



DECEMBER &
JANUARY 2022

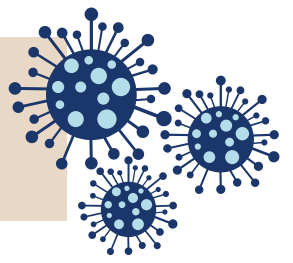
News from The Neighbors



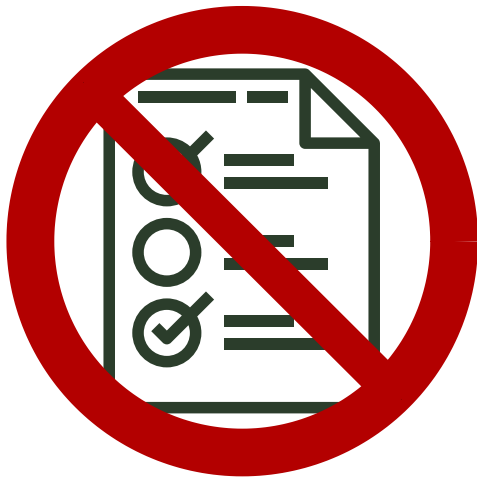
**Take a look at what is happening around
The Neighbors of Dunn County!!**

Written by Alyssa Doughty
Life Enhancement Mentor and Volunteer
Coordinator

COVID-19 Protocol Updates



All guidelines are subject to change as more information comes from the CDC & CMS. As information changes, we will send out updates. If you have questions about the guidelines, please ask!



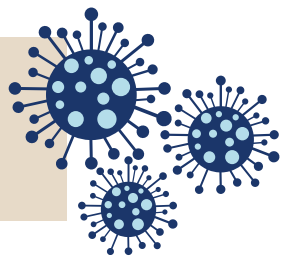
The following information is in clarifications to the COVID-19 policy changes from the end of September. On September 23rd the CMS QSO memo number QSO-20-39-NH was revised with several changes to recommendations for skilled nursing facilities and their COVID-19 response. The changes are centered on visitation, PPE usage, and testing.



Requirements that changed, and directly affect visitors are as follows. The changes released the requirements for nursing facilities to actively screen visitor upon entrance. This allowed us to open our doors and allow visitors into the facilities without going through the screening process.

Per the above mentioned memo visitors should refrain from visiting in "non-urgent" situations if they have either tested positive for COVID-19 or are symptomatic. Visitors who are symptomatic and/or tested positive should use long-term care/CMS criteria for isolation before coming back to visit. If you have any questions, please contact the Assistant Clinical Mentor in your building.

COVID-19 Protocol Updates



One of the other changes that directly affects visitors is the PPE requirement changes. Per CMS guidelines nursing facilities are required to use county COVID-19 community transmission rates when making PPE decisions. Per the QSO memo in counties with a high transmission rate everyone in a healthcare setting should wear a mask. The memo later states that if the county is not in high transmission facilities may choose to not require masks, with the exception of times of outbreak. This being said the memo also states that any PPE changes must be based on recommendations by the state, local health department, and individual facility circumstances; facilities can chose to require masks. For a facility to lessen requirements regarding masks the county must sustain a transmission rate lower than “high” for a period of time.

OUR CURRENT GUIDELINES

When clarification of how long this would need to be facilities were advised a minimum of two weeks. Dunn County is currently at a high level of transmission, and has not sustained lower levels for the required time period since the change of requirements in September. The only exception to the mask wearing requirement while in high transmission is when a visitor is alone with a resident in their room or in a designated visiting area. This means that if you are visiting a loved one in their room you are not required to wear a mask while in the room. At this time due to high transmission rates it is required that when you leave the room and enter any common area masks are required.



ROOM RESERVATIONS at TNDC

ROOMS ARE AVAILABLE ON
A FIRST COME FIRST SERVE BASIS

1 COMMUNITY ROOMS **2** CHAPELS

1. Choose a day & time period that you would like to reserve a room.
2. Contact the Life Enhancement staff member in your building.
3. Let staff know approximately how many tables, chairs, or other supplies your group may need. ***This is especially important if you are reserving rooms on a weekend or holiday so that they can have it set up in advance.***
4. Your group will be added to the calendars located on the outside of the room you will be reserving. Please be respectful of others that have reserved the room before/after your group.

