



**JUNE &  
JULY 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**

# THE NEIGHBORS

## strawberry salad sale

**ORDERS DUE JUNE 26TH**  
**ORDER PICK UP JULY 8TH**



SCAN ME



**PICK-UP IS WEDNESDAY, JULY 8<sup>TH</sup>  
BETWEEN 10:30 AM - 1:00 PM AT  
THE LOBBY OF THE CENTRAL  
(YELLOW) BUILDING. PROCEEDS  
GO TOWARDS OUTDOOR  
BEAUTIFICATION EFFORTS AT THE  
NEIGHBORS.**

### **TOPPINGS:**

- STRAWBERRIES
- BLUE CHEESE
- GRILLED CHICKEN
- CANDIED WALNUTS
- POPPYSEED DRESSING

# WARM WEATHER POLICY & REMINDERS

## HEAT & SUN REMINDERS



1

USE SUNSCREEN WHEN OUTSIDE, EVEN IF YOU ARE NOT IN DIRECT SUN. REMEMBER: NURSING STAFF HAVE SUNSCREEN FOR YOU TO USE!

FIND SHADE/WEAR PROTECTIVE CLOTHING (SLEEVES, HATS, ETC.) TO STAY COOL AND HELP PROTECT YOUR SKIN! THE SCREENED PORCHES ARE A GREAT PLACE TO BE IN THE SHADE.

2



3



STAY HYDRATED! DRINKING FLUIDS HELPS PREVENT HEAT RELATED ILLNESS. ASK THE NURSING STAFF FOR A MUG OF WATER WHEN GOING OUTSIDE TO ENJOY THE NICE DAY!

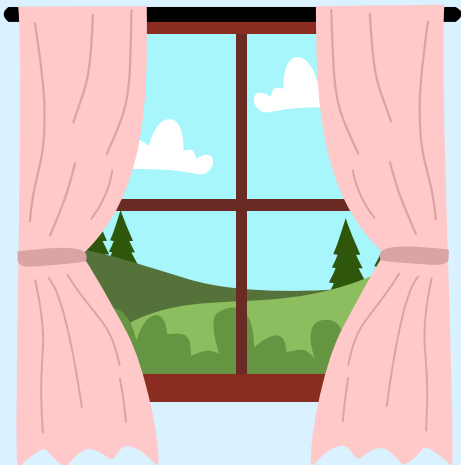


## OUT ON PASS & WARM WEATHER:

NDC weather policy states that we are unable to go on activities outings when the real feel is over 90°F. Our Life Enhancement team will watch weather closely on outing days and update residents as soon as possible with any changes. **Families & friends, please also be cognizant of the temperature when going outside or out on pass with your loved ones.**

## WHEN IT IS HOT & HUMID OUTSIDE...

PLEASE KEEP WINDOWS CLOSED TO ALLOW OUR HEATING AND COOLING SYSTEM TO WORK PROPERLY. EXTRA MOISTURE IN THE AIR IMPACTS THE SYSTEM.



EXTRA MOISTURE AND CONDENSATION CAN ALSO IMPACT OUR FIRE ALARM SYSTEMS. THANK YOU FOR YOUR COOPERATION!

## SYMPTOMS OF HEAT RELATED ILLNESS

From the CDC:

If your body gets too hot, you can get sick. Know the symptoms of your body overheating and know when to seek medical care.



- Muscle cramps
- Unusually heavy sweating
- Shortness of breath
- Dizziness
- Headaches
- Weakness
- Nausea

## CRITTER CONTROL



Please keep the screened porch inside doors closed to prevent furry critters/insects from entering the buildings. If you would like to sit out on the porch, staff have extra, portable call lights to help alert them when you are ready to come back into the building.

If you see critters inside, please tell staff immediately so that we can work to remove them from the building.

