



OCTOBER &
NOVEMBER 2025

**NEWS
FROM THE
NEIGHBORS**



TAKE A LOOK AT WHAT IS HAPPENING
AROUND THE NEIGHBORS OF DUNN COUNTY!!

Written by Alyssa Stelter
Life Enhancement Mentor &
Volunteer Coordinator

GENERAL REMINDERS & UPDATES

Flu Shot Clinics will be in October! Residents and staff will be offered flu shots right here at The Neighbors. There are no set dates for these clinics. As we receive supply from pharmacy, shots will be administered to residents and staff.



BENEFITS OF FLU SHOTS

From the Mayo Clinic: "The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccination for everyone age 6 months or older. The flu vaccine can lower your risk of getting the flu. It also can lower the risk of having serious illness from the flu and needing to stay in the hospital or dying from the flu."



OUTBREAK & ACTIVITY COMMUNICATION FROM TNDC

POAs & Guardians: To ensure clear avenues of communication about outbreaks and/or activity & events updates, please contact the social worker in your building with any changes to your email or updates to any contacts.

TENDER HEARTH, MORNING SONG, & EASTBROOK:

Sarah Reckin -
sreckin@dunncountywi.gov

EVEN TIDE, INGLENOK, & RED CEDAR:

Samantha Zimpel -
szimpel@dunncountywi.gov

FIRESIDE & DEERVIEW

Laura Briesemeister -
lbriesemeister@dunncountywi.gov



COVER
YOUR
COUGHS &
SNEEZES!



REMINDERS TO MINIMIZE THE SPREAD OF RESPIRATORY ILLNESS

Avoid touching your eyes, nose, and mouth. Germs spread this way.

CLEAN & DISINFECT HIGH TOUCH SURFACES REGULARLY.

SIMILARITIES BETWEEN INFLUENZA & COVID

Common symptoms that COVID-19 and flu share include fever or feeling feverish/having chills, cough, shortness of breath or difficulty breathing, fatigue, sore throat, runny or stuffy nose, muscle pain or body aches, headache, vomiting, diarrhea, change in or loss of taste or smell.



Keep an eye out for emails from Life Enhancement staff about potential changes to activities schedules. Changes may be made if there is a respiratory illness exposure or outbreak.

ADDITIONAL UPDATES & REMINDERS



Beautician Schedule

TNDC ROOM RESERVATION GUIDELINES

**WEST
BUILDING**
EVERY MONDAY

**EAST & CENTRAL
BUILDINGS**
EVERY OTHER THURSDAY

If your family would like to reserve a room, they are on a first come first serve basis. Please reach out to any of our Life Enhancement staff to reserve a room. When reserving a room, please let us know how many people will be in attendance so we can have enough tables and chairs set up to accommodate.

ROOM RESERVATION CONTACTS

ANY BUILDING

ALYSSA STELTER

ASTEELTER@DUNNCOUNTYWI.GOV

715-231-4589

CENTRAL BUILDING

SAM BEHLING

SBEHLING@DUNNCOUNTYWI.GOV

715-231-4579



WEST BUILDING

CHUCK AUSMAN

CAUSMAN@DUNNCOUNTYWI.GOV

715-231-4609

EAST BUILDING

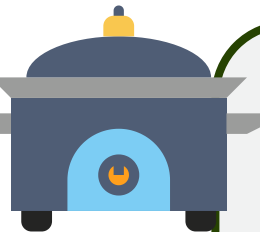
QUINTON KASE

QKASE@DUNNCOUNTYWI.GOV

715-231-4630

Please be courteous to others by keeping within your reservation timeline. Large garbage cans and wipes for tables will be left in the rooms. If the garbage is full, please let a staff member know so that we can help take it out. We appreciate you making sure the room is ready for the next group celebration.

IMPORTANT



Crockpots may NOT be used in any of the households. Extension cords and power strips may not be used at all.

Crockpots MAY be used in the places listed to the right in each building. If you would like to use crockpots, please reach out to reserve one of these spaces. These guidelines have been put in place for fire safety. Please help us keep the households safe for everyone.

CROCKPOT SAFE ROOMS

Central Building:

Training Room,
Conference Room,
Community Room,
Chapel, Red Cedar Bistro,
& Beauty Shop

East & West Buildings:

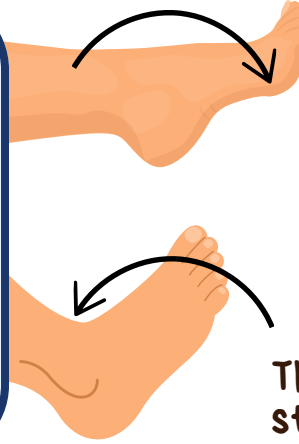
Community Room, Chapel,
& Beauty Shop

OCTOBER IS PHYSICAL THERAPY MONTH!

