



OCTOBER &
NOVEMBER 2021

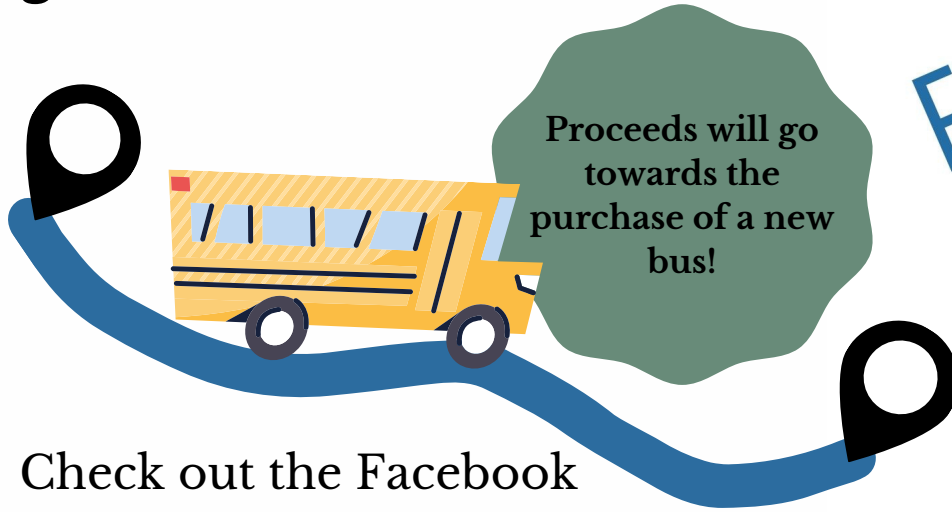
News from The Neighbors



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

Written by Alyssa Doughty
Life Enhancement Mentor and Volunteer
Coordinator

JOIN US FOR THE FIRST ANNUAL...



FUN RUN FOR



The Neighbors of Dunn

Check out the Facebook event for updates and to post your pictures for the virtual event!

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

This event has turned virtual as the COVID-19 rates in Dunn County are continuing to rise.

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You can still sign up for our virtual 5K & half mile! We are asking participants to run/walk their event by the end of October and to share the pictures on our Facebook page or with Alyssa Doughty. Couldn't make it on October 23rd?! This means you can still get involved any time between now and the end of October!

The basket raffle will be available daily
October 18th - October 22nd from 3-5pm.
We will be selling tickets in front of the Central (yellow) building at The Neighbors.
The drawing will be on October 25th!

Race packets and t-shirts will be either sent in the mail or available for pick up at The Neighbors.

Or use this link!
<https://racerooster.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!

Don't want to sign up online? No worries! You can also sign up in person at the front desk of the Central Building at The Neighbors!

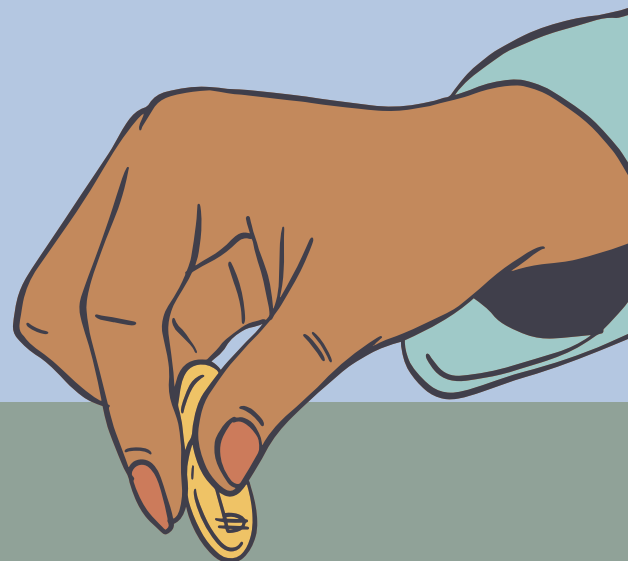
Thank you to all of our Fun Run sponsors!



Would you like to donate to our efforts of purchasing a new bus? Here's how you can help!

