

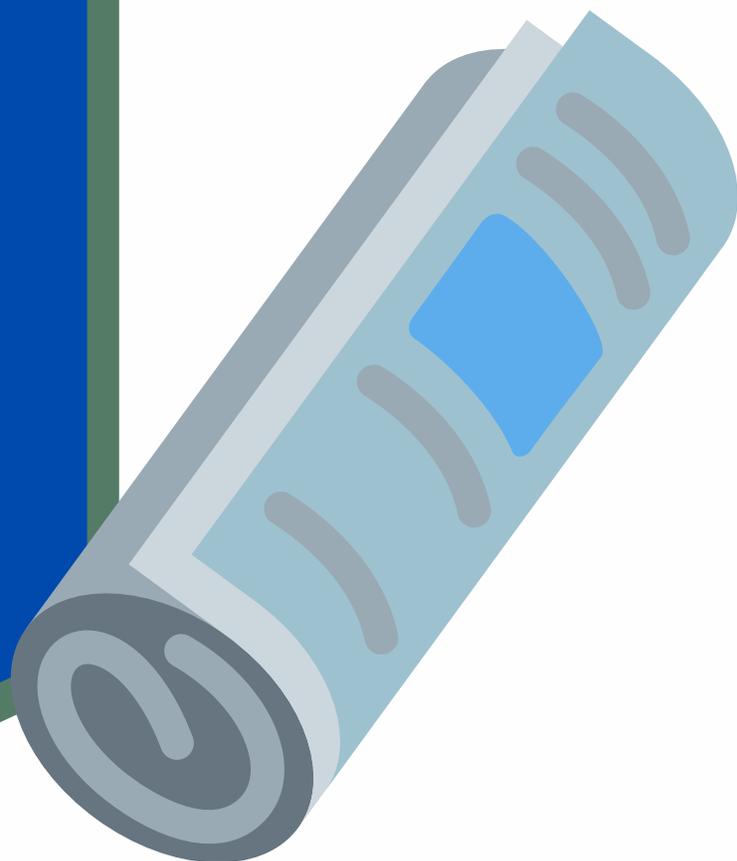


The Neighbors
of Dunn County
Generations of caring since 1892



FEBRUARY &
MARCH 2022

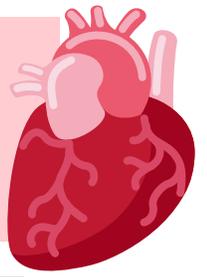
**News
from The
Neighbors**



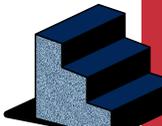
**Take a look at what is happening around
The Neighbors of Dunn County!!**

Written by Alyssa Doughty
Life Enhancement Mentor and Volunteer
Coordinator

February is American Heart Month



Daily Tips from the National Heart, Blood, and Lung Institute for the month of February

- 1 Join the #OurHearts movement on social media.
- 2 Make a heart-healthy snack. 
- 3 Schedule your annual physical. Discuss your health goals with your doctor. 
- 4 Sport Red for National Wear Red Day. 
- 5 Squat it out! Do one minute of squats.
- 6 Make today a salt-free day. Substitute herbs for flavor instead of salt! 
- 7 Take the first step to quitting smoking. 
- 8 Get your blood pressure checked. 
- 9 Walk an extra 15 minutes today.
- 10 Aim for 30-minutes of physical activity today.
- 11 Plan your menu for the week with heart-healthy recipes.
- 12 Reduce stress using relaxation techniques. 
- 13 Give the elevator a day off and take the stairs. 
- 14 Protect your sweetheart's heart. Plan a heart healthy date. 
- 15 Swap the sweets for a piece of fruit for dessert. 
- 16 Stress less. Practice mindful meditation for 10 minutes today. 
- 17 Head to bed with enough time to get a full 7-8 hours of sleep.
- 18 Add a stretch break to your calendar to increase your flexibility. 
- 19 Eat vegetarian for a day. 
- 20 Share a funny joke or a video that makes you laugh. 
- 21 Dance for 15 minutes to your favorite music.
- 22 Call a relative and ask about your family health history. 
- 23 March in place during commercial breaks to get your heart going. 
- 24 Get a tape measure and find out the size of your waist.
- 25 Ask a family member, friend, or neighbor to join you for a walk.
- 26 Fill half of your lunch and dinner plate with vegetables. 
- 27 See how many pushups you can do in 1-minute. 
- 28 Pay it forward and tell a friend about *The Heart Truth*.

- Happy
- Groundhog
- Day!

On February 2nd, traditionally the groundhog awakens from his nap to see if he can see his shadow. Many believe if the groundhog sees his shadow there will be six more weeks of winter. Tradition brings thousands of people to the town of Punxsutawney, Pennsylvania on Groundhog Day for a day of celebration. The holiday has always been famous, but the 1993 movie Groundhog Day, in which Roger Rininger played the groundhog, brought even more attention to the celebration. Fun Fact: An early American reference to Groundhog Day can be found in a diary entry by storekeeper James Morris. His entry is dated February 4th, 1841, of Berks County, Pennsylvania.



“Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate.”



WILL HE SEE HIS SHADOW?!



**Pride in
Foodservice
Week**
*February
7th - 11th*

This special week honors those who work tirelessly in the foodservice profession. The hard work you are doing does not go unnoticed! Be sure to thank a foodservice worker when you see them!

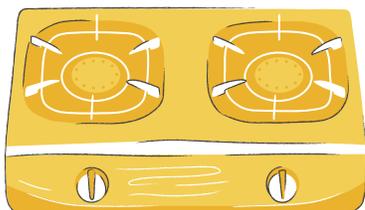
It's thought that the first use of gas flames for cooking occurred in 1802, and commercial gas oven production began in the 1830s, helping to revolutionize cooking as we know it today.



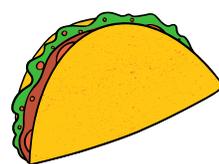
Applesauce was the first food eaten in space by an American astronaut!



According to NPR, the average American eats around 1,996 POUNDS of food each year!



The number one favorite food in America is said to be a hamburger, but reported top favorite foods worldwide range from pasta to pizza to sushi to tacos!



HAPPY Valentines DAY

\$1

Valentine's
Day
Card



\$1

Choose from 14
options of singing
Valentine's
performed by
Quinton
Kase



Balloon
Bouquet

\$5



Would you like to send your loved one a valentine? Please fill out the Google Form (<https://forms.gle/y4TqSTMVXnMLZYWA6> or use the QR Code) OR contact Alyssa Doughty - adoughty@co.dunn.wi.us. Check out our options! Please either drop off payment at The Neighbors or send it to

*The Neighbors of Dunn County
Attn: Alyssa Doughty
2901 Forbes Avenue
Menomonie, WI 54751*

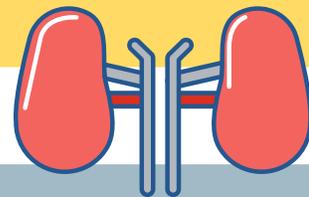
February 14th

Happy National Organ Donors Day!

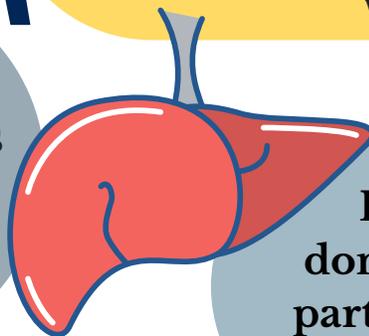
There are currently ~107,000 people waiting for organ donations.



The largest need seen for donation is kidneys. Others include heart, liver, lungs, tissue, face, hands, and abdominal walls.



Every donor can save 8 lives and enhance over 75 more.



Fun Fact: You can donate some organs (or parts of them) while you are alive!



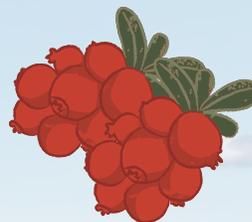
Every 9 minutes another person is added to the waiting list.

Sign up to be a donor using this QR code!

Only three in 1,000 people actually become donors even though 169 million are registered!



In 2018, it was reported that 90 percent of Wisconsin's milk is made into cheese! This comes out to more than 2.8 billion pounds of cheese per year.



Wisconsin became a state on May 29th, 1848.



The coldest temperature ever recorded in Wisconsin is -55 degrees in Sawyer County in 1996... without wind chill!

Wisconsin produces 60 percent of the nation's cranberries!

The Wisconsin state flower is a wood violet.



Although Warrens only has 400 residents, it draws 100,000 visitors each September for the world's largest cranberry festival.

National Wisconsin Day
February 15th



The state wild animal is a badger.
The state domestic animal is a cow.



Signs of Caregiver Stress: Caregiver stress results in the declining health of the caregiver, which will then affect the care they give their loved one.

- Sleep problems
- Health problems—headache, fatigue, pain, sickness
- Emotional problems—anxiety, irritability, anger, depression
- Loss of interest in things you used to enjoy

National Caregivers Day
February 18th

We wanted to share some resources offered by the Aging and Disability Resource Center (ADRC) of Dunn County!

Men Are Caregivers Too!
1st Wed. of the Month
1:00 - 2:00 pm
United Methodist Church



Caregiver Coffee Hour
1st Wed. of the Month
9:30 - 11:00 am
Currently Virtual

Caregiver Café
2nd Thurs. of the Month
9:30 - 11:00 am
Currently Virtual



Relatives Raising Children
2nd Wed. of the Month
10:30 am - 12:00 pm
Currently Virtual

Memory Café
3rd Wed. of the Month
10:00 - 11:30 am
Menomonie Public Library

Caregiver Support Group
3rd Thurs. of the Month
2:30 - 4:00 pm
Currently Virtual



Virtual Caregiver Group
4th Thurs. of the Month
10:30 am - 12:00 pm
Currently Virtual

How do I apply for services?
Call the Caregiver Coordinator at the Aging and Disability Resource Center of Dunn County at 715-232-4006 to arrange a home or office visit. The coordinator will help you examine your options and connect you with local resources. If you are experiencing Caregiver Stress, find help by attending a support group, setting up services to help such as home delivered meals, respite care, or supportive home care, and taking care of your own health.