CHECK OUT SOME BENEFICIAL EXERCISES FROM OUR PT DEPARTEMENT!

WHAT DOES OUR PHYSICAL THERAPY TEAM HELP WITH?

When areas of concern are identified, a PT can prescribe individualized exercises to strengthen key muscles, improve balance and flexibility, and increase your overall wellbeing.



SEATED ANKLE PUMPS

REPs: 10 Sets: 3

1. Sit Upright with one leg straight forward.
2. Slowly pump your ankle, bending your foot up towards your body & repeat.

Tip: move your foot in a straight line and try to keep the rest of your leg relaxed.



keep going

SEATED MARCH

REPs: 10 Sets: 3

1. Sit Upright in a chair with your feet flat on the floor.
2. Keep one knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip: Keep your back straight. Do not arch as your legs lift.

SEATED LONG ARC QUAD

REPs: 10 Sets: 3

1. Sit Upright in a chair.
2. Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position. Repeat.

Tip: Keep your back straight.

YOU GOT THIS



YOU ARE DOING GREAT

SEATED HIP ABDUCTION

REPs: 10 Sets: 3

1. Sit Upright in a chair.
2. Push your legs outward,
3. keeping your feet flat on the ground, then slowly bring them back together and repeat.

Tip: Keep your movements slow and controlled. Continue breathing evenly during the exercise.



"Our theme and new consumer awareness campaign, "PT For Future Me," highlights physical therapy's role in enhancing movement and function in people of every age and ability. It emphasizes prevention, wellness, and improving mobility and strength to support all aspects of work, life, and play."

- National Physical Therapy Association



HAPPY HEALTHCARE FOOD SERVICES WEEK

OCTOBER 6TH-12TH

What does our kitchen help with?

- Making and delivering daily meals to TNDC households and community Meals on Wheels participants
- Preparing healthy seasonal menus in for fall/winter and spring/summer seasons
- Helping to prepare special meals like those around the holidays, holiday parties and family picnics
- Preparing items for baking groups
- Preparing food for outings like the monthly Senior Center lunch
- Providing fun treats for activities such as happy hours or other events

THANK YOU
SO MUCH!

Thank you to all our food services team! Together, our crew has over 90 years of experience at The Neighbors. We are so appreciative of all their work in making meals delicious and events special!



FROM OUR KITCHEN TO YOURS

C A L I C O B A K E D B E A N S

- 1 LB. BACON, CUT INTO PIECES
- 1 LB. LEAN GROUND BEEF
- 1 CUP CHOPPED ONIONS, PARTIALLY COOKED
- 2 CLOVES GARLIC, MINCED (OPTIONAL)
- 1 TSP. SALT
- 1 TSP. DRY MUSTARD
- 2 TSP. VINEGAR
- ½ CUP KETCHUP
- ¾ CUP BROWN SUGAR
- 1 (3 LB.) CAN BAKED BEANS, DRAINED
- 1 (15 OZ.) CAN KIDNEY BEANS, DRAINED
- 1 (15 OZ.) BUTTER BEANS, DRAINED
- 1 (15 OZ.) CAN LIMA BEANS, DRAINED



Partially fry and drain the bacon. Remove from the pan. Brown the ground beef and then add the onions. Drain excess moisture. Add salt, mustard, vinegar, ketchup, and brown sugar to the beef mixture. Return the bacon to the pan and mix well.

Combine all the beans with the mixture in the pan. Bake for 1 hour at 350°. NOTE: You may also bake this in a slow cooker on low for 2-3 hours.



HAPPY HALLOWEEN

HALLOWEEN FUN FACTS:

- EVERY 19 YEARS, THERE'S A FULL MOON ON HALLOWEEN.
- THE HOLIDAY DATES BACK MORE THAN 2,000 YEARS!
- TRICK-OR-TREATING HAS EXISTED SINCE MEDIEVAL TIMES. IT ONCE WAS KNOWN AS "GUISING" IN SCOTLAND & IRELAND.
- HALLOWEEN IS THE SECOND-LARGEST COMMERCIAL HOLIDAY IN THE COUNTRY. IT'S ALLEGED THAT CONSUMERS SPENT A RECORD \$12.2 BILLION DURING HALLOWEEN TIME!

