



FEBRUARY &
MARCH 2024

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



general updates

EATING MEALS WITH YOUR LOVED ONE AT THE NEIGHBORS

We are excited to invite families to share a meal with their loved one at any time. Stop in at the front desk of the Central building Monday - Friday 8:00 am - 4:30 pm to purchase meal tickets. If you are unable to stop at that time, please contact Alyssa - adoughty@co.dunn.wi.us.

\$7/MEAL



MEALS MUST BE ORDERED TWO BUSINESS DAYS IN ADVANCE TO ALLOW OUR KITCHEN TIME TO PREPARE EXTRA FOOD.

NOTICE: Holiday/Special Event meals will have a different order form and deadline. Please read the order forms carefully. If there are COVID precautions in the households, you still may eat with your loved one. You will have to either eat in their room OR reserve a room - the community room, chapel, or beauty shop. Contact Life Enhancement Staff to reserve a room on campus.

WINTER 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 heat sources in resident rooms. They are also safety hazards. If you would like to get a diffuser, those that use the liquids/reeds or do NOT have a heating element are acceptable. Extension cords and power strips cannot be used in resident rooms.



IMPORTANT!

PLEASE DO NOT PARK OVER THE SIDEWALKS WHEN PARKING IN FRONT OF THE HOUSEHOLDS! THIS MAKES IT MUCH HARDER FOR OUR FACILITIES TEAM TO REMOVE THE SNOW & KEEP OUR SIDEWALKS CLEAR.

IDEALLY, CARS SHOULD BE PARKED WITH THEIR BUMPERS TWO FEET FROM THE CURB.



Highlight: Opportunities for Education at The Neighbors!

The Neighbors is very proud of the different ways our facility has offered education over the years. We have consistently hosted many different kinds of interns (dietetics, social work, etc.) and been a clinical site for both nursing and CNA students. TNDC is now excited to share two returning educational opportunities; on site CNA training courses and rounding physicians through Mayo Clinic's residency program.



Many years ago TNDC held onsite CNA training, and we are pleased to say this spring we will be offering classes again with the help of the Health Care Workforce Training Institute. We are hoping to have an open house in March and classes to start shortly after this. More information will be coming out in the near future. Keep an eye on our website and Facebook!

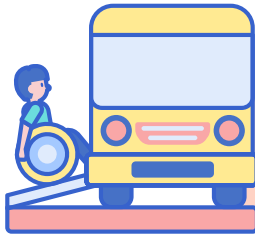
We are also excited to welcome back physicians who are training in Mayo's residency program. Prior to the pandemic Mayo's residents came to TNDC to learn about long-term care and physician services in the nursing home setting. We are happy to share that this program has been restarted as of January 2024. This means your loved ones may see a few new faces rounding with our usual doctors. The resident physicians are eager to learn the ins and outs of geriatric and nursing home care and we are excited to host them.



fundraising update!!

From the very bottom of our hearts, THANK YOU to all that have helped us fundraise over the past three years. We are so happy to say that...

We truly could not have gotten here without continuous support from our TNDC families, Dunn County community members, local businesses & help from orgs like the Dunn County Energy Coop, the Dunn County Community Foundation, and the Aging and Disability Resource Center. Updates will be coming soon as we get closer to the bus being delivered. Keep checking our Facebook page!

