

TWO RIVERS CONNECTION



July 2023

Caregiver Resource Fair!

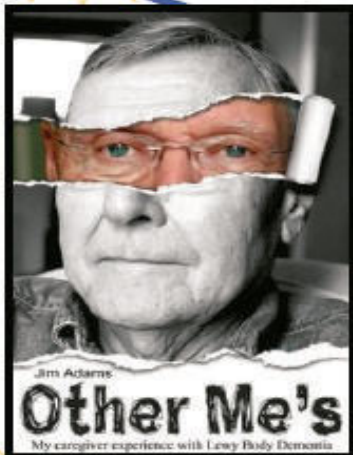
Friday July 14, 2023

9:30am – 3:00pm

C-FC High School in Fountain City, WI

Pre-registration is encouraged, call

1-866-578-2372 to sign up!



Raffle Prizes!

Concessions available for purchase

9:30am

Registration

10am-11am

Keynote Speaker Jim Adams
author of *Other Me's*

11am-12pm

Break & Vendor Booths

12pm-1pm

Respite Care
Association of Wisconsin

1pm-1:45pm

Break & Vendor Booths

1:45pm-2:45pm

Alzheimer's Association

2:45pm

Raffles and Closing

Caregiver

Resources!

Home Care Agencies

Long Term Care

Memory Care Facilities

Assisted Living Advisors

Adult Day Centers

Veterans Services

Public Health

DHHS

UW Extension

Western Dairyland

ADRC

Dementia Care

Memory Café

Purple Tube Project

Speakers

Jim Adams, author of
Other Me's


Alzheimer's Association

Respite Care Association
of Wisconsin



Dementia Care Calendar				July 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	7
10	11	12 "36 Hour Day" Virtual Book Club 2:00 - 3:00pm	13 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	14 CAREGIVER RESOURCE FAIR!!! (See front page)
17	18 <u>Coffee & Conversation Memory Café</u> Hurlburt's Haven, Durand 10:00am - 11:30am	19 "36 Hour Day" Virtual Book Club 2:00 - 3:00pm	20 <u>Lunch Bunch</u> Virtual Support for Caregivers via Zoom, 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	21
24	25	26 "36 Hour Day" Virtual Book Club 2:00 - 3:00pm	27 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	28
31				

“There are only four kinds of people in the world.
 Those who have been caregivers.
 Those who are currently caregivers.
 Those who will be caregivers,
 and those who will need a caregiver.”
 ~Rosalyn Carter



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.

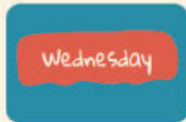
New this year, vouchers are now per person and NOT per household! That means that a husband and wife can each get a voucher packet. Also exciting is that the benefit has increased from \$25.00 per packet to \$35.00 per packet, so families can now get up to \$70.00, if the household qualifies.

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.

Do you have the time?

VOLUNTEER DRIVERS NEEDED



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

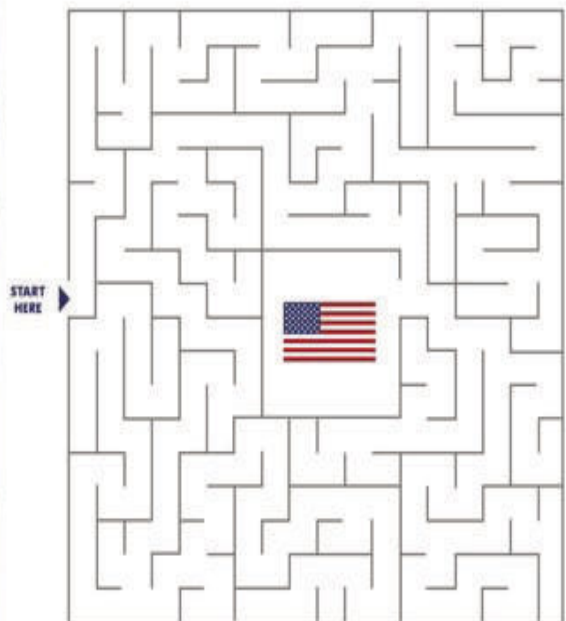


4TH OF JULY MAZE

4TH OF JULY MAZE

Find your way through the maze to reach the flag in the center.

Happy 4th of July!



Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - Information & Assistance Specialist

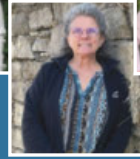
Michelle Brown - Information & Assistance Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Katrina Longmire - Dementia Care Specialist



Going on Vacation? Check Your Health Coverage Before You Leave!

If you are planning a vacation, there is a lot to do before you leave. Before you pack your suitcases, you should review your health insurance coverage.



If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S. and you have Original Medicare and a supplement plan, you will have coverage for any health care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S.

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

If you need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, don't panic! Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions. Taking the time to figure out your health care coverage before you travel will help you to have a relaxing trip. Enjoy your travels!

