



*The Neighbors*  
of Dunn County

# NEWS FROM THE NEIGHBORS

March-April, 2019

HAPPY  
SPRING!



Although it doesn't look like it in Menomonie, Spring is just around the corner! Unfortunately, we had had to cancel several outings in the past two months due to snow, advisories and very cold temperatures. We are looking forward to much nicer weather and more outings this Spring.

Don't forget to "Spring Forward" on Sunday, March 10th for Daylight Savings Time.

Here's the latest news of what's happening at The Neighbors...

## March 30th is Doctor's Day!

We are very fortunate to have physician coverage in our facility five days a week. Thank you to these physicians for their service:



Steven Brown, MD (Mondays, Thursdays and Fridays)

Dr. Carrie Nelson, MD (Tuesdays)

Dr. Sridhar Thirumalai, MD (Wednesdays)

Trisha Hagene-Nilsen, APNP (as needed)

Dr. Brown also serves as our Medical Director.



MAYO HOSPICE presents:  
**The Difference Between  
 Palliative Care and Hospice**

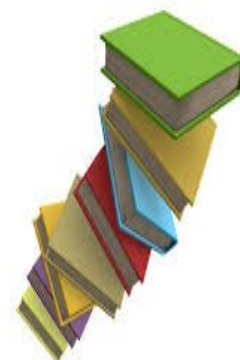
Wednesday, April 17th  
 2:00 p.m.

All staff and interested families are invited to come to the West Neighborhood Community Room for this 30-45 minute presentation.

## National Library Week is April 7-13, 2019

Did you know The Neighbors has a library in the Central Neighborhood? Our library is for the entire campus to use and has regular, large print, and books on CD. We also have a large selection of magazines available. In addition to reading materials, our library also has music CDs and puzzles that can be used by residents and family members. We also have a program with the Menomonie Public Library in which they bring us a selection of books for our residents to enjoy every month.

The Life Enhancement staff can also assist residents who are interested in accessing audio books from the Library for the Blind.



## NEWSPAPERS

We are fortunate to receive several copies of the Eau Claire Leader Telegram daily through a program the newspaper coordinates. These newspapers are donated through the generosity of local businesses. We currently deliver two newspapers to each house for the residents to share. If your loved one wants their own copy, we suggest you purchase them their own subscription. We also ask that you notify us when subscriptions are started or stopped. Thank you.



**LEADER-TELEGRAM**  
*Your Newspaper Your Community*



April 7-13th is  
**NATIONAL VOLUNTEER WEEK!**

We recognize our volunteers annually during Nursing Home Week, but would like to take this opportunity to acknowledge all our volunteers who help us out throughout the year. We have volunteers who come regularly to assist with church services and outings, manage the gift shop, provide 1:1s and help with special events.

Volunteers must be at least 14 years old unless accompanied by an adult. Anyone who is interested in spending some time volunteering at the Neighbors can

contact:



Sally Rocque  
Volunteer Coordinator  
(715) 231-4589



## March is National Social Work Month!

The national theme for social work month in 2019 is: “Social Workers: Elevate!”

Social workers touch the lives of millions of people each day, helping them overcome life’s hurdles so they can live to their full potential. Social workers are trained to examine and address life’s problems in a holistic way. They elevate and empower people, giving them the ability to solve problems, cope with personal roadblocks and get the resources they need to succeed. Social workers also bring together individuals with other people, their communities, local and state government and agencies to address wider problems in our society, including lack of affordable housing, hunger and equal rights for all.

Here at the The Neighbors of Dunn County, the Social Services Department is excited to celebrate March as National Social Work Month. Our department is made up of three certified social workers. Brenda Ausman has been a social worker here since June of 1987, and was an intern with the social services department before that as well. Brenda is the social worker for our West Neighborhood, as well as Deerview Manor in the Central Neighborhood. Tracy Fischer, the department’s director, also serves as the primary social worker for Fireside Manor in the Central Neighborhood. She has worked here since June of 2009. Laura Briesemeister is the social worker for the East Neighborhood and Arrowhead Lodge in the Central Neighborhood. Laura has been a social worker here since December of 2013 and prior to that, she was an intern with the social services department. Please be sure to wish our social workers a Happy Social Worker’s month in March!

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**Sunday, April 21st**

**EASTER DINNER MENU:**

**Baked Glazed Ham**

**Au Gratin Potatoes**

**Green Bean Casserole**

**Fresh Baked Dinner Rolls**

**Pistachio Fruit Salad**

Please make reservations in the house if you plan to join us for dinner. Visitor meals are \$7.00 for the holiday.



## Health Information Professionals Week: Mar. 24–30, 2019

### Thank you to Susan Mrdutt, RHIT for the Neighbors of Dunn County

HIM professionals are highly trained in the latest information management technology applications and understand the workflow in any healthcare provider organization from large hospital systems to the private physician practice. They are vital to the daily operations management of health information and electronic health records (EHRs). They ensure a patient's health information and records are complete, accurate, and protected.



### MARCH IS NATIONAL NUTRITION MONTH!



National Nutrition Month<sup>®</sup> is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month<sup>®</sup> promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, celebrated on the second Wednesday in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

Carrie McKnight is our Registered Dietitian and is also a Certified Specialist in Gerontological Nutrition. Marcia Below is a Certified Dietary Manager and serves as our Culinary Mentor for the Neighbors. Together they strive to provide a great dining experience for our residents.

Look for our new Spring/Summer menus will begin on April 1st.