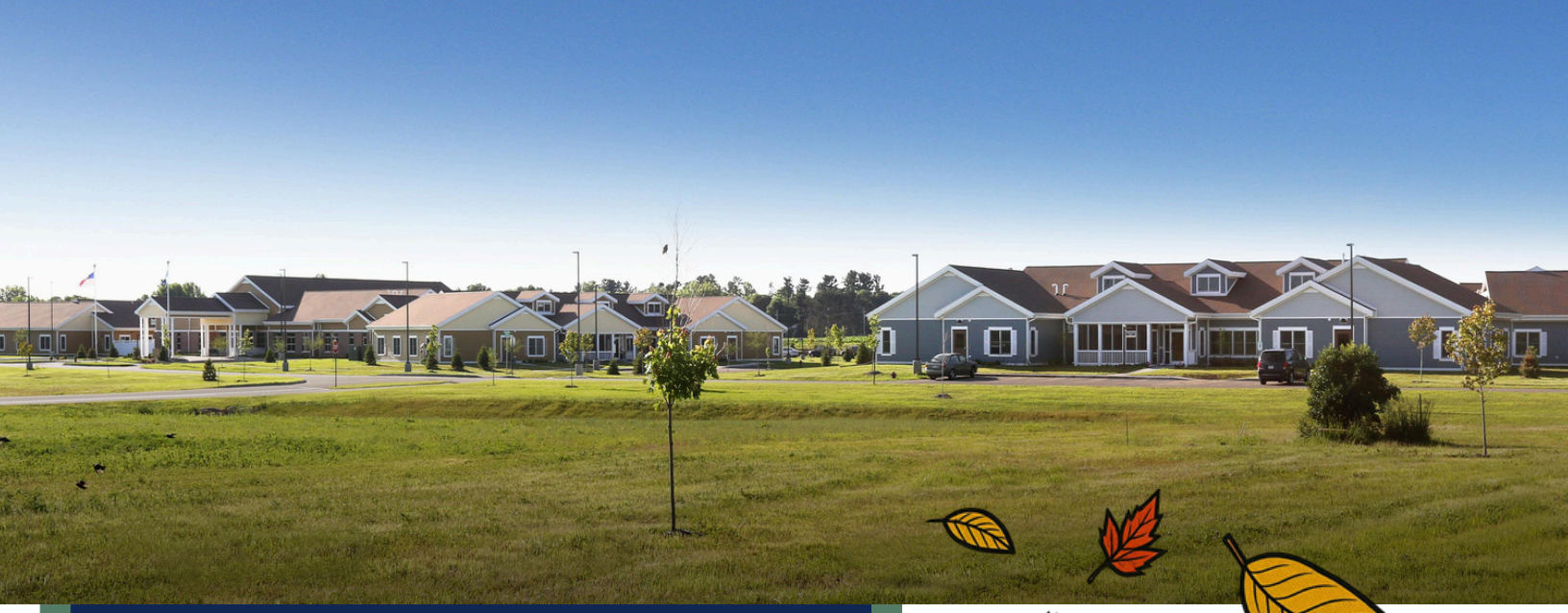


OCTOBER &
NOVEMBER 2026

News from The Neighbors

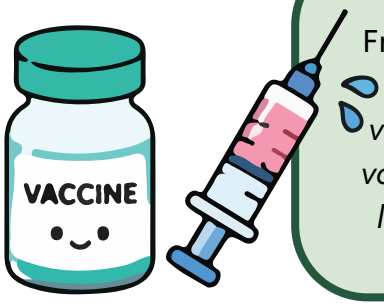


TAKE A LOOK AT WHAT IS HAPPENING AROUND THE NEIGHBORS OF DUNN COUNTY!!

Written by Alyssa Stelter
Life Enhancement Mentor &
Volunteer Coordinator

GENERAL REMINDERS & UPDATES

A NOTE FROM OUR DIRECTOR OF NURSING



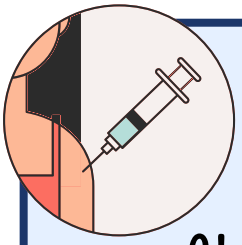
BENEFITS OF FLU SHOTS

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."*

It is that time of year again. Within the next few weeks, we will begin offering our annual influenza vaccinations. In addition, we will also be offering the semi-annual COVID-19 booster. As we are all aware, respiratory illnesses can have serious consequences for the elderly population we serve. Our goal is to ensure that all residents and qualifying staff have the opportunity to be protected against these viruses.