# NDC SEVERE WEATHER POLICY & REMINDERS

**Severe Weather Watches:** Staff will go through the households, community rooms, chapels, beauty shops, etc. and close draperies or pull down shades.

They will also prepare for moving residents out of their rooms should a warning be eminent. Residents have the right to refuse leaving their rooms, but staff will strongly encourage them to follow TNDC protocol.



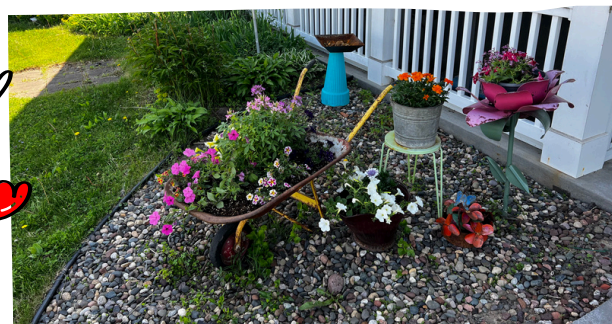
**Severe Weather Warnings:** It is up to the family and resident's discretion to decide about leaving the building. The Neighbors strongly encourages residents to stay in the building and not go out on pass during an active weather warning. If there is a weather warning, staff will ask residents to sit in the corners of the hallways in each household. These points are the most sturdy point of the building if severe weather were to hit.

**OUR GOAL IS TO KEEP EVERYONE AS SAFE AS POSSIBLE WHEN THERE ARE SEVERE WEATHER WATCHES AND WARNINGS.**

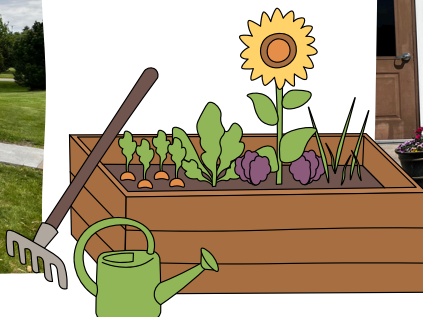
**TO THE VOLUNTEERS THAT HAVE HELPED WITH OUR GARDENS...**



*Thank you*



**YOUR EFFORTS HAVE MADE SUCH A HUGE DIFFERENCE! THE SPACES ARE BEING ENJOYED BY RESIDENTS, VISITORS, AND STAFF! WE APPRECIATE YOUR HARD WORK!**



# JUNE IS NATIONAL DAIRY MONTH

Thank  
YOU!

TO  
OUR  
LOCAL  
FARMERS!



## REASONS TO INCORPORATE MILK INTO YOUR DIET

FROM THE AMERICAN DAIRY ASSOCIATION

1. **Boost Your Bones:** Milk's unique nutrition profile includes thirteen essential nutrients, including calcium, vitamin D, and high-quality protein, all vital to overall bone health.
2. **Better Nutrition:** To replace the amount of calcium and vitamin D in three 8-ounce glasses of milk, you'd have to eat about 7 cups of raw kale and approximately 15 sardines according to their nutrient profiles.
3. **Defend Against Type 2 Diabetes:** One meta-analysis found that drinking 200 grams of milk daily (a little less than one cup) decreased the risk of developing type 2 diabetes by 9 percent.
4. **Heart Helper:** Milk is a source of potassium, calcium, magnesium, and protein—all key nutrients that play a role in blood pressure regulation.
5. **Post-Exercise Refuel:** Research consistently shows that consuming chocolate milk after exercise or sports performance is a top-notch way to replenish nutrients, such as carbohydrates, protein, fluids, and even electrolytes needed for recovery.

## A DAIRY FILLED RECIPE FROM OUR DIETICIAN!

### 4-INGREDIENT CHEESY RANCH CHICKEN RECIPE

#### Ingredients

- 4 (6-ounce) boneless, skinless chicken breasts
- 1/2 cup mayonnaise
- 1 (1-ounce) packet dry ranch seasoning
- 1 cup shredded sharp cheddar cheese
- Kosher salt and pepper



yum!

