

TWO RIVERS CONNECTION



AUGUST 2022



*Aging and Disability Resource Center
Of Buffalo and Pepin Counties*



Get to Know Us, Before You Need Us!

Please join the Aging & Disability Resource Center (ADRC) staff in August as they discuss their roles within the ADRC and the services they provide.

The ADRC will be hosting 2 FREE informational meetings open to the public to come and learn about the services offered and available to Pepin & Buffalo County residents. Program will include a presentation, a fun game and time for any questions. Light snacks will be provided!

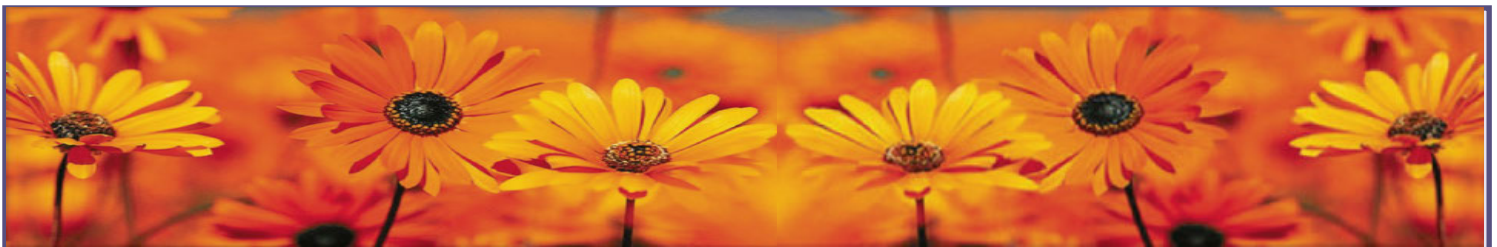
Meetings will be held in person at the locations listed below, with the option to view a recording of the presentation that will be posted to the ADRC website at a future date.

Grab a friend and come together to learn about what your local ADRC has to offer you!

To register: contact the ADRC at: 1-866-578-2372 or via email adrc-bp@co.pepin.wi.us

Durand Public Library
604 7th Ave E, Durand, WI 54736
Tuesday, August 9th
10:00AM- 11:30AM

Roger Marten Community Center
120 S. Franklin St, Mondovi, WI 54755
Thursday, August 11th
1:30PM-3:00PM



Dementia Care Calendar

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Questions with Katrina</u> Alma Library 2:30-4:30pm	2	3	4 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	5
8	9 <u>Memory Café</u> Coffee & Conversation Dementia & the 5 Senses 10:00am - 11:00am Hurlburt’s Haven –Durand 1227 E Prospect St.	10 <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am	11 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	12
15 <u>Questions with Katrina</u> Alma Library 2:30-4:30pm	16	17 <u>Memory Café</u> Pepin Exchange Dementia & the 5 Senses 10:30am - 12:00pm Pepin Public Library 510 2nd St., Pepin	18 <u>Lunch Bunch</u> Support Group for Caregivers - on Zoom 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30-8:30pm	19
22	23	24 <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am	25 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30-8:30pm	26
29	30	31	<div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div></div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div></div></div><div><div><d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Lunch Bunch

Grab your lunch and join us for a virtual support and resource group where family caregivers of loved ones living with Dementia can learn, grow and support each other through their caregiver journey. We meet on the third Thursday of the month, and will have fifteen minute education topics relevant to caregiving, with the remainder of the hour focused on discussion and conversation, to support each other's caregiving roles. **For more information and to register for the Zoom link and passcode, call Katrina at 715-279-7870.**

We're here to help!

Check out our weekly Dementia Care posts on our website and Facebook page!

Website: www.adrc-bcp.com
 Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

Information & Resources **Free Memory Screens**

Call Katrina at 715-279-7870 to schedule a screening appointment, or see Katrina at the Durand or Alma Library (see above)

REPAIRING POTTERY

Find the right fragment for each damaged flower pot.



Answers are on page 7.

SEASONEDTIMES.COM

Use the Six Pillars to Make Brain Health a Part of Your Daily Life.

Be Social - People with strong social connections tend to improve their cognitive function, as well as boost their mood.

