



February &
March 2026

**NEWS
FROM THE
NEIGHBORS**



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

Written by Alyssa Stelter
Life Enhancement Mentor and
Volunteer Coordinator

RESPIRATORY ILLNESS SEASON REMINDERS



Cold & flu season is upon us! Please avoid visiting and/or wear a mask if you feel unwell. Another great way to avoid spreading illness is practicing good hand hygiene. Best practice includes washing hands with soap and water for at least 20 seconds, ensuring you scrub all surfaces, or using an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are unavailable. Check out some other tips and tricks below to prevent the spread of respiratory illness!

SPEED REMINDER

PLEASE BE CONSCIOUS OF YOUR SPEED WHEN DRIVING AROUND CAMPUS.



To ensure the safety of residents, visitors, and community members that frequently walk on our roads and sidewalks, we ask that drivers adhere to a 15 MPH speed limit. We have also noticed many rolling stops at the four way stop sign on Forbes Avenue/Lookout Road. Again, for the safety of our pedestrians, please fully stop at this intersection before proceeding to your destination!



THANK YOU FOR SLOWING DOWN!

COLD WEATHER & FIRE SAFETY



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 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.



COLD WEATHER & FIRE SAFETY

OUTDOOR COLD WEATHER SAFETY TIPS

FROM THE NATIONAL WEATHER SERVICE

1. Wear layers of loose-fitting, lightweight, warm clothes.
2. Wear a hat, hood, or other warm head covering.
3. Try to stay dry and out of the wind.
4. Cover your mouth to protect your lungs from extreme cold.
5. Wear mittens that are snug at the wrist.



THE OLD FARMER'S ALMANAC PREDICTIONS FOR 2025-26 WINTER



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.

"Mild winter by Midwest standards with some snowy bursts. Shorter cold snaps may ease winter chores, but don't skip them!"

- **Temperatures:** Above normal
- **Coldest periods:** Much of December, early and late January, early February
- **Precipitation:** Below normal
- **Snowfall:** Below normal; snowiest periods in late November, late January, early February"

ROOM DECOR REMINDER

At NDC we love to celebrate, whether it is a holiday, birthday, anniversary, or just because. It is always exciting to put up decorations, have treats, and celebrate the special occasion. While we are celebrating, we still do need to abide by state and federal regulations. One of the regulations that relates directly to celebrations is the combustible decorations regulation in the federal fire code. This regulation limits the amount of decorations that can be on doors and walls.



We are not able to cover more than 30% of a door or wall. Please keep this in mind if you are putting up decorations for your loved one. If family puts up decorations that do not follow this regulation we are required to take them down and let you know so you can take them home. If you have any questions please contact us - astelter@dunncountywi.gov. Staff and residents are looking forward to all the celebrations of 2026!

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 Friday, February 13th. If there are any special diet changes to the chocolate that need to be made, our Life Enhancement team will accommodate accordingly.

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 - astelter@dunncountywi.gov with any questions. All proceeds go towards cost free resident engagement in the community.

YOUR NAME: _____

EMAIL: _____

PHONE NUMBER: _____

RESIDENT NAME: _____

WHAT VALENTINES 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)



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):

#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.

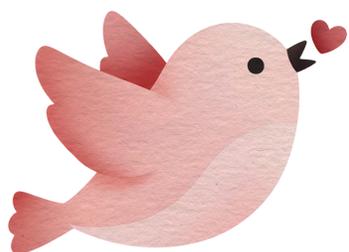
#9 - Kiss An Angel Good Morning (as sung by Charley Pride) – Whenever I change to meet, some old friends on the street they wonder how does a man get to feel this way? I've always got a smiling face anytime and any place and every time they ask me why I just smile and say: You've got to kiss an angel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

BRINGING AWARENESS TO WAYS YOU CAN KEEP YOUR HEART HEALTHY!

ABOUT THE INITIATIVE

Heart disease is the leading cause of death in the U.S. but impacts some communities disproportionately. American Heart Month, observed every February since 1964, is a federal designation aimed at raising awareness about cardiovascular health and fighting heart disease, the leading cause of death in the U.S.. Key initiatives include, National Wear Red Day to promote awareness, as well as encouraging healthy eating, physical activity, and blood pressure, cholesterol, and weight management.



JOIN US IN WEARING
THE COLOR RED

FOR HEART
HEALTH!

FRIDAY,
FEBRUARY 6TH



HEART HEALTHY HABITS

**SUGGESTIONS FROM U.S. DEPARTMENT
OF HEALTH AND HUMAN SERVICES.**

Take these five steps to help keep your heart healthy! Dr. Goldberg from DHS advises patients to:

- Cut way back on processed foods.
- Reduce the amount salt you eat (step 1 will help a lot with that!).
- Cut back on simple carbohydrates (such as white rice, bread, pasta and sugar).
- Eat more fruits and vegetables, at least 5 servings a day, to add fiber and important nutrients.
- Eat less saturated fat (like in fatty meats and high-fat dairy products).