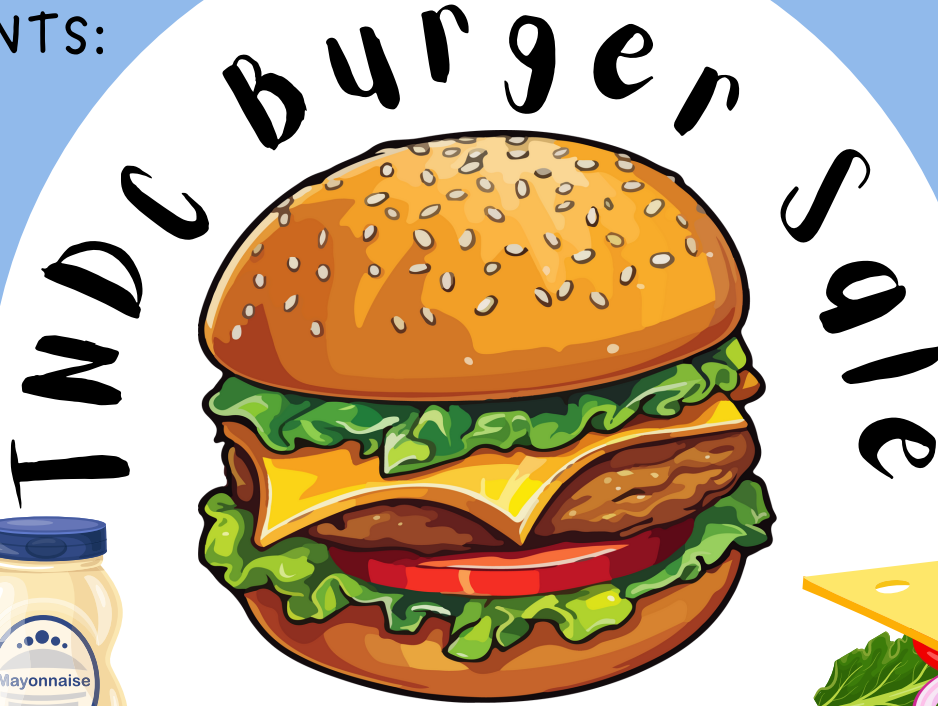


**WE HAVE OFFICIALLY
RAISED ALL FUNDS NEEDED
TO PURCHASE A NEW BUS!!**

We have had so much fun connecting with the community throughout the fundraisers. To continue to foster this connection, we will be continuing lunches with a new goal of outdoor beautification efforts! This can be anything from replacing our adaptive raised garden beds, getting shade for our courtyards, and more. Check out what we've got cookin' next!

CONDIMENTS:

KETCHUP
MUSTARD
MAYO



TOPPINGS:

TOMATO
LETTUCE
PICKLE
CHEESE
ONION



\$8.00 PER MEAL

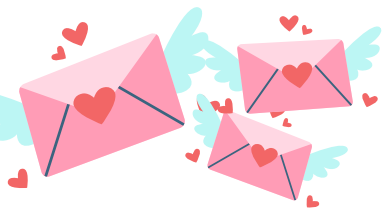
Orders are due February 14th, 2024 and consist of a burger on a bun (gluten free available), baked beans, and potato chips. Toppings include cheese, onions, tomatoes, lettuce and pickles. Mustard, ketchup and mayo packets will be available as well. Available for pick-up on February 28th, 2024 between 10:30 am - 1:00 pm at the lobby of the Central (yellow) building.

**ORDER
HERE**



ALL PROCEEDS WILL GO TOWARDS OUTDOOR BEAUTIFICATION EFFORTS AT THE NEIGHBORS - NEW RAISED GARDEN BEDS, SHADE FOR THE COURTYARDS, & OTHER OUTDOOR IMPROVEMENTS!

happy valentine's day



Our Life Enhancement team would love to help spread the love! Fill out the form below or online using the QR code to send your loved one a valentine delivered on Wednesday, February 14th. Please bring payment to TNDC front desk in the Central (yellow) building or mail form and payment to 2901 Forbes Ave, Menomonie, WI 54751. Contact Alyssa - adoughty@co.dunn.wi.us with any questions. All proceeds go towards cost free resident engagement in the community.



YOUR NAME: _____

EMAIL: _____

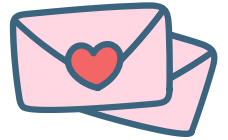
PHONE NUMBER: _____

RESIDENT NAME: _____

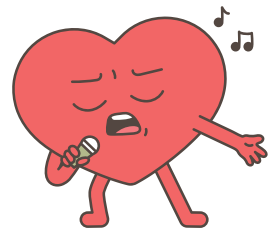
WHAT ELEMENTS WOULD YOU LIKE TO ORDER? CIRCLE ALL THAT APPLY. PRICES FOUND NEXT TO THE ITEMS.



