



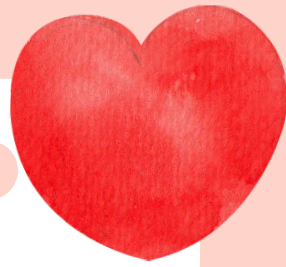
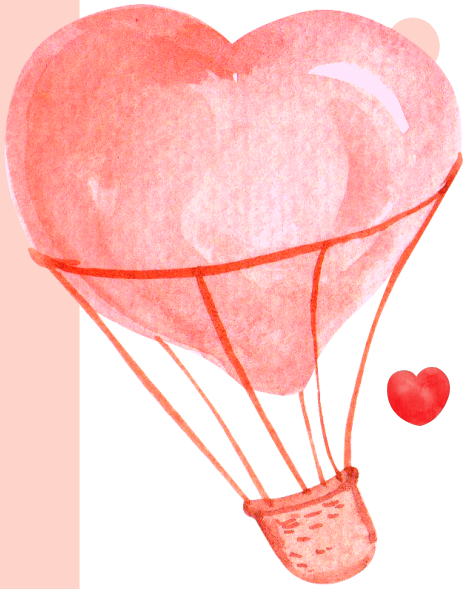
FEBRUARY &
MARCH 2023

**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



SEND YOUR LOVED ONE A

Valentine!

ORDERS DUE FEB. 6TH

Orders will be delivered on Feb. 14th

Payment can be dropped off at The Neighbors or mailed to
2901 Forbes Ave.

Menomonie, WI 54751

Checks can be written to "The Neighbors - Central" with
"Valentine's Day Sale" in the memo line. Proceeds go
towards a new bus!

ORDER OPTIONS

**1 MYLAR BALLOON, GOODIE BAG
OF CHOCOLATE, & 1 PERSONALIZED CARD (\$5)**

1 PERSONALIZED CARD (\$1)

**SINGING VALENTINE PERFORMED
BY QUINTON (\$1/SONG)**

Order using the QR code or get a paper
order form at one of our nurses' station.



Reminiscing with Jo: *Valentine's Day*

As February 14th rolls around my mind drifts to my friend Carolyn. Carolyn owned the Hallmark Store on Main Street back in the 1980's. I guess it's no surprise that Carolyn, with her career choice, also collected vintage valentines. I loved to look at her collection. Most were made of heavy cardstock. They were faded and worn, but they stood up to their age - still able to proclaim the deep feelings of love and friendship between two people. Some had string woven tightly into the fibers of the paper or lace ribbons trimmed in gold and silver highlighting their edges. Others had red hearts that stood out three dimensionally with shiny sequins and sparkles. Even though the vivid colors were diluted by age and dust had crept into the threads, they were still the most beautiful cards I had ever seen.

My mind creeps back to imagine a time when these were such an important gift for your sweetheart. We've become a society of quick texts and Facebook posts. The art of traveling to the local store and reading through dozens of cards to find the one that proclaims your true feelings. Then trying your best to write your salutations and signature in proper penmanship, attaching the stamp, and dropping it in the mailbox.

Perhaps you delivered your Valentine in person. Carrying it in your sweaty palms to your true love. Watching their face as they shyly opened the card that you chose to speak to their soul. Waiting to see their reaction. Will this moment end in a sweet kiss? The anxiety and excitement flow together. And your palm sweat now seems to be traveling uncontrollably to your head and armpits. And your lover smiles at your awkwardness.

My friend Carolyn passed away about 15 years ago. And the world has changed. We are now rarely buying the sweet cards. We now proclaim our love on Twitter and Facebook. And there's nothing wrong with that, but I like words. And I still enjoy a simple heartfelt, handpicked, and thoughtfully signed Valentine's Day card.

-Jo Hayes



Fundraiser Night

Culver's
1330 Stout Rd
Menomonie, WI
54751



Tuesday
February 7th
5:00 - 8:00 pm

Need dinner plans on February 7th? Stop in to see us and support our bus fundraising! 10% of sales between 5:00-8:00 pm that day will go towards our new bus!



Appointment Reminders



Please be sure to take envelopes to each appointment. These contain important paperwork needed by both the provider and our nurses when residents return. Upon return, please give the envelope back to the nurse on duty so that they can input new orders or other information into the computer.

