



*The Neighbors*  
of Dunn County

# NEWS FROM THE NEIGHBORS

September/October 2018



**National Grandparents Day**

Join us for brownies and ice cream

**Sunday, Sept. 9<sup>th</sup>**

from 2-3 p.m.

in all the houses

**USED BOOK SALE**  
**September 24-30th**



The book sale will be set up in the entrance and Bistro area of the Central Neighborhood. All proceeds from the sale will go to the Resident Sugar Bowl Fund.

Thank you for your support!



## From the Administrator's desk...

I first wanted to say thank you to all the residents, families and staff at the Neighbors of Dunn County for such a warm and friendly welcome. I have greatly enjoyed getting to know all of you over my first few months here. Though the transition has been busy and eventful, I am settling in, and every day I am even more excited to be a part of this wonderful community.

You may have noticed that I am not the only new face at The Neighbors of Dunn County. The Neighbors is proud to support the education and advancement of future healthcare professionals. This summer and fall we have and will continue to welcome several students, interns, and even Resident Physicians into our buildings. This is any excellent opportunity to promote and grow the amazing field of long-term care, as well as gain new and exciting insight from fresh eyes that are eager to make a difference in the lives of our residents. Here at the Neighbors of Dunn County, we are extremely fortunate to have great partnerships with local educational programs.

This summer we were lucky to have two Social Services interns. They worked on special projects throughout the summer, and learned what the role of Social Workers is in a skilled nursing facility. The Social Services department will also be having an intern this Fall starting in September. Also this fall, we will have dietetic interns from the University of Wisconsin-Stout; the first intern will start in early October.

The Neighbors is also excited to welcome another new class of nursing students from CVTC. Eight future nurses started clinical rotations here on August 29<sup>th</sup>. These students will be here on Wednesdays and Thursdays in the afternoon. This has been a long standing partnership, and we could not be happier to play a role in training the nurses of tomorrow.

The final program I would like to mention is our partnership with the Mayo Clinic Family Medicine Residency Program of Eau Claire. The Neighbors of Dunn County is honored to be the sole Nursing Facility that the Resident Physicians do a rotation at. The physicians round with Dr. Brown, our Medical Director, and gain valuable experience with geriatric medicine. Our first Resident Physician, Dr. Ben Ayotte was with us for the month of August, and it could not have gone better. In total we will have five Resident Physicians do a roughly four-week rotation here at The Neighbors.

I speak for all of the staff at The Neighbors of Dunn County when I say we love seeing people who show genuine interest in the ever rewarding world of health care. It is truly inspiring to see the drive and determination to make a difference. We are so grateful to be able to be a part of that.

Again thank you all for the extremely warm welcome. If I have not had the pleasure of meeting you yet, I hope to do so soon. Please feel free to stop by my office at any time if you have any questions, concerns, or just want to say hello.

Carmen Flunker, LNHA

Community Mentor/Administrator



## 4 Types of Foods to Help Boost Your Memory (article taken from eatright.org)

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

### **Strengthen Recall by Adding These Foods to the Rotation**

**Eat your veggies.** You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

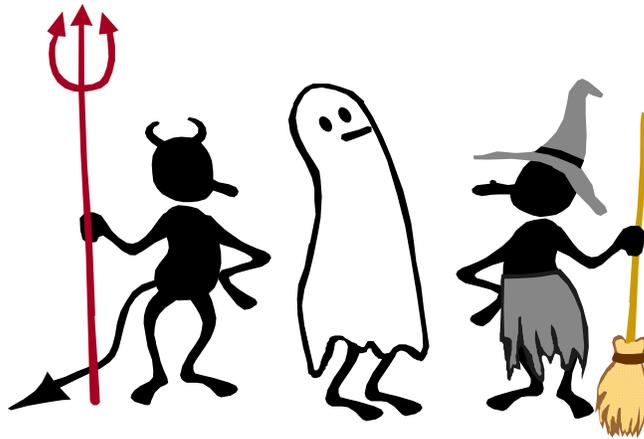
**Be sweet on berries and cherries.** Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

**Get adequate omega-3 fatty acids.** Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

**Work in walnuts.** Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

# TRICK-OR-TREATING



Houses will be open to friends  
and family members  
of residents and staff  
for Trick-or-Treating on  
**SUNDAY, October 28th**  
**from 2 – 3 p.m.**



## Nursing Notes...

We will once again be offering flu shots to our residents and staff this year. On advice of our Medical Director, flu shots will be administered in mid November. Any questions or concerns can be directed to the nursing staff.



## Preparing for Fall and Winter...

We would like to remind families that this is a great time of year to help your family member clean out their closets. You may want to take home any summer clothing and bring in winter accessories. It is important that all residents have a warm coat, appropriate footwear, a hat and gloves to wear when leaving the facility for appointments or outings with activities.



*The Neighbors*  
of Dunn County

Generations of caring since 1892

2901 Forbes Avenue

Menomonie, WI 54751



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