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



PERSONALIZED CARD ONLY: (\$1)



SINGING VALENTINE PERFORMED BY QUINTON KASE (\$1)

Please indicate which singing valentine(s) you would like by writing the number(s) here: _____

Options found on the following page

TOTAL: _____

PERSONALIZED MESSAGE FOR THE CARD (IF YOU CHOSE OPTION 1 OR 2):

#1 - All My Lovin' (as sung by The Beatles) – Close your eyes and I'll kiss you. Tomorrow I'll miss you. Remember I'll always be true. And then while I'm away, I'll write home every day and I'll send all my lovin' to you....

#2 - Blue Skirt Waltz – I wandered alone one night till I heard an orchestra play. I met you where the lights were bright and people were carefree and gay. You were the beautiful lady in blue. I was in heaven just waltzing with you....

#3 - Can't Help Falling In Love (as sung by Elvis Presley) – Wise men say only fools rush in, but I can't help falling in love with you. Shall I stay would it be a sin if I can't help falling in love with you....

#4 - Forever and Ever (as sung by Perry Como) – Forever and ever my heart will be true, sweetheart forever I'll wait for you. We both made a promise that we'd never part. Let's seal it with a kiss forever my sweetheart Let by-gones be by-gones forever. We'll fall in love once again...

#5 - Have I Told You Lately That I Love You (as sung by Lulu Belle & Scotty) – Have I told you lately that I love you? Could I tell you once again somehow? Have I told with all my heart and soul how I adore you?...

#6 - Hey Good Lookin' (as sung by Hank Williams) – Hey good lookin', whatcha got cookin'? How's about cookin' somethin' up with me...

#7 - I Love You Truly – I love you truly, truly dear. Life with its sorrows, life with its tears fades into dreams when I feel you are near for I love you truly, truly dear...

#8 - I Walk The Line (as sung by Johnny Cash) – I keep a close watch on this heart of mine. I keep my eyes wide open all the time. I keep the ends out for the tie that binds. Because you're mine, I walk the line.

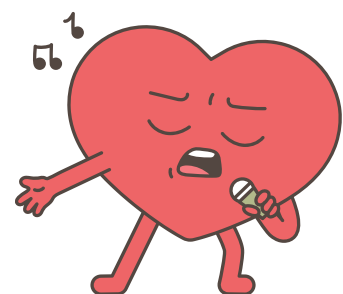
#9 - Kiss An Angel Good Morning (as sung by Charley Pride) – Whenever I change to meet, some old friends on the street they wonder how does a man get to feel this way? I've always got a smiling face anytime and any place and every time they ask me why I just smile and say: You've got to kiss an angel good morning

#10 - Let Me Call You Sweetheart – Let me call you sweetheart, I'm in love with you. Let me hear you whisper that you love me too. Keep the love light glowing in your eyes so true, let me call you sweetheart...

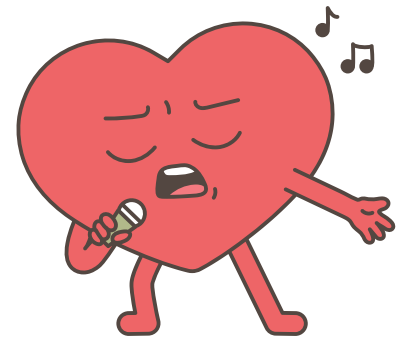
#11 - Waltz Across Texas (as sung by Ernest Tubb) – When we dance together, my world's in disguise, like a fairyland tale that's come true. And when you look at me with those stars in your eyes, I could waltz across Texas with you. Waltz across Texas with you in my arms, waltz across Texas with you....

#12 - You Are My Sunshine – You are my sunshine, my only sunshine. You make me happy when skies are gray. You'll never know, dear, how much I love you. Please don't take my sunshine away....

#13 - You Are So Beautiful (as sung by Joe Cocker) – You are so beautiful to me. You are so beautiful to me, can't you see? You're everything I hoped for. You're everything I need. You are so beautiful to me....

