

JUNE & JULY 2021

News from Neighbors

**HAPPY
SUMMER
TO ALL!**



**Take a look at what is happening
around Neighbors!!**

Written by Alyssa Doughty
Life Enhancement Mentor and Volunteer
Coordinator



The Neighbors
of Dunn County
Generations of caring since 1892

From the Administrator's Desk



There have been many changes in the past few months, and we are so pleased that these changes are for the better. We have been able to allow visitors, residents can enjoy dining and enjoying leisurely activities together, and we are getting closer and closer to “normal.” Previously to the pandemic we all took so many things for granted, and it is so good to see everyone enjoying all of these things again. As the summer months approach we are hopeful and optimistic that things will continue to improve in the summer months.

One of the things that temporarily stopped during the pandemic was annual surveys from the state of Wisconsin. In the last few months as COVID numbers have decreased and vaccination rates have increased, surveys have resumed again. Our first Neighborhood to receive their annual survey was the East Neighborhood starting on June 1st. We are all very excited to share that the survey went extremely well, and the facility received a citation free health survey. We are very proud of the East team.

Though all of these changes and a little bit of normalcy are all good news, it is important to remember that we are not fully through this pandemic yet. We still require masks while in the facility for all staff and visitors. We also encourage everyone to follow current CDC guidance related to masks, social distancing and vaccination. It has been a long and hard year and a half, and we want to thank everyone for their understanding, hard work, and dedication to keeping our residents, staff, families, and our community safe.

Carmen Flunker



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Severe Weather Notes

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We take weather watches and warnings very seriously and will take precautions to keep our residents safe!

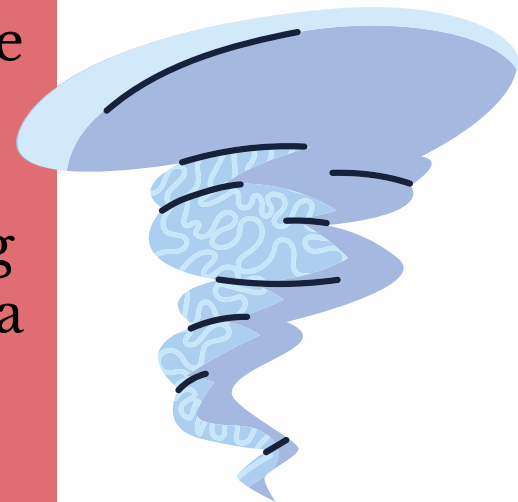


Weather Watches

Staff in the households, community rooms, chapels, beauty shops, etc. will close draperies or pull down shades and prepare for moving residents out of their rooms should a warning be eminent.

Weather Warnings

If there is a weather warning, it is up to the family and resident's discretion to decide about leaving the building. The Neighbors of Dunn County strongly encourages residents to stay in the building and not go on outings during an active weather warning. If there is a weather warning, staff will reference and follow the severe weather policy.



Warm Weather Reminders

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Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages



Keeping hydrated is important in reducing the risk for sun related illnesses such as dehydration, heat stroke, heat exhaustion, and heat cramps.



Make sure to remember **sunscreen** and find shaded areas when taking residents outside for any extended period of time to reduce the risk of sunburn!

Hello from Alyssa!

I am honored to be starting as the Life Enhancement Mentor & Volunteer Coordinator at The Neighbors of Dunn County.



My name is Alyssa Doughty. I am originally from Menomonie, Wisconsin, where I graduated from Menomonie High School. After graduation, I attended the University of Wisconsin-La Crosse where I completed my undergraduate degree in Therapeutic Recreation and Spanish. During this time, I discovered my passion of working with older adults. Following this passion, I completed an internship at Charter House - Mayo Retirement Living in Rochester, MN in the short-term rehabilitation and assisted-living units. I then went on to earn my masters degree in Therapeutic Recreation, also at University of Wisconsin-La Crosse. Some of my favorite recreation and leisure activities include spending time with family and friends, golfing (or participating in other sports), taking my dog for walks, and being outside. I am so excited to begin getting to know the residents at The Neighbors and hope to help increase their overall well-being through meaningful leisure and recreation programs. I would be more than happy to answer any questions, so don't hesitate to contact me or introduce yourself around the building!