#### Step 1: Prep the ranch coating

Heat oven to 400°F with rack set in middle position. Lightly coat a sheet pan with nonstick spray. In a small bowl, whisk together mayonnaise and ranch seasoning.

#### Step 2: Coat the chicken

Place the chicken on a prepared sheet pan. Using a pastry brush, spread the ranch mixture over the chicken in an even layer.

#### Step 3: Sprinkle with cheese

Sprinkle cheddar cheese evenly over the chicken.

#### Step 4: Bake the chicken

Bake the chicken until the cheese is golden brown and bubbly, and a thermometer inserted in the center registers 165°, about 25 minutes.

# HAPPY NATIONAL CNA WEEK!

## JUNE 11TH-17TH



## YEARS OF SERVICE HIGHLIGHT

We would like to recognize our CNA staff that have been here for 5+ years. Thank you for your compassion and for all that you do to enhance our residents' independence and wellbeing!

- LORI TOMLIN - 36 YEARS
- BECKY HOYT - 35 YEARS
- LISA HASSEMER - 31 YEARS
- TAYLOR LARSON - 16 YEARS
- JODI KOHNKE - 9 YEARS
- KAYLA ANDERSON - 9 YEARS
- ALLIE ANDERSON - 8 YEARS
- ALLISON WITTIG - 7 YEARS
- ELIJAH WOOD - 7 YEARS
- ISAAC WOOD - 7 YEARS
- STEPHANIE GORDON - 6 YEARS
- ALLISON BILSE - 6 YEARS
- STACY SCHOLZE - 5 YEARS
- MACKENZIE BERENDS - 5 YEARS
- MONICA LINK - 5 YEARS

*"National Nursing Assistant Week 2026 is celebrated from June 11 – 17th, honoring the dedication and contributions of certified nursing assistants (CNAs). The official theme for this year is "We're Unbelievable", highlighting the extraordinary work CNAs do every day in caring for elders and people with disabilities. Thank you to the nearly 1 million CNAs across the United States who provide essential frontline care in nursing homes, assisted living communities, home health agencies, and other healthcare settings."*

**- National Association of Health Care Assistants (NAHCA)**

# Thank You!

**MAKE SURE TO GIVE AN EXTRA THANK YOU TO YOUR CNAS THIS WEEK!**

## F U N F A C T S

- The first CNAs worked during World War I.
- The American Red Cross established the first CNA organization, which was known as the Volunteer Nurses' Aide Service.
- National Nursing Assistants week has been celebrated during the month of June since 1977.



# HAPPY FATHER'S DAY

## FATHER'S DAY GIFT ORDER

ORDERS WILL BE  
DISTRIBUTED  
THROUGHOUT  
THE DAY ON  
FRIDAY, JUNE 19TH.



MYLAR  
BALLOON &  
CUPCAKE  
(\$5)

SCAN QR  
CODE TO  
ORDER  
ONLINE

PROCEEDS GO TOWARDS COST FREE RESIDENT  
ENGAGEMENT IN THE COMMUNITY

Chuck Ausman - West: [causman@dunncountywi.gov](mailto:causman@dunncountywi.gov)  
Quinton Kase - East: [qkase@dunncountywi.gov](mailto:qkase@dunncountywi.gov)  
Alyssa Stelter - Central: [astelter@dunncountywi.gov](mailto:astelter@dunncountywi.gov)

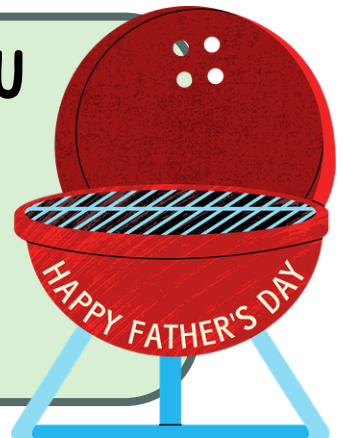
## LARGE GROUP?

