

# TWO RIVERS CONNECTION



August 2023

## UPCOMING

## EVENTS

## 2023

2

AUGUST

### STEPPING ON

This evidenced-based fall prevention workshop will be held every Wednesday in Nelson, August 2nd - September 13th from 1:00-3:00pm. Hear from guest speakers, such as a pharmacist and physical therapist, on how to reduce your risk of falling while at home and out in the community. This workshop is FREE, but reservations are required. Transportation to and from the workshop can be arranged, if needed. Call 866-578-2372 to sign up.

9

AUGUST

### WINONA BUS TRIP

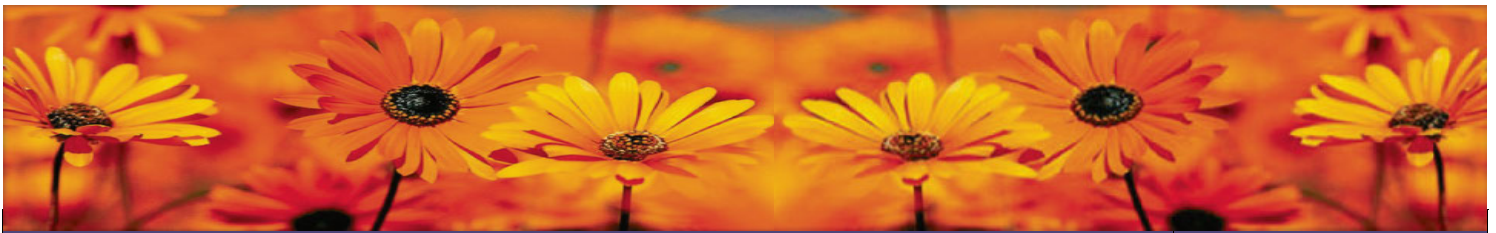
Grab a friend and join us for a day of shopping in Winona! The bus will leave from the Durand area and arrangements can be made to pick people up along the way. Cost is \$5.00 per person. Call to register at least 2 days in advance 715-672-8941, Ext. 152

9

AUGUST

### SCAM ALERT!

Learn how to protect yourself against scams straight from the experts! You'll hear tips and tricks from the Department of Consumer Protection, local Sheriff's Office, and the ADRC's Elder Benefit Specialist. This is a FREE seminar at Riverview Community Center, 606 W Madison Street, Durand. The class will be held from 1:00pm - 3:00pm. Reservations required by calling 866-578-2372 or emailing [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us).



# Dementia Care Calendar August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b> <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	<b>4</b>
<b>7</b>	<b>8</b> <u>Coffee &amp; Conversation Memory Café</u> Hurlburt's Haven, Durand 10:00am - 11:30am	<b>9</b> <u>SCAM ALERT!</u> Presentation at Riverview Community Center, Durand 1:00pm - 3:00pm	<b>10</b> <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	<b>11</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> <u>Lunch Bunch</u> Virtual Support for Caregivers via Zoom, 11:30am - 12:30pm  <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	<b>18</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	

## Powerful Tools for Caregivers - Virtual Sessions Starting September 6<sup>th</sup> and September 8<sup>th</sup>

Session 1: Wednesdays, 3:00pm-4:30pm      Session 2: Fridays, 10:00am-11:30am

In the six weekly classes, caregivers develop a wealth of self-care tools to:

- Reduce personal stress;
- Change negative self-talk;
- Communicate their needs to family members and healthcare or service providers;
- Communicate effectively in challenging situations;
- Recognize the messages in their emotions, deal with difficult feelings;
- Make tough caregiving decisions.

Class participants also receive a copy of *The Caregiver Helpbook*, developed specifically for the class. Space is limited. Call Katrina Longmire, Dementia Care Specialist for the ADRC of Buffalo and Pepin Counties at 715-279-7870 to register today! \*\*First time taking a virtual class? We can help with that too! \*\*!

## 2023 Senior Farmers Market Nutrition Program Vouchers

The Farmers Market vouchers are available in Pepin and Buffalo Counties. 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. The vouchers will be issued on a first come, first serve basis.

Income guidelines are as follows: *Effective June 1, 2023, based on 185% of the US Dept. of 2023 Health & Human Services Poverty Guidelines*

Household size	Monthly income
1	\$2,248
2	\$3,041



(For each additional household member, add \$793.00 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 a voucher(s) to be used as cash at authorized area farmers markets.