If you would like to volunteer for trick or treating, please reach out to Alyssa - astelter@dunncountywi.gov. We are also in search of candy donations for residents to hand out! Donations can be dropped off at the front desk in the Central (yellow) building Monday - Friday 8:00 am - 4:30 pm.

DATE:

FRIDAY, OCT. 31ST

TIME:

5:00 PM - 6:30 PM

LOCATION:

**THE NEIGHBORS OF
DUNN COUNTY**

SAVE THE DATE

**TRICK
or
Treat**



There will be a trick or treat stop in each of our eight open households, plus one in our lobby! Trick or treaters are welcome to start in any of the households, but if you would like a map of the buildings, please stop in the lobby of our Central (yellow) building first. We look forward to seeing all the costumes! You can also check out our online event at The Neighbors of Dunn County on Facebook.

"Duty, honor, country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."

— General Douglas MacArthur

Thank you, today and every day, to all those who have served our country. We are forever grateful for your sacrifice and dedication to our country's safety & freedom.



HAPPY VETERANS DAY

CELEBRATING OUR VETERANS



Date: November 11, 2025

Time: 2:30 PM

**Location: Red Cedar Bistro
(Central Building)**

& Streamed on Facebook live.

Join us for a program honoring our Veterans in collaboration with our Veterans Service Office staff! After the program, stick around for sweet treats and refreshments. We look forward to seeing you there!

ARMY

David Koehler
Doug Rassmussen
Erv Berg
Herb White
Jim Drury
Jim Johnson
Jim Waidelich
Ken Homer
Larry Schultz
Mary Christianson
Norman Willert
Richard Lynch
Richard Ofte
Robert Garrard

ARMY CONT'

Wayne Miller
Waherr Vang
Sandra Tschumperlin (staff)
Bob Wyss (staff)

AIR FORCE

Henry Schlattman
John Zindler

COAST GUARD

Ed Biggerstaff

MARINES

Art Sorenson
Cecil Ferry
David Larrabee
Steve Eichhorst

NATIONAL GUARD

Naoki Sekiguchi
(staff - active duty)

NAVY

Bob Ludtke
Ron Hulbert

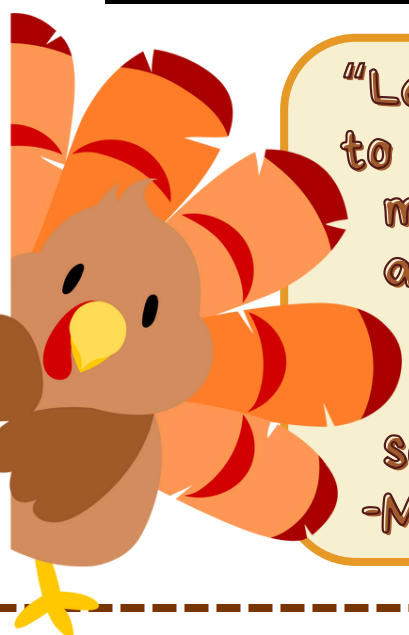


Happy Thanksgiving

Happy Thanksgiving from The Neighbors to you!
We invite you to share a lunch meal with your
loved one on Thanksgiving Day at 12:00 pm.
MEALS MUST BE ORDERED BY NOVEMBER 12TH.

on the menu

Roast Turkey
Mashed Potatoes &
Gravy
Stuffing
Green Bean
Casserole
Cranberry Sauce
Fresh Dinner Rolls
Pumpkin Pie

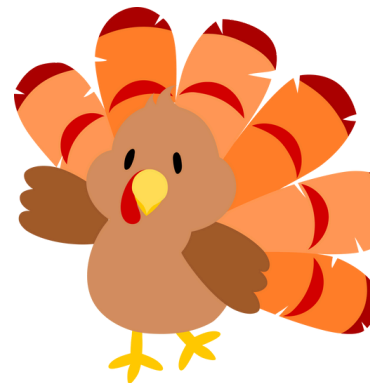


"Let us be grateful
to the people who
make us happy; they
are the charming
gardeners
who make our
souls blossom."
-Marcel Proust

Please return the bottom of
this form to the front desk
of The Neighbors, in the mail,
OR fill out
the online
form with
this QR code.



Please drop off at The Neighbors Central front desk or mail
to Alyssa Stelter, 2901 Forbes Ave, Menomonie, WI 54751.
You may pay at the front desk, through the mail, or on our
website. Payment is due before November 25th. Please write
checks out to "The Neighbors - Central". Each meal is \$10.00.