Please reserve a room by contacting the Life Enhancement staff in your building. Rooms are reservable on a first come, first serve basis. We will try to accommodate as many groups as possible with rooms and extra tables in the households.

## THE NEIGHBORS FATHER'S DAY LUNCH ORDER

### ON THE MENU

Herb & Garlic Roast Beef  
Mashed Potatoes  
with Gravy  
Creamy Cucumber Salad  
Dinner Roll  
Apple Pie with Ice Cream



SCAN QR CODE  
TO ORDER ONLINE



Please drop off at The Neighbors Central front desk or mail to 2901 Forbes Ave, Menomonie, WI 54751. Order online using the QR code on this form. You may pay at the front desk, through the mail, or on our website. Orders and payment is due on or before June 10th. Each meal is \$10.00. Questions? Please reach out to Alyssa - [astelter@dunncountywi.gov](mailto:astelter@dunncountywi.gov).

YOUR NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

RESIDENT NAME: \_\_\_\_\_

HOW MANY MEALS WOULD YOU LIKE TO ORDER? \_\_\_\_\_



# JUNE IS NATIONAL ALZHEIMER'S AWARENESS & BRAIN HEALTH MONTH

## ACTIVITIES AT THE NEIGHBORS TO HELP BENEFIT YOUR BRAIN:

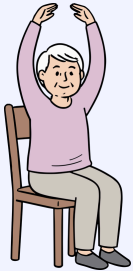


**GAMES - BINGO, YAHTZEE, BUNCO, 6-5-4, LEFT-RIGHT-CENTER, CARDS, POKENO, & MORE!**

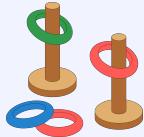
**BRAIN GAMES - SCATTERGORIES, CROSSWORDS, PUZZLES, TRIVIA/ JEOPARDY, ETC.**



**SOCIAL ACTIVITIES - LADIES' TEA, MEN'S BREAKFAST, HAPPY HOUR & LIVE MUSIC, BAKING GROUPS, REMINISCING, FURRY FRIENDS PROGRAM, MUSIC THERAPY, SING-A-LONGS, ETC.**



**PHYSICAL ACTIVITIES - CHAIR EXERCISES, BALLOON VOLLEYBALL, YARD GAMES, GARDENING, FLOOR BIKES**



**INTERGENERATIONAL PROGRAMMING - VOLUNTEER GROUPS FROM LOCAL SCHOOLS & ORGANIZATIONS, PARTNERSHIP WITH DUNN COUNTY PLAYGROUP & LOCAL 4H GROUPS**



## INDEPENDENT ACTIVITY SUPPLIES:

- WORD SEARCH & CROSSWORD BOOKS
- SUDOKU BOOKS
- PUZZLES
- CARDS
- BOARD GAMES
- BOOKS & AUDIOBOOKS
- KNITTING/CROCHETING SUPPLIES
- EMBROIDERY SUPPLIES
- ART/COLORING SUPPLIES
- AMAZON ECHO - PERSONALIZED MUSIC



## CHALLENGE YOUR MIND



A little girl goes to the store and buys one dozen eggs. As she is going home, all but three break. How many eggs are left unbroken?

**FIND THE ANSWER ON THE NEXT PAGE!**



## SUMMER WORD SEARCH

FIND AND CIRCLE EACH WORD!