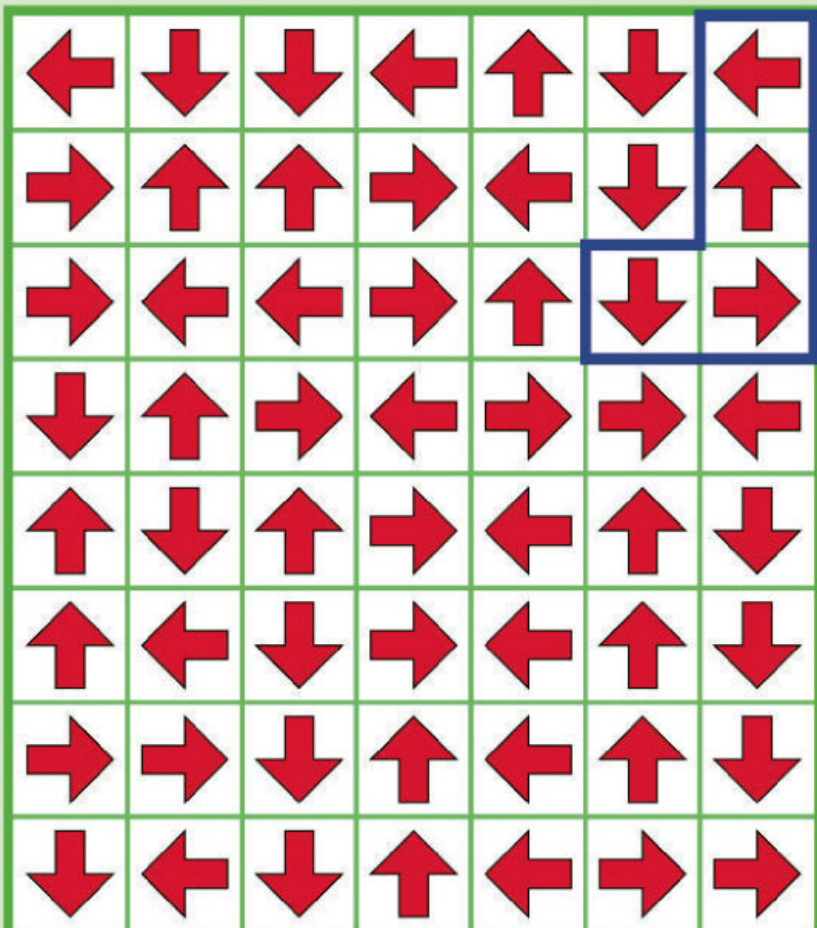
New this year, vouchers are now per person and NOT per household! That means that a husband and wife can each get a voucher packet. Also exciting is that the benefit has increased from \$25.00 per packet to \$35.00 per packet, so families can now get up to \$70.00, if the household qualifies.

Vouchers can be used from June 1 through October 31, 2023.

**Please call the Aging & Disability Resource Center at 1-866-578-2372 for more information, or to set up an individual appointment to obtain a voucher, if preferred. Vouchers can also be mailed by request.**

### Four Arrows →←↑↓

Draw lines around four arrows so that each section has arrows in four different directions.



Puzzle Solution on page 11.

SEASONEDTIMES.COM

### Coming Up this Fall...



Join the ADRC this fall for our Final Affairs Forum!!

This informative day will include information on how to organize your personal and legal affairs. Experienced and informative presenters from many areas of expertise will be providing information at this FREE event.

Lunch will be provided!

Watch our newsletter, Facebook page, website, and community businesses for more information!



# Specialist Spotlight

*Your ADRC Specialist Team: (left to right)*

*Jennifer Nelson - ADRC Specialist*

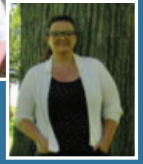
*Michelle Brown - ADRC Specialist*

*Melissa Hovland - Disability Benefit Specialist*

*Bernie Rogers - Elder Benefit Specialist*

*Julie Fick - Elder Benefit Specialist*

*Katrina Longmire - Dementia Care Specialist*



## Caregivers Taking Care of Themselves

What does it look like to practice self-care? For each person, self-care can look a little different. Some people prioritize time alone, and for others, they like time with friends or family. Other great ideas are dancing, listening to music, taking long (or short!) walks, baking, napping, or just sitting quietly. All these are examples of self-care; important for everyone and especially for caregivers. We know caregivers give of themselves to the extent they may become exhausted, dispirited, and sometimes ill themselves. If you are a caregiver, protect yourself from caregiver fatigue, burnout, or illness by practicing self-care. This Self-Care Checklist was created by Trualta, a web-based caregiver support program. If you are a caregiver and interested in online resources to support caregivers, call Jennifer or Michelle at the ADRC for more information by calling 866-578-2372.

