



AUGUST &
SEPTEMBER 2021

News from The Neighbors



**Take a look at what is happening around
The Neighbors of Dunn County!!**

Written by Alyssa Doughty
Life Enhancement Mentor and Volunteer
Coordinator

From the Administrator's Desk



As many are aware our local community, as well as the state of Wisconsin and the United States as a whole have seen drastic increases in COVID-19 cases in the recent weeks. The team at The Neighbors (NDC) want to insure you that we are taking every precaution to keep the residents and staff at our facilities safe. This includes but is not limited to following all regulations, recommendations, and policies directed to us by the state of Wisconsin, the Center for Disease Control (CDC) and the Centers for Medicare and Medicaid Services (CMS).

It has been several months since COVID-19 has been directly effecting The Neighbors. In the past week we have had two staff cases, which were our first two cases since early spring. The team at The Neighbors have been reviewing all regulations and policies to make sure we do everything we can to prevent an outbreak in our facilities. Positive cases and County positivity rate play large roles in our policies and practices. Things that may be effected by positivity rate and/or positive cases are, but not limited to; Testing, visitation, communal dining, activities, and admissions per regulations. The team At NDC will be communicating all changes with residents, staff, and families as quickly as possible.

We encourage everyone in our community to follow proper infection prevention practices. Please stay home when you are sick, get tested, mask up when in public places, wash your hands regularly, and consider getting vaccinated if you are not already.

In non COVID-19 related news we are happy to share that at the July Dunn County Board meeting the County Board approved the addition of PM homemakers back into the NDC budget for the rest of fiscal year 2021. We are currently in the process of interviewing, hiring and orientating new employees to fill these positons. The intention of adding the pm homemakers back into the budget is to reduce the workload of the PM shift CNAs so they have more time to spend providing care for the residents. The addition of homemakers into the evening shift will hopefully increase the overall service and satisfaction of the residents of NDC.

Sincerely,
Carmen Flunker



The Neighbors
of Dunn County
Generations of caring since 1892

Severe Weather Notes

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

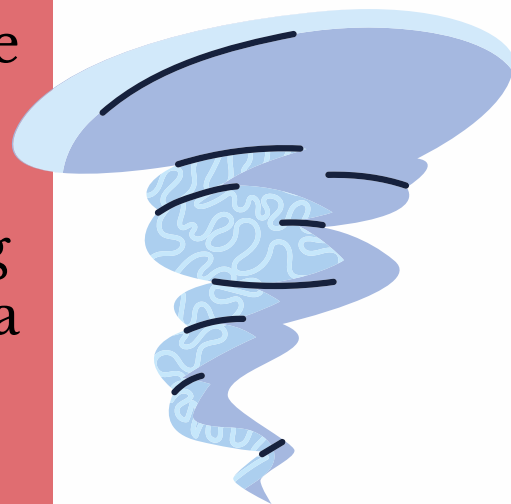


Weather Watches

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

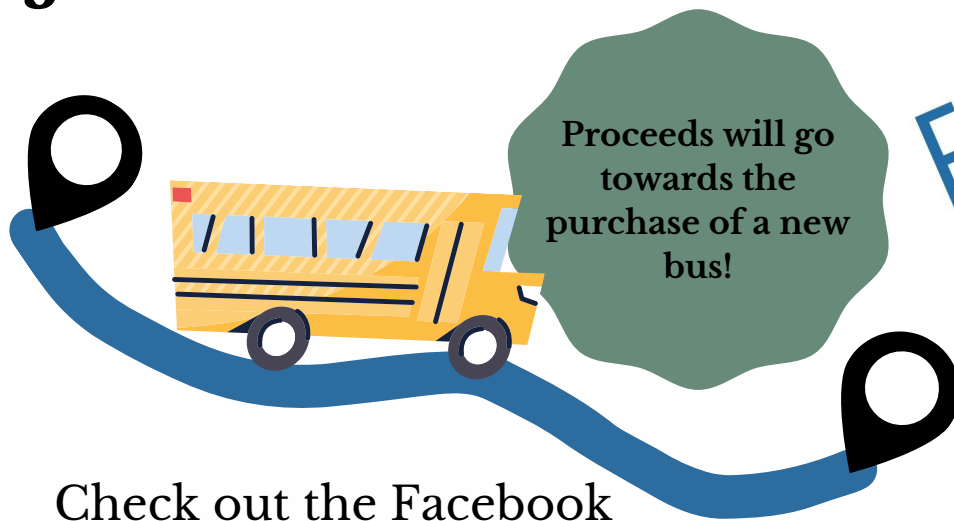


Keeping hydrated is important in reducing the risk for sun related illnesses such as dehydration, heat stroke, heat exhaustion, and heat cramps.



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!

JOIN US FOR THE FIRST ANNUAL...



FUN RUN FOR



The Neighbors of Dunn

Check out the Facebook
event for pricing and
updates leading up to
October 23rd!