Please note that, at this time, only one dose of the RSV vaccine is recommended for coverage. If you intend for your loved one to opt out of this year's recommended vaccinations, or if you would like to inquire about what vaccines your loved one is scheduled to receive, please contact the appropriate person listed below:

- West (Green) Building: Katja Weix – 715-231-4610
- East (Blue) Building: Cathy Wheeler-Hoff – 715-231-4628
- Central (Yellow) Building: Ashley Peterson – 715-231-4573
- Campus DON: Rebecca Proudlock – 715-231-4574



UPCOMING VACCINE CLINIC DATES

Influenza Vaccine:
October 20, 2026

COVID-19 Vaccine:
November 19, 2026

RSV Vaccine:
Offered on an as-needed basis



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, INGLENOOK, & RED CEDAR:
Samantha Zimpel - szimpel@dunncountywi.gov

FIRESIDE & DEERVIEW
Laura Briesemeister - lbriesemeister@dunncountywi.gov

ADDITIONAL UPDATES & REMINDERS



COVER YOUR COUGHS & SNEEZES!

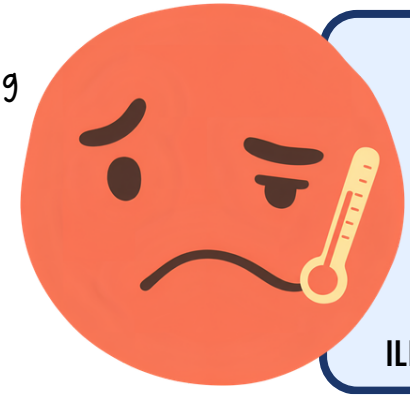


REMINDERS TO MINIMIZE THE SPREAD OF RESPIRATORY ILLNESS

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

CLEAN & DISINFECT HIGH TOUCH SURFACES REGULARLY.

During outbreak precautions, visitors are encouraged to wear masks. If you are feeling sick, please stay home! Our Life Enhancement team is more than happy to set up virtual visits with those that would like them. Contact the Life Enhancement staff in your building to schedule a Zoom call as needed.



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.

ROOM RESERVATION CONTACTS

ANY BUILDING
ALYSSA STELTER
ASTELTER@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



Crockpots may NOT be used in any of the households.
Extension cords & 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. **Rooms are reserved on a first come, first serve basis.** If the room you request is not available, our Life Enhancement staff will do their best to find a space to accommodate your group.

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

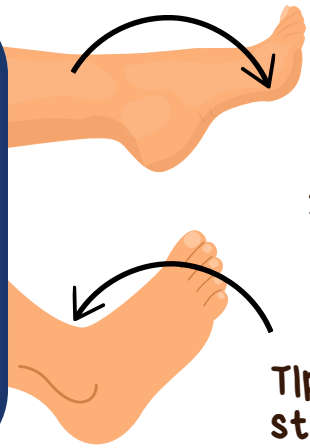
OCTOBER IS PHYSICAL THERAPY MONTH!

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.





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.



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.

This October, we are continuing with our consumer awareness campaign, "PT For Future Me," as the theme. This campaign highlights the importance of physical therapy in promoting resilience and supporting strength, mobility, and overall wellness throughout the lifespan to optimize the health span, the period of life when people are generally healthy and free from preventable chronic disease."

- National Physical Therapy Association



Happy Healthcare Food Services Week

October 4th-10th

What does our kitchen help with?

- Making and delivering daily meals to NDC households & 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 & family picnics
- Preparing items for activities' baking groups
- Preparing food for outings like the monthly Senior Center lunch, picnics, & fishing trips
- Providing fun treats for activities such as happy hours or other on campus events

Food Joke of the Day

What do ghosts serve for dessert?



Ice SCREAM and BOOberries!!