1. Fill out the form found on the following page.
2. Make sure to check the box that says "New Transportation Vehicles for Residents".
3. Send the form and payment to:

3001 Highway 12 East, Suite 225
Menomonie, WI 54751





The Neighbors
of Dunn County
Generations of caring since 1892

Donation Form

Personal Information

Full Name: _____ Date: _____

Phone Number: _____ ☐ Home ☐ Cell ☐ Work

E-mail Address: _____

Street Address: _____

City: _____ State: _____ ZIP Code: _____

Donation Information

In Memory Of (Optional): _____ Donation Amount: _____

I would like my donation to go towards:

☐ New Transportation Vehicles for Residents

☐ Life Enhancement Activities for Residents

Include resident outings, household resident Christmas party, etc.

☐ Household Furnishings, Fixtures, and Equipment for Residents

Includes furnishings, fixtures and/or equipment needed by a neighborhood or a household for the benefit of the residents (prioritization to be determined by facility management). Examples include: new Broda Chairs (specialized positioning chairs), new furnishings, garden plants, new dishware/flatware, replacement TVs, Satellite TV upgrades or other equipment upgrades.

Comments: _____

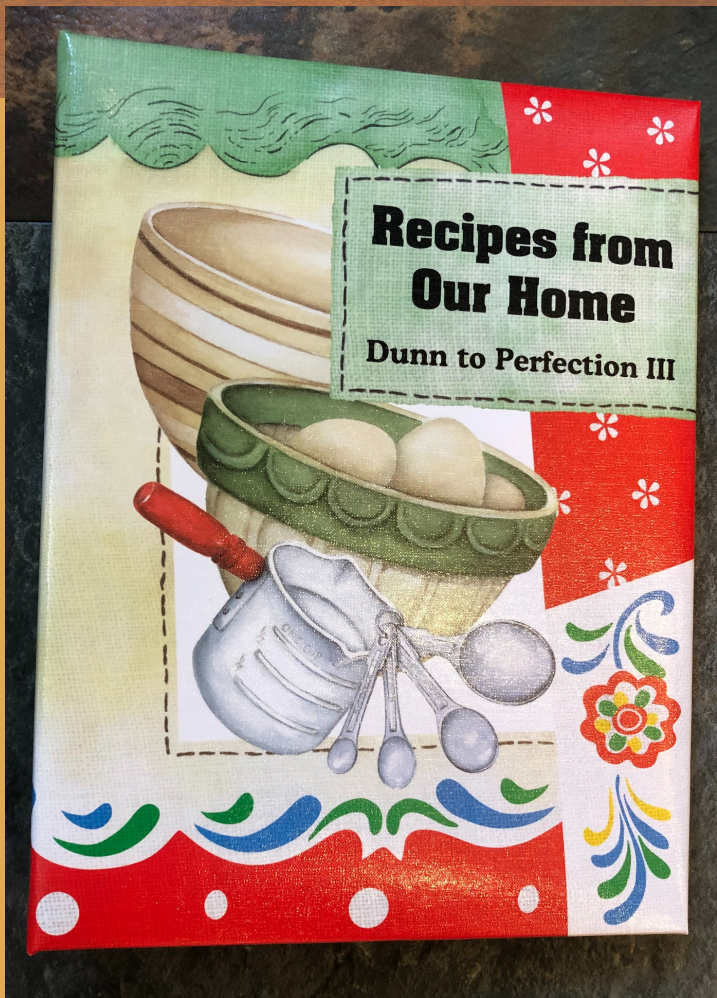
Payment Information

Please make your check out to "The Neighbors of Dunn County, Donations Account" and mail your check with this completed form to: The Neighbors of Dunn County, ATTN: Business Office, 2901 Forbes Avenue, Menomonie, WI 54751

Address: 2901 Forbes Avenue, Menomonie, WI 54751 • **Phone:** 715-232-2661 • **Fax:** 715-232-4010

E-mail: Info@NeighborsDC.org • **Online:** NeighborsDC.org

Dunn to Perfection III Cookbooks For Sale



Cost: \$12

Would you like to purchase a book? Please contact:

