

# Ongoing Volunteer Training

## Infection Control

**Blood borne Pathogens:** viruses, bacteria and other microorganisms that are carried in the bloodstream or transmitted by other potentially infectious materials (OPIM) and cause disease. There are over 20 different blood borne pathogens. Those of most concern are Human Immunodeficiency Virus (HIV), Hepatitis B Virus (HBV) and Hepatitis C Virus (HCV). Other blood borne pathogens include malaria, leptospirosis, and others.

**Other Potentially Infectious Materials (OPIM)** include but are not limited to:

Plasma; Fluids surrounding the brain, spine, heart and joints;

Other fluids containing visible blood.

Blood borne pathogens enter the body two ways:

Break in skin integrity: needle sticks, cuts, scrapes, breaks in skin.

Mucous membranes: splashes to eyes, nose and mouth, lifestyle.

**Exposure control Plan: Standard Precautions:** hand hygiene, personal protective equipment (PPE), waste disposal, cleaning/disinfection, respiratory hygiene/cough etiquette.

**Hand Hygiene:** Alcohol hand gel and hand washing are extremely important in preventing blood borne pathogens.

When to wash hands: before/after patient contact, before/after use of the bathroom, after coughing and sneezing.



# Volunteer Newsletter

Rolling Hills - May 2026

It's time again for our  
Annual Flower Sale!

**Thursday May 7 from 9-5**

**Friday May 8 from 9-5**

**Saturday May 9 from 9-1**

Location: Rolling Hills Garage  
(Enter either driveway and head to  
the back of the home).

Come join us for this wonderful  
fundraising event!



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# Volunteer Opportunities

## May Volunteer Birthdays

Pauline F  
Alice O  
Ray K  
Nona J  
Patti M



## May RH Volunteer Anniversaries

Janet B—15 years  
Bev W—14 years



May 20 - Come help residents to/from the History of Rolling Hills. We will start gathering residents about 9:30.

May 21 - We will be playing some backyard games in the courtyard this afternoon. Come join in the fun! We will start gathering about 1:15.

May 29 - Come help residents to/from the sing-a-long this morning. We will start gathering residents about 10:00.

### Flower Sale:

There are various ways you can help during our Flower Sale Fundraiser :

- Help bring residents to/from the sale on Thursday May 7 and Friday May 8
  - Help sell flowers
  - Help water flowers

If you are interested in helping with the flower sale, please reach out to Linda Fabry or Jessica Byom.

### Shopping:

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

May 13 - Meadows shop at 1:15

May 20 - PH shop at 1:30

May 27 - 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.

### Food for Thought

Black garlic is created by slowly aging fresh garlic under controlled heat and humidity for several weeks. The cloves turn soft and black, developing a sweet, tangy, caramel-like flavor. Unlike raw garlic, it is mild and almost jam-like, making it ideal for sauces, dressings, and gourmet dishes. Chefs often call it an “umami bomb” because it adds rich depth without overpowering other flavors.

### Name Three

Can you name three countries that start with the letter B?

### Fun Fact

In 1878, the first public telephone exchange opened in New Haven, giving people a new way to connect beyond their homes. Until then, messages traveled by telegraph or courier. For the first time, voices could be heard across town in real time. Early callers spoke into a wooden box while an operator plugged in wires to connect calls. Today, a smartphone holds more communication power than people once imagined.

### Conversational Starter

If you could swap jobs with anyone for a week, who would it be?