Engage Your Brain - Learning and doing new things keeps your brain engaged. Break out of your daily routine and discover new skills.

Manage Stress - Too much stress can be bad for your health, but there's plenty you can do to get stress squared away.

Ongoing Exercise - People who get regular physical activity may increase the volume of their brain's learning and memory center.

Restorative Sleep - Sleep-deprived? Your memory could suffer. But a good night's sleep doesn't have to be hard to come by.

Eat Right - Eat better, think better. Diet plays a big role in your brain's health, including thinking and memory.



Submitted by: Katrina Longmire,
Dementia Care Specialist

Stepping On

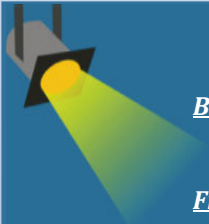
© Clemson & Swann (2017)

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you will learn:

- ♦ To identify and remove or avoid fall hazards both inside and outside your home.
- ♦ How vision, hearing, medication, and footwear affect your risk of falling.
- ♦ Strength and balance exercises that you can adapt to your individual level.
- ♦ To get back on your feet the right way if you do fall.

We are currently in the process of planning an in-person workshop for fall 2022 in Pepin or Buffalo County. Date, time, and location will be determined based on interest. Please call Heather at 715-672-8941 Ext 163 or email hprissel@co.pepin.wi.us to sign-up or learn more about this evidenced-based workshop.

This is a FREE workshop sponsored by the Aging and Disability Resource Center of Buffalo and Pepin Counties.



Specialist Spotlight

Back Row: Jennifer Nelson (left) and Susan Henry (right) -
Information & Assistance Specialists;
Katrina Longmire (center) - Dementia Care Specialist
Front Row: Melissa Hovland (left) - Disability Benefit Specialist;
Bernie Rogers (center) and Julie Fick (right) - Elder Benefit Specialists



How do I get a Disabled Parking Permit in Wisconsin?

(Information obtained at Wisconsin.gov, submitted by Susan Henry, I & A Specialist)

Any person certified by an authorized health care specialist as having a disability is eligible for the Disabled Parking Identification (DIS ID) Permit. By legal definition, this includes any person who:

- Cannot walk 200 feet or more without stopping to rest.
- Cannot walk without the use of, or assistance from, another person or brace, cane, crutch, prosthetic device, wheelchair or other assistance device.
- Is restricted by lung disease to the extent that forced expiratory volume for one second, when measured by spirometry, is less than one liter or the arterial oxygen tension is less than 60 mm/hg on room air at rest.
- Uses portable oxygen.
- Has a cardiac condition to the extent that functional limitations are classified in severity as class III or IV, according to standards accepted by the American Heart Association.
- Is severely limited in the ability to walk due to an arthritic, neurological or orthopedic condition.

Vehicles that qualify:

- Any vehicle that is transporting an eligible person with a valid disability tag may display the DIS ID permit.
- A person with a valid DIS ID permit issued by another state may use the permit while visiting this state.
- An organization that regularly transports persons who have a temporary or permanent disability that impairs the ability to walk may apply for a DIS ID permit. Please contact the Special Plates Unit for information.

Medical certification and application:

- Persons with a permanent disability may receive a blue DIS ID permit that must be renewed and recertified by an authorized health care specialist every four years.
- Your health care specialist must complete the Health care certification section on the Permanent Disabled Parking Identification Permit application MV2548 or MV2548s (Spanish).
- Healthcare specialists can certify first-time and recertify disabled parking eligibility online disabledparking.wi.gov
- Individuals with a temporary disability will receive a red DIS ID permit that is valid up to six months. If a permit is needed longer than six months, you may apply for another permit that is valid up to another six months
- Your health care specialist must complete the Health care certification section on the Temporary Disabled Parking Identification Permit application MV2933.

If you have questions about this application:

- » Call: (608) 264-7169
- » FAX: (608) 267-5106
- » E-mail: special-plates.dmv@dot.wi.gov



Susan Henry

Ask a Specialist:

Question:

Where is the closest DMV to me?

