



OCTOBER VOLUNTEER BIRTHDAYS

Dianne C
Kay S

OCTOBER VOLUNTEER ANNIVERSARIES

Dianne C—18 years
Patti M—18 years
Kay S—18 years
Janice E—16 years



Listen!
The wind is rising
and the air is wild
with leaves,
we have had our
summer evenings,
now for October eves.

VOLUNTEER NEWSLETTER

October 2026

We once again will be decorating our home with a friendly pumpkin decorating competition. If you would like to participate, we ask that you paint or decorate a pumpkin to be displayed in our courtyard. Get as creative as you can—the pumpkins help decorate our outside space, provide smiles for our residents, and is fun to see everyone's creations. We ask that pumpkins are in place in our courtyard by Tuesday October 20th if you plan on participating. Be sure to have a sign to represent who created the pumpkin. On October 22nd the residents will have the opportunity to judge the pumpkins. If you would like your pumpkin back, be sure to have it picked up by Sunday November 1st. If you have any questions, please reach out to Linda or Jessica. We hope to see your pumpkin creation!

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CONTINUED VOLUNTEER TRAINING

Influenza Vaccination

Each year, influenza results in an estimated 226,000 hospital admissions and 36,000 deaths. The flu is a contagious respiratory illness caused by influenza viruses. Influenza viruses spread from person to person in respiratory droplets of coughs and sneezes. It may also be spread when a person touches the droplets on another person or an object and then touches their own mouth or nose before washing their hands. Older adults, pregnant women, very young children, and people with certain long-term medical conditions are at high risk of serious complications from the flu. Influenza vaccination is the most effective way to prevent influenza. The CDC recommends that all health care personnel receive the vaccine. Influenza vaccines cannot cause the flu and are safe. The most common side effect is soreness where the injection was given. This is generally mild and usually goes away after a day or two. By getting vaccinated, health care personnel can protect their health, their families' health, and the health of their patients. Vaccine Options: Flu Shot: A vaccine with killed virus given by needle injection, approved for use in people older than 6 months. Nasal Spray Vaccine: A vaccine with weakened live viruses, approved for use in healthy people 2 to 49 years of age. Wash your hands, cover your cough, stay home if you have influenza-like symptoms (fever or feeling feverish/chills, cough, sore throat, runny/stuffy nose, muscle or body aches, headaches and fatigue). Practice strict standard precautions when caring for all patients: Wash/gel hands before/ after every patient contact.

CONTINUED 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, before and after eating.

VOLUNTEER OPPORTUNITIES

Monday October 19 – Come help residents decorate pumpkins for our contest. We will start gathering for this activity around 1:00.

Thursday October 22 – Join in the fun of our Pumpkin Judging Contest! Assist residents in moving throughout the courtyard to view and select their favorite pumpkin and vote.

Friday October 23 – Help residents to/from music. We will start gathering around 9:45.

Monday October 26 – Play a game with the residents. We will start gathering around 1:00.

Friday October 30 – Join us for our Halloween party! Volunteers are welcome to dress in costume if they would like. We will start gathering residents around 10:00.

Shopping:

Please let Linda or Jessica know if you are interested in helping:

October 12 – Meadows Shop at 1:15

October 14 – Prairie Hills Shop at 1:15

October 21 – Rolling Hills Shop at 10:00

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.