

Ongoing Volunteer Training

Warm Weather Policy

Prevention and Early Intervention:

Residents are to be encouraged to stay indoors when air temperatures are excessively high. Staff will post EXTREME HEAT signs on exits and an overhead announcement will be made when temperature reaches 90 degrees F including the heat index. Staff will inform residents wishing to go outside of the danger.

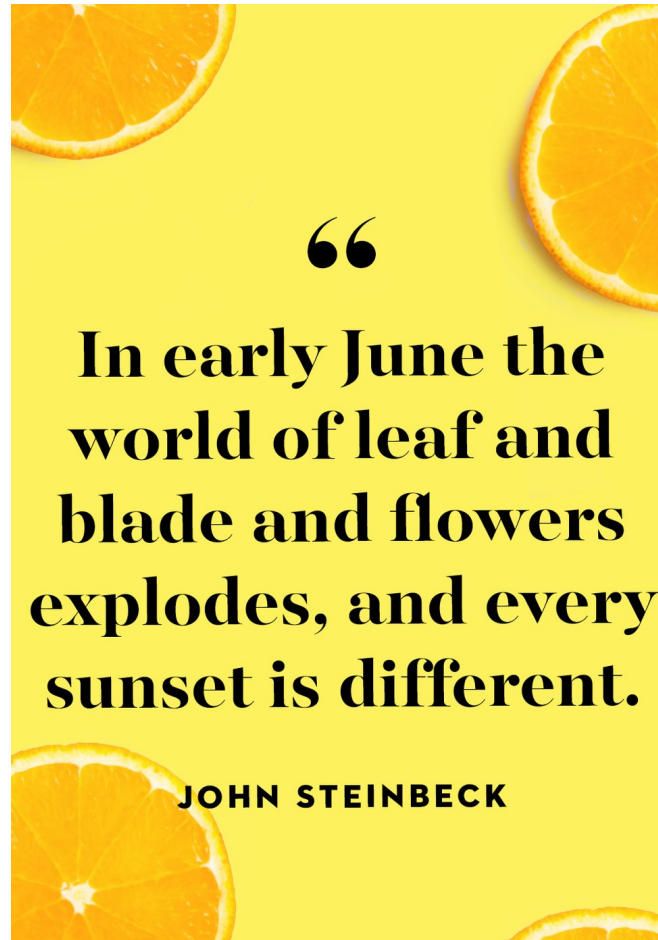
Outdoor activities will be re-scheduled or cancelled at the discretion of the department head and/or nursing supervisor in the event of extreme heat. Advise residents to dress appropriately. Encourage consumption of extra fluids.

Risk Factors for Heat Related Illnesses: Age (over 65), Obesity, Medical Conditions, Medications.

Heat Exhaustion and Heat Stroke Compare/Contrast:

HEAT EXHAUSTION : Cause: depletion of body fluids and electrolytes due to exposure to intense heat or inability to acclimatize to heat. Resulting in prolonged or severe diaphoresis. May progress to heat stroke. Symptoms: headache, vomiting, dizziness, profuse perspiration, cool/moist skin, normal body temperature. Offer cool fluids, loosen tight clothing, elevate legs.

HEAT STROKE: Cause: failure of temperature regulating mechanism of the body due to prolonged exposure to high temperatures. Symptoms: headache, vomiting, dizziness, no perspiration, hot/dry skin, extremely high temperature, mental confusion. Call for transport to medical facility immediately. Offer cool water, sponging, fluids by mouth if alert, reduce body temperature ASAP.



Volunteer Newsletter

Rolling Hills - June 2026

Thank you to all who helped with our Flower Sale last month! It was another successful year!

Just a reminder for volunteers 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.

I hope everyone has a great summer!



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June Volunteer Birthdays

Laureen E
Tina C
Janice E



June RH Volunteer Anniversaries

Alice O—9 years
Ray and Pat K—7 years
Brian Y—7 years
Jan V - 1 year
Virginia V - 1 year

Volunteer Opportunities

June 15 - Come help a resident with a craft project at 1:30.

June 26 - Our first fishing trip of the year! If you are interested in helping with this outing, please let Linda or Jessica know.

Pontoon Trips:

Come help residents on these fun outings to Tomah for a ride on a pontoon boat. The first van leaves roughly at 9:15 with the second van leaving at roughly 10:15. If you are interested, please let Linda or Jessica know so we can plan accordingly:

June 17 and June 23.

Shopping:

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

June 10 - Meadows Shop at WalMart at 1:30

June 15 - PH Shop at WalMart at 10:00

June 16 - PH Shop at Mary Morrow's Attic at 10:40

June 25 - RH Shop at WalMart at 2:00

Other Volunteer Opportunities:

We are looking for someone to help with clean up, weeding, and trimming of our landscape. This can be done when you are available, no set time required. If you are interested, please let me know.

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.

Name Three

Can you name three card games that begin with the letter S?

Fun Fact

Yawning is contagious in humans and certain animal species. Seeing, hearing, or even thinking about a yawn can trigger it in others. This behavior appears in social animals like dogs and chimpanzees. Researchers suggest it may support communication and bonding. Some studies link contagious yawning to empathy, as people are more likely to "catch" a yawn from someone they feel emotionally connected to.

Buy a Vowel

_ N S T _ N T _ N _ _ _ S

Happening immediately without any delay

Food for Thought

Tomatoes were once feared in Europe after arriving from the Americas, and many believed they were poisonous. This fear came from their link to the nightshade family and cases where acidic tomatoes leached lead from pewter plates, causing illness. In reality, tomatoes are safe. They are now appreciated for their flavor and nutrition. Today, tomatoes are used worldwide in sauces, soups, salads, and many meals.

Riddle Me This

I'm tart and sweet on a sunny day, with cubes of ice that dance and play. Poured from a pitcher, cold and bright, I quench your thirst in summer's light. I'm made from fruit both sour and yellow.

What am I?