November Volunteer Birthdays

Christina Z
Tamara P
Helen V

November Volunteer Anniversaries

Helen V - 19 years
Jancee and Brutus- 7 years
Rachelle W - 3 years
John and Romeo - 3 years
Holly L - 2 years

Upcoming Volunteer Opportunities:

*Our annual Christmas pageant will be held on Thursday December 17th.

*Gift wrapping set up will take place on Monday December 21st.

*Gift wrapping will take place on Tuesday December 22nd.

Volunteer Newsletter

November 2026

Wishing all of our volunteers a Happy Thanksgiving. We hope your day is filled with loved ones, happiness and gratefulness. We are thankful for our volunteers. for the time, heart and kindness you share with our staff and residents, we wouldn't be able to do what we do without you. We would also like to wish a Happy Veteran's Day to all the Veterans. Thank you for your service.

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Volunteer Coordinator
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https://rollinghillsseniorliving.org

Continued 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.t



Continued Volunteer Training

Hand Hygiene

When to Clean Your Hands:

Upon entering a resident's room; After using the restroom, coughing, sneezing, blowing your nose, eating, using tobacco or drinking; After engaging in other activities that contaminate the hands (wiping counters / tables, picking up dropped items, etc); After caring for/handling animals; After touching a sick or injured person AND WASH YOUR HANDS WHENEVER THEY LOOK DIRTY!

5 Moments for Hand Hygiene

Before Patient Contact, Before an Aseptic Task, After Body Fluid Exposure Risk, After Patient Contact, After Contact with Patient Surroundings

To properly wash your hands, follow these simple steps:

- Wet your hands with warm water and apply soap.
- Rub your hands together vigorously to create a lather.
- Scrub all surfaces of your hands, including the back of your hands, wrists, and between fingers and under fingernails (keep fingernails trimmed and short.)
- Continue for at least 20 seconds.
- Rinse your hands well and dry them with a clean paper towel, dispose of paper towel.
- Use a clean paper towel to turn off the faucet and open the door.

Volunteer Opportunities

Friday November 6 - Come play games with the residents this morning at 10:00.

Tuesday November 10 - Come help bring residents to/from music this morning. We will start gathering about 9:30.

Wednesday November 11 - We are looking for 1 volunteer to join us for the Veteran's Luncheon at the VFW. If you are interested in helping with this, please contact Jessica.

Friday November 27 - Come help bring residents to/from music this morning. We will start gathering about 10:00.

Shopping:

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

Monday November 9 - Meadows at 1:15

Thursday November 12 - PH at 1:30

Wednesday November 18 - RH at 1:30

Any Tuesday or Friday from 1:30-3 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.