## Self-Care Checklist

Everyone's self-care plan is unique. Take a look at this checklist and circle any activities that you think you could benefit from doing more of. Try to pick at least one activity from each category to achieve feelings of balance and wellness in all areas of your life.

### Physical Self-Care

- Eat nourishing foods
- Eat regularly
- Participate in physical activity
- Get enough sleep
- Rest when you are sick
- Take care of personal hygiene
- Go on a walk or play a sport
- Go to medical appointments
- Follow medical recommendations

### Social and Relationships Self-Care

- Spend time with friends and people you like
- Call or write to friends and family far away
- Meet new people
- Have stimulating and meaningful conversations
- Spend romantic time with your partner
- Keep in touch with old friends
- Ask others for help when needed
- Do enjoyable activities with other people
- Share a fear, hope, or secret with someone you trust

### Mental and Emotional Self-Care

- Reflect on your own strengths and achievements
- Take time off from responsibilities
- Participate in hobbies
- Find reasons to laugh
- Read a book
- Learn something new
- Write in a journal
- Turn off distractions like text messages and emails
- Express your feelings in a healthy way like talking, creating art, or writing
- Take time to notice your inner thoughts and feelings
- Identify comforting activities like taking a bath or re-watching an old movie

### Spiritual Self-Care

- Set aside time for thought and reflection
- Recognize things that give meaning to your life
- Live according to your values
- Participate in a cause that is meaningful to you
- Spend time in nature
- Meditate
- Pray

Do you have the time?

# VOLUNTEER DRIVERS NEEDED



Monday

Tuesday

Wednesday



Thursday

Friday



Do you have a day or a few hours a week available?

Drivers take clients to Medical and Non Medical appointments. Use your own vehicle & be reimbursed a mileage rate of \$0.58 per mile

Contact Angie at 715-672-8941 ext 187 or [aschlosser@co.pepin.wi.us](mailto:aschlosser@co.pepin.wi.us)



**ADRC**  
Aging & Disability Resource Center  
of Buffalo & Pepin Counties

Stop in at the  
Aging and Disability Resource Center  
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- Friday Fish Fry (Broasted Cod)
- Saturday - Prime Rib/Steaks
- Sundays - Broasted Chicken

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1-800-963-0035

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

DHS Approved 4/22/2021



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://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 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Dates Salad Option</u></b>                      1st-4th - Taco                      7th-11th - Chef                      14th -18th - Grilled Chicken                      21st - 25th - Crispy Chicken                      28th - 31st - Taco</p>	<p><b>1</b> Baked Chicken, Stuffing, Corn, Cranberries, Pineapple, Bread, Cake</p>	<p><b>2</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Banana, Cake</p>	<p><b>3</b> Hamburger w/ Mushrooms &amp; Onions, Baked American Fries, Carrots, Bread, Fruit Cocktail, Cake</p>	<p><b>4</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p>
<p><b>7</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Applesauce, Cake</p>	<p><b>8</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake</p>	<p><b>9</b> Pulled Beef Sandwich, Baby Red Potatoes, Cucumber &amp; Tomato Salad, Pears</p>	<p><b>10</b> Tator Tot Hotdish, Peas, Broccoli Salad, Bread, Peaches, Cake</p>	<p><b>11</b> Cod, Baked Potato, Beans, Bread, Coleslaw, Cake  <i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>14</b> Hamburger on Bun, Baby Red Potatoes, Carrots, Mandarin Oranges, Cake</p>	<p><b>15</b> Creamed Chicken over Biscuits, Peas/Corn, Fruit Salad, Pineapple, Cake</p>	<p><b>16</b> Ham Salad Sandwich, Cubed Potatoes w/Mushroom &amp; Onion, Tomatoes, Banana, Cake</p>	<p><b>17</b> Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Fruit Cocktail, Cake</p>	<p><b>18</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p>
<p><b>21</b> Brat w/Sauerkraut, Baked American Fries, Carrots, Bread, Applesauce, Cake</p>	<p><b>22</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake</p>	<p><b>23</b> Barbeque Pork Chop, Baby Red Potatoes, Broccoli, Bread, Pears, Cake</p>	<p><b>24</b> Beef Tips over Mashed Potatoes, Tomatoes, Bread, Peaches, Cake</p>	<p><b>25</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake  <i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>28</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p><b>29</b> Grilled Chicken Sandwich, Baby Red Potatoes, Broccoli, Pineapple, Cake</p>	<p><b>30</b> Chili Hotdish, Green Beans, Tomatoes, Bread, Banana, Cake</p>	<p><b>31</b> Meat Loaf, Squash, Bread, Fruit Salad, Fruit Cocktail, Cake</p>	<p><b><u>Served with each meal:</u></b>  <b>Milk</b></p>

