

Ongoing Volunteer Training

Illness

Volunteers with GI symptoms with NO FEVER may return to volunteering 48 hours after symptoms RESOLVE.

Volunteers will need to stay home if you have a fever, and for 24 hours after you are fever free without medication. If you have GI symptoms or respiratory symptoms in addition to your fever, you will need to stay home until you have been symptom free for 72 hours.

Fever is considered resolved when medication (Tylenol, Ibuprofen, etc) is not needed to keep temperature less than 100 degrees for 24 hours.

Volunteers may return to volunteering 24 hours after symptoms resolve for confirmed Influenza.

If you have tested positive for covid, you will need to stay home for 10 days and until symptoms are resolved.

If you have been exposed to covid or are showing signs/symptoms of covid and need a covid test, tests are available to volunteers here at Rolling Hills.

Volunteers may be required to mask, depending on the facility status.



Volunteer Newsletter

Rolling Hills - April 2026

Happy National Volunteer Week (April 19-25)!

To celebrate all that our volunteers do and to thank you, the activity department is hosting a **Volunteer Lunch on Thursday April 23rd at Noon in the Multi Purpose Room. Please RSVP to Jessica Byom by Monday April 13, 2026.**

We hope to see you there!

Thank you to all of our volunteers for all you provide to the staff and residents at Rolling Hills. You help brighten everyone's day.


THANK YOU
Volunteers

Jessica Byom, CTRS
Activity Supervisor/Volunteer Coordinator
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<https://rollinghillsseniorliving.org>



April Volunteer Birthdays

Sharon B
Persi C



April RH Volunteer Anniversaries

Sharon B - 8 years
David M - 3 years

Volunteers Are Special

We sometimes take for granted in the rush of all we do, and forget to say a special thanks to volunteers like you! So I send this note to tell you how much all you do means. Your gifts of time and of yourself are special ones indeed.

- Author Unknown

Volunteer Opportunities

April 2 - Come assist residents to/from a sing-a-long and join in the fun. We will start bringing residents in around 1:00.

April 3 - Help bring residents to/from a Good Friday service. We will start bringing residents in around 1:00.

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 April 6 - Meadows Shop at 1:15
Wednesday April 8 - Prairie Hills Shop at 1:15
Thursday April 30 - 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.

Our Annual Flower Sale will be held May 7, 8, 9. Here is how you can help:

- Help load the trailer at Sparta Floral at 7:45AM on Wednesday May 6
- Help with set up on Wednesday
- Help bring residents to/from the sale
 - Help sell flowers
 - Help water the flowers
- We will be incorporating a bake sale with the flower sale again this year. Volunteers are welcome to provide individually wrapped baked goods if they would like

*The sale will be located in our garage again this year.
If interested in helping with the flower sale, please reach out to Linda or Jessica.

Riddle Me This

I move forward but never take a step. You can try to catch me, but I am gone when you do. What am I?

Food for Thought

In 1853, a chef in New York encountered a very picky customer who complained that his French fries were too thick. In a moment of frustration and creativity, the chef sliced the potatoes paper thin, fried them again, and sprinkled on some extra salt. The result was a delightfully crispy snack that quickly became a sensation. Today, we know them as potato chips, one of the world's most beloved and addictive treats.

Buy a Vowel

M _ T _ R _ _ L _ Z _

To come into existence or become real and actual

Did You Know?

Hemingway cats, also known as polydactyl cats, are famous for having extra toes on their paws, sometimes six or more on each foot. They are named after author Ernest Hemingway, who received a six-toed cat while living in Key West. Many of its descendants still live at his former home today, where visitors can meet these unique cats. Their extra toes give them a charming, mitten-like look.

**I will be out of the office
April 3–12. Please contact
Linda Fabry during this time
for any Volunteer needs at
269-8829.**