



The Neighbors
of Dunn County
Generations of caring since 1892



JUNE & JULY 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

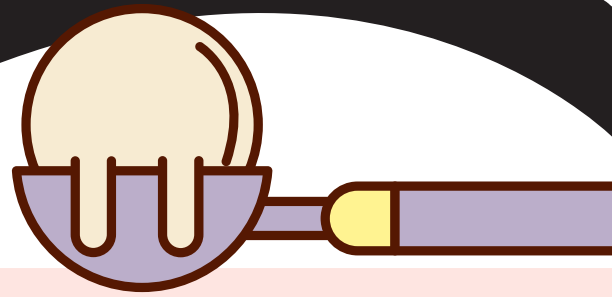
\$34,000 of \$90,000 raised!

THIS MEANS WE ARE 40% OF THE WAY TO A NEW BUS.

CHECK OUT OUR UPCOMING FUNDRAISERS IN THE FOLLOWING PAGES TO HELP US RAISE MONEY! AS WE ADD TO OUR FUNDS, WE WILL COLOR IN MORE OF THE BUS!



*Join us for a
concert in the park!*



The Neighbors of Dunn County will be selling baked goods, pie, & ice cream at the Ludington Band Concert on June 14th.

**Location:
Wilson Park
Start Time: 7:00 pm**



**All proceeds
will go
towards a
new bus!**

If you would like to donate a pie or baked goods for June 14th, please contact
**Alyssa Doughty -
adoughty@co.dunn.wi.us
or 715-231-4589**



THE NEIGHBORS OF DUNN COUNTY

FORE FUN GOLF TOURNAMENT

DATE: AUGUST 27TH, 2022

LOCATION: MENOMONIE GOLF & COUNTRY CLUB

REGISTRATION: 9:00 AM

SHOTGUN START: 10:00 AM

FORMAT: 4 PERSON SCRAMBLE

PRICE: \$45/PERSON - CART & LUNCH INCLUDED



**TO SIGN UP, USE THE QR CODE, CHECK
OUT OUR FACEBOOK & WEBSITE FOR
THE LINK, OR CONTACT ALYSSA
DOUGHTY -**

**ADOUGHTY@CO.DUNN.WI.US
OR 715-231-4589. SIGN UP WILL
CLOSE AUGUST 15TH, 2022 TO
ENSURE WE CAN GET ENOUGH CARTS!**

**ALL PROCEEDS WILL GO TOWARDS A NEW
WHEELCHAIR ACCESSIBLE BUS FOR OUR RESIDENTS!**

Warm Weather Reminders

It is already that time of year again! We are excited to enjoy the warm weather, but we also want to do it as safely as possible. Check out these tips & reminders to stay safe in the heat!

Make sure to remember sunscreen, grab a hat, and find shaded areas when outside for any extended period of time to reduce the risk of sunburn!



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

What outdoor options does The Neighbors offer? Residents and families are more than welcome to use the screened in porches in each household, courtyards, and walking trails around our campus! Contact Alyssa Doughty - adoughty@co.dunn.wi.us if you have any questions.

Use the QR Code to see warning signs & symptoms of heat related illness and what to do if you see them from the Centers for Disease Control & Prevention.

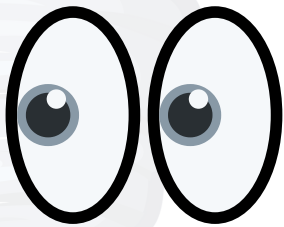


Severe Weather Policies & Reminders



As we move into storm season, we want to send out a few reminders of our severe weather policies. Our goal is to keep everyone as safe as possible when there is severe weather watches and warnings. Check them out below!

Severe Weather Watches



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

Severe 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 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 ask residents to sit in the corners of the hallways in each household. These points are the most sturdy point of the building if severe weather were to hit.



For additional information about staying safe in severe weather warnings and watches, check out information from the National Weather Service!



June is Alzheimer's & Brain Awareness Month

Here are ten ways to love your brain according to the Alzheimer's Association:

1. Break a sweat: Engage in regular exercise that gets your heart pumping!
2. Hit the books: Education at any stage in life will help reduce the risk of cognitive decline.
3. Take steps to quit smoking.
4. Follow your heart: Take care of your heart health & your brain may follow suit!
5. Keep your brain safe by wearing a seatbelt, use a helmet, and take steps to prevent falls.
6. Eat healthy: Try to stick to foods that are low in fat - veggies and fruit are a great option!
7. Get a good nights sleep! Insomnia or sleep apnea could result in problems with memory/thinking.
8. Take care of your mental health! If you struggle with depression or anxiety, seek medical help. Learn new ways to manage stress.
9. Buddy up: Staying socially engaged may support brain health.
10. Challenge your brain: Engage in activities that stump you or learn something new to exercise your brain!



Let's work your brain by trying this brain teaser from Readers' Digest! The answer appears on the next page.

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?



Do I qualify for services if my loved one has Alzheimer's or dementia?

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.

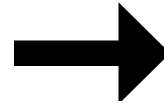
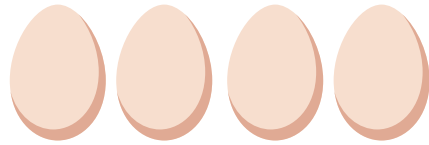
Happy National Dairy Month!