**OTHER
WAYS TO
KEEP UP
YOUR
HEART
HEALTH**



1. Get enough sleep. Research shows that poor sleep can contribute to obesity, high blood pressure, and diabetes—all major risk factors for heart disease. The ideal amount for adults is seven to nine hours per night.
2. Get your body moving! Exercise is powerful medicine for your heart: It lowers blood pressure, raises the good kind of cholesterol (HDL), slows your heart rate over time, and does lots of other beneficial things. Guidelines call for 150 to 300 minutes of moderately intense exercise (running, cycling, power walking) per week.
3. Limit your stress. Stress is associated with an increased risk of diabetes and high blood pressure and promotes inflammation; all those can lead to a higher risk of cardiovascular disease.

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 he will predict this year?!



Fun Fact: The most accurate predictions have come from a groundhog in Staten Island, not Puxatawney Phil! Also known as Charles G. Hogg, he lives in New York City Staten Island Zoo. Despite being so reliable (85% correct) at foretelling the weather, his behavior can be a bit unpredictable. He once bit the hand of the Mayor of New York City!



WEATHER PREDICTIONS 2026

FARMERS' ALMANAC:

"Winter temperatures will be above normal, with the coldest periods in much of December, early and late January, and early February. Precipitation and snowfall will be below normal. The snowiest periods will occur in late November, late January, and early February."



NATIONAL WEATHER SERVICE:

The NWS suggests below-average temps from the Great Lakes west to parts of the Pacific Northwest, & southeastern Alaska. Wetter-than-average conditions are favored from the Upper Mississippi Valley and Great Lakes south to the Ohio Valley along with the Northern Great Plains, Northern Rockies, parts of the Pacific Northwest, and northwestern Alaska..

PRIDE IN FOOD SERVICE WEEK FEB. 2ND - FEB. 6TH

TNDC RESIDENTS SERVED DAILY **100+**

DUNN COUNTY COMMUNITY MEMBERS SERVED DAILY THROUGH MEALS ON WHEELS **150+**

Thank you to all the staff in the NDC kitchen, the meal site coordinators, the dietician, the volunteers, and all others involved in making sure the residents at The Neighbors and the Dunn County community have nutritious options for meals each and every week! We are proud to have each and every one of you as part of our team!

THANK YOU



Fun Fact: "All meals are nutritionally analyzed by a registered dietician to meet 1/3 of the daily recommended allowances for seniors. Meals are low in cholesterol and sodium and diabetic alternatives are available." The meals are prepared by staff at The Neighbors and distributed to the community by volunteers!

Want more information about Meals on Wheels? Please call the ADRC at 715-232-4006 to ask questions or register for the program. The ADRC is also looking for volunteers to "help set up home delivered meals, set the tables, wash the dishes, or be a friendly visitor to someone at a meal site" for Meals on Wheels!

TNDC EASTER MEAL ORDER

The TNDC Easter meal will be lunch on Sunday, April 5th, 2025. 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 Wednesday, March 25th.

ON THE MENU

- Brown Sugar Glazed Ham
- Loaded Red Skin Mashed Potatoes
- Candied Carrots
- Fruit Salad
- Fresh Baked Dinner Rolls
- Lemon Crunch Pie



SCAN CODE

NEED A BIGGER SPACE?

Rooms are available on a first come first serve basis. Please follow fire safety guidelines for crockpot safe rooms.

Contact a member of the Life Enhancement staff to reserve a room. Please give an approximate number for your group so that our staff can have enough tables and chairs available.

Alyssa Stelter (Central)

715-231-4589

astelter@dunncountywi.gov

Chuck Ausman (West)

715-231-4609

causman@dunncountywi.gov

Quinton Kase (East)

715-231-4630

qkase@dunncountywi.gov

NOTE: If there are COVID precautions in a household, families should plan to eat in a reserved room or their loved one's room.



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. Orders and payment is due on or before March 25th. Each meal is \$10.00. Questions? Please reach out to Alyssa - astelter@co.dunn.wi.us.



