean Your Hands:

Upon entering a resident's room; After using the restroom, coughing, sneezing, blowing your nose, eating, using tobacco or drinking; After engaging in other activities that contaminate the hands (wiping counters / tables, picking up dropped items, etc); After caring for/handling animals; After touching a sick or injured person

**AND WASH YOUR HANDS WHENEVER THEY LOOK DIRTY!**

### 5 Moments for Hand Hygiene

Before Patient Contact, Before an Aseptic Task, After Body Fluid Exposure Risk, After Patient Contact, After Contact with Patient Surroundings

### To properly wash your hands, follow these simple steps:

- Wet your hands with warm water and apply soap.
- Rub your hands together vigorously to create a lather.
- Scrub all surfaces of your hands, including the back of your hands, wrists, and between fingers and under fingernails (keep fingernails trimmed and short.)
- Continue for at least 20 seconds.
- Rinse your hands well and dry them with a clean paper towel, dispose of paper towel.
- Use a clean paper towel to turn off the faucet and open the door.



# **Volunteer Newsletter**

Rolling Hills - February 2026

\*Remember to sign in when you are here volunteering

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

Thank you for all that you do!



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## February Volunteer Birthdays:

Franny S  
Pat S  
Linda V  
Ron L  
Kathleen M  
Holly L



## February RH Volunteer Anniversaries:

Franny S—7 years  
Linda V—6 years  
Kathleen M—6 years  
Patsy G - 3 years

## Volunteer Opportunities

Monday February 9 - Come celebrate Valentines Day with us—facts, trivia, cookie decorating. We will start gathering about 1:15.

Thursday February 12 - Come play a variety of games today—cards, dice, etc. We will start gathering residents around 1:00.

Monday February 16 - Music and Art - come help a resident with a craft project. We will start gathering residents around 1:15.

### Shopping:

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

Monday February 2 - Meadows at 1:30  
Monday February 9 - PH at 10:00  
Wednesday February 25 - RH at 1:30

### Sparta Museum Outings:

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

Wednesday February 11—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.



### **Did You Know?**

California is known as the breadbasket of America because its fertile valleys and sunny climate produce more food than any other state. It also grows over 90% of the nation's wine grapes, especially in Napa Valley and Sonoma. Even with droughts and wildfires, it remains a leader in farming and winemaking.

### **Name Three**

Can you name three candies that begin with the letter *M*?

### **Food for Thought**

Studies show sandwiches often taste better when someone else makes them. When you make your own, your brain gets used to the flavors as you assemble it. Someone else's sandwich feels new and more exciting, which makes it taste better. Science says you are probably right if your friend's sandwich seems tastier.

### **Word Scramble**

N H D I R W I L W

A small rotating windstorm

### **Did You Know?**

A leap year happens every four years to keep our calendar aligned with Earth's orbit. It adds an extra day on February 29, making the year 366 days long. Without leap years, the seasons would slowly shift and summer would eventually fall in winter months. People born on February 29, called "leaplings," get an official birthday only once every four years.

Source: <https://activityconnection.com>