June is Alzheimer's & Brain Awareness Month



Alzheimer's and Dementia Fast Facts

In 2020, caregivers of those diagnosed with Alzheimer's, or other dementia, provided an estimated 15.3 billion hours of unpaid care.

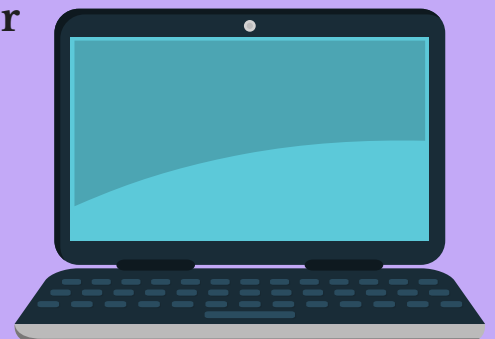
There are 50 million people around the world living with dementia.

More than 6 million people in the United States are living with Alzheimer's.

The Alzheimer's Association encourages everyone to wear purple on **June 20th** (the longest day of the year) to spread awareness about Alzheimer's and fundraising efforts to support research.

Resources for Family & Loved Ones of Those with Alzheimer's

- **Dunn County Caregiver Programs**
(https://www.co.dunn.wi.us/index.asp?SEC=CE2B19D5-6A69-4452-A294-F3EF86027E9E&Type=B_BASIC)
- **Alzheimer's Association**
(<https://www.alz.org/help-support/caregiving>)
- **Alzheimer's Association - Wisconsin Chapter**
(<https://www.alz.org/wi>)
- **National Institute on Aging**
(<https://www.nia.nih.gov/health/alzheimers>)
- **Department of Health and Human Services**
(<https://www.alzheimers.gov/>)



The Book Sale is Back!



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From now until the sale starts, we will be accepting donations. They can be dropped off at the front desk of the **Central Building** for **Alyssa Doughty in the Life Enhancement Department**.

Dates: June 18th - 26th

Location: Central Building - by the front door, under the overhang

Prices: Everything at the sale will be priced at **\$.50** each. This includes books, puzzles, and movies.

Extra donations are welcome!

Questions can be directed to Alyssa Doughty by email at adoughty@co.dunn.wi.us

Since June is Alzheimer's awareness month, we will be donating all proceeds to the Alzheimer's Association.

alzheimer's 
association®

June is Dairy Month!

Thank you to all farmers! We appreciate your hard work!

Dairy production adds **\$45.6 billion** to the state's economy each year.

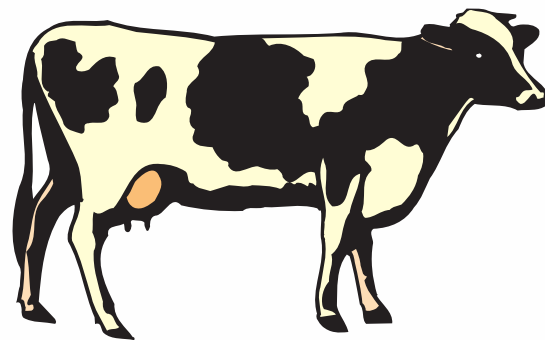


Wisconsin produces more than **600** varieties, types, and styles of cheese!

WI leads the nation in the production of the following cheeses:

- Cheddar
- Munster
- Feta
- Limburger
- Parmesan
- Romano
- Provalone

WI is the center for dairy research and education, with the nation's first dairy school established in **1890** at the University of Wisconsin; the Center for Dairy Research at UW-Madison; and the nation's first **master cheese maker program**.



In 2019, Wisconsin produced **30.6 billion pounds** of milk.



There are dairy herds in 69 of Wisconsin's 72 counties, with only Menominee, Oneida and Vilas counties in the northeastern area of the state not having a bovine dairy herd. There are on average **1.28 million cows** in WI. Several counties actually have more cows than people.

Happy Father's Day to all the fathers and father figures!