YOUR NAME: _____

EMAIL: _____

PHONE NUMBER: _____

RESIDENT NAME: _____

HOW MANY MEALS WOULD YOU LIKE TO ORDER? _____





SLOW COOKER CHICKEN TACOS

- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 pounds boneless, skinless chicken thighs
- 1 1/2 tablespoons canola oil, divided
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 1 medium jalapeño, sliced into thin rings (optional)
- 4 cloves garlic, minced
- 2 1/2 cups salsa verde (green tomatillo salsa), divided
- 1/2 cup fat-free, reduced-sodium chicken broth
- 24 (6-inch) corn tortillas
- 1/2 cup crumbled queso fresco cheese
- 1/4 cup fresh cilantro leaves
- 2 limes, cut into wedges (optional)



1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of the chicken; cook 3 minutes per side or until browned. Transfer to a 5- or 6-quart slow cooker. Cook the remaining chicken in the skillet, then transfer to slow cooker.
2. Heat remaining 1/2 tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, for 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low heat for 4 to 6 hours or until chicken shreds easily with a fork.
3. Place chicken in a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about 1/4 cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa and 1/2 teaspoon cilantro. Serve with lime wedges, if desired.

This year's theme is "Discover the Power of Nutrition". Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.



NATIONAL REGISTERED DIETITIAN DAY



MARCH 11TH, 2026

Fun Fact: Our dietitian, Carrie, puts together menus in five week cycles for both The Neighbors AND Meals on Wheels while working closely with our lead cook and culinary director. There is a fall/winter cycle and a spring/summer cycle. That means 70 different meals for each cycle, totalling 140 menus are planned! Thank you Carrie for all the thought you put into making our menus nutritious!





**UPLIFT.
DEFEND.
TRANSFORM.**



**MARCH IS NATIONAL
SOCIAL WORK MONTH**

"This theme honors the prime mission of the Social Work profession – to enhance human well-being, meet the basic human needs of all people, and put special attention on the needs and empowerment of people who are vulnerable, oppressed and living in poverty. The ability of Social Workers to uplift, defend and positively transform the millions of people they work with each day is needed now more than ever. Social Workers are on the front lines, helping individuals and communities so they can overcome personal and societal challenges and even thrive. There are more than 810,000 Social Workers in the United States and it is one of the fastest growing professions in the United States, according to the Bureau of Labor Statistics. Social Workers are in all areas of our society – with veterans, in schools, in social service and child welfare agencies, in adoption and foster care, in mental health care and health care, and in local, state, and federal government to name a few." – National Association of Social Workers



WHAT DO THE NEIGHBORS' 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 resident rights
- Provide supportive counseling & perform psychosocial assessments.
- Help residents and families navigate the health care and health insurance system

NDC'S TEAM

SOCIAL WORK DIRECTOR/ADMISSIONS

LAURA BRIESEMEISTER
715-231-4572

LBRIESEMEISTER@DUNNCOUNTYWI.GOV

EAST BUILDING/DEERVIEW

SARAH RECKIN
715-231-

SRECKIN@DUNNCOUNTYWI.GOV

WEST BUILDING

SAMANTHA ZIMPEL
715-231-

SZIMPEL@DUNNCOUNTYWI.GOV

Hello from the Social Services Department!



Just a reminder that we have an open-door policy. If you ever have a question, concern, or simply want to stop by and say hello, we are always happy to see you! You can find Sarah in the blue building, Samantha in the green building, and me in the yellow building. Our offices are open Monday through Friday during regular business hours. If we happen to miss you, please don't hesitate to give us a call or send us an email—we're always here to help.

Sincerely, Laura Briesemeister, CSW, Social Services Mentor

MARCH IS NATIONAL MUSIC THERAPY MONTH

GOALS & BENEFITS

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.



Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

- Wisconsin Chapter for Music Therapy

- FUN FACT -

Hospice providers may also offer music therapy programs included in their services if you or your loved one is enrolled.

MUSIC OPPORTUNITIES WITH THE LIFE ENHANCEMENT TEAM

- MUSIC THERAPY GROUPS WITH QUINTON KASE
- PERSONALIZED MUSIC THROUGH AMAZON ECHOS
- SING-A-LONGS & HYMN SINGS
- LIVE MUSIC WITH LOCAL ENTERTAINERS
- MUSICAL GAMES - BALLOON VOLLEYBALL, BEAN BAG TOSS, RHYTHM BAND, NAME THAT TUNE, & MORE!



HAPPY ST. PATRICK'S DAY!

INTERESTING TIDBITS:

- Since 1962, the city of Chicago has dyed its river green using roughly 40-100 lbs. of vegetable dye.
- In Ireland, the traditional meal was Irish bacon & cabbage, but Irish immigrants in America substituted corned beef because it was cheaper.
- Green was not associated with the holiday until the late 18th century; originally, "St. Patrick's blue" was the color worn.



"MAY YOUR BLESSINGS OUTNUMBER THE SHAMROCKS THAT GROW, AND MAY TROUBLE AVOID YOU WHEREVER YOU GO"



MARCH
* 17 *

ON THE MENU

CORN BEEF & CABBAGE

BABY RED POTATOES & CARROTS

CARAWAY RYE BREAD

LUCK OF THE IRISH CAKE