When making appointments independently, please let the Unit Clerks know the appointment type, provider, date, time, and transportation. This allows them to get it into our system so that staff know to have each individual ready to go. This also allows the Unit Clerks to help set up transportation if needed.



How To: ROOM RESERVATIONS

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;

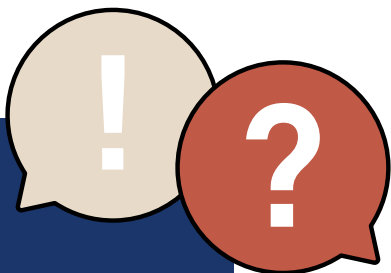
East Building - Quinton Kase: qkase@co.dunn.wi.us or 715-231-4630;

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!

RESERVED

- 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 anytime.
- 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.



TNDC BAKED ZITI LUNCH FUNDRAISER

**\$8.00/
ORDER**

**ORDER
PICKUP
MARCH
8TH**



**ORDERS
DUE
FEBRUARY
22ND**



Each baked ziti contains meat, traditional pasta, and cheese. Orders come with two breadsticks. Orders will be available for pickup at the front entrance of the central (yellow) building at The Neighbors of Dunn County from 10:30 am - 1:00 pm.

We will be taking payment at the time of pick up and are accepting cash or check. Checks can be written to "The Neighbors - Central" with "Ziti Sale" written in the memo line. Got a sweet tooth? We will also have baked goods available for purchase! All proceeds will be put towards a new bus. We appreciate your support!! Please direct any questions to Alyssa Doughty - adoughty@co.dunn.wi.us.

February is American Heart Month



Scan for more resources from the American Heart Association!



American Heart Month was started by president Lyndon B. Johnson.

FUN FACTS

Heart disease is the leading cause of death in the United States.

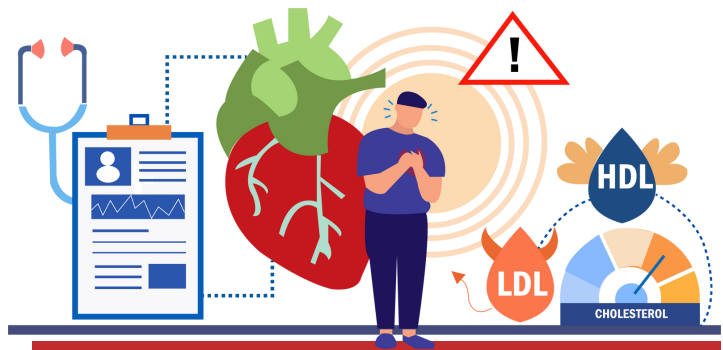
Wear **Red** Day 2023 falls on Friday, February 3rd to support heart health!

You might not have symptoms of high blood pressure, but it's a leading risk factor for heart disease and stroke.

The mission of the American Heart Association is *"Building healthier lives, free of cardiovascular diseases & stroke."*

HOW CAN I PROTECT MYSELF FROM CARDIAC DISEASES?

1. Ask your doctor about your A1C, blood pressure, and cholesterol.
2. Reduce your sodium in your diet. Increase the fruits, vegetables, and whole grains that you eat!
3. Be physically active! Some easy ways to get exercise throughout your day include walking/propelling yourself to and from meals, participating in exercise groups, dancing to music, or any other way to get yourself moving!
4. Maintain a healthy weight.
5. Refrain from/limit smoking.
6. Manage stress. Some simple ways to manage stress include: attending activities you enjoy, breathing exercises, listening to music, coloring, or anything else that calms you!
7. Keep your diabetes under control. Consult your doctor for the best strategies for you!



SYMPTOMS OF A CARDIAC EMERGENCY MAY INCLUDE:

Chest pain, discomfort or an uncomfortable pressure in the chest

Shortness of breath

Pain in the upper body, arms, back, neck, jaw or upper stomach

Feeling nauseous or vomiting

Sweating; or cold sweats

Weakness, lightheadedness, feeling faint or dizzy

Feeling very full or having indigestion

Fatigue or exhaustion

An irregular heartbeat, palpitations, or increased heart rate

Happy Groundhog Day!

Old Farmer's Almanac February
Weather Predictions for the
Upper Midwest Region



HOW DOES THE PREDICTION WORK?

If groundhog sees his shadow,
he predicts six more weeks of
winter. If he doesn't, it's a
forecast of an early spring.

