



AUGUST &
SEPTEMBER 2026

News from The Neighbors



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

Written by Alyssa Stelter
Life Enhancement Director and Volunteer Coordinator

GENERAL REMINDERS & UPDATES

When Going
Out on Pass



1. Get the out on pass slip from your nurse.

These are important as they let us know:

- when you are leaving
- about how long you will be gone
- a phone number to call if we need to check in.

2. Get meds from your nurse if needed.

3. Make sure you have water, sunscreen, and/or proper clothing for the weather - sunglasses, a sunhat, raincoat, long sleeves, a coat, hat, gloves etc.

ITEMS THAT SHOULD BE STORED BY THE NURSE FOR SAFETY INCLUDE...

- Medications (unless approved by the doctor)
- Alcohol Products
- Tobacco/Vape Products



If you purchase these items, please give them to the nurse to lock in the med room. The nurse will be able to get them for you upon request.

Where do I find activity calendars?

ON OUR WEBSITE:



SCAN HERE

NEIGHBORSDC.ORG

POSTED IN RESIDENT ROOMS

POSTED IN EACH HOUSEHOLD

Changes may be made to the calendars based on:

- Heat (real feel over 90°)
- Rain/Storms
- Cold (real feel under 0°)
- Outbreak Precautions/Illness



August Volunteer Opportunities



Central Building Trip to the Dollar Tree: Volunteers will meet us at the store at 10:30 am, help residents shop for approx. 45 minutes, and then help them back out to the bus to return home.

HAPPY NATIONAL UNIT CLERK DAY!

AUG. 23RD 2026

A unit clerk's day involves managing the administrative backbone of a hospital or clinic nursing station. Day shifts are highly active, centering on answering phones, triaging patient call lights, transcribing physician orders, scheduling appointments, and coordinating admissions and discharges with nursing staff. Thank you Sandra and Julia for all that you do!

*What do
Unit
Clerks
help with
at NDC?*

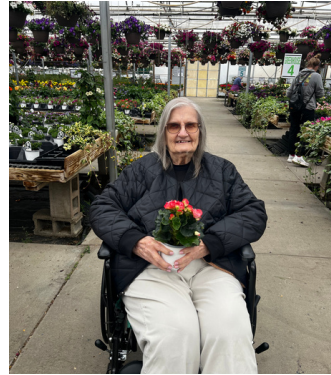


1. Setting up information for new admissions & submit information for discharges
2. Transcribing Doctor orders into the computer
3. Training new nursing staff on how to put in orders & use online charting programs
4. Helping coordinate & schedule resident appointments
5. Delivering newspapers & resident mail

THANK YOU THANK YOU THANK YOU

HAPPY NATIONAL SENIOR CITIZEN DAY!

AUGUST 21, 2026



FANTASTIC!



WOW!

NICE JOB



YOU are AMAZING



HAVE FUN



YOU ROCK!





ON THE LUNCH MENU

**SMOKED BEEF BRISKET
TOPED WITH ROASTED
PEPPERS & ONIONS,
SERVED ON A HOAGIE ROLL
MACARONI SALAD
CREAMY FRUIT SALAD
MALT CUPS**

Happy LABOR DAY

SEPT. 7TH

**FUN FACT: The top jobs
in 2025 include:**



- Nurse practitioner
- Medical & health services Manager
- Information security analyst
- Speech-language pathologist
- IT manager
- Physician assistant
- Financial manager
- Software developer
- Data scientist
- Actuary



MALNUTRITION AWARENESS WEEK: SEPTEMBER 14-18TH

ALL INFORMATION TAKEN FROM ASPEN - American Society for Parenteral and Enteral Nutrition

WARNING SIGNS OF MALNUTRITION

SUDDEN, UNEXPECTED
WEIGHT LOSS

LOSS OF APPETITE

MUSCLE WEAKNESS

FREQUENT NAUSEA,
VOMITING, OR DIARRHEA

SLOW HEALING WOUNDS

FEELING TIRED/FATIGUED

GETTING SICK OFTEN

SWELLING IN ANKLES,
LEGS, OR BELLY

tips for improving nutrition

1. Buy foods that are tasty, easy to prepare, & rich in calories/protein.
2. Make your meals social! Head out to the dining room for your meals. We invite our community members to check on congregate dining options through Meals on Wheels! Check out more info at <https://dunncountywi.gov/adrc>.
 - a. Other community meals in Menomonie include:
 - i. Mondays: Menomonie United Methodist Church, 2703 Bongey Dr.
 - ii. Tuesdays: St. Joseph Catholic Church, 910 Wilson Ave.
 - iii. Wednesdays: Christ Lutheran Church, 1306 Wilcox St.
 - iv. Thursdays: First Congregational United Church of Christ, 420 Wilson Ave (take-out from 5:00 PM – 6:00 PM at the West Entrance)
3. Eat 5-6 small meals per day instead of 3 large ones.
4. Build muscle strength by lifting weights, using resistance bands, and/or taking walks.
5. Find a supplement you enjoy. These are a great way to get the amount of calories, protein, and essential nutrition you need in your day. The Neighbors utilizes supplements like Ensure, Boost, and Glucerna.

