



The Neighbors
of Dunn County
Generations of caring since 1892



APRIL & MAY
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



April is Occupational Therapy Month!

While Occupational therapy can assist with the skills needed to find a job, that is not the only thing we are limited to.

Occupational therapy has a broad scope of skills; covering anything from mental health to pediatrics. Here at The Neighbors of Dunn County our services are a little more specific.

In a skilled nursing facility, typically, the focus is helping people return to their prior skill level with the end goal of returning home. This means after someone has an illness, injury, surgery, etc. we practice doing everyday tasks. This includes getting dressed, using the bathroom, cleaning tasks, cooking tasks, medication management, and even eating. If a person is unable to do any of these tasks the way they usually would our job is to find ways to adapt that activity to ensure they are able to be independent again.

We are also able to provide education on safety in the home, energy conservation, and give recommendations on equipment or adaptations one may need before returning home.

For those that are not able to return home and stay long term, we are able to work with residents to determine the amount of assistance they need from nursing. We develop an appropriate exercise program and make recommendations to nursing staff after therapy ends. This way they are able to follow through with our recommendations and prevent further decline in the skills they developed from working with therapy. If long term care facility is not appropriate we can make recommendations for other options like assisted living, group homes, or getting services set up in the home.

"Occupational therapy? I'm here for my hip, not to get a job."

Oh boy, if we had a quarter for every time we heard that!



There are so many things we enjoy about Occupational Therapy. Some include getting to know our residents, being able to provide a listening ear, and being an advocate for those that can't advocate for themselves. The joy of seeing people progress, reach their goals, and return home is another thing that keeps us motivated and to do our best as therapist.

Hello! I'm Lynnae Nehring, Occupational Therapy Assistant. I have been working at The Neighbors for almost 13 years, it is my first job out of Technical College. My favorite things about my job are the amazing therapy team we have and the residents at NDC. I also love to think outside the box and love working with adaptive equipment. I have found that, "where there's a will there's a way," rings very true in this profession. My husband and I have been married for almost 10 years and we have two wonderful and silly girls, 7 years and 1 year. We also have a 14 year old Rat Terrier mix that we rescued about 10 years ago. I enjoy going up north to the family cabin, hunting, crafting, using my embroidery machine, making Ukrainian eggs, church activities, and spending time with family.



My name is Sam, and I have been working here at The Neighbors since they've opened in 2013. Prior to that, I was at the old Health Care Center since 2011. I graduated from the Occupational Therapy Assistant program at WITC Rice Lake. I knew at an early age that I wanted to be in the healthcare field. After observing a few occupational therapy sessions that a friend of mine was receiving, I knew this was the profession for me. I feel there's nothing more rewarding than being able to assist people in achieving their goals and allowing them to have the best quality of life possible!

I live in Eau Claire with my husband, and we have 4 kids; ages 15, 12, 11, and 7. In our "free" time, my husband and I stay quite busy remodeling both the inside and outside of our house.

Hello! I'm Kati Liegl. I have been an Occupational Therapist for 8 years. I started out traveling across the country, helping in places for three months at a time. When I got to Neighbors, I enjoyed it so much I decided to stay and have been here for 5 years! I appreciate the team approach of the therapy department and the whole facility. I love being able to watch someone progress until they can return home or help them find a place they can call home that is safe for them.

Outside of work, I love spending time with my family and pets, gardening, learning, traveling, and projects - especially building things.





How is the date of Easter determined?

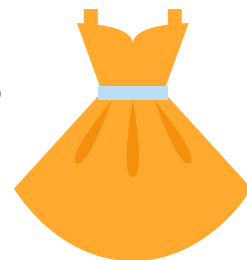
According to the Farmers' Almanac, Easter is celebrated on the first Sunday after the first full moon, on or after the spring equinox.

Happy Easter!

The Neighbors wishes everyone a happy Easter, and hope that all get to spend quality time with loved ones!

The tradition of the Easter bunny was started by Germans in the middle ages. They brought it over to the US in the 1700s by Dutch immigrants.

At one point in time, Easter clothes used to be considered good luck for the rest of the year.



The superstition stated that if you wore new clothes on Easter, good luck would find you for the rest of the year.