What is your guess?!



Feb 1-7

Snow Showers & Cold

Feb 8-12

Sunny & Very Cold

Feb 13-20

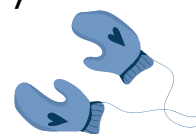
Snow Showers & Chilly

Feb 21-24

Periods of Snow & Very Cold

Feb 25-28

Sunny & Cold



Fun Fact: Punxsutawney Phil is not his full name! It is actually
"Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of
Prognosticators, and Weather Prophet Extraordinary."

Pride in Foodservice Week

From February 6th to February 10th we would like to extend
an extra thank you to our foodservice crew! They work hard to
ensure our residents as well as community members that
utilize Meals on Wheels get delicious and nutritious food!

Pride in Foodservice week started
in 1991 and has continued for
over 30 years. It was started by
the Association of Nutrition &
Foodservice Professionals, an
organization that began as the
Hospital, Institution, and
Educational Food Service Society
in 1960. It has also gone by the
Dietary Managers Association in
the 1980s until 2012.

Our kitchen serves the
~100 residents here at
The Neighbors as well
as anywhere between
100 - 150 residents in
the community through
Meals on Wheels!

THANK YOU!

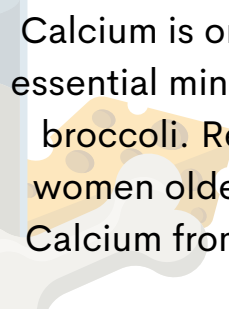


Honoring National Nutrition Month with Healthy Bones

March is National Nutrition Month! Bone health carries extra importance as bone density is lost as you get older. According to Johnell & Kanis (2006), three-quarters of all vertebral and non-vertebral fractures occur among adults aged 65 years or older, and over three-quarters of hip fractures occur in people aged 75 or over. Fractures are one of the biggest risks for older adults however, there are a number of things you can do to have healthier and stronger bones. In this article we will look at how you can have stronger bones by following only five easy steps!

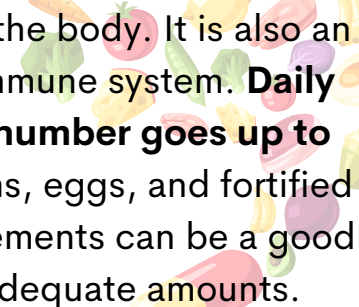
Article
By
Ilkay
Baseski

1. Eat Calcium rich food!



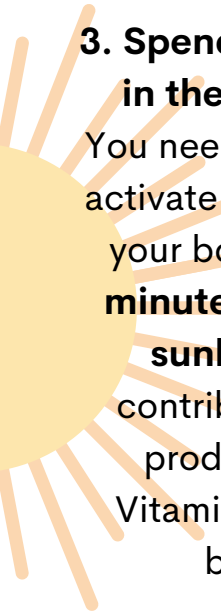
Calcium is one of the most important minerals when it comes to bone density. This essential mineral can be found in foods like milk, yogurt, cheese, tofu almonds, and broccoli. Recommended Daily Allowance (RDA) of Calcium is **1200 mg/day** for women older than 51 and men older than 71 years old. If you can not get enough Calcium from your daily diet supplements are a great option especially for women as they lose bone density due to menopause.

2. Include Vitamin D in your diet!



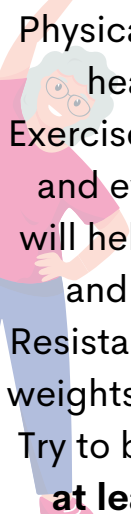
Vitamin D affects bone density by increasing Calcium absorption in the body. It is also an essential nutrient that helps with mood regulations and a healthy immune system. **Daily Vitamin D requirement is 600IU between the ages 19-70. This number goes up to 800IU after the age of 71.** Fish such as salmon and tuna, mushrooms, eggs, and fortified foods such as milk and cereal are good sources of Vitamin D. Supplements can be a good option to increase your intake if your diet alone is not providing adequate amounts.

3. Spend some time in the sunlight!



You need sunlight to activate Vitamin D in your body. **15-20 minutes of direct sunlight** will contribute to the production of Vitamin D in your body.