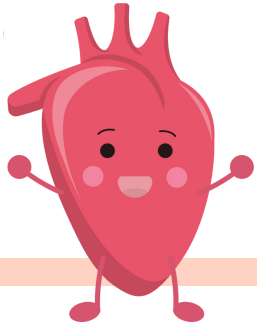


#14 - You've Got A Friend (as sung by James Taylor) – When you're down and troubled and you need a helping hand and nothing, oh nothing is going right. Just close your eyes and think of me and soon I will be there to brighten up even your darkest night. You just call out my name and you know, wherever I am, I'll come running to see you again. Winter, spring, summer, or fall, all you've got to do is call and I'll be there, yeah, yeah, yeah. You've got a friend.



February:

American Heart Month



BRINGING
AWARENESS TO WAYS
YOU CAN KEEP YOUR
HEART HEALTHY!

EXAMPLES OF HEART HEALTHY FOODS

Fruits/Veggies

Tomatoes
Cabbage
Edamame
Carrots
Apples
Oranges
Bananas

Dairy

Fat-free or
low-fat plain
yogurt
Fat-free or
low-fat cheese
or cottage
cheese

Grains

Whole-grain
bread, bagels,
English
muffins,
and/or
tortillas

Proteins

Beans, peas,
and lentils —
like black beans
and garbanzo
beans
Eggs
Seafood
Poultry (Turkey
or Chicken
Unsalted nuts,
seeds, and nut
butters

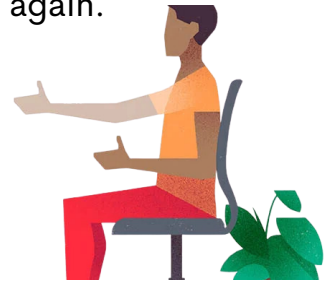
Fats & Oils

Vegetable oil
(canola, corn,
olive, peanut,
safflower,
soybean, or
sunflower)
Low-fat or
light
mayonnaise
Oil-based
salad dressings
like balsamic
vinaigrette or
Italian

5 HEART HEALTHY CHAIR EXERCISES FROM THE BRITISH HEART FOUNDATION



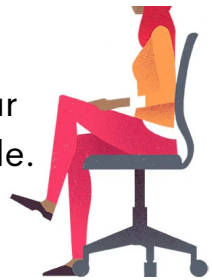
1. Keep both knees together with your feet on the floor. Straighten one leg out in front of you. Hold for one second, slowly re-bend the leg until the foot is resting on the floor again.



2. Hold your arms straight out in front of you at shoulder level, with your thumbs pointed towards the ceiling. Draw your elbows back, squeezing the shoulder blades together, until your upper arms align with the sides of your torso. Extend your arms back to the start position. Repeat.



3. Lift the toes of both feet, leaving your heels on the floor. Replace your toes and lift your heels, gently squeezing your calf muscles as you do. Repeat.



4. Lift one of your legs, with your knee bent, as far as is comfortable. Place foot down with control. Repeat with the opposite leg.



5. Bend your arms up, so your wrists are by your shoulders. With control, slowly punch diagonally up and across your body with one arm, while slightly rotating your torso in the same direction. Return to the start position, then switch to the other arm.



JOIN US IN WEARING
the color red
FOR HEART HEALTH!
FRIDAY, FEBRUARY 2ND

Happy Groundhog Day!

What do the weather outlets predict?

HOW DOES THE GROUNDHOG'S 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 do you think Phil will predict?!



NATIONAL WEATHER SERVICE OUTLOOK:

The NWS suggests a drier and warmer winter for Wisconsin, which could translate to less snowfall, especially in the northern and eastern parts of the state.

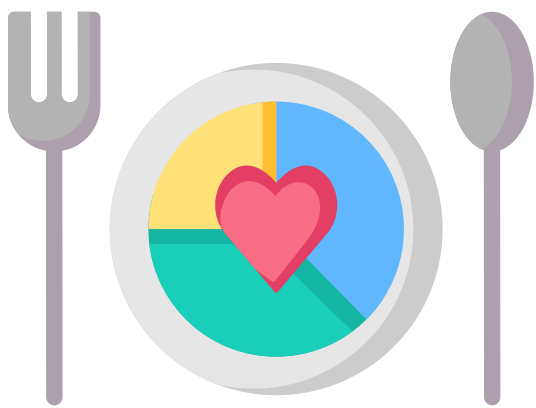
FARMERS' ALMANAC FORECAST:

Contrary to the NWS outlook, the Farmers' Almanac indicates that the Upper Midwest might experience an average winter in terms of snowfall, offering hope for those who enjoy winter sports.