ON THE MENU

BAKED GLAZED HAM

MASHED POTATOES

& GRAVY

GREEN BEAN

CASSEROLE

CHERRY FLUFF SALAD

BLUEBERRY CHEESECAKE

DINNER ROLL



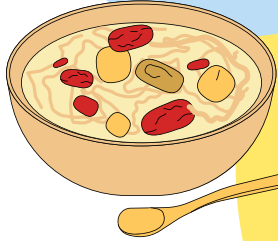
There is a reason that ham is so popular for Easter dinner! Long ago, ham would cure over the winter months. This means they would have been ready to eat by early spring. Just in time for Easter dinner!

CHICKEN WILD
RICE SOUP
& CHOICE BETWEEN
A HAM OR
TURKEY
SANDWICH!

ORDERS DUE APRIL 11TH AT MIDNIGHT
PICK UP APRIL 27TH FROM 10:30 AM - 1:30 PM

***Please wear a mask into the
building to pick up your order.***

BAKED GOODS WILL
ALSO BE AVAILABLE
AGAIN! \$1/EACH



SOUP & SANDWICH SALE

USE THE QR CODE TO ORDER
OR CONTACT ALYSSA
DOUGHTY
ADOUGHTY@CO.DUNN.WI.US



\$8



Payment accepted the
day of pick up. Checks
can be written to "The
Neighbors - Central"
with "Soup & Sandwich
Sale" written in the
memo line.

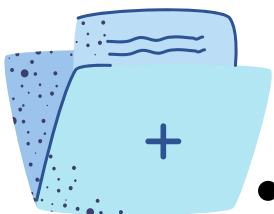


THANK YOU ERBERT'S & GERBERT'S
FOR DONATING THE BREAD!

*Health information management
(HIM) is the practice of acquiring,
analyzing, and protecting digital
and traditional medical information
vital to providing quality patient
care. It is a combination of business,
science, and information technology.*
- American Health Information
Management Association



Happy
Health
Information
Professionals
Week!
April 17th - 23rd



Meet Our Team

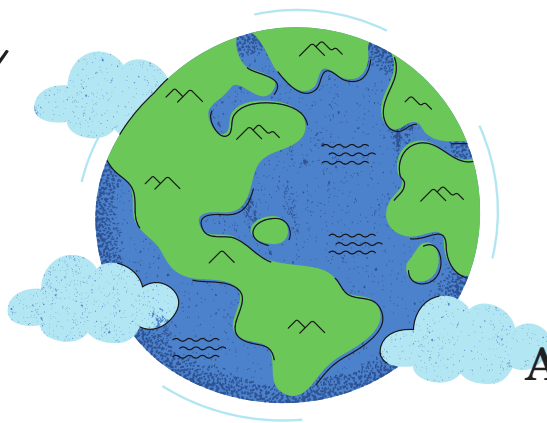
Fun Fact: As of 2020, there
were 416,400 jobs in the
field of Health Information
Professionals.

Meet Sue Mrdutt! She is our Health Information Manager and has been
in this position since 2004, receiving her associates in 2010. She has
been with Dunn County since 1989. Thank you for all that you do Sue!

How can I celebrate Earth Day?



Reduce your water usage by doing things like... fixing a leaky pipe/faucet, purchasing water efficient fixtures, & shortening your shower.



Happy Earth Day!

April 22nd, 2022

Reduce your carbon footprint by carpooling, utilizing public transportation, or reducing your driving by walking or biking.



Reduce your food waste by planning your meals in advance so you only buy what you need, check your fridge, freezer and pantry before shopping to see what you have, & include quantities on your list to avoid overbuying.



Reduce your runoff by using environmentally friendly gardening practices like using compost & mulch as a fertilizer.

Grow plants that attract birds, butterflies, and bees. These include native trees & plants - especially ones with berries, fruits, & flowers!

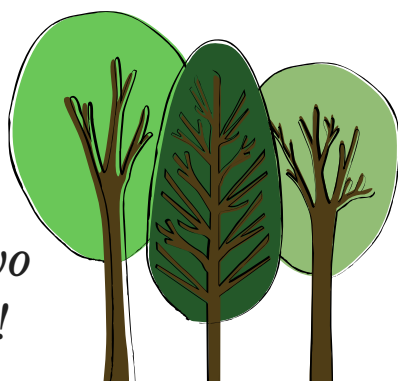


Happy Arbor Day!