Life Enhancement Team Contact Information

West Building - Chuck Ausman: causman@co.dunn.wi.us or 715-231-4609;

East Building - Quinton Kase: qkase@co.dunn.wi.us or 715-231-4630;

Central Building - Alyssa Doughty: adoughty@co.dunn.wi.us or 715-231-4589

**IF YOU NO
LONGER NEED A
ROOM, PLEASE
LET US KNOW
SO THAT WE
CAN OFFER IT
TO OTHERS
THAT MAY!**

ADDITIONAL GUIDELINES

- Masks can be taken off only if family is in the designated visiting area (ie resident room, chapel, or community room)
- If you enter the hallway or any other common area, YOU NEED TO PUT A MASK BACK ON.
- Crock Pots can be used only in the reserved rooms. They are NOT allowed in resident rooms. They cannot be left unattended at any time.
- If you would like coffee, please let Life Enhancement staff know so they can plan with household staff to have it ready when you arrive.
- Extension cords and power strips may not be used.
- Anything that uses an open flame - burners, candles, etc. - are not allowed. They are fire hazards and break safety policies.
- If you are not feeling well, please stay home. Even if you do not have COVID, sickness spreading through the households is not fun for anyone involved. Our Life Enhancement Department is always happy to help set up a virtual visit.



Introducing Central's New Assistant Clinical Mentor – Rebecca Proudlock!



I have worked for the Neighbors of Dunn County for nearly 10 years.

I started my nursing career in the old building, Dunn County Healthcare Center. I also worked at DCHCC as a CNA while obtaining my Nursing Degree.

What I enjoy most about my job is the residents/patients hands down. I enjoy learning about each resident/patient while they are in my care. Although my new position requires me to be in an office setting more, I continue to enjoy working the floor and spending one-on-one hands-on care with the residents/patients. It is important for me to really get to know those in my care.



In my free time I enjoy camping with my family and friends every summer, I would go camping every weekend if I didn't have other responsibilities. I enjoy hunting, gardening, cooking and watching my youngest compete in Trap Shooting.

I am married to a wonderful guy and I am the mother of three wonderful children, one being the reason I was determined to obtain my nursing degree. I have a small obsession with anything pickled and will try just about anything that has been pickled or is pickle flavored. And although I have lived my entire life in Wisconsin I am an avid MN Viking fan...SKOL!!



Appointments Update

Please give us grace when waiting for appointment information. The wait times on the phone have gotten much longer than they have been previously.

Our staff are working to get your appointment scheduled and the information to you as quickly as we can. If you have questions, please don't hesitate to ask the nurses to contact our Unit Clerks.





Light Up Our Campus in Memory of Your Loved One

We would be honored to help remember your loved one with a light displayed on the trees in front of our Central Building. Fill out the form using the QR code, or contact Alyssa - adoughty@co.dunn.wi.us or 715-231-4589. *Last day for forms is December 13th.*



This is a fundraiser for our new bus.
A suggested donation amount is
\$5.00/memorial. Cash or checks can be
dropped off or mailed to The Neighbors of
Dunn County. Checks should be written to
"The Neighbors - Central" with "Memorial
Lights" written in the memo line.

The Neighbors of Dunn County
C/O Alyssa Doughty
2901 Forbes Avenue
Menomonie, WI 54751

This is open to anyone in the community, not just for those that have lived here at The Neighbors. After all names have been gathered, we will put lights up on the trees in front of our central (yellow) building. Names will be added to our website and Facebook page as well.



Cold Weather Reminders



Safety guidelines state that we are not allowed to have heaters or heated blankets anywhere in the facility. They are fire hazards. If you or your loved one would like their room to be warmer, we can absolutely make that happen! Ask any of our staff to put in a work order and our maintenance team will adjust their thermostat.

Regulations also state that we cannot have humidifiers or diffusers that use batteries or plug-ins in resident rooms. They are also safety hazards. If you would like to get a diffuser, those that use the liquids and reeds are acceptable.



The Old Farmer's Almanac Predictions for 2022-23 Winter

"Winter temperatures will be below normal, with the coldest periods in late November, early December, early and late January, and mid-February. Precipitation and snowfall will be below normal in the east and above normal in the west. The snowiest periods will be in late November, early and late December, and early and late March."

AS TEMPERATURES DROP, PLEASE BE AWARE OF SIGNS AND SYMPTOMS OF HYPOTHERMIA WHEN HEADED OUTSIDE!