Brain Teaser Answer:
The man's SON was
the one in the
photograph!

A note from
our dietician

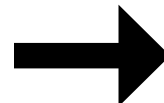
According to the National Dairy Council, three servings of milk provides as much nutrients as:



Protein found in 4
large hard-boiled eggs



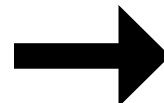
x 17



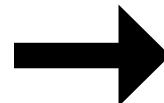
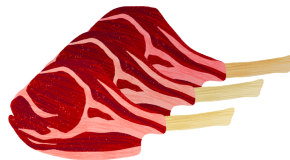
Calcium found in
approximately 17 cups
of raw kale



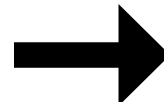
x 3



Phosphorus found in
3 cups of red kidney
beans



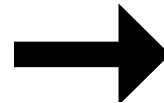
Vitamin B found in
approximately 1 lb. of
pork chops



Riboflavin found in
.8 cups whole almonds



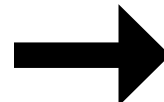
x5



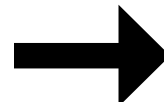
Pantothenic Acid (B6)
found in
approximately 5 cups
of chopped broccoli



x3



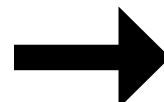
Vitamin A found in
approximately 3 cups
of sliced red peppers



Vitamin D found in 15
sardines



x6



Niacin (B3) found in
approximately 6 large
white mushrooms

Thank you
to all of
our local
dairy
farmers!



Happy CNA Day!

June 16th, 2022

The first CNAs started work in World War I. The first CNA organization, was established by the American Red Cross and was known as the Volunteer Nurses' Aide Service.

The Bureau of Labor Statistics reports over 1,400,000 CNAs working across the country!

To our top notch CNA staff. Thank you for all that you do!



Meet our team



The Neighbors currently has 73 CNAs on staff with a mixture of local and travel staff. Our CNAs are on the front lines of resident care. They are essential in making sure our residents have what they need to be happy and healthy. We appreciate their tireless work to make sure residents are well taken care of!

We appreciate you!

The first Father's Day was celebrated in Spokane, WA in 1910!



Just as carnations are worn on Mother's Day, Father's Day also has a flower. It is a rose!

Fathers come in all different forms - biological or not. Thank you to all the fathers and father figures out there! We appreciate everything that you do for your kids!



happy Father's Day



If you would like to order a gift for your father, check out the QR code for the order form or email Alyssa Doughty - adoughty@co.dunn.wi.us. We will put together a picture frame with your favorite picture of you and your dad. Our Life Enhancement Staff will deliver them on June 17th.

Happy Fourth of July!

2

Independence Day should be celebrated on July 2nd. This was the day that the vote for independence, not July 4th! Who knew?!

Celebrating Independence Day wasn't a federal holiday until 1870! This came more than 100 years after the signing of the Declaration of Independence.



The Liberty Bell rings 13 times every Independence Day to honor the 13 original states.

There are 33 places in the United States with the word "liberty" in their names.
There is a Liberty in Wisconsin!



ON THE MENU
SMOKED
PULLED PORK
ON A BUN
MACARONI SALAD
BAKED BEANS
STRAWBERRY
ICE CREAM &
SUGAR COOKIE

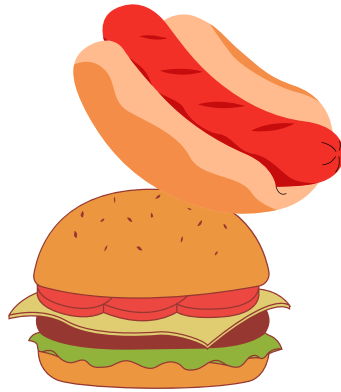


The oldest Independence Day parade is held in Bristol, Rhode Island. The parade and other festivities have been happening since 1785!

What is your favorite Fourth of July memory?

July is National Picnic Month!

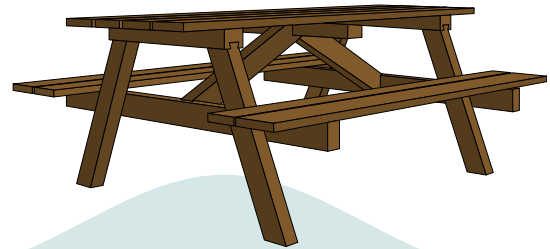
Reported favorite picnic foods range from sandwiches, to macaroni or potato salad, to grilled food like hot dogs, brats, or hamburgers!



The first table designed specifically for picnics appeared in the late 1800s! They were even made in a similar style to what we see today.



Picnics date back to mid-18th-century al fresco French dining.



The word "picnic" is derived from the French word piquenique which means to eat food outside!



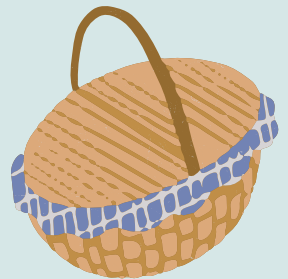
Picnic Spots around Menomonie

Wakanda Park

Riverside Park

Hoffman Hills

Devil's Punchbowl



Picnic Spots at The Neighbors

Household Courtyards located in each Neighborhood

Gazebo next to the Government Center



Wilson Park

Butch's Bay Wolske Bay

Phelan Park & many more!