In Buffalo County

Alma courthouse, 4th floor
407 S. 2nd St.
Alma, WI 54610
Monday and Wednesday, 7:00am to 5:00pm

In Pepin County

Durand Service Center
116 W. Main St.
Durand, WI 54736
Tuesday and Thursday, 7:00am to 5:00pm

Do you have a question for one of our specialists? Contact the ADRC, and it may be featured in a future newsletter! See the back page for contact information.

2022 Senior Farmers Market Nutrition Program Vouchers Available!

We have a limited number of Farmers Market Vouchers left. The vouchers are available on a first come-first serve basis. We're able to distribute the remainder of vouchers to Pepin And Buffalo County residents.

The vouchers help individuals **60 years of age or older** (Native Americans may participate at age 55 or older) to obtain fresh, nutritious, locally grown fruits and vegetables.

Income guidelines are as follows:

Household size Monthly income

1	\$2,096
2	\$2,823

For each additional household member, add \$728 monthly.

If you are not familiar with the Farmers Market Voucher Program, it's simple. If you meet the income guidelines listed above, you will be issued one \$25 voucher packet per household to be used as cash at authorized area farmers markets. Vouchers can be used from June 1 through October 31.

Please call the Aging & Disability Resource Center at 866-578-2372 for more information or to set up an individual appointment. Vouchers can also be mailed by request.



Julie Fick



Heather Prissel

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Joe Berger (715) 495-9712

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300 W Prospect St, **Durand, WI**
(715) 672-8300

Hurlburt's Haven Adult Day Center

"On Prospect Street Durand, WI"



715-672-4049 | hulburts-haven@hotmail.com



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Local long-term care supports and services
delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

my choice
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My Choice Wisconsin
is a managed care organization that
serves government-funded programs
to seniors and adults with disabilities
in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPI CALL 800.950.9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Pepin County Human Services - Aging Unit, Durand, WI

A 4C 02-1035

DONNA MAE'S PANTHER CAFÉ

GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139

NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

PEPIN: MONDAY- FRIDAY HOME DELIVERED AND CARRY OUT ONLY (11:00AM-12:00PM) 715-442-2289

*August
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Mandarin Oranges, Cake	2 Parmesan Chicken, Mashed Potatoes, Carrots, Bread, Pears, Cake	3 Salisbury Steak, Cucumber Salad, Bread, Pineapple, Cake	4 Pulled Pork Sandwich, Baby Red Potatoes, Tomatoes, Applesauce, Cake	5 Cod, Baked Potatoes, Beans, Bread, Coleslaw, Cake
8 Charcoal Brats, Sauerkraut, Baked American Fries, Carrots, Bread, Tropical Fruit, Cake	9 Broasted Chicken, Mashed Potatoes, Corn, Bread, Banana, Cake	10 Ham Salad Sandwich, Au Gratin Potatoes, Broccoli Salad, Fruit Cocktail, Pineapple, Cake	11 Hot Beef on Bun, Mashed Potatoes, Tomatoes, Peaches, Cake	12 Cod, Potato Salad, Beans, Bread, Coleslaw, Cake <i>Pepin HDM: Chicken instead of Cod</i>
15 Ham Steak, Cheesy Potatoes, Carrots, Bread, Mandarin Oranges, Cake	16 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Pears, Cake	17 Meatloaf, Mashed Potatoes, Tomatoes, Bread, Pineapple, Cake	18 Grilled Chicken Sandwich, Creamed Broccoli over Mashed Potatoes, Applesauce, Cake	19 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
22 Cheddarwurst, Baby Red Potatoes, Carrots, Bread, Tropical Fruit, Cake	23 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	24 Pizza Hotdish, Cucumber Salad w/ Tomatoes, Bread, Fruit Cocktail, Cake	25 Philly Steak Sandwich, Dirty Mashed Potatoes, Broccoli, Peaches, Cake	26 Cod, Baked Potatoes, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
29 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake	30 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Banana, Cake	31 Hamburger Gravy over Mashed Potatoes, Broccoli Salad, Bread, Pineapple, Cake	<u>Dates Salad Option</u> 1st - 5th Crispy Chicken 8th - 12th Taco 15th - 19th Chef 22nd - 26th Grilled Chicken 29th - 31st Crispy Chicken	
			<u>Served with each meal: Milk</u>	