FROM OUR KITCHEN TO YOURS



CORN CASSEROLE

INGREDIENTS

1 BOX JIFFY CORN MUFFIN MIX (8.5 OZ.)
1/2 CUP MELTED BUTTER
8 OZ. SOUR CREAM
1 15.25 OZ. CAN OF REGULAR KERNEL CORN (DRAINED)
1 15.25 OZ. CAN OF CREAMED CORN
2 LARGE EGGS

INSTRUCTIONS

1.Preheat oven to 350 degrees F.
2.Crack the eggs in a large mixing bowl and whip slightly with a fork.
3.Add melted butter, sour cream, cream style corn, and the drained can of regular corn. Whisk together until well combined.
4.Add Jiffy Corn Muffin mix. Stir until everything is completely mixed together.
5.Pour into buttered 8×8-inch casserole dish.
6.Bake for 45 minutes, uncovered.
7.When done, top will be golden and edges will be slightly cracked. Middle should be firm to the touch. (Not jiggly.)

What do ghosts wear when their eyesight gets blurry?



Spooktacles!!

HAPPY HALLOWEEN

Halloween Fun Facts:

- Halloween began as Samhain (pronounced "SAH-win"), a Celtic festival celebrated over 2,000 years ago in Ireland, the UK, and Northern Europe.
- The original Jack-o'-lanterns were carved out of turnips and potatoes, not pumpkins, inspired by the Irish folktale of "Stingy Jack". Irish immigrants brought the tradition to America, where larger and easier-to-carve pumpkins took over
- M&Ms and Reese's consistently rank as top favorite candies in the United States.
- **Keene, New Hampshire** holds a record for lighting 30,581 jack-o'-lanterns at once.



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! These 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. 30TH
TIME:
5:00 - 6:30 PM
LOCATION:
THE NEIGHBORS OF DUNN COUNTY
2901 FORBES AVE,
MENOMONIE, WI 54751

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.

HAPPY VETERANS DAY

Air Force

John Zindler

National Guard

Naoki Sekiguchi (staff)

thank you

Army

Bob Wyss (staff)
David Koehler
Delbert Penton
Doug Rasmussen
Duane Sylvester
Greg Soohov
Herb White
Ken Homer
Larry Schultz
Leland Melius
Richard Ofte
Robert Garrard
Ronald Janke
Sandra Tschumperlin (staff)
Waherr Vang
Wayne Miller

List as of 10/14/2026



Navy

Bob Ludtke
Ron Hulbert

Marines

Art Sorenson
Cecil Ferry
David Larrabee
Gerry Shepard
Steve Eichhorst

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."
— Nelson Mandela

From everyone at The Neighbors: 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.



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!

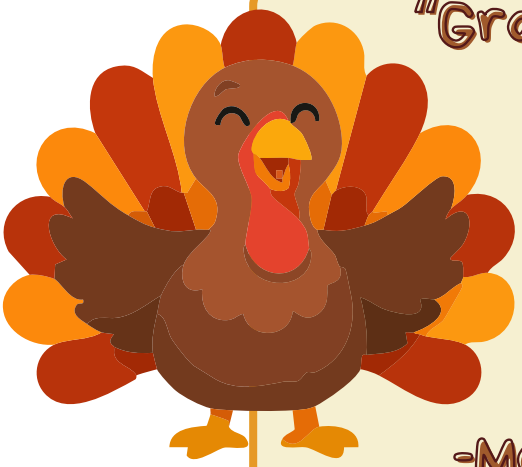
HAPPY Thanksgiving

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



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
-Melody Beattie

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 2026

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 9th- Inglenook

December 11th- Morning Song

December 14th- Tender Hearth

December 15th- Red Cedar

December 17th- Eastbrook

December 18th- Even Tide

December 21st- 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 ORDERS

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. 24

Italian Sausage Stuffed Manicotti
Caesar Salad
Garlic Toast
Bread Pudding with a Warm Butter Sauce

ON THE MENU: DEC. 25

Maple Glazed Ham
Herb & Garlic Red Skin Mashed Potatoes
Corn Casserole
Fresh Dinner Roll
Strawberry Cheesecake



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 18th. 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? _____



NDC MEMORIAL LIGHTS 2026



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.

"What we leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."
—Pericles



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.