April 29th,
2022

Fun Fact: In the span of the last 50 years, the Arbor Day Foundation has planted & distributed nearly 500 million trees in more than 50 countries worldwide!

Celebrate by donating to the Arbor Day Foundation or planting a tree or two in your community!



Why are trees important?

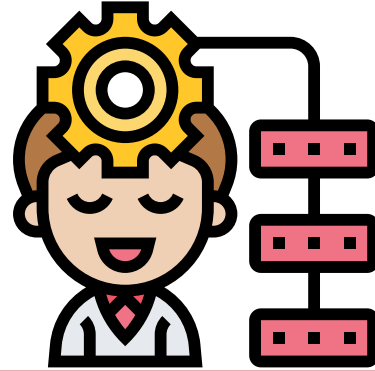
Trees are important for a variety of reasons such as:

- Cleaning our air
- Filtering our water
- Providing a buffer against extreme weather
- Reducing stress
- Encourage human connection & physical activity

Happy Administrative Professionals Week! *April 25th - 30th*

Meet Our Team

As of 2020, the Bureau of Labor Statistics reported 3,363,900 jobs in the field of administrative professionals.



Chris Anderson - Human Resources Associate

I have worked in this role for almost 9 years. Prior to that I was a CNA at DCHCC for 20-ish years. My favorite part of the job is educating employees to take advantage of all the benefits Dunn County has to offer. I enjoy antiquing and collecting anything mid century modern. Fun Fact: I have celebrated my 20th, 30th and 40th birthdays while working for Dunn County!



Ruth French - Staff Coordinator

I just started March 7th, 2022! I enjoy having a good work relationship with all the staff and residents. I'm enjoying learning my new job. I enjoy cooking, traveling, golfing, riding motorcycle, shopping and spending time with my family.



Chris and Ruth play a huge part in keeping our team running smoothly. Thank you for always being there to answer questions! We appreciate your hard work, patience, and organization!



Happy May Day!

May Day is celebrated on May 1st. Traditions have been celebrated throughout many cultures over the years. Most likely starting with the Greeks and Romans, it was also used by medieval & modern Europe to celebrate the return of spring.

May Day Traditions

- Dancing around the may pole to bring good luck & fertility with crops & livestock
- Leaving May Day baskets for others that contain flowers, trinkets or sweets
- Washing your face with the morning dew to bring good luck for the rest of your year
- Encouraging kids to go outside barefoot to enjoy the spring weather

Happy Nurses' Week!

May 6-12th

2021 nursing statistics say that there are 4.2 million RNs, 950,000 LPNs, 325,000 NPs, & 1.5 million CNAs currently working in the United States.

Nursing as a profession has been supported and promoted by the American Nurses Association (ANA) since 1896!



Meet Our Team

The Neighbors currently has 109 nursing staff members. These include RNs, LPNs, and CNAs! Our staff is made up of local nurses as well as agency staff from all over the country.

To our amazing nursing staff,
Thank you for all that you do!



Nurses' Week ends on Florence Nightingale's birthday! Florence worked in the British army working late hours that earned her the title the "Lady with the Lamp". She helped to formalize nursing education and started the first scientific based school for nurses named the "Nightingale School of Nursing".



Our nursing staff are the backbone of what we do. The past few years have shown us just how much they care about their profession and the residents they serve. They have put in countless hours to make sure residents stay healthy and get quality care. We cannot express how thankful we are to have them here at The Neighbors.

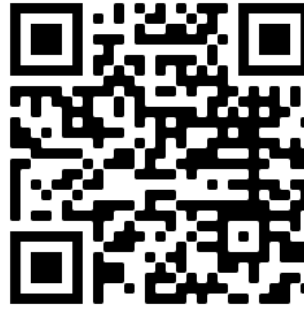


May 8-14th

Happy Nursing Home Week!



Join us this week to highlight the many different connections that we strive to create for our residents! Use the QR code below (or search "The Neighbors of Dunn County") to see our Facebook updates throughout the week!