Final Affairs

A Guide to Arranging Your
Personal and Legal Affairs

EVENT AGENDA

10:00am – 10:30am: Welcome / Sign In
 10:30am – 11:15am: ADRC 101
 11:15am - 12:00am: Preparing and Organizing
 Important Papers For the Future
 12:00pm – 12:30pm: Light Lunch
 12:30pm – 1:30pm: Funeral Planning
 1:30pm – 1:45pm: Break
 1:45pm – 3:15pm: Legal Affairs
 3:15pm – 3:30pm: Survey / Conclusion

Wednesday September 28, 2022
Pepin Village Hall, 508 2nd Street - Pepin, WI
10:00am to 3:30pm

*Option to attend Virtually or In-Person
 *Light lunch and refreshments served at noon.

PROGRAM BENEFITS

- Obtain **knowledge** of end-of-life issues.
- Learn **communication skills** to use with family members and health care providers.
- Obtain valuable information and **practical advice** from local professionals.
- **Clarify misconceptions** surrounding end-of-life.
- Connect with **community resources**.

REGISTRATION

This is a no-cost event, but reservations are required as space is limited. Please call or email the Aging and Disability Resource Center of Buffalo and Pepin Counties to sign up for this beneficial event by **Friday, September 16th**.

Contact **1-866-578-2372** OR **adrc-bp@co.pepin.wi.us** to register!



**COMING
SOON!**

Group Bus trips for
shopping, outings and
lunch!

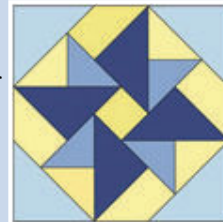
Contact us today if interested in
getting on the list!

1-866-578-2372

*Buffalo & Pepin Counties Transportation Program can help get
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Riverview Quilters

Come join Riverview Quilters of Durand. They meet every Monday from 1:00pm to 4:00pm at the Riverview Community Center, 606 W Madison St., Durand. Bring crocheting, knitting or any crafts you're working on. Generally, everyone works on their own projects. Occasionally, there is a group project for anyone who wants to work together. There is no instructor, but everyone is willing to share their knowledge if there are any questions. We meet to share hobbies and camaraderie. Please feel free to drop in with any questions you may have.



Repairing Potter Answers!

Pot 4 - Piece 15	Pot 5 - Piece 13
Pot 6 - Piece 7	Pot 10 - Piece 14
Pot 11 - Piece 3	Pot 12 - Piece 2
Pot 16 - Piece 9	Pot 17 - Piece 1
Pot 18 - Piece 8	

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B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

*August
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk	2 Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	3 Creamed Chicken, Biscuit, Tomato Juice, Creamy Cucumbers, Pears	4 Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	5 Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
	9 Baked Meatloaf, Au Gratin Potatoes, Tomato Juice, Wheat Bread, Tropical Fruit	10 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches, Dessert	11 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch Dressing, Grapes	12 Baked Ham, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Applesauce
Call previous day by 1:00pm to order lunch.	16 Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	17 Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon	18 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/ Ranch, Apple	19 Tuna Salad on Croissant, Bean Soup, Coleslaw, Fruit Cocktail
Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad	23 Roast Turkey, Mashed Potatoes, Glazed Carrots, Wheat Bread, Applesauce	24 Brat w/Sauerkraut, Broccoli Salad, Potato Salad, Mandarin Oranges	25 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries, Dessert	26 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Tomato Juice, Wheat Bread, Cantaloupe
	30 Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Carrots, Wheat Bread, Fruit Cocktail	31 Hot Beef on Kaiser Roll, Corn, Coleslaw, Fresh Fruit Salad		

Did you know you can pay for senior meals with your Wisconsin Quest card?

Home delivered, carry out, and congregate meals can be paid for with your Wisconsin Quest (also known as Foodshare/SNAP card). This is available for both Buffalo & Pepin County residents. It's a simple process and allows you to pay for just one or an entire month worth of senior meals!

Call Heather/Nutrition Program Coordinator to use it to pay for your meals today! 715-672-8941, ext. 163.