<https://fb.me/e/2iiOrHvno>

Date: October 23rd, 2021

Location

The Neighbors of Dunn
County
2901 Forbes Avenue,
Menomonie, WI 54751



Extra Events

Basket Raffle

Resident Cookbooks for
Sale

Food Trucks

Live Music

And a whole lot of FUN!



Walk/Run Schedule

9:00 am - Registration

10:00 am - 5K Run/Walk
Begins

11:15 am - 1/2 Mile Route for
Resident and Kids Begins



SCAN ME

Scan the QR Code with your
phone's camera to get to the
registration website!

Or use this link!

<https://raceroster.com/events/2021/50376/fun-run-for-the-neighbors-of-dunn>

Please contact Alyssa Doughty (adoughty@co.dunn.wi.us
or 715-231-4589) with any questions!

***Depending on the Dunn County COVID
rates, this event may turn virtual***

August is National Wellness Month

What is "wellness"?

According to the National Wellness Institute, the term wellness has been applied in many ways. Through this discussion, there appears to be general agreement that:

1. Wellness is a conscious, self-directed and evolving process of achieving full potential
2. Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
3. Wellness is positive and affirming

We invite you to think about all facets of wellness over the next month!
Remember, it's not just physical!



<https://nationalwellness.org/resources/six-dimensions-of-wellness/>

August is Happiness Happens Month!

This month was started by the Society of Happy People. During August especially, they call us to think about happy moments big and small.

"Although it sounds easy to count your happy moments, we often only remember the big ones. We don't think about all of the small moments that actually made us feel good, made us smile, made us happy.

So, this month, let's have some fun and do the best you can to get in the habit of counting how much happiness you actually experience in a day."

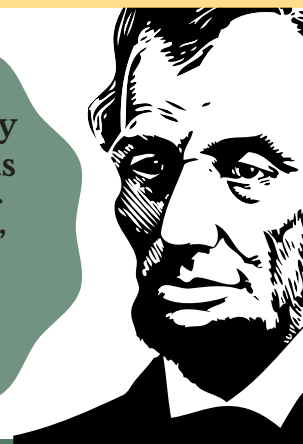
- Society of Happy People



Check out these resources for choosing happiness!

- <https://globalhappiness.org/resources/>
- <https://gretchenrubin.com/books/the-happiness-project/resources/>
- <https://www.authentic happiness.sas.upenn.edu/>
- <https://www.unh.edu/pacs/positive-psychology-strategies-increased-happiness>

"Folks are usually about as happy as they make their minds up to be."
— Abraham Lincoln



Happy National Health Care Centers Week! August 8th - 14th, 2021

Proudly serving
Dunn County
since
1892!

OUR MISSION

At The Neighbors of Dunn County, our kind and caring staff promise to provide this community with efficient, quality nursing and rehab services within a safe and comfortable environment. Whether returning home or making this facility your home, we encourage family involvement and community activities. Recognizing that each resident is unique, we dedicate ourselves to their highest level of comfort and well-being.

THANK YOU

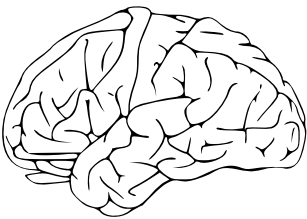
We would like to take this time to thank all of our staff here at The Neighbors. This year has not been easy, and our staff has, and continues to, persevered through the challenges. We could not live up to our mission if it weren't for our staff, so again, **THANK YOU** for your hard work. Your teamwork and dedication to the residents at The Neighbors is nothing short of remarkable.

Remember to
thank a staff
member
when you see
them!

Happy National Senior Citizens' Day! August 21st, 2021



In honor of this day,
here are some pictures
of our awesome
residents enjoying
programs and outings
this summer!



September is National Suicide Prevention Month



Northwest Connections 24/7
telephone crisis line: 1-888-552-6642

If you're in crisis, there are options available to help you cope. You can call the National Suicide Prevention Lifeline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the U.S., call 1-800-273-8255.

Dunn County Mental Health
Resources Link

<https://www.co.dunn.wi.us/index.asp?SEC={18754435-92E7-4D3D-8DAA-881ACD38DAB7}>

OR scan the QR Code!



Dunn County Emergency Mental Health Crisis Program is available to individuals, family members, friends and/ or any person in Dunn County. This program assists persons experiencing or supporting someone in a mental health crisis.

Crisis staff are trained in crisis assessment, identification and support of suicidal behaviors, and creating meaningful connections to community supports and resources.

Questions about Dunn County mental health resources and/ or community resources can be directed to the Behavioral Health Services access worker by calling 715-232-1116.

Additional Resources

National Institute on Mental Health:

<https://www.nimh.nih.gov/get-involved/education-awareness/shareable-resources-on-suicide-prevention>

Happy Healthcare

Environmental Services Week!

September 12th - 18th, 2021

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Many thanks

Thank you to our
homemakers, custodians,
and maintenance staff for
all of their hard work!

We don't thank you enough for all that you do, and you do so much for our residents on a daily basis. We appreciate all of the hours that you put in to make sure The Neighbors is a welcoming, clean, and safe place for all that live here!