Brenda Ausman -

bausman@co.dunn.wi.us

or 715-231-4608

Laura Briesemeister -

lbriesemeister@co.dunn.wi.us

or 715-231-4629

**Proceeds will help go
towards a new bus!**



A Note From Social Services

Saying Goodbye to The Neighbors

As some of you already know, I have accepted the position of the ADRC (Aging and Disability Resource Center) manager for Dunn County, and my last day working as the Social Services Mentor for The Neighbors of Dunn County will be on Friday, November 5, 2021. As I look back on the twelve years I have been with The Neighbors of Dunn County/The Dunn County Health Care Center, I can only be grateful. Grateful for the opportunities I've had to meet each resident and family member that I've worked with, grateful for getting to know and to work with some of the most incredible staff members there are, and grateful for the many opportunities I have had to learn and grow as a professional. I leave knowing that the social services department is in very experienced and capable hands, as Brenda Ausman and Laura Briesemeister will continue with my duties until a new social services mentor is hired. I have every bit of confidence in their ability to manage any social service related needs that may arise. Leaving is bittersweet, as I am excited for my new role within Dunn County, and hope there may be times when I can connect with some of you through my work at the ADRC, but I will truly miss my work and all the incredible people I've met and come to know at The Neighbors of Dunn County. I have loved being a part of your lives. Thank you for being a part of mine.

Tracy Fischer, CSW



We will miss you Tracy!



COVID-19 Reminders

DON'T FORGET

Please remember to keep masks on while visiting loved ones, even while in their rooms. COVID-19 is getting worse again, and we want to make sure that all of our residents stay as safe as possible. We hope that you will help us stop transmission of COVID-19 so that we can keep our doors open!

Remember to call 715-231-4585 for any COVID-19 updates for The Neighbors' households. This phone line is updated when any changes are made to COVID-19 precautions.

October is National Physical Therapy Month!

Meet our awesome Physical Therapy Team!

Emily Sleik, PTA



"I received my Physical Therapy Assistant degree from Chippewa Valley Technical College Eau Claire. I have been a PTA since 2019. I love to see people progress from one physical stage to another with therapy.

It is a great feeling when people recover with the help of the team. I am married to a Welder and have a 2 year old that keeps me on my toes. We all love to ride bikes, go hiking and I personally love to run."

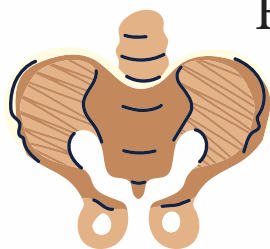
"I have been a Registered Physical Therapist for 23 years. I was a Physical Therapy College Professor and Clinical Supervisor after I graduated from the University of the Philippines in 1998. I moved to the USA in January 2003. I have worked in various PT settings such as In-Patient and Out-Patient hospital, Home Health PT and Skilled Nursing Facility.

I have 2 young children. I have been specializing in Geriatric Physical Therapy, Kinesiotaping, Wound Care, Vertigo and Physical Agent Modalities. I have provided Fall Prevention Presentations locally at the Senior Center in Menomonie. I also provide virtual training/instruction for our company on various Physical Therapy courses."

Karen Oemig, PT



Falls Prevention Information and Tips



95% of hip fractures are caused by falling

A mild degree of hearing loss can increase your risk of an accidental fall by 3X's.



To reduce the risk of falling, you can....

Remove clutter from your home to create open walking paths. Remember to walk carefully when there are potential hazards like rugs and pets.

Never stand on chairs or similar items to get to something that is out of reach. Other safer options include asking for help or using a sturdy stool with a handrail or ladder.

Use a nightlight in the bedroom and bathroom to ensure you can see if you need to get up during the night.

Do not use towel bars, sink edges, etc. for support while walking because they could come away from the wall. Instead, it may be a good idea to install grab bars and railings. Non slip strips or a rubber mat in the shower may also help.

Immediately wipe up spills off the floor. Use a rubber-backed bathmat to prevent the bathroom or kitchen floor from getting wet.

Stay active to maintain overall strength, endurance, and balance.

Know your limitations!! If there is a task that you cannot easily do, don't risk a fall by attempting to do it!

It is okay to ask for help! There are also modifications that can be made to tasks to make them easier and safer. Consult with your physician or therapist!

Happy National Healthcare Food Service Week!

October 6th - 12th, 2021



In 1985, an early group that is now part of the Association of Healthcare Foodservice initiated the observance. Then in 1989, Congress officially recognized the celebration.