Hello Veterans and Family Members:

From time to time I get asked where to get ID cards renewed. The Chippewa VA Outpatient Clinic renews ID cards. The clinic only renews ID cards on certain days and times. **You must call for an ID card renewal appointment. They do not accept walk-ins.** For ID card appointments, call 715-720-3780, select option 0, and ask for the ID card department to schedule your appointment. Dates and times for ID card renewals are:

August 18, 2022, 8:30am-12:00pm
October 20, 2022, 8:30am-12:00pm
December 15, 2022, 8:30am-12:00pm



If you have any questions about these or other items, please contact me at 715-672-8887.

Thank you.

Sheri Peterson, County Veterans Service Officer

How Wisconsin delivers accurate election results - From vetting each voter's eligibility to using a powerful statewide database that helps ensure there's only one ballot per voter, Wisconsin constantly works to protect the integrity of your local elections. Our highly-trained election officials use a sophisticated mix of security measures and practical safeguards to make sure every legal vote is counted correctly—whether you cast your vote at the polls or by absentee ballot.

Absentee voter info gets verified: Before they can request an absentee ballot, eligible voters must first register to vote. Their information and eligibility is double-checked before they receive a ballot.



2. There's just one ballot per voter: A powerful statewide database tracks every ballot and voter registration to help local clerks verify voter eligibility and ensure there's just one ballot per registered voter.

3. Absentee votes must be witnessed: For an absentee ballot (by mail) to be considered valid, absentee voters must have a witness—an adult U.S. citizen who can confirm the voter filled out their own ballot.

4. Ballots are securely stored and transported: Absentee ballots are carefully collected and securely stored until Election Day. There's a transparent chain of custody for every ballot and voting machine that Wisconsin uses.

5. Absentee ballots always get counted: Valid absentee ballots are always counted on Election Day, no matter if the race is tight or looks like a landslide.

6. We test and certify the voting equipment: Most absentee ballots are counted on local voting machines that have been certified and then tested in public before every election, ensuring the equipment is accurate and in good working order. In hand-count jurisdictions, the entire process of opening and counting ballots is conducted by a team of people in a setting that must be open to public observation.

7. Every vote has a paper trail: Wisconsin requires a paper record of every vote that's cast in our state, no matter what kind of ballot or voting equipment is used.

8. The public can observe the process: From voting machine testing to the counting of absentee ballots, members of the public are welcome to observe the election process alongside trained local election officials.

9. Election results are triple-checked: An election's vote total isn't official until it has been checked at the municipal level, double-checked by the county, and certified by the state.

10. Officials look for inaccuracies: Local election officials conduct two separate audits after Wisconsin elections to look for count inaccuracies and identify cases of vote ineligibility or fraud.

Article from myvote.wi.gov and submitted by Lori Miller/League of Women Voters

Vicky Peterson
Representing Johnson
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Preventing Medicare Fraud

This project was supported, in part by grant number 90MPGP0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683

*August
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	2 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	3 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	4 Spaghetti w/Garlic Toast, Corn, Side Salad, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
8 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	9 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	10 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	11 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	
15 Meatloaf, Mashed Potatoes w/Gravy, Carrots, Fruit	16 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	17 Cheeseburger, Potato Salad, Coleslaw, Fruit	18 Baked Fish, Baked Potato, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
22 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	23 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	24 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	25 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	
27 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	28 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	29 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	30 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	Salad Options: Taco Ham Chicken

Buffalo City Home Delivered Meal Route Driver Volunteers Needed!

We are recruiting for 1-2 volunteers to deliver home-delivered meals for the Buffalo City senior meal site.

- ♦ The route takes about 2 hours to complete.
- ♦ The meal route is Monday-Thursdays, but we split the days between drivers. Volunteering 1 day a week would make a huge difference!
- ♦ A good driving record and a clean background check are required.
- ♦ Training is provided.
- ♦ Mileage reimbursement and a free meal are provided.

Interested individuals can contact Heather Prissel, Buffalo & Pepin County Nutrition Program Coordinator at 715-672-8941, ext. 163.

