



The Neighbors
of Dunn County

NEWS FROM THE NEIGHBORS

JULY-AUGUST, 2016

We need your help! We are considering the creation of a memory garden which would give families the opportunity to purchase engraved bricks in memory of or in honor of, loved ones who have resided at The Neighbors. In order to gauge interest in this project, we have developed a very short survey. Please fill out our brief online survey found on our website (neighborsdc.org) or through the following link: <http://bit.ly/29j8D4p>



Summer Outings

Everyone from Wisconsin knows that our summers are short, and we need to make the most of the beautiful weather while we can. We have had wonderful weather during this past month of June. The Life Enhancement Department took residents on 12 outings last month. These outings included our weekly trips to the Senior Center and monthly shopping trip to Walmart, as well as a fishing trip to Bullfrogs, two outings to the Ludington Guard Band Concerts, a visit to Cady Cheese factory, a trip to St. Croix Casino, and the annual handicapped fishing event at Butch's Bay.

July and August look to be busy as well... We currently have outings planned for picnics, the movie theatre, the Dunn County Fair, band concerts, Irvine Park, Bullfrog's Fish Farm, a baseball game, and pontoon rides. The Bellringers also have four performances scheduled.

Any family members who would like to join us (and help) on these outings should contact the Life Enhancement staff.



The household staff have been busy with fun activities as well. Several houses have had cookouts, outdoor activities, gardening, movie nights, crafts, and tram rides in the evenings and on weekends.

**Be sure to "like"
our Facebook page
to follow all
our fun activities!**





From the Administrator's Desk...

The other day, I was reminded that despite the numerous issues or problems we may face from day-to-day, overall we manage to do things pretty well. Compliments seem harder to come by, but this past week and perhaps this past month, I have heard several comments that help energize me and others of our staff and validate our leadership, our management and the outcomes we produce.

Our financial situation in 2016 is appearing much brighter than anticipated, so much so that I think it is safe to say the facility is operating in the black so far this year. That's amazing considering our debt service amount. Recently, our Red Cedar Bistro was licensed as a restaurant! Now, we can seriously consider marketing it as such. I've always said, the Red Cedar Bistro is the best kept secret in Menomonie for lunch because it's great food at a great value! Stop in some time, but come early before the lines start. Lunch is served at the bistro between 10:30 a.m. and 1:30 p.m.

We've had some thorough examinations of our food services and food purchasing of The Neighbors. I was delighted to hear from at least one vendor that they felt our services and food were top notch and they did not want to offer competing proposals because of it. Our food costs are very competitive utilizing our current vendor and we hope to improve on that slightly so that we can continue the great services and food for about the same cost as switching to another vendor and with it - the unknown.

Of course nothing is better than a resident or family members telling us and others about the wonderful things they feel we do for them or what a great facility we have. And, we do have a great facility and great employees! This is why our three facilities are rated 4 & 5 stars on Medicare.gov based on staffing, state survey outcomes and indicators of quality care. Did you know we are among the lowest cost nursing home in the area?

Still, with the biennial State of Wisconsin budget looming ahead in 2017, we are preparing for keeping the public, our Board and legislators informed of the need for adequate and sufficient reimbursement to pay our costs, particularly when there is serious workforce issues facing many nursing homes throughout Wisconsin, such that some can't admit residents due to a lack of adequate staff. These challenges are opportunities for us to find improvements.

We are in the midst of writing the 2017 budget and preparing for our annual State Surveys. We look forward with anticipation to the Annual Resident and Family picnics in August and we pray that we will have great weather again. In the meantime, we hope you were able to enjoy a safe and fun Independence Day Holiday on July 4, the crops grow well, our gardens provide us with fresh fruits & veggies and the compliments keep coming. Please consider participating in our survey about a proposed Memorial Garden. We really appreciate the opportunity to serve our community, the residents and families we encounter and to see positive things happening with so many people. Enjoy the summer and if ever you feel there is something we can do to improve or make things better call me at 715-231-4564 and let's discuss it. Thanks!

Anthony Manzella, Administrator/Community Mentor

It's Picnic Time!

**Announcing our Annual
Neighborhood Family Picnics...**

**West Neighborhood
Tuesday, August 9, 2016
5:00—6:00 p.m.**

Music by Rudy Rudisell

**Central Neighborhood
Wednesday, August 10, 2016
5:00—6:00 p.m.**

Music by Rich Schroeder

**East Neighborhood
Thursday, August 11, 2015
5:00—6:00 p.m.**

Music by Al Julson

Picnic Menu:

Hawaiian Pork or Hamburger

Pasta Salad

Baked Beans

Brownies

Lemonade/Coffee



Nursing Notes...

As most of you know, we have doctors who round at our facility Monday - Friday. We wanted you to know that Dr. Nelson will be gone for the month of July, and Dr. Paulson will be replacing her during this time. We will continue to have Dr. Thirumalai and Dr. Brown weekly.

We are also pleased to have CNA students performing their clinicals here throughout the summer.

Just a reminder...



In the event of severe weather, residents may be asked to move out of their rooms to a safe area designated in each house. These are important safety policies that we need to follow. Thank you for your assistance in this matter.

Dates to celebrate (just for fun)...

July 4: Independence Day!

July 23rd: Hot Dog Day!

July 24th: Cousin's Day!

August 6th: Root Beer Float Day!

August 9th: Book Lover's Day!

August 16th: Tell a Joke Day!

August 21st: Senior Citizen's Day!

August 26th: Dog Day!





Be a Savvy Farmers Market Shopper

Farmers markets have become more commonplace in neighborhoods around the country, and with this increase in popularity there is an increase in vendors and consumer choice.

When it comes to buying produce, start small — buy salad ingredients to have at dinner each night and fruit for meals or snacks. Purchase vegetables you know how to prepare. Once you gain confidence, add new items. Search for staples you normally buy at the supermarket, such as eggs, flour, bread, coffee, fish, nuts, seeds, honey and even soap.

Since items at a farmers market change often, bring a general shopping list rather than a specific one for the whole week — ingredients for salads and produce for side dishes that go well with planned dinners of fish, chicken or meat entrées. To prevent rotting fruit in the fridge, estimate how many pieces of fruit you'll need for your lunches or snacks for the week.

Here are a few ideas on maximizing your trip and becoming a savvy farmers market shopper:

- **Don't be shy.** The people selling products want to answer your questions. So, go ahead, ask them what sunchokes are.
- **Learn the lingo.** Not all farmers can afford the organic certification, so ask what the difference between "greenhouse grown" and "grown or raised without hormones."
- **Do your homework.** Find a market that's in a convenient location and has hours that fit your schedule so you can easily add a shopping trip into your weekly routine. Visit www.localharvest.org for markets in your area.
- **Time your outing.** If you can only go on weekends, get there early. Otherwise, go on a weekday during the middle of the day. The less traffic in the market, the more opportunities you'll have to get the best products and chat with vendors. If you're shopping on a budget, going at the end of the market day will usually enable you to get some great deals and negotiate prices with the vendors.
- **Bring cash and reusable bags.** Small bills will make transactions easy, and you'll need a sturdy, eco-friendly bag to carry your purchases home.
- **Be flexible.** Accept that produce will not look perfect. But, it has been grown locally and picked recently, which means it's packed with flavor and nutrients.

Information provided by Julie Negrin, MS, CN, and the Academy of Nutrition and Dietetics' Hunger and Environmental Nutrition dietetic practice group. More information available on eatright.org



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Generations of caring since 1892

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