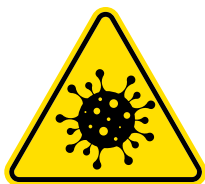


WHY IS MALNUTRITION AN IMPORTANT TOPIC?

Malnutrition can lead to...



Higher risk
of falls &
broken
bones



Higher
risk of
infections



Less
independence

Higher
stress
levels



Longer & more
frequent
hospital
stays



Decreased
immune system
response

QUESTIONS?
LET US
KNOW!

Dietician

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

HAPPY NATIONAL GRANDPARENTS DAY!

September 13th - The purpose of the day is threefold: to honor grandparents, give them an opportunity to show love for their children's children, and help children become aware of the strength, guidance, and information that older people can offer.

VISITING AREAS

Central:
Community Room, Bistro, Training Room, Chapel, Beauty Shop

West: Community Room, Chapel, Beauty Shop

East Rooms:
Community Room, Chapel, Beauty Shop

To reserve a space, please contact the Life Enhancement staff in your building!



CALLING YOUR LOVED ONE:

A telephone with service is included in each room except for in the memory care units. There are no phones available in those rooms. If you would like to speak to a resident in Eastbrook or Red Cedar, please call the nurses' station and ask to speak with your loved one. To reach a resident dial 715-231-2114. An automated voice will ask you for the extension of the resident and then dial the appropriate extension listed below.

West Neighborhood:

1+ Room Number

Central Neighborhood:

2+ Room Number

East Neighborhood:

3+ Room Number



Eastbrook Nurses Station

715-231-4637

Red Cedar Nurses Station

715-231-4616

HEALTHCARE ENVIRONMENTAL SERVICES WEEK!

National Healthcare Environmental Services Week during the second week in September honors the men and women who ensure safe, comfortable and clean facilities all year long. These dedicated employees provide outstanding services. Their knowledge and skill not only keep medical facilities running smoothly, but they help support positive patient outcomes.



YEARS OF SERVICE HIGHLIGHT

AUDREY STABENOW

26 YEARS

MICHELE WILSON

25 YEARS

LAUREL BERENDS

12 YEARS

LINDA SWANSON

11 YEARS

KJ SCHREMP

8 YEARS

KAREN HOLM

6 YEARS

BRADY BURGRAFF

6 YEARS

BOB WYSS

6 YEARS

NAOKI SEKIGUCHI

5 YEARS

The Neighbors is proud to feature homemakers & facilities staff that have served our residents for 5+ years. Make sure to share an extra thank you with them for their dedication to getting to know our residents' preferences & routines as well as helping with any fixes big or small! We appreciate your work!



We would like to show our appreciation for all parts of our environmental services crew! Thank you homemakers for making sure our residents have a welcoming, clean home and ensuring they have their favorite meals and snacks! Thank you to our maintenance team for being the jack of all trades and keeping our facility running well and safely. Thank you to our custodial staff for making sure our common areas and offices are clean and stocked and for making sure rooms are ready for incoming residents!



Join us for a family & friends

PICNIC

ON THE MENU

PULLED PORK SANDWICH
OR SLOPPY JOE SANDWICH

BAKED BEANS

PASTA SALAD

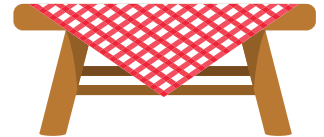
BROWNIES

COFFEE, WATER, LEMONADE

TUESDAY, SEPTEMBER 15

Inglenook, Red Cedar, Even Tide, & Fireside

Join us for a family picnic outside the West building garage on September 15th at 5:00 pm! We will meet to enjoy good food, fun music, and great conversation. To ensure we plan for enough food, please fill out the RSVP form using the QR code or by filling out the form at the bottom of this page. If heat, rain, or severe weather is in the forecast, we will move the picnic inside to the households. It will NOT be cancelled.



WEDNESDAY, SEPTEMBER 16

Morning Song, Eastbrook, Tender Hearth, & Deerview

Join us for a family picnic outside the East building garage on September 16th at 5:00 pm! We will meet to enjoy good food, fun music, and great conversation. To ensure we plan for enough food, please fill out the RSVP form using the QR code or by filling out the form at the bottom of this page. If heat, rain, or severe weather is in the forecast, we will move the picnic inside to the households. It will NOT be cancelled.



Please drop off this RSVP at The Neighbors Central front desk.

You may also RSVP online using the QR code on this form.

Forms are due on or before September 2nd. Questions? Please reach out to Alyssa - astelter@dunncountywi.gov.

YOUR NAME: _____

EMAIL: _____

PHONE NUMBER: _____

RESIDENT NAME: _____

WHAT DAY WILL YOU BE ATTENDING? 15th OR 16th

HOW MANY PEOPLE WILL BE ATTENDING? _____