

Just a reminder to everyone to please sign in when you arrive and sign out as you leave. This way I can keep record of who is here during the day and who continues to volunteer.

If you do not plan on volunteering anymore, please let Jessica know, so that your name can be taken off the mailing list.



You may view the Activity Calendar and the Volunteer Newsletter at our website:

<http://www.rollinghillsrehab.org/>

To view the Activity Calendar, simply click on "Activity Calendar" on the top of the page.

To view the Volunteer Newsletter, go to "Services" and click "Volunteer Newsletter".

## CATHOLIC MASS VOLUNTEER SCHEDULE



August 4 - St. Patrick Group #1 -  
Sparta

August 11 - St. Patrick Group #2  
- Sparta

August 18 - St. Mary's Ridge -  
St. Mary's Parish

August 25 - Queen of the  
Apostles - Tomah

# Volunteer Newsletter

Rolling Hills  
August 2016

I hope everyone has been enjoying their summer! It's hard to believe that soon the leaves will be changing!

Thank you everyone for everything that you do!



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# AUGUST...

August's birthstones are the peridot and the sardonyx.

August's flowers are the gladiolus and poppy.

August was the 55th most common name given to baby boys in Sweden in 2014.

About 22 percent of the boys named August in Sweden were in fact born in August.

August is National Family Fun Month, National Peach Month, National Golf Month and National Picnic Month.

August 7 - International Friendship Day and National Sister Day

August 13 -  
International  
Left-Handers  
Day

July 31 -  
National Dog  
Day



# Volunteer Opportunities

August 4 - Playing games in the auditorium this afternoon starting at 1:45.

August 18 and 31 - Baking in the café from 1:30—3:00

August 23 - Our last picnic of the year! Help is needed starting at 11:15 until about 1:00.

August 25 - We will be playing a variety of yard games starting at 1:30 until 3:00.

August 26 - Fishing outing! We will be heading out about 9:30 and will be back around noon. If interested in helping, please let an activity staff know.

We are also looking for someone who is willing to teach a resident how to crochet. If interested, please let Linda Fabry know.

\*As always, help would be appreciated on Saturday mornings for bingo. If you are interested in helping the residents play bingo, please be at the home by 9:15 AM to assist with bringing them to the Auditorium.

# Recipe Corner

## Fettuccine with Salmon and Snap Peas

Salt  
12 oz fettuccine  
8 oz snap peas, strings removed, cut into thirds  
4 TBS butter  
1 shallot, thinly sliced  
1 12oz skinless wild salmon filet, cut into 2 pieces  
Pepper  
1/4 C chopped mixed herbs  
Juice of 1/2 a lemon

Bring a pot of water to a boil and add pasta. Cook as label directs, adding snap peas during the last 2 minutes of cooking. Reserve 1 cup of the cooking water then drain. Meanwhile, heat 2 TBS butter in a large skillet over med-high heat. Add the shallot and cook, stirring until slightly softened. Add the salmon; season with 3/4 tsp salt and a pinch of pepper. Cook, turning once until the salmon is just cooked through (about 3 minutes). Transfer to plate. Add the pasta and snap peas to the skillet along with 1/2 C of the reserved pasta water, the remaining 2 TBS butter, herbs and lemon juice. Cook, tossing and adding more of the reserved cooking water if necessary, until the pasta is coated, about 1 more minute. Season with salt and pepper and top with the salmon.