**Pepin and Buffalo Counties Senior Nutrition Program**

is looking for volunteers to deliver home-delivered meals. Meal Sites are located in Durand, Pepin, Nelson, Buffalo City, Gilmanton, and Mondovi. The need for drivers varies based on the location.



- ◆ Flexible scheduling is available. You can deliver meals as little or as much as you'd like.
- ◆ Mileage reimbursement of \$.58 cents a mile is offered if you drive your own vehicle. If you drive a county vehicle, there is no mileage reimbursement.
- ◆ You receive a free lunch every day that you volunteer.

If you are interested in learning more about delivering home-delivered meals, please call Matt/Nutrition Program Coordinator at 715-672-8941, Ext 163.

## World Senior Citizen Day – August 21<sup>st</sup>

The UN General Assembly made this day official in 1990. Ronald Reagan was the president at this time. The first celebration took place in 1991. The idea is to highlight the issues faced by senior citizens like health deterioration and abuse. This day is to remember their part in society and appreciate them.

### 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.



Hope that many of you had an opportunity to attend the Open House/Member Appreciation event, which was held on July 25<sup>th</sup> at Riverview Community Center. We served hot dogs, barbeques, beans, chips, bars and beverages. It's always a great opportunity to keep in touch with other members and voice any ideas you may have for the continued success of your Senior Center.



Riverview Quilters will be hosting their 3<sup>rd</sup> semi-annual Quilt show on October 6<sup>th</sup> from 1:00pm to 8:00pm and on October 7<sup>th</sup> from 9:00am to 3:00pm. There is a \$5 entry fee and drawings for a door prize. It will be an exciting, colorful exhibit of a variety of quilted items, and participants will be on hand for any questions or advice. The quilt that they have made to donate for our next raffle will be on display, and tickets may be purchased at that time. Don't miss out on your chance to view what may be **YOUR** prize for next June.

I know that it is early to bring this topic up, but wanted to give members a chance to think about it over the next few months. On the first Saturday in December, we hold our annual Christmas Bazaar at Riverview Center, and it is a great fundraiser for the seniors. I know there are many gifted people among our members and we are asking you to give some thought to a craft, baking skill, or any other talent that you would like to share or donate for this event. This could be a project that you could do with your children, grandchildren or your friends. If you have any questions regarding this appeal, please feel free to call me at 715-279-0888.

Marge Briggs

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Pepin County Human Services - Aging Unit, Durand, WI

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# CORRAL BAR & RIVERSIDE GRILL

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

August  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Served with each meal:</u></b> <b>Milk</b>	<b>1</b> Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	<b>2</b> Creamed Chicken, Biscuit, Mixed Vegetables, Creamy Cucumbers, Pears, Dessert	<b>3</b> Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	<b>4</b> Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
	<b>8</b> Baked Meatloaf, Au Gratin Potatoes, Corn, Wheat Bread, Tropical Fruit	<b>9</b> Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches	<b>10</b> Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch, Grapes	<b>11</b> Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce
<b>Call previous day by 1:00pm to order lunch.</b>	<b>15</b> Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon, Dessert	<b>16</b> Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	<b>17</b> Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch, Fruit Cocktail	<b>18</b> Tuna Salad on Croissant, Bean Soup, Coleslaw, Apple
<b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>22</b> Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges	<b>23</b> Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Applesauce	<b>24</b> Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries	<b>25</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe
	<b>29</b> Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Green Beans, Wheat Bread, Fruit Cocktail	<b>30</b> Hot Beef on Kaiser Roll, Corn, Coleslaw, Fresh Fruit Salad	<b>31</b> Lasagna, California Blend, Garden Salad w/ Ranch, Whole Grain Muffin, Mandarin Oranges	

**Recruitment:** West CAP Board of Director Position

West CAP is currently seeking a community ADRC representative from Buffalo or Pepin County for our Board of Directors. This is an excellent opportunity to collaborate as partnering organizations. Our meetings are once a month (except July & December) in Menomonie, WI. Currently we are conducting meetings virtual/phone-in or in-person. We **will reimburse your mileage, childcare, and pay a \$40 monthly meeting stipend.** We also provide a meal prior to the start of the meeting.