*Creating &
Nurturing
Connections*

A Note from Our Administrator

It's that time of year again, when we celebrate National Skilled Nursing Home Week! Nursing home week begins on May 8th this year, and we are so excited for a fun filled week celebrating everything it means to be a skilled nursing facility. The theme for this year's celebration is Creating and Nurturing Connections. As we plan fun activities, meals, and recognitions for the week we keep this very important theme in mind. Over the past two years the pandemic has forced us to prioritize the clinical side of healthcare. The theme of this week is a wonderful way to bring awareness and recognition back to the equally important connection side of healthcare. This week we will recognize and honor the important connections between staff, residents, and families. We look forward to this wonderful week of celebration. We hope that you are able to stop by, participate, or enjoy pictures of our events on social media.

- Carmen Meyer



Mothers come in all different forms - biological or not. Thank you to all the mothers and mother figures out there! It is not an easy job, and we want you to know you are appreciated!

There will be a special meal in the households on Mother's Day! Stay tuned for more information from the Life Enhancement department to send your mom a Mother's Day surprise. Please contact Alyssa Doughty - adoughty@co.dunn.wi.us with any questions.

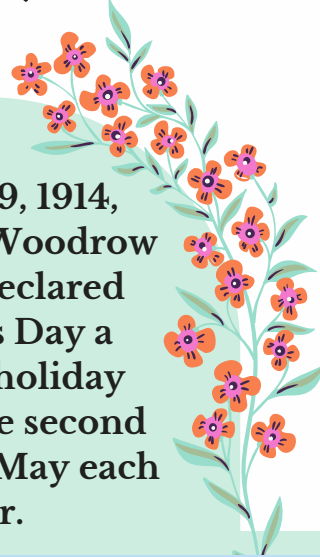
Thank you Moms!

Anna Jarvis started the tradition of wearing carnations to honor moms on Mothers Day in 1907.



Celebrating mothers dates back to ancient times. The Greeks celebrated Rhea, a titan and mother of Zeus.

On May 9, 1914, President Woodrow Wilson declared Mother's Day a national holiday held on the second Sunday in May each year.



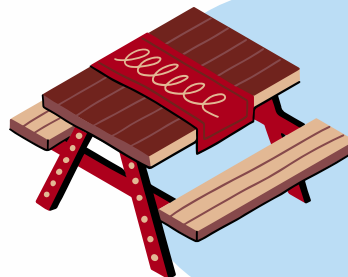
Happy Memorial Day!



The idea of using red poppies to commemorate fallen soldiers first appeared in the poem "In Flanders Field," written by Lieutenant Colonel John McCrae in 1915.

Thank you to all who have made the ultimate sacrifice while serving their country. We are honored to remember you on this day.

We hope that everyone has a safe and fun Memorial Day weekend with friends, family & loved ones.



Our tradition to commemorate Memorial Day with a backyard barbecue began with the original tradition of having a picnic lunch on the burial sites of our fallen loved ones.



May is Get Caught Reading Month!



Reading can come in a variety of forms!

- Books
- Magazines
- Newspapers
- Audiobooks
- Graphic novels
- & more!

Where can I find resources at The Neighbors?



Looking for a good book? Check out our resident library! Located in Breckinridge Villa in the Central Building. Residents from all buildings are welcome to utilize our library! If you or your loved one love to read but aren't able to do so anymore, contact our Life Enhancement staff! They will connect with the Wisconsin Talking Book & Braille Library to get you audiobooks, a free service for those with visual impairments or other disabilities that may impact someone's ability to enjoy a good book.



May is Blood Pressure Education Month

What small changes can I make to my lifestyle to decrease my risk?

Factors that put you at higher risk for high blood pressure include age, sex, genes, race/ethnicity, & lifestyle choices.

Partner up with a friend! The National Heart, Lung, & Blood Institute report that studies show you are more likely to stay motivated if you do heart healthy activities with people at home, at work, in your community or even online!

- Add one fruit or veggie to each meal.
- Get a salad instead of fries when you get fast food.
- Invite a friend for regular walks.
- March in place during commercials.
- Manage your stress by practicing mindfulness 10 minutes each day.
- Share a funny joke or inspirational quote with a friend.
- Stop smoking. Find an alternative hobby to keep you busy when you get the urge to smoke - sewing, reading, pickleball, or whatever you are interested in!



Chronic high blood pressure can damage your body over time & put you at risk for:

- Heart Disease
- Stroke
- Kidney Disease
- Dementia

Check out the QR Code to the National Heart, Lung, & Blood Institute website for more info!