**VOLUNTEER
DRIVERS NEEDED
CAN YOU HELP?**

Recipe Name: Banana Bread

Submitted by Rose Bee, for Opal (Richardson) Crawley

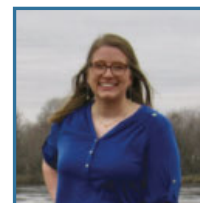
Ingredients:

<u>1/2 cup brown sugar</u>	<u>1/4 cup butter</u>
<u>1/4 cup sour cream</u>	<u>1 egg, beaten</u>
<u>3 ripe bananas, crushed</u>	<u>1 tsp. baking soda</u>
<u>2 cups flour (scant)</u>	<u>2 tsp. baking powder</u>
<u>Pinch of salt</u>	<u>1 tsp. vanilla</u>
<u>1/2 cup chopped pecans or walnuts (optional)</u>	



Directions: Mix sugar and egg together. Mix soda and bananas together. Mix all ingredients together. Put in greased loaf pan. Bake at 350 degrees for 10 minutes and finish at 325 until done, about 35 minutes. Cool before slicing. Makes 1-5x9" loaf. Chocolate chips can be added, if desired.

Potassium comes from a variety of food sources. Some of the most nutrient-dense sources include bananas, spinach, oranges, cantaloupe, apricots, sweet potatoes, avocados, milk, yogurt, beans, lentils, whole grains and salmon. Regularly consuming fruits and vegetables naturally low in sodium and high in potassium can also help control blood pressure, which may decrease risk factors for heart disease. Potassium helps regulate nervous system functions, muscle contractions, blood pressure, and allows the kidneys to filter the blood properly.



Heather
Prissel

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*August
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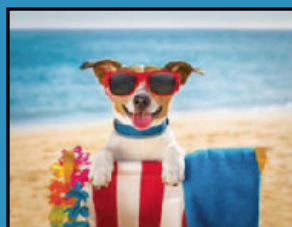
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Brat on Bun, Potato Wedges, Baked Beans, Strawberry Applesauce	2 Roast Beef w/ Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie	3 Breaded Fish, Mac 'N Cheese, Honey Dill Carrots, Salad w/Dressing, Melon	4 Ham & Cheese on Bun, Potato Salad, Broccoli Slaw, Pears	Served with each meal: Milk
8 Smothered Pork Chops, Mashed Potatoes w/Gravy, Carrots, Applesauce	9 Homemade Chili, Crackers, Cascade Blend Veggies, Peaches & Cream Fluff, Peaches	10 Pork Loin w/ Glaze, Baked Potatoes, Broccoli w/ Cheese, Bread, Blueberry Cobbler	11 Fish, Balsamic Tomato Salad, Roasted Ranch Red Potatoes, Whole Wheat Dinner Roll, Berry Cup	
15 Barbeque Pork on Bun, Baked Beans, Sunshine Carrots, Bread, Peaches	16 Hamburger Steak w/Gravy over Mashed Potatoes, Cream Corn, Bread, Mandarin Oranges	17 Cheesy Tortellini w/Meat Sauce, Broccoli, Bread, Honeydew Melon	18 Turkey, Stuffing, Green Beans, Salad w/Dressing, Whole Wheat Dinner Roll, Pumpkin Pie	Call previous day by 1:00pm to order lunch.
22 Brat Patty on Bun, Baked Beans, Coleslaw, Watermelon	23 Lasagna Roll Ups, Peas, Salad w/ Dressing, Bread, Fruit Crisp	24 Ham, Sweet Potatoes, Broccoli, Bread, Strawberry Shortcake, Strawberries	25 Caprese Chicken over Garlic & Basil Pasta, Beets, Tomato Salad, Pineapple	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
29 Brat on Bun, Potato Wedges, Baked Beans, Strawberry Applesauce	30 Roast Beef w/ Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie	31 Breaded Fish, Mac 'N Cheese, Honey Dill Carrots, Salad w/Dressing, Melon		



The ADRC has some GO BAGS, which include an Emergency Preparedness Toolkit binder.

Contact us at 1-866-578-2372 or adrc-bp@co.pepin.wi.us if you are interested in receiving one.

August 11th marks the end of the 'Dog Days of Summer', which begins on July 3rd.



Nail Care Clinics!



Clinics will be held in Durand and Pepin each month.

Call Ruth Potter to schedule your appointment at 715-308-1334.

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