*The mission of West CAP is to take action against poverty by developing the social and economic assets of low-income families and their communities, and by working to create a more just and sustainable society.*

Community Action Agencies serve nearly 11 million low-income people yearly in 96 percent of the nation's counties. There are 16 Community Action Agencies in Wisconsin and West CAP represents seven counties within the state: Barron, Chippewa, Dunn, Pepin, Pierce, Polk, and St. Croix. West CAP is governed by a Board of Directors consisting of elected local public officials, representatives of the low-income community, and appointed leaders from the private sector. *Please refer to our web site to learn more about the current programs administered: [www.westcap.org](http://www.westcap.org).*

If you are interested, please call Jessica Rudiger, Executive/Board Affairs Committee Liaison, at 715-265-4271, Ext. 1321 or email: [jrudiger@wcap](mailto:jrudiger@wcap). **Thank you for your consideration.**



## DRIVER SPOTLIGHT

### GET TO KNOW DAVID S.



How long have you been a Volunteer driver?  
Since 2015 - 8 Years

What is one thing you love about Volunteering?  
Meeting different people

What was your first ever job?  
Grew up farming

Your favorite hobby and/or talent?  
Hobby: reading / Talent: Making wood cut outs

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Aging and Disability Resource Center  
of Buffalo and Pepin Counties


Interested in driving: Call Angie at  
715-672-8941 ext 187 or email  
[aschlosser@co.pepin.wi.us](mailto:aschlosser@co.pepin.wi.us)

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## Driver Spotlight

### Rita S.

Nutrition/Transportation



How long have you been a Driver ?  
Since 2005 - 18 Years.

What is one thing you love about Delivering meals?  
There are so many wonderful and neat people to visit with. It makes me feel good about helping folks that need a hand.

How do you like to spend your free time?  
I enjoy being in my flower beds, planting a good sized garden and giving the extras to the individuals on my route. I also enjoy spending time with my grandkids.

What was your first job?  
I was an over the road trucker (43 years).

## LET'S GROW YOUR BUSINESS

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Senior Medicare Patrol  
Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0041-01-00, 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**  
**HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY**

*August  
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	<b>2</b> Cheeseburger, Potato Salad, Coleslaw, Fruit	<b>3</b> Baked Fish, Baked Potato, Side Salad, Fruit	<b><u>Served with each meal:</u></b> <b>1% Milk</b> <b>Whole Wheat Bread</b>
<b>7</b> Chicken Stir Fry over Rice, Cucumber Salad, Fruit	<b>8</b> Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	<b>9</b> Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	<b>10</b> Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	
<b>14</b> Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	<b>15</b> Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>16</b> Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	<b>17</b> Chicken Alfredo, Garlic Toast, Side Salad, Fruit	<b>Call previous day by 1:00pm to order lunch.</b>
<b>21</b> Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	<b>22</b> Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	<b>23</b> Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>24</b> Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	
<b>28</b> Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	<b>29</b> Pork Chop, Baby Red Potatoes, Broccoli, V8 Juice	<b>30</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	<b>31</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	<b><u>Salad Options:</u></b> <b>Taco</b> <b>Ham</b> <b>Chicken</b>



**The Aging and Disability Resource Center of Buffalo & Pepin Counties**, also known as the **ADRC**, offers a welcoming and accessible place where aging and older adults, people with disabilities, and their families can be connected to reliable information, unbiased advice about options, and have access to a wide variety of resources and services. Contact us today to learn more about how we can assist you by calling **866-578-2372** or emailing [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us). You can also find out more information by visiting our website at [www.adrc-bcp.com](http://www.adrc-bcp.com) and following us on Facebook (search ADRC of Buffalo and Pepin Counties). We look forward to working with you!