S	U	N	W	A	N	P	U	A
U	S	B	A	E	I	P	L	H
N	H	T	T	W	C	L	S	O
B	E	N	E	U	E	A	A	T
L	L	W	R	R	D	Y	N	N
O	L	N	B	O	T	S	D	F
C	A	M	B	E	A	C	H	U
K	U	W	A	V	E	S	C	N
P	I	N	E	A	P	P	L	E

SUN  
SUNBLOCK  
PLAY  
WAVES  
HAT  
SAND

BEACH  
SHELL  
PINEAPPLE  
WATER  
UMBRELLA  
FUN

## WEAR PURPLE DAY JUNE 20TH



On The Longest Day, teams around the world come together for a day of activities to honor the strength, passion, and endurance of those facing Alzheimer's disease. Join us in wearing purple to support Alzheimer's research!

# JULY VOLUNTEER OPPORTUNITIES

RIDDLE ANSWER: THREE!

## Thursday, July 23<sup>rd</sup>

Outing to the Dunn County Fair  
Morning: 10:00 - 11:30 am  
Afternoon: 2:00 - 3:30 pm

Buildings are TBD for a morning and an afternoon trip to the Dunn County Fair. Volunteers will meet at the fairgrounds and be paired with a resident to help them explore exhibits.

## Friday, July 24<sup>th</sup>

Outing to the Dunn County Fair  
2:00 - 3:30 pm

Building TBD. Volunteers will meet us at the fairgrounds and be paired with a resident to help them explore exhibits.



Available & Interested in Volunteering? Please contact Alyssa - [astelter@dunncountywi.gov](mailto:astelter@dunncountywi.gov)

# HAPPY FOURTH OF JULY!

## ON THE MENU

BBQ RIB SANDWICH WITH SAUTEED ONION



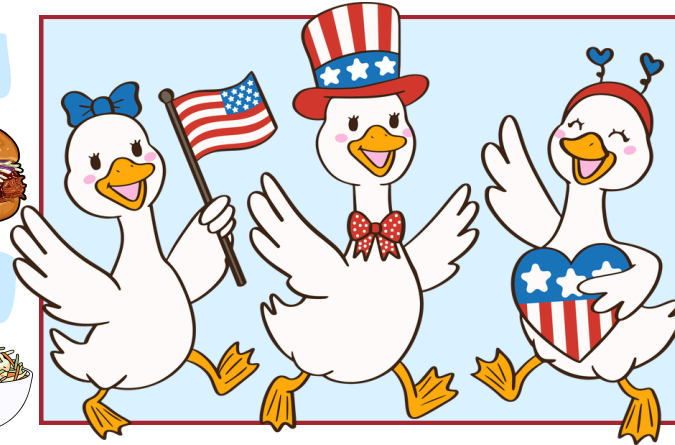
MACARONI & CHEESE



CREAMY COLESLAW



COOL WHIP MARSHMALLOW FLUFF



Fun Fact: Only two men actually signed the Declaration of Independence on July 4, 1776: John Hancock and Secretary Charles Thomson. The other 56 delegates signed it later on August 2, 1776.

THE NEIGHBORS IS WISHING EVERYONE A HAPPY AND SAFE FOURTH OF JULY. WE HOPE YOU HAVE A FUN, RELAXING HOLIDAY WITH LOVED ONES!

# JULY IS NATIONAL ICE CREAM MONTH

## PRESIDENTS & ICE CREAM IN HISTORY

- Thomas Jefferson was such a massive fan that he wrote one of the earliest American recipes for French-style vanilla ice cream.
- In the summer of 1790, George Washington spent the equivalent of about \$5,000 in today's dollars on ice cream in just a few months!
- President Reagan declared July to be National Ice Cream Month in 1984.



### FOR THE ICE CREAM BASE:

1 cup half-and-half  
2 tablespoons granulated sugar  
½ teaspoon vanilla extract

### FOR THE FREEZING PROCESS:

4 cups ice cubes  
1/3 cup rock salt (or coarse kosher salt)  
1 quart-size zip-top bag  
1 gallon-size zip-top bag

Simply combine milk/cream, sugar, and vanilla in a small sealed bag, place it inside a larger bag filled with ice and rock salt, and shake until it freezes.



TRY HOMEMADE ICE CREAM!