Shivering
Slurred speech or mumbling
Slow, shallow breathing
Weak pulse
Clumsiness or lack of coordination
Drowsiness or very low energy
Confusion or memory loss
Loss of consciousness

St. Nicholas Day – Dec 6th

HOW DID THE STORY BEGIN?

The legend of a kindly old man was united with old Nordic folktales of a magician who punished naughty children and rewarded good children with presents to form the pop-cultural figure of Santa Claus.



Oranges and chocolate coins are common treats given on St. Nicholas Day.



These treats represent St. Nicholas's legendary rescue of three impoverished girls by paying their marriage dowries with gold.

Household Christmas Parties



Deerview

Tuesday, December 13th
2:00 pm

Inglenook

Wednesday, December 14th
2:00 pm

Morning Song

Monday, December 19th
2:00 pm



Red Cedar

Thursday, December 15th
2:00 pm

Tender Hearth

Tuesday, December 20th
2:00 pm

Even Tide

Friday, December 16th
2:00 pm

Eastbrook

Wednesday, December 21st
2:00 pm

NOTE: RED CEDAR AND INGLENOK PARTY DAYS HAVE BEEN CHANGED SINCE THE PREVIOUS NEWSLETTER. IN GENERAL, ALL EVENTS ARE SUBJECT TO CHANGE DUE TO COVID OUTBREAKS/PRECAUTIONS. PLEASE KEEP AN EYE ON OUR WEBSITE/FACEBOOK FOR UPDATES!

MERRY CHRISTMAS

The Neighbors staff is wishing you a merry Christmas and happy holiday season! We hope you have a safe and fun time celebrating with your loved ones.

“T’WAS THE NIGHT BEFORE CHRISTMAS, WHEN ALL THROUGH THE HOUSE, NOT A CREATURE WAS STIRRING, NOT EVEN A MOUSE.”—CLEMENT CLARKE MOORE





HAPPY NEW YEARS! 2023

Happy New Years from The Neighbors! We hope that your year is filled with laughter and lasting memories with friends and loved ones.



FUN FACTS

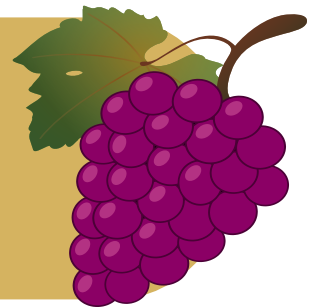
You are never too old to set another goal or to dream a new dream
- C.S. Lewis

The New Years ball is changed each year. It has 2,688 Waterford crystal triangles and over 32,000 lights. It also displays over 16 million color patterns! The ball has been dropped every year since 1907, with two notable exceptions. These exceptions occurred in World War II when there were light restrictions. Times Square remained dark in 1942 & 1943.

Consumption of sparkling wine rises up over 360 million glasses each New Years Eve!



In Spain, people eat 12 grapes at the stroke of midnight to start the new year with good luck.



Others say you should eat 365 black eyed peas for good luck!



Aside from being entertaining and fun to look at, fireworks are said to chase away evil spirits and bring good luck for the new year.



January is Blood Donor Month



Fun Fact: The American Red Cross was formed by Clara Barton in 1881!

Scan to find a blood drive near you!



Quick Facts - Blood Donation from The American Red Cross

Universal donors are those with an O negative blood type. Why? O negative blood can be used in transfusions for any blood type.

Only 7% of the population are O negative. The need for O negative blood is the highest because it is used most often during emergencies. The need for O+ is high because it is the most frequently occurring blood type (37% of the population).

Donation guidelines include:

Frequency: Every 56 days, up to 6 times a year*

You must be in good health AND feeling well.

You must be at least 16 years old in most states

You must weigh at least 110 lbs

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer.

In fact, every two seconds, someone in the U.S. needs blood.

-American Red Cross



January is Bath Safety Month

How do I make my bathroom a safer space & reduce risk for falls?

Reduce Clutter: keep the floor free from clothes and other items.

Keep the Necessities Easily Accessible: place items used regularly in a space that you do not have to reach or bend.

Install Grab Bars to Increase Stability: these help to increase balance especially getting in and out of the shower



Add Non-Slip Mats to Your Shower/Tub

Raise the Toilet Seat: extensions help make it easier to transfer on/off the toilet.

Start Using a Shower/Bath Chair: consult with your healthcare provider to see if this option is best for you.

Tips from Intrepid USA

