

Ongoing Volunteer Training

Tornado and Severe Windstorm

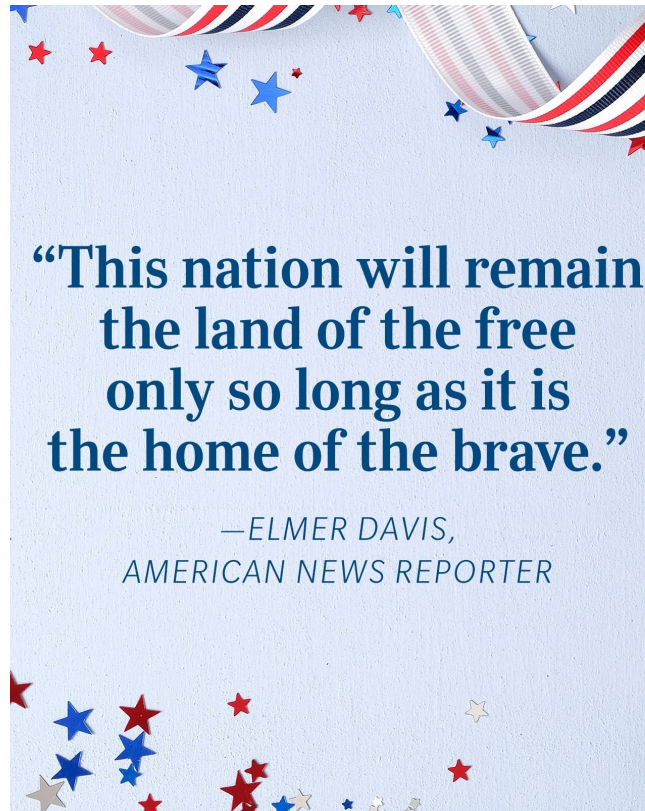
Terminology:

Tornado Watch: There is a possibility of a storm developing into a tornado. Prepare.

Tornado Warning: A funnel has been sighted – prepare for evacuation to a safe zone.

Procedure: Tornado Watch: When information is learned that Monroe County has been placed under a tornado watch or severe thunderstorm, alert Willow Lane—nurse will page “Attention all staff. Rolling Hills is in a condition watch. Please prepare your areas.” Repeat two more times. The following will then occur: Close all windows/drapes, Unplug/put away all equipment not in use, Clear hallways of all items, Nursing prepares oxygen tanks, 1 staff accountable for all assigned residents/med records, CNA’s account for all residents, Over bed table and blanket at foot of bed, Determine nearest safe zone.

Procedure: Tornado Warning: When information is learned that Monroe County has been placed under a tornado warning, Willow Lane nurse will page “Doctor Westwind”. Repeat two more times. All non-nursing personnel should report to their assigned areas to assist with resident evacuation to safe areas as follows: Activity Staff/Volunteers – Stay with residents with whom you are currently working with or, if in between activities, go to closest household. All staff are to immediately begin evacuation of residents to safe zones. Close all room doors that have been evacuated and flag with evacuated sign. All doors in the corridor are to be closed except those rooms that have not been evacuated. The “All Clear” will be given when the storm is over and the warning for Monroe County has been lifted.



Volunteer Newsletter

Rolling Hills - July 2026

Wishing you all a happy and safe 4th of July!

I will be out of the office July 9, 10, 16, and 17. Please contact Linda Fabry on these days for any volunteer concerns at 269-8829.



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July Volunteer Birthdays

John L
Jan V
Rachelle W



July Volunteer Anniversaries



Volunteer Opportunities

Monday July 6 - Come play a game with our residents at 1:45.

Thursday July 9 - Come join us for a 50's Patio Party on Meadows at 10:00. Feel free to wear 50's apparel!

Tuesday July 14 - Come join us for a 50's Patio Party on Prairie Hills at 10:00. Feel free to wear 50's apparel!

Wednesday July 22 - Come enjoy music with our residents this evening at the Concert in the Park. If interested please let Linda or Jessica know.

Friday July 24 - Help push residents at the Monroe County Fair this day in the morning. If interested please let Linda or Jessica know.

Wednesday July 29 - Come join us for a 50's Patio Party in the Courtyard at 10:30. Feel free to wear 50's apparel!

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.

Tuesday July 7 and Thursday July 30

Shopping:

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

Friday July 3 - RH Shop at 10:00

Wednesday July 8 - Meadows Shop at 1:45

Monday July 13 - Prairie Hills Shop at 1:15

If anyone is interested in visiting with a resident on a 1:1 basis (social visits, card games, going outside, etc) 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.

Food for Thought

Ears of corn almost always have an even number of rows of kernels. This is because kernels grow in neat, symmetrical pairs along the cob. Most ears have about 16 rows, though the number can range from 12 to 20 depending on the variety. While it's very consistent, rare exceptions can happen.

Table Topic

What's something you did as a kid that you miss now?

Fun Fact

A large portion of Earth's freshwater, nearly 70%, is locked away in glaciers and ice sheets, mainly in Antarctica and Greenland. These frozen reserves hold vast amounts of water, but because they are remote and remain frozen year-round, they are not easily accessible for drinking or agriculture. This makes it especially important to protect and carefully manage the freshwater sources we rely on every day.

Name Three

Can you name three vegetables that begin with the letter C?

Did You Know?

Blue light from screens can interfere with your body's natural sleep cycle by lowering melatonin, the hormone that helps signal it's time to sleep. When you use phones, tablets, or watch TV in the evening, it can make it harder to fall asleep and stay asleep. This may leave you feeling more tired and less focused the next day. Cutting back on screen time before bed or using night mode can help support better sleep and a more consistent routine.