



AUGUST &
SEPTEMBER 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

TNDC FORE FUN GOLF TOURNAMENT

Join us at Menomonie
Golf & Country Club!

August 19th, 2023

Check-In Start: 9:00 am

Shotgun Start: 10:00 am

We will play a four person scramble format. Registration is \$50/person with a cart and lunch included. Lunch will consist of brats, chips, baked beans, & desserts. Payment can be in the form of cash or checks and will be collected at check-in. Checks can be written to "The Neighbors - Central" with "Golf Tournament" written in the memo line. All proceeds will be put towards a new bus.

**Scan the QR code
to sign up your
team! You can
also sign up by
emailing Alyssa.**



adoughty@co.dunn.wi.us



TNDC BASKET RAFFLE 2023

August 15-17, 2023

Tickets available

7:00 am – 5:30 pm at
the front desk in Central
(yellow building) Lobby

Raffle Ticket Pricing

\$1 – 1 TICKET

\$ 5 – 6 TICKETS

\$10 – 12 TICKETS

\$20 – ARMSPAN (WINGSPAN)

Tickets also available August 19, 2023 at
the Menomonie Golf & Country Club.
Drawing to occur after the tournament.
You do not need to be present to win.
All proceeds go towards a new bus for
our residents!

Looking For Shopping Volunteers!

Our Life Enhancement Team is looking for volunteers to help with two shopping trips to the Dollar Tree in August. More information about dates/buildings can be found below! We will plan to arrive at Dollar Tree at 2:15 pm. We will shop until around 3:15 pm before loading the bus to go back to The Neighbors. If you would like to volunteer, please contact Alyssa Doughty - adoughty@co.dunn.wi.us or 715-231-4589.



West Building: August 8, 2023

East/Central Building: August 29, 2023

Happy National Unit Clerk Day!

August 23, 2023

Meet Our Team

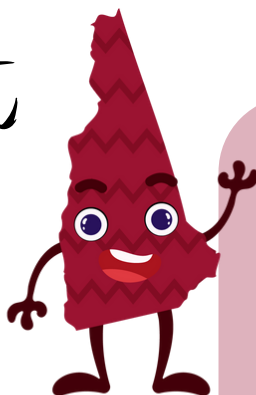
Kim Creaser

I have worked for The Neighbors (&DCHCC) for 40 years this August!

40

My favorite part about this job is that no two days are exactly alike. Each day has its different challenges.

In my free time, I enjoy spending time with my family and traveling.



Sandra Tschumperlin

I left this area in the early 80's and spent a few years in the Army, then relocated to New Hampshire. After 30 years there my son and I decided it was time to come home.

It has been great reconnecting with friends and family. I've been working at the Neighbors for about 3 years. I enjoy spending time with the residents. I love being part of this wonderful community.

In my free time I enjoy doing anything artsy. Making jewelry, dying fabric, painting, upcycling, making 14 foot dream catchers, and life size nutcrackers. Some would say I am slightly fond of Halloween. This year I performed my first wedding. Who would have thought!



Happy National Senior Citizen Day!

August 21, 2023



SHOUTOUT TO ALL OF OUR AMAZINGLY
UNIQUE RESIDENTS. THANK YOU FOR
PASSING ALONG YOUR KNOWLEDGE AND
EXPERIENCES TO ALL WHO WALK THROUGH
OUR DOORS. WE HOPE YOU HAVE A GREAT
DAY, TODAY AND EVERY DAY! - TNDC STAFF

Malnutrition Awareness Week

September 18-22, 2023

What impacts older adults' risk of becoming malnourished?



Aging plays a role physiologically and psychosocially. Other changes can decrease the sense of taste and smell.

These changes lead to reduced appetite. Dental problems and poor oral health, medication side-effects, decreased mobility and not being able to prepare meals are contributing factors as well.

SIGNS OF MALNUTRITION CAN INCLUDE

Always being angry or irritated
Being depressed
Cold, papery, and thin skin
Complaints of feeling cold
Constantly tired
Hair easily falls out
Having a hard time focusing
Lethargic throughout the day
No appetite for food
Slow recovery from an illness or surgery



Older Adult Malnutrition is a Critical Health & Public Safety Issue – Up to 1 out of 2 older adults is either at risk of or is malnourished. There are several community-based food and nutrition programs available to older adults intended to improve their dietary intake and food security. These programs are an essential part of the community-based social and health care systems intended to allow community-residing older adults to remain independent.

NUTRITION RESOURCES AT THE NEIGHBORS

Dietician – Carrie
McKnight: 715-231-4565
Culinary Mentor – Dave
Draeger: 715-231-4562

NUTRITIOUS FOODS THAT ARE ALWAYS AVAILABLE UPON REQUEST (IN ADDITION TO DAILY MENU ITEMS)

Proteins: Peanut Butter, Eggs, Hamburger, Chicken Breast, Chicken Tenders, Fish, Cottage Cheese, Yogurt

Fruits/Veggies: Fruit (fresh, frozen, canned), Baked or Mashed Potatoes, Tossed Salad with Dressing

Starches/Grains: Hot/Cold Cereal, Toast or Bread (wheat/white), Pancakes, French Toast, Graham Crackers, Soda Crackers

Misc: Sandwiches (grilled cheese, deli ham or turkey, egg salad or tuna salad), Soups (chicken noodle, tomato, beef vegetable)

Happy Labor Day! *FUN FACTS*

September 4, 2023

LABOR DAY WAS FIRST CELEBRATED IN NEW YORK CITY IN 1882 BUT DIDN'T BECOME A LEGAL HOLIDAY UNTIL OREGON PASSED A LAW IN 1887!

