

Ongoing Volunteer Training

Dignity

Residents have the right to receive visits 24 hours a day. The resident's wishes prevail if they differ from that of a family member or other visitor. "The facility must promote care for residents in a manner and in an environment that maintains or enhances each resident's dignity and respect in full recognition of his/her individuality."

Promoting resident independence and dignity in dining such as by avoidance of: day to day use of plastic/paper utensils/dishware, bibs (clothing protectors - except by resident choice), staff standing over residents while assisting them to eat, staff interacting/conversing only with each other rather than with residents while assisting residents.

Respecting residents' private space and property by: not changing radio or television station without resident's permission, knocking on doors and requesting permission to enter, closing doors as requested by resident, not moving or inspecting resident's personal possessions without permission.

Respecting residents by: speaking respectfully, addressing the resident with a name of the resident's choice, avoiding use of labels, not excluding residents from conversations/discussing residents in community settings in which others can overhear private information, maintaining resident privacy of body.

Refraining from practices demeaning to residents such as: keeping urinary catheter bags uncovered, restricting residents from use of common areas unless they are on transmission-based isolation precautions or are restricted according to their care planned needs, focusing on residents as individuals when talking to them and addressing residents as individuals when providing care and services, maintaining an environment in which there are no signs posted in residents rooms or in staff work areas able to be seen by other residents and/or visitors that include confidential clinical or personal information.



Volunteer Newsletter

Rolling Hills - March 2026

Volunteer Appreciation Week is coming up next month (April 19-25). We will be hosting a Volunteer Lunch to celebrate! Mark your calendars for Thursday April 23rd at noon. More details coming in April's newsletter.



HAPPY ST. PATRICK'S DAY

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March Volunteer Birthdays

Greg M



March RH Volunteer Anniversaries

Pat S —10 years

May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

Irish Blessing



Volunteer Opportunities

Thursday March 5 - Come plays some games with the residents this afternoon. We will start gathering around 1:00.

Monday March 9 - Join in the fun at our Luck of the Irish program. We will start gathering about 1:00.

Wednesday March 11 - Music and Art—come help a resident with a craft project. We will start gathering about 1:00.

Thursday March 12 - Come help out with Leprechaun Races (a dice game). We will start gathering about 9:30.

Wednesday March 18 - Come learn about the history of Rolling Hills! We will start gathering about 9:30.

Shopping:

If you are interested in helping with any of the shopping outings to WalMart, please let Linda or Jessica know so we can plan accordingly:

Monday March 2 - Meadows shop at 1:30

Monday March 9 - PH shop at 10:00

Wednesday March 25 - RH shop 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

The saying “March comes in like a lion and goes out like a lamb” is an old weather proverb that describes the changing weather of March. The month may begin cold and stormy and feel more like winter, while the end of March often feels milder and shows signs of spring. Although it is not a scientific forecast, the expression has been used for centuries to reflect the seasonal transition from winter to spring and the hope that calmer days lie ahead.

Buy a Vowel

M _ T _ _ R

A space rock burning up in Earth’s atmosphere

Food for Thought

Apple pie is often called the “all-American dessert,” even though its roots come from Europe. European settlers brought apple seeds and pie-making traditions to North America, where apples eventually grew in abundance. Over time, apple pie became a symbol of comfort, home, and tradition in the United States. Today, it is so iconic that it is often used to represent American culture itself.

Word Scramble

G M A R U M E

An unsystematic or haphazard search