*Starting at the top left and going clockwise: Bernie/Elder Benefit Specialist, Michelle/ADRC Specialist, Julie/Transportation Program Assistant, Mel/Disability Benefit Specialist, Katrina/Dementia Care Specialist, Cammi/ADRC Manager, Angie/Transportation Program Coordinator, Jen/ADRC Specialist, Julie/Elder Benefit Specialist, Matt/Nutrition Program Coordinator.*

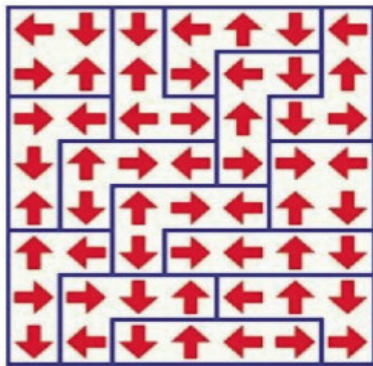
# AMERICAN LUTHERAN HOME

**MONDOVI:** HOME DELIVERED & CARRYOUT MEALS ONLY (M-TH) 715-926-4962

## August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Baked Ham, Baked Sweet Potatoes, Broccoli, Whole Wheat Dinner Roll, Mixed Fruit	<b>2</b> Ritzy Chicken Divan Hotdish, Green Beans, Salad w/ Dressing, Bread, Melon	<b>3</b> Hamburger Steak w/Gravy over Mashed Potatoes, Carrots, Bread, Peaches	<b>Served with each meal:</b> <b>Milk</b>
<b>7</b> Country Fried Steak, Mashed Potatoes w/Country Gravy, Carrots, Whole Wheat Dinner Roll, Pears	<b>8</b> Brown Sugar Barbeque Pork Sandwich, Sweet Pepper Slaw, Sweet Potato Tots, Fruit Pie	<b>9</b> Meatballs w/ Gravy, Mashed Potatoes, Broccoli, Bread, Strawberry Cobbler	<b>10</b> Homemade Chili, Crackers, Corn, Bread, Blueberries	
<b>14</b> Hamburger on Bun, Potato Salad, Balsamic Green Bean & Tomato Salad, Peaches	<b>15</b> Turkey w/ Gravy, Scallop Potatoes, Broccoli, Whole Wheat Dinner Roll, Pumpkin Pie	<b>16</b> Cornbread Taco Bake, Lettuce, Tomato, Pinto Beans, Bread, Cantaloupe	<b>17</b> Hawaiian Chicken, Mini Baker Potatoes, Malibu Blend Veggies, Bread, Mango Cobbler	<b>Call previous day by 1:00pm to order lunch.</b>
<b>21</b> Brat on Bun, Baked Beans, Sauerkraut, Watermelon	<b>22</b> Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Stewed Tomatoes, Bread, Fruit Crisp	<b>23</b> Roast Beef w/ Gravy, Baked Potatoes, Honey Dill Carrots, Whole Wheat Dinner Roll, Strawberries	<b>24</b> Sesame Chicken, Rice, Broccoli, Bread, Blueberry Mango Cup	
<b>28</b> Hotdog on Bun, Pork and Beans, Peas, Pears	<b>29</b> Baked Ham, Baked Sweet Potatoes, Broccoli, Whole Wheat Dinner Roll, Mixed Fruit	<b>30</b> Ritzy Chicken Divan Hotdish, Green Beans, Salad w/ Dressing, Bread, Melon	<b>31</b> Hamburger Steak w/Gravy over Mashed Potatoes, Carrots, Bread, Peaches	<b>Salad Options:</b> <b>Taco</b> <b>Chef (Turkey, Ham)</b> <b>Chicken Tender</b>

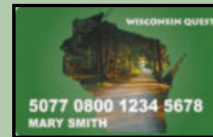
## Four Arrows Solution



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



### Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.

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



**Pepin County Wishes to Thank Our Recent Donors!**

Donations:

**Jannett Hinrichs**



**Thank you from the Riverview Community Center!**

Donations:

**Jackie Schaal  
Mary Ellen Brunner  
Brenda Drier**

**TWO RIVERS CONNECTION**  
ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
Durand, WI 54736

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DURAND, WI**

## COMMUNITY CONTACTS

**ADRC of Buffalo & Pepin Counties:** 1-866-578-2372 or [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us)

Please **add** or **remove** my name to/from the mailing list for the Two Rivers Connection newsletter (Circle One)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Donation Amount: \$ \_\_\_\_\_

Please return to: ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
PO Box 39  
Durand, WI 54736