YOUR NAME: _____

EMAIL: _____

PHONE NUMBER: _____

RESIDENT NAME: _____

HOW MANY MEALS WOULD YOU LIKE TO ORDER? _____

LOOKING FORWARD TO THE HOLIDAYS

CALLING ALL SECRET SANTAS!

Would you like to be a Secret Santa?! Our Life Enhancement team will pair you with a resident for the holidays. With your help, we will get a present for each resident here at The Neighbors! If you are interested, please email Alyssa - astelter@dunncountywi.gov or fill out the form using the QR code.



STAFF GIFTING REMINDERS

WHILE WE APPRECIATE THE THOUGHT, KINDNESS, AND GENEROSITY, PLEASE DO NOT GIVE INDIVIDUAL GIFTS FOR STAFF FROM FAMILY MEMBERS OR GIFTS OF MONEY/GIFT CARDS. TREATS/SNACKS FOR ALL STAFF THAT CAN BE SHARED BY ALL STAFF IN THE BUILDING CAN BE GIFTED.



TNDC HOLIDAY PARTY SCHEDULE

All holiday parties will start at 2:00 pm in the household. We will have appetizers and refreshments, music, & gifts. All are welcome to attend!

December 11th- Eastbrook
December 12th- Even Tide
December 15th- Morning Song
December 16th- Red Cedar
December 18th- Tender Hearth
December 19th- Inglenook
December 22nd- Central



NOTE: To help prevent misplacing of new presents during the holidays, please put resident names on items. If any new items plug into the wall, please let staff know so that our maintenance team can check them before being plugged in for safety.

****ALL PARTIES ARE SUBJECT TO CHANGE BASED ON COVID OUTBREAK & PRECAUTIONS. PLEASE CHECK YOUR FAMILY EMAIL AND OUR FACEBOOK PAGE FOR ADDITIONAL UPDATES. ****

TNDC CHRISTMAS MEAL ORDER

Happy holidays from The Neighbors to you! If you would like to eat a holiday lunch or supper with your loved one, you are more than welcome to sign up for one here at The Neighbors! Meals will be served on December 24th at supper (5:00 pm) and on December 25th at lunch (12:00 pm). MEALS MUST BE ORDERED BY DECEMBER 8TH.

ON THE MENU: DEC. 25

Maple Glazed Ham
Seasoned Mashed Potatoes & Gravy
Green Bean Casserole
Fruit Salad
Fresh Dinner Roll
Dutch Apple Pie with Whipped Topping



ON THE MENU: DEC. 24

Slow Roasted Hot Beef on a Bun
Sliced Pickles
Cheesy Hashbrowns
Creamy Coleslaw
Bread Pudding with a Warm Butter Sauce

Please either fill out the online form using the QR code

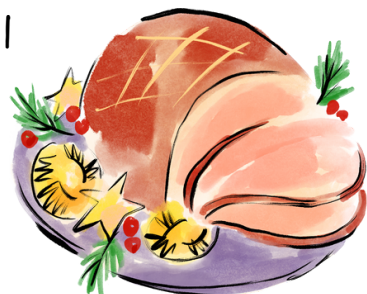


OR return the bottom of this form to the front desk in Central or in the mail.

Please drop off at The Neighbors Central front desk or mail to Alyssa Stelter, 2901 Forbes Ave, Menomonie, WI 54751.

You may pay at the front desk, through the mail, or on our website.

Payment is due before December 19TH. Each meal is \$10.00.



YOUR NAME: _____

EMAIL: _____

PHONE NUMBER: _____

RESIDENT NAME: _____

HOW MANY MEALS WOULD YOU LIKE DEC. 24TH? _____

HOW MANY MEALS WOULD YOU LIKE DEC. 25TH? _____



MEMORIAL LIGHTS

"What we have
once enjoyed
We can never
lose; for all
that we love
deeply becomes
a part of us."
- Helen Keller

We would be honored to help remember your loved one with a light displayed in front of our Central Building. If you would like a memorial light, please fill out this form or the online form using the QR code. You may also contact Alyssa Stelter - 715-231-4589 or astelter@dunncountywi.gov. Last day for forms is December 17th. Lights will be displayed December 19th until January 19th. Names will be displayed in a video on The Neighbors Facebook page.

Your Name: _____

Your Email: _____

Your Phone Number: _____

In Memory Of: _____

Would you like their name(s) posted on Facebook?

YES

NO

Suggested donation - \$5 per memorial.
Please write checks to "Sugar Bowl".

**All proceeds will go towards
cost-free resident engagement
in the community.**