Thank you to all of our foodservice workers! We appreciate your daily hard work to keep our residents nourished! Our foodservice workers also help us to put on different activities like baking groups and outings. We couldn't do it without you!

HAPPY HALLOWEEN!!



Halloween originated from an ancient Celtic festival. The origins of Halloween date back 2,000 years to the ancient Celtic festival of Samhain, which was celebrated on October 31 on the eve of their new year, according to the History Channel. The Celts believed that the dead returned to earth that night, and so they lit bonfires and donned costumes to ward off the ghosts.

According to the History Channel, the name jack-o'-lantern is rooted in an Irish folktale about a man named Stingy Jack who fooled the devil and in turn was forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. The Irish began to call him "Jack of the Lantern," and then just "Jack o'Lantern."



Trick-or-treating was inspired by the medieval English tradition of "souling," which involved children going door-to-door on All Souls Day, offering prayers for residents' deceased loved ones in exchange for food.



Join us for an **OUTDOOR** costume parade on October 30th at 1:30 pm! We will meet outside of the Central (yellow) building to start. Residents will be packing goodie bags to give out to the kids that attend! Since this will be outdoors, please dress accordingly.

**TRICK
OR
TREAT**

November is National Long-Term Care Month

A Short History of The Neighbors of Dunn County

1892 The Dunn County
Insane Asylum Opens



This facility opened in 1892 and operated for 80 years - mostly as a mental hospital (Dunn County Insane Asylum). It consisted of the hospital, a laundry building, a blacksmith shop, and farmland that patients worked. It transitioned to the Dunn County Hospital in 1947.

1972 The Dunn County
Healthcare Center Opens



In 1972, a new building was opened. The Dunn County Healthcare Center operated as the county's long-term care facility for the next 40 years. The winged design was chosen to accommodate different needs of residents, allow for each room to have a window, and included a central nurses station for safety.

2013 The Neighbors of
Dunn County Opens



In 2013, The Neighbors of Dunn County was opened with a new format. The current facility consists of three separately licenced neighborhoods consisting of 45 beds each including an option for short-term rehab. This year marks the 125th year a county facility has been operating on this property.

Happy Veteran's Day November 11th, 2021

Join us in thanking all of our Neighbors' veterans for their service and sacrifice. We appreciate your dedication to the United States.

Army
Doug Rasmussen
Jim Drury
Clyde Smith
Lew Cran
Jim Waidelich
Don Snider

Marines
Cecil Ferry
Scot Singerhouse

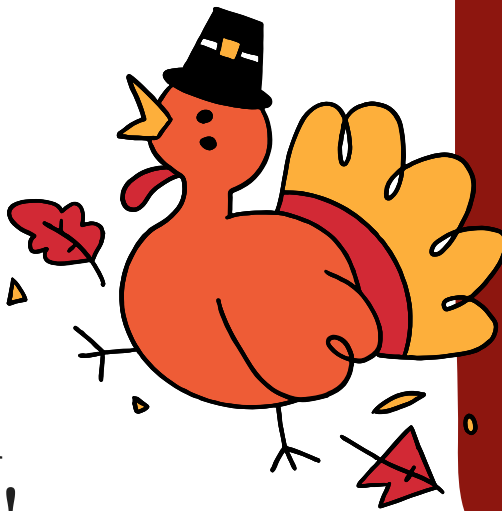
National Guard
Ken Sol
Merlin Holden

Navy
David Reisinger
Jeff Moss
Mike Johnson

HAPPY THANKSGIVING!!

We hope that everyone
has a safe and happy day!

Fun Fact:
Approximately
46 million
turkeys are
consumed each
year on
Thanksgiving in
the United States!



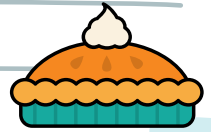
ON THE MENU

ROASTED
TURKEY



CLASSIC FIXINGS

PUMPKIN
PIE



THINKING
AHEAD TO
THE
HOLIDAYS...



Would you like to be a secret Santa?! We would like to make sure that each resident gets a gift this holiday season. If you would like to claim a resident or be paired with a random resident, please email or call Alyssa Doughty - 715-231-4589 or adoughty@co.dunn.wi.us. We will be asking residents what they would like for Christmas and will share the list with the Secret Santa they have been paired with!