This holiday is meant to celebrate the more than 160 million workers in the United states!

BEHIND FOURTH OF JULY AND MEMORIAL DAY, LABOR DAY IS THE THIRD MOST POPULAR DAY TO HAVE A COOKOUT.

We hope you have a fun and safe weekend!!

Happy National Environmental Services Week! September 10-16, 2023

THANK YOU TO OUR CUSTODIAL TEAM FOR THEIR HARD WORK TO KEEP THE NEIGHBORS CAMPUS CLEAN AND INVITING TO ALL OF OUR RESIDENTS AND VISITORS.



THANK YOU TO OUR MAINTENANCE TEAM FOR THEIR CONTINUOUS WORK TO KEEP THINGS SAFE & RUNNING SMOOTHLY AROUND THE NEIGHBORS.

THANK YOU TO OUR HOMEMAKERS FOR MAKING THE RESIDENTS FEEL AT HOME WHETHER IT BE THROUGH SERVING THEIR FAVORITE FOODS OR KEEPING THEIR HOME CLEAN AND COMFORTABLE.



JOIN US FOR A FAMILY PICNIC!

Time: 5:00 pm

Locations:

September 12th - Outside East Garage

September 13th - Outside West Garage

All are welcome! If there is rain or too much heat, we will move inside the buildings and serve in each household so the dates will not change!

To get a more accurate idea of how much food to prepare, please RSVP by using the QR codes below or by emailing Alyssa - adoughty@co.dunn.wi.us.

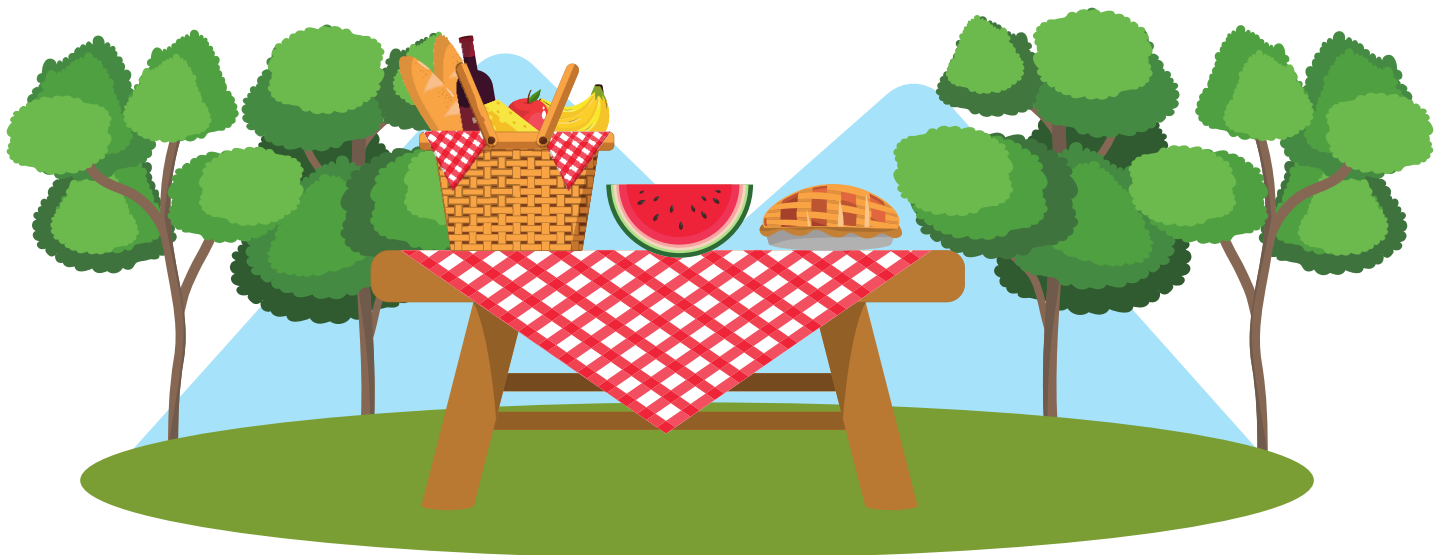


**EAST & CENTRAL
BUILDINGS -
SEPTEMBER 12TH**

Menu

**Pulled Pork or
Sloppy Joes
Potato Salad
Baked Beans
Brownies
Lemonade,
Coffee, Water**

**WEST BUILDING -
SEPTEMBER 13TH**



Happy National Grandparents Day!

*"A grandparent's love is strong and deep,
filled with memories to treasure and keep."*



**HOW CAN I SEND A NOTE TO MY
GRANDPARENT FOR GRANDPARENT'S DAY?**

Email resident@co.dunn.wi.us with your note &
our Life Enhancement Staff will deliver the email.

OR

Email Alyssa Doughty with a note that you would
like added to a card for your loved one.

September 10, 2023

Celebrating *at The* *Neighbors!* — 10 YEARS —



*Join us for a fall festival for all
ages to celebrate 10 wonderful
years in our Neighborhoods!*

**OCTOBER 1, 2023
11:00 AM - 2:00 PM
THE NEIGHBORS OF
DUNN COUNTY**

All are welcome for food trucks,
kids games, & other surprise events!
More information will be available
on The Neighbors Facebook page &
website as the day approaches!

Save the Date