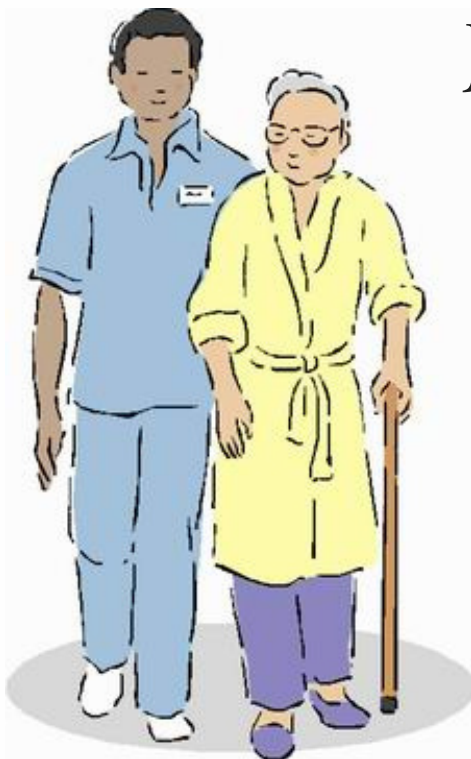
June 20th, 2021

“Dads are like chocolate chip cookies; they may have chips or be totally nutty, but they are sweet and make the world a better place, especially for their children.” —Hillary Lytle

“A father is someone you look up to no matter how tall you grow.”



Happy Nursing Assistants Week! June 17th - 24th, 2021



Thank you to all of our Certified Nursing Assistants. You all have put in so much work over the past year.

We appreciate your flexibility and compassion in working with residents each day.

Don't forget to say **thank you** to the all the Certified Nursing Assistants!

July is National Ice Cream Month!

SWEET TREAT FUN FACTS



1

New Zealand consumes more ice cream per capita than any other country, with an average of 7.5 gallons per person per year. The US is second, with an average of 5.5 gallons per person per year.

2

Thomas Jefferson is credited as the first American to write down an ice cream recipe.

3

The world record for the largest ice cream cone ever made was achieved in 2015 in Norway with a cone over 10 feet high!

4

The Ben & Jerry's Flavor Gurus agree that 8° to 10°F is the ideal temperature for scooping and serving ice cream.

5

According to NASA, ice cream is one of the three foods astronauts miss the most when they go on space missions. The other two? Pizza and soda.

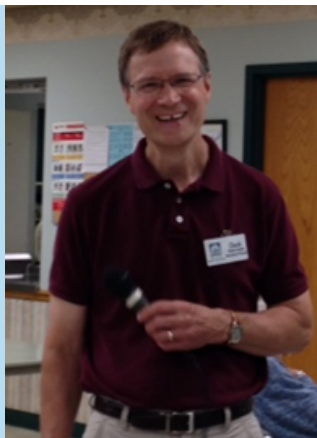


Happy Therapeutic Recreation Week!

July 11th - 17th, 2021

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Therapeutic Recreation is the purposeful use of leisure and recreation to improve quality of life and well-being. Rec Therapists assist persons with disabilities or illnesses to improve their functioning and quality of life through the development of a meaningful leisure lifestyle. Comprehensive therapeutic recreation services include an approach based on the needs, interests, abilities, and strengths of clients.



Two of our Life Enhancement Staff, Chuck Ausman and Alyssa Doughty, graduated with degrees in Therapeutic Recreation from the University of Wisconsin - La Crosse. They provide programming such as cognitive games, physical activity, social engagement, and community outings for residents to improve quality of life and well-being.



Happy Independence Day!

Sunday, July 4th, 2021

The Declaration of Independence was approved on July 4, 1776, by the 2nd Continental Congress leading 13 colonies to gain independence.

The value of fireworks imported into the United States in 2019 was estimated to be about \$319 million.

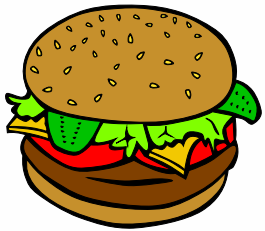


There were 56 signers to the Declaration of Independence and among them a committee of 5 (Benjamin Franklin, John Adams, Thomas Jefferson, Roger Sherman, and Robert R. Livingston) drafted the declaration.

The country has grown a lot since we declared independence. There were approximately 2.5 million people living in the US in 1776. Today, there are estimated to be 328 million as of July 4th, 2019!

Lunch Menu for the 4th of July

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Grilled Cheeseburger on a Bun
with Sauteed Onions

Italian Vegetable Pasta Salad

Pickle Spear

Watermelon

Red, White, & Blue Cake