Fun Fact: Approximately 40,000 people attend the Groundhog Day celebration in Punxsutawney, Pennsylvania each February 2nd. The first Groundhog Day in Punxsutawney was held in 1886 and has been held each year since then.

Pride in Foodservice Week



Want more information about Meals on Wheels? Please call the ADRC at 715-232-4006 to ask questions or register for the program.

From February 5th to February 9th we would like to extend an extra thank you to our food service crew! They work hard to ensure our residents, as well as community members that utilize Meals on Wheels, get delicious and well balanced meals!

TNDC Residents Served Daily

100+

Dunn County Community Members Served Daily

150+





2024 NATIONAL NUTRITION MONTH

This year's theme for National Nutrition Month® in March inspires us to look Beyond the Table when thinking about our health and the environment. How can I do this? Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks. National Nutrition Month® is a great time to start thinking about how you can go Beyond the Table to improve both your health and the planet's.

Lentil Sweet Potato Chili



1 tablespoon olive oil
1 cup diced red onion
1 poblano chile, seeded and diced
1 jalapeño, seeded, deveined and finely diced
2 cups diced sweet potato
1 teaspoon grated garlic
2 tablespoons chili powder
1 tablespoon smoked paprika
2 teaspoons ground cumin
1 1/2 teaspoons dried oregano

1/4 teaspoon ground cinnamon
Salt and fresh ground black pepper to taste
2 tablespoons tomato paste
1 cup split red lentils, rinsed
4 ounce can diced green chiles
1 tablespoon maple syrup
28 ounce can crushed tomatoes
3 cups low sodium vegetable broth
15 ounce can black beans, rinsed and drained
15 ounce can kidney beans, rinsed and drained

1. HEAT OLIVE OIL IN A LARGE POT OVER MEDIUM HIGH HEAT. ADD IN ONION, SWEET POTATO, POBLANO, AND JALAPEÑO. SEASON WITH SALT/PEPPER AND SAUTÉ FOR 5-6 MINUTES. ADD GARLIC AND ALL DRIED SPICES AND SAUTÉ ANOTHER 2 MINUTES.
2. ADD IN TOMATO PASTE & STIR IT INTO THE VEGETABLES. POUR IN THE CRUSHED TOMATOES, GREEN CHILES, MAPLE SYRUP, AND VEGETABLE BROTH. SCRAPE UP ANY BROWN BITS FROM THE BOTTOM OF THE POT.
3. BRING THE CHILI TO A BOIL & POUR IN THE RED LENTILS. STIR EVERYTHING TOGETHER & LOWER THE HEAT TO MEDIUM LOW. LET SIMMER FOR 15-20 MINUTES OR UNTIL THE LENTILS ARE TENDER. STIR OCCASIONALLY TO KEEP LENTILS FROM STICKING TO THE BOTTOM OF THE POT.
4. IF THE CHILI STARTS TO GET TOO THICK, POUR IN ADDITIONAL BROTH OR WATER. ONCE THE LENTILS ARE TENDER STIR IN BLACK BEANS & KIDNEY BEANS & BRING IT BACK UP TO A SIMMER. SERVE TOPPED WITH DICED RED ONION, AVOCADO, AND CILANTRO IF DESIRED.

Happy National
Registered
Dietitian Day



Fun Fact: Our Dietitian has been part of the staff at The Neighbors since 1994! Thank you Carrie for all that you do to keep our residents & Meals on Wheels folks healthy and our menus full of nutritious food!

WHAT DO REGISTERED DIETICIANS DO?

Dietitians are health professionals who are experts in nutrition and the human diet. Dietitians blend scientific research, nutrition, behavioral science, and social science to promote health, prevent disease, and shape the dietary choices of healthy and sick people.





EMPOWERING SOCIAL WORKERS!

M A R C H Social Work Month

WHAT DO OUR SOCIAL WORKERS HELP WITH?

