



The Neighbors
of Dunn County

NEWS FROM THE NEIGHBORS

March-April, 2021

HAPPY SPRING!

Don't forget to turn your clocks
ahead on Sunday, March 14th!



Updates on COVID-19, vaccination and visitation at TNDC.

From the Administrator's Desk...
Dear Families, Residents, and friends of The Neighbors,

It has now been a year since the COVID-19 pandemic started affecting skilled nursing facilities, including The Neighbors. So many things have changed, and it has been a difficult year for all. We recognize that this awful situation has been the most challenging for our residents. The staff at TNDC has, and will continue to, do everything we can to keep all of our residents, staff, and families safe and healthy.

Though this past year has seemed to bring disappointing news at every corner, we are excited to share some good news. While we are not yet back to pre-pandemic life, we have taken a few steps in the right direction.

One of the positive steps that we have taken is vaccination. The Neighbors has now had three vaccination clinics with Walgreens Pharmacy. We are happy to share that these vaccination clinics went very smoothly, and we are very thankful for Walgreens' very professional and efficient staff that facilitated them. Through these clinics TNDC has vaccinated 211 people. Though vaccination does not instantly return us to pre-pandemic life, it is a huge step in the right direction. The Neighbors has worked through the process of becoming an independent vaccinator, and will hopefully be able to vaccinate new staff and residents in the near future.

The other good news TNDC has to share is that with the positivity rate lowering in Dunn County we are now able to facilitate indoor visitation. The indoor visits are contingent on outbreak status and county positivity rate. We are excited to offer this opportunity when we are not in an outbreak investigation and the county remains below a 10 percent positivity rate. The visits do need to be scheduled in advance with our social services team. If you would like to schedule a visit please contact one of the social workers, and they will be able to assist you.

The positive changes and movement towards normal in the last few months have been very exciting. We continue to follow all CDC, CMS, and state guidelines. We also continue to encourage all in our community to continue to follow infection prevention best practices; such as mask wearing while in public, social distancing, and proper hand hygiene. It takes us all to keep the positivity rate down, and eventually beat COVID-19.

Thank you,

Carmen Flunker, LNHA

Community Mentor/Administrator

March is National Social Work Month!

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The national theme for social work month in 2021 is:

Social Workers Are Essential



Social Work Month in March is a time to celebrate the great profession of social work.

The theme for Social Work Month 2021 is **Social Workers Are Essential**.

Social workers are essential to community well-being.

As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They are employed to effect positive change with individuals, families, groups and entire communities.

Here at 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. The social work department also frequently has student interns working with them. Please be sure to wish our social workers a Happy Social Worker's month in March!

Hello from Dietary!

April is right around the corner, and the first full week of April we will be changing over to our spring and summer menus.

Dietary stays busy providing nutritional meals 3 x per day with snacks and treats between meals. Our focus is to provide good, wholesome meals while maintaining our residents' nutritional and hydration needs.

Each resident has their own personal dietary plan that incorporates their nutritional needs with their food preferences.

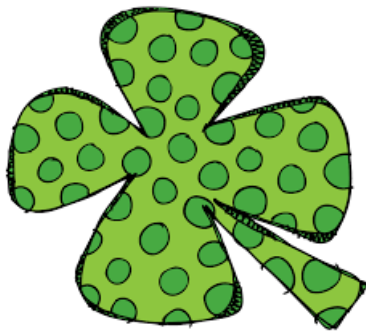
We have a great St. Patrick's Day meal planned on March 17, and we have a beautiful Ham Dinner planned for Easter.

We are still in challenging times with the COVID -19 pandemic. Room service for meals will continue for the safety of our residents and staff.

We understand how frustrating this can be for the residents. We all miss the communal dining. However, restricting or reducing communal dining is one way that this facility can help residents practice "social distancing" and keep everyone safe.

As always eat, drink & exercise until next time.

Marcia & the Dietary Staff



St Patrick's Day Lunch Special:

Corn Beef & Cabbage
Baby Red Potatoes and Carrots
Marble Rye Bread
Chocolate Mint Cream Pie

National Library Week is April 4-10, 2021

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 are grateful to have recently received a significant donation of large print books from the Friends of the Eau Claire Public Library. In addition to reading materials, our library has music CDs and puzzles that can be used by The Life Enhancement staff can also assist residents interested in accessing audio books from the the Blind.



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:

Dr. Steven Brown, MD (Mondays and Fridays)

Dr. Bharat Meenavalli, M.D. (Tuesdays)

Dr. Richard Nagler, MD (Wednesdays)

Trisha Hagene-Nilsen, APNP (as needed)

Dr. Brown also serves as our Medical Director.

Health Information Professionals Week: April 18 –24, 2021

Thank you to Susan Mrdutt, RHIT Neighbors of Dunn County

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



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WORLD MUSIC THERAPY DAY!

World Music Therapy Day is celebrated annually on March 1 and aims at bringing global awareness about its impact and benefits. Music has had a powerful influence on humankind and has been a part of our lives for thousands of years. It acts as an outlet for expressing our feelings and emotions and has been a source of healing and comfort.

Music therapy is a form of expressive arts therapy that utilizes the power of music for the treatment of concerns related to emotional and behavioral problems. It helps address mental health concerns such as depression, schizophrenia, mood-related disorders, autism, insomnia, anxiety, and more. It is also used to address physical discomfort as it helps in improving respiration, lowering blood pressure, muscle tension, and heart rate.

We are pleased to have Quinton Kase, Board Certified Music Therapist, as part of our Life Enhancement team.

Hello, in case we haven't met, my name is Carrie McKnight and I'm the Registered Dietitian Nutritionist here at The Neighbors. Nutrition has been my passion most of my life, and for the past 27 years I have been lucky enough to share my passion with the staff and residents of The Neighbors of Dunn County and previously The Dunn County Health Care Center. Personal interaction with residents, resident families, and staff is for me, the most satisfying part of my job.



March is National Nutrition Month!

National Nutrition month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating habits. This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can tailor a healthful eating plan that is as special as you are.

The theme "Personalize Your Plate" is very fitting for the long term care setting as we strive to make all of our care person centered, getting to know the people we are working with and meeting their needs in the manner that is most like they would in their own home. Each person is assessed on admission for nutrition risk and visited by myself or the culinary mentor to inquire about food preferences, dislikes, allergies, ethnic or religious requirements. Care plans are created with this input from each resident. Our diets at The Neighbors are liberalized, they contain minimal restrictions, to allow the most flexibility and choice for varied intake and to promote optimal nutritional status for residents. Nutritional status has a big impact on healing, strengthening, and disease management so it is not surprising that meals and snacks are a big part of the care we give. Families are important to us as well and so I wanted to share a brief infographic to help you eat and live healthy.

Here's to your health!
Carrie McKnight RDN

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

eat right[®] Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:





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