



*The Neighbors*  
of Dunn County

# NEWS FROM THE NEIGHBORS

## JULY-AUGUST, 2018

### Resident Emails



Did you know you can send emails to any resident at The Neighbors? We have a resident account set up that the Life Enhancement staff check daily. You can send an email through our Website: [neighborsdc.org](http://neighborsdc.org). Click on the "Email a Resident" link and fill in the information. It's that simple!

You can also send an email directly to [resident@co.dunn.wi.us](mailto:resident@co.dunn.wi.us). Please type the resident's name in the subject line. Emails are delivered to residents Monday—Friday. For more information or assistance, please contact our Life Enhancement Dept. at 715-231-4589.

### Summer Outings

Summer is here and we have been taking advantage of the beautiful weather with several outings. During the month of June, we went fishing, took a pontoon ride on Lake Menomin, visited Govin's Berry Farm, enjoyed frozen custard at Culvers and attended the Ludington Guard Band concerts at Wilson Park in addition to our regular outings to the Senior Center and monthly shopping trip.

For July and August, we have several more fishing trips to Bullfrog's Fish Farm, concerts, picnics and visits to the Dunn County Fair planned. Any family members who would like to join us (and help) on these outings should contact the Life Enhancement staff.

Be sure to "like"  
our Facebook page  
to follow all  
our fun activities!



## From the Administrator's Desk:



Hello, my name is Carmen Flunker and I am proud to say I am the new Community Mentor/Administrator of the Neighbors of Dunn County. I would like to share with all of you a little bit about myself. I was born here in Menomonie, but moved to Eau Claire at age 6. I graduated from the University of Wisconsin-Eau Claire with a bachelor's degree in Health Care Administration. The past couple of years I have worked in Wheaton, Illinois and most recently Black River Falls, Wisconsin. I currently live in Eau Claire with my kitten Lilly, but we are looking forward to moving to the Menomonie area soon.

My favorite activity outside of work is volleyball; I play every chance I get. I also enjoy spending time with my friends and family, especially at my family's cabin in Weyerhaeuser, Wisconsin. I am extremely excited and honored to serve the residents of The Neighbors and look forward to meeting all of you. Please feel free to stop into my office at any time with any questions, concerns, or just to say hello.

# **WELCOME RECEPTION for Carmen Flunker**

**Wednesday, August 1, 2018**

**4:00 - 6:00 p.m.**

**in the Brickenridge Community Room**

**Please join us for a "Meet and Greet" with our  
new Community Mentor/Administrator.**

*We invite you to join us for the showing of the remarkable film:*



**Honor Flight is a heartwarming documentary about four living World War II veterans and a Midwest community coming together to give them the trip of a lifetime. Volunteers race against the clock to fly thousands of WWII veterans to Washington, DC to see the memorial constructed for them in 2004, nearly 60 years after their epic struggle.**

**The documentary will be followed by a Veterans Program with St. Croix Hospice to recognize our Veterans within our Community with a certificate and pinning ceremony. Music & Cake to follow.**

**Monday, July 30<sup>th</sup> @ 2pm**

**In Tenderhearth Terrace—East Neighborhood and  
Eventide Villa—West Neighborhood**

An important reminder...

In the event of severe weather, residents may be asked to move out of their rooms to a safe area designated in each house. These are important safety policies that we need to follow.

Thank you for your assistance in this matter.



**It's Picnic Time!**

## **Announcing our Annual Neighborhood Family Picnics...**

**West Neighborhood  
Tuesday, August 14, 2018**

**5:00—6:00 p.m.**

**Music by J.C. Colby**

**Central Neighborhood  
Wednesday, August 15, 2018**

**5:00—6:00 p.m.**

**Music by Rich Schroeder**

**East Neighborhood  
Thursday, August 16, 2018**

**5:00—6:00 p.m.**

**Music by Rich Schroeder**

**Picnic Menu:**

**Brat or Hamburger**

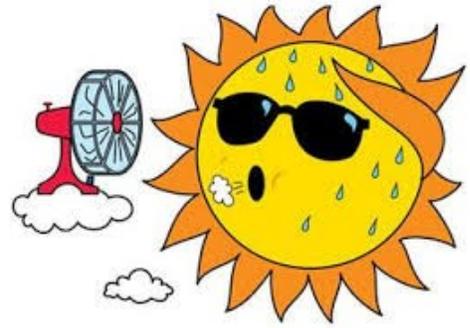
**Potato Salad/Potato Chips**

**Baked Beans**

**Brownies**

**Lemonade/Coffee**

## Tips for Staying Cool this Summer: (taken from The New York Times)



**1. Stay hydrated.** Sweating is the body's mechanism for self-cooling, but you need to drink plenty of water to give it something to work with. Recommendations vary between two to four glasses of water every hour in excessive heat. Do not wait until you are thirsty to drink.

**2. Pay attention to what you eat and drink.** Eat less salty food and protein, which produce metabolic heat that causes water loss. Eat more fruits and vegetables and smaller, frequent meals. Alcohol consumption can also increase the effect of heat.

**3. Seek out indoor activities,** particularly during the hottest part of the day. The sun's peak hours are generally 11 a.m. to 4 p.m.

**4. Don't leave children or pets in a car,** which can swelter in the sun. The sun's radiation heats objects that it strikes, such as a dark dashboard or seat, warming the air trapped inside a vehicle.

**5. Learn the signs of heat stroke and heat exhaustion.** The C.D.C. lists some of them as dizziness, a rapid pulse, nausea, headache and fainting. But symptoms can vary. Those suffering from heat stroke, which is potentially fatal, might have a rapid but strong pulse, while those with heat exhaustion might have a rapid but weak one. Immediate remedies include moving the person to a cooler place and applying wet, cool cloths.



Do you know any friendly and compassionate RNs, CNAs or LPNs who might want to join our neighborhood?

We are currently hiring for all shifts.  
For more information and to apply online, visit:  
**<http://neighborsdc.org/employment>**  
or contact Chris at (715) 231-4567.



*The Neighbors*  
of Dunn County

Generations of caring since 1892

2901 Forbes Avenue

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