- Assess new admissions and help with discharge planning
- Help new residents adjust to life in their new environment
- Advocate for the residents' needs and rights
- Provide supportive counseling & perform psychosocial assessments.
- Help residents and families navigate the health care system



FROM LAURA, OUR SOCIAL SERVICES MENTOR:

WE ARE HAPPY TO ANNOUNCE THAT WE HAVE HIRED A NEW SOCIAL WORKER! SARAH WAYNE, WHO SOME OF YOU MAY KNOW FROM HER PREVIOUS EMPLOYMENT AND A LOCAL FACE FROM MENOMONIE, WILL BE WORKING IN THE EAST BUILDING. HER START DATE WAS JANUARY 29TH. LAURA WILL BE WORKING OUT OF THE CENTRAL BUILDING AND BRENDA WILL REMAIN IN THE WEST BUILDING. THERE WILL LIKELY BE A CHANGE WITH DEERVIEW COVERAGE, BUT FOR NOW, WHICHEVER SOCIAL WORKER HAS BEEN WORKING WITH YOUR LOVED ONE WILL REMAIN IN PLACE.



Sarah Wayne

Hello! I'm Sarah and I am so excited to join the staff at the Neighbors of Dunn County! I have many years of experience working in long term care and I'm looking forward to getting started. I am a super proud Mom of two sweet boys. In my spare time I enjoy reading, taking long walks, bowling, but most of all spending time with my fiancé, children and our families. Our kids are in lots of sports so there is always something to do!

March is National Music Therapy Month

GOALS & BENEFITS

Music therapy is the use of music and/or elements of music (like sound, rhythm and harmony) to accomplish nonmusical goals, like reducing stress or improving quality of life.

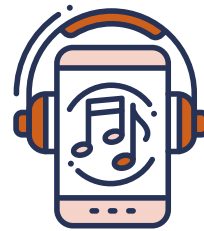
- Help you relax.
- Help you explore your emotions.
- Reduce anxiety or depression.
- Ease your stress levels.
- Regulate your mood.
- Strengthen your communication skills.
- Improve speaking and language skills.
- Build social skills.
- Strengthen your self-confidence.
- Help you form healthy coping skills.
- Reduce perceived levels of pain.
- Improve your physical coordination, motor functions and movement.
- Improve your quality of life.

HOW DO WE INCORPORATE MUSIC INTO PROGRAMS?



MUSIC THERAPY GROUPS WITH QUINTON KASE

PERSONALIZED MUSIC THROUGH IPODS & AMAZON ECHOS



SING-A-LONGS & HYMN SINGS



MUSICAL GAMES - BALLOON VOLLEYBALL, BEAN BAG TOSS, RHYTHM BAND, NAME THAT TUNE, & MORE!

Happy St. Patrick's Day!

An Irish Blessing

May your troubles be less and your blessings be more and nothing but happiness come through your door!



Fun Facts from The History Channel: The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.



ON THE MENU

CORN BEEF &
CABBAGE

BABY RED POTATOES
& CARROTS

MARBLE RYE BREAD
CHOCOLATE
MINT PIE

TNDC Easter Meal Order

On the Menu

Baked Ham with a
Brown Sugar Glaze
Scalloped Potatoes
Green Bean Casserole
Ambrosia Fruit Salad
Fresh Baked
Dinner Roll
Strawberry
Cheesecake



The TNDC Easter meal will be lunch on March 31st, 2024. We invite families to purchase meals and celebrate with their loved ones. Please return the bottom of this form to the front desk of The Neighbors, in the mail, OR fill out the online form using the QR Code. Meals must be ordered before March 15th.

GOT A BIG GROUP?

Contact a
member
of the
Activities staff
to reserve a
room!



Scan me

Please drop off at The Neighbors Central front desk or mail to 2901 Forbes Ave, Menomonie, WI 54751. You may pay at the front desk, through the mail, or on our website. Payment is due on or before March 15th. After paying, you will receive a meal ticket to give to the household nurse. Each meal is \$10.00.



YOUR NAME: _____

EMAIL: _____

PHONE NUMBER: _____

RESIDENT NAME: _____

HOW MANY MEALS WOULD YOU LIKE TO ORDER? _____