March National Social Work Month

Fun Fact: Social workers hold over 700,000 jobs in the United States.



Since the early 1900s, professionally trained social workers have helped clients deal with personal and social factors that impact their health and wellness. There are around 180,500 social workers in the healthcare field. Other fields that you may find a social worker include planning, administration, and policy. In healthcare, social workers may conduct research, develop programs, and administer social work!



**THE TIME IS RIGHT
FOR SOCIAL WORK**

The Neighbors of Dunn County is helping celebrate this year's Social Work Month in March with the theme "The Time is Right for Social Work" to highlight how social workers have enriched our society for more than a century and how their services continue be needed today. - NASW

Social workers continue to work on the frontlines throughout the pandemic, helping clients get the health care they need and helping loved ones overcome grief and loss. - NASW



Meet Our Team

Brenda Ausman has been practicing social work for 35 years in June and Laura Briesemeister has been for 9 years in November.

Both are proud to be social workers at The Neighbors of Dunn County.

Thank you both for all that you do!

Each day, social workers empower millions of Americans so they can live life to their fullest potential. Social workers also work in communities and in politics to improve living conditions for all. During Social Work Month we urge you to learn more about our amazing profession, thank the social workers in your lives, and help support the profession. - NASW

March is National Nutrition Month

Trying new recipes can be a great way to start eating healthier! Our dietician would like to share a healthy recipe - a multigrain rice bowl with grilled chicken and mixed vegetables!

Try it out at home and let us know what you think!



INGREDIENTS

- 1 tbsp sesame oil
- 1 bunch of chives, minced
- 1 package straw mushrooms
- 1 package enoki mushrooms
- 1 package beech mushrooms
- 4 chicken breasts
- 2 tablespoons togarashi
- Cooked multigrain rice
- Shredded carrots
- Juice of 1 lemon
- Pickled cabbage



1. Preheat oven to 350 Fahrenheit.
2. Add sesame oil and chives to a large cast-iron skillet over medium heat. Sautee for 3- 5 minutes. Add mushrooms and cook for an additional 5-7 minutes until soft.
3. Season chicken breasts with togarashi and arrange on a sheet pan. Place into oven and bake for 20 minutes.
4. To serve: In a large bowl 1 heaping portion of sauteed mushrooms, 3/4 chicken breast, 1 serving spoon of rice, 1 handful of carrots topped with lemon juice and 1 serving spoon of pickled cabbage.

For the full article with more recipes, and additional information, check out <https://www.goodmorningamerica.com/wellness/story/mediterranean-diet-ranked-best-diet-5th-year-row-82062419>
OR scan the QR code



JOIN DUNN COUNTY
IN SUPPORTING

Stepping Stones
of Dunn County



The month of March in honor of National Nutrition Month, Dunn County will be collecting donations for Stepping Stones of Dunn County.

Drop Off Sites:

The Neighbors of Dunn County
Government Center Suite 225
Child Support Agency

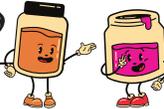
Monetary donations are also accepted!

Any questions? Please contact Alyssa Doughty - adoughty@co.dunn.wi.us

Most Needed Items



Peanut butter & jelly



Canned meats (tuna and chicken)

Boxed dinners (Hamburger Helper, Macaroni & Cheese) (low Sodium)

Spaghetti sauce & pasta



Rice, dry beans

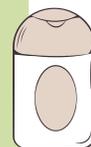
Breakfast cereals (low sugar & oatmeal)

Canned fruits & vegetables

Canned soup, chili, stew (low sodium)

Juice (no added sugar)

Baby food



Bath soap, shampoo, conditioner

Toothbrushes & toothpaste

Tampons & maxi pads

Toilet tissue & Kleenex

Diapers, baby wipes

Laundry detergent

Dish soap



March is Wisconsin Music Therapy Month



Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. More than 180 board-certified music therapists provide services at a variety of settings statewide. One of them works here at The Neighbors! Thank you for sharing music with our residents Quinton!

Benefits of Music Therapy



Manage stress



Express feelings

Enhance memory



Alleviate pain

Promote wellness

Improve communication



Promote physical rehabilitation

Shamrocks are the Irish national plant.

The tradition of wearing green on St. Patrick's Day is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

Happy St. Patrick's Day! March 17th

Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has colored its river green to mark the holiday.



St. Patrick is the patron saint of Ireland.



Corned beef and cabbage is a traditional Irish-American meal. Residents will enjoy some today at lunch!

ON THE MENU

CORNED BEEF
BOILED CABBAGE
BABY RED POTATOES
RYE BREAD
PISTACHIO PUDDING