4. Move your body!



Physical exercise is another key to healthy and strong bones. Exercises such as walking, jogging, and even taking stairs every day will help reduce bone density loss and strengthens your bones. Resistance exercises such as lifting weights can also strengthen bones. Try to be more active and exercise **at least 30 minutes per day.**

5. Avoid substance use!



Avoiding cigarette use is very important especially for women who are going through menopause. **Limiting alcohol** down to one or two drinks each day will help you to maintain your bone density.

By making simple and small changes in your diet and lifestyle, you can prevent bone fractures and injuries, gain more mobility and flexibility. The quality of your life will change positively. Remember change starts with you and even the smallest change can make big difference. Happy National Nutrition Month!

March is National Social Work Month



The Neighbors of Dunn County is helping celebrate this year's Social Work Month in March with the theme "Social Work Breaks Barriers," to highlight how social workers have enriched our society by empowering people and communities to overcome hurdles that prevent them from living life to the fullest.

The annual Social Work Month campaign in March is a time to inform public, policymakers, and legislators about how social workers have always broken barriers when it comes to the services they provide in an array of sectors, including hospitals and mental health centers, federal, state and local government, schools, community centers, and social service agencies. People become social workers because they have a strong desire to help others and make society a better place.



Social work is one of the fastest growing professions in the United States, according to the Bureau of Labor Statistics (BLS). More than 700,000 professional social workers are hard at work nationwide, but that number is expected to rise to more than 800,000 by 2030, BLS said.

SOCIAL WORK: ITS BEGINNINGS & PROGRESSION

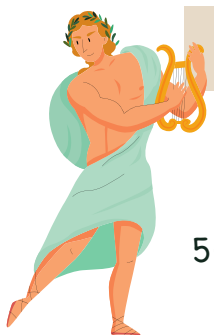
Social work began more than a century ago. The profession can trace a large part of its origins to Jane Addams and Ellen Gates Star. In 1889, they opened Hull House in Chicago to provide social services to the area, which had a large immigrant population. Other social work pioneers included anti-lynching advocate and women's rights activist Ida B. Wells and George Edmund Haynes, a social worker who was co-founder of the National Urban League. In the 1960s, past NASW President Whitney M. Young Jr., worked in collaboration with President Johnson and other leaders during the turbulent Civil Rights era to break down the barrier of employment discrimination so Black people could get access to better paying jobs. Social workers have helped drive significant, positive changes in our nation. Frances Perkins, the first female Labor Secretary during the Great Depression, and others helped secure benefits we continue to see used today, such as the 40-hour work week, minimum wage, and Social Security benefits.



The Neighbors of Dunn County thanks Brenda Ausman and Laura Briesemeister for their continued Social Work practice within the facility.
HAPPY SOCIAL WORK MONTH!

THANK YOU!

March is National Music Therapy Month



EXAMPLES OF MUSIC AS THERAPY THROUGHOUT HISTORY

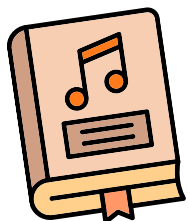
Ancient Greece: Aesculapius, son of the ancient Greek god of music Apollo, was reported to cure diseases of the mind through music.

5000 B.C. - Egyptian priest-physicians used music to promote healing

400 B.C. - Hippocrates played music for his mental patients

1745 - The book "The Connection of Music to Medicine" was published by Ernst Nicolai.

WWI & WWII - Musicians go from hospital to hospital to play music for those experiencing emotional and physical trauma



MUSIC THERAPY TODAY & AT THE NEIGHBORS

Music therapists around the country use music therapeutically to address physical, emotional, cognitive, and social needs of their clients. Some examples of therapeutic music activities here at The Neighbors include sing-a-longs, getting involved in sessions through use of instruments, reminiscing through music, and a personalized iPod program. If your loved one would benefit from a personalized iPod, please let our Life Enhancement staff know!

Questions about music therapy?

Contact Quinton Kase!

715-231-4630 OR

qkase@co.dunn.wi.us



Happy St. Patrick's Day!



ON THE MENU

CORN BEEF & CABBAGE

BABY RED POTATOES & CARROTS

MARBLE RYE BREAD

CHOCOLATE MINT PIE

Fun Fact

The Guinness Book of World Records calls St. Patrick's Day the friendliest day of the year!

An Irish Blessing

May your blessings outnumber
The Shamrocks that grow
And may trouble avoid you
Wherever you go.