**Submitted by Julie Fick, Elder Benefit Specialist,
(Permission from the GWAAR Legal Services Team)**

SteppingOn

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 consecutive weeks, you'll 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, which you can adapt to your individual level.
- *To get back on your feet the right way if you fall.

Classes will be on Wednesdays starting August 2nd from 1-3pm in Nelson. Call 866-578-2372 or email adrc-bp@co.pepin.wi.us to sign up or learn more about this program.

This is a FREE workshop sponsored by the Aging and Disability Resource Center of Buffalo and Pepin Counties (\$20 deposit required for ankle weights).

SCAM ALERT! Know what to look for and how to protect yourself!



**Wednesday, August 9th from 1:00pm-3:00pm
at the Riverview Community Center in Durand**

Jeff Kersten, Agency Liaison with the Wisconsin Department of Agriculture, Trade and Consumer Protection,
Trevor Rud, Pepin County Sheriff Deputy
and
Bernadette Rogers from the ADRC
will be presenting helpful information to protect yourself from consumer fraud.

**Call the ADRC at 866-578-2372
for more information!**



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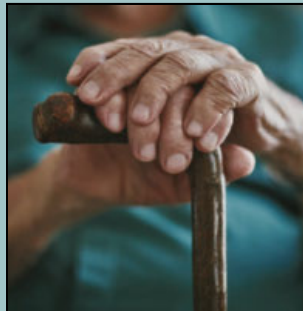
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715-672-4049 | hulburts-haven@hotmail.com

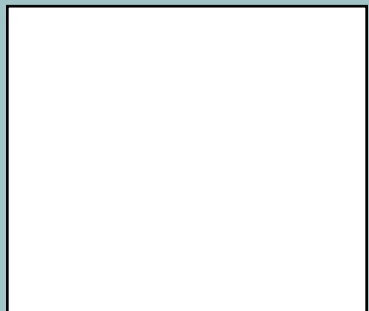


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1-800-963-0035

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

DHS Approved 4/22/2021

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

*July
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pineapple, Cake	4 CLOSED 	5 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Banana, Cake	6 Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Bread, Fruit Cocktail, Cake	7 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
10 Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Applesauce, Cake	11 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	12 Ham Salad Sandwich, Broccoli Salad, Tomatoes, Fruit Salad, Pears, Cake w/Blueberries	13 Meatloaf, Squash, Green Beans, Bread, Peaches, Cake	14 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
17 Barbecue Porkchop, Baby Red Potatoes, Carrots, Bread, Mandarin Oranges, Cake	18 Baked Chicken, Stuffing, Corn, Bread, Cranberries, Pineapple, Cake	19 Wild Rice Hotdish, Lettuce Salad, Bread, Banana, Strawberry Dessert	20 Hot Beef on Bun, Mashed Potatoes, Tomato/Cucumber Salad, Fruit Cocktail, Cake	21 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
24 Cheeseburger on Bun, Baked American Fries, Carrots, Applesauce, Cake	25 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	26 Meatballs, Mashed Potatoes, Broccoli, Bread, Pears, Cake	27 Pulled Pork, Cheesy Potatoes, Tomatoes, Bread, Peaches, Cake	28 Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
31 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake			Dates Salad Option 3rd-7th - Taco 10th-16th - Chef 17th-21st - Grilled Chicken 24th-28th - Crispy Chicken 31st - Taco	<u>Served with each meal:</u> Milk

BUS TRIPS



Join us for your shopping needs to Eau Claire & Winona!

Eau Claire Trips:
1st Monday of each month

Winona Trips:
1st Wednesday of each month

\$5

per person

Call to register at least 2 days ahead of time:

715-672-8941 Ext 152 or 187

https://www.adrc-bcp.com/



Aging & Disability Resource Center of Buffalo & Pepin Counties

July Bus Trips

Winona:
July 5th



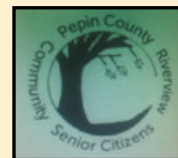
Riverview Helping Hands

Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30pm to 2:00pm**. The group has shipped out 25,337 skull caps through the month of June. *Nice job ladies!*

With some of the different yarn they receive, they are also making lap quilts for Veterans!

Please donate any yarn you may have to Riverview Helping Hands. Call Joyce at 715-495-0268 or drop off at the Riverview Senior Center.

On Monday, June 5th, the Pepin County Council of Senior Citizens, along with the Riverview Quilters, met at Riverview Center for the drawing of the Annual Quilt Raffle. Fortunately, every one of the 2000 raffle tickets was sold and the proceeds of the raffle are the mainstay of our operating budget for the center. Anxiety ran high as the winning ticket was drawn, and the winner was Denise Risler of Menominee. Myrna McRoberts, representing the quilters, placed the call to Denise and put her on speaker so all of us could hear her squeal of delight as she heard the good news. There were 20 other winners of donated prizes to be contacted and a few of them were from the groups present. Our Council of Seniors appreciate the effort, time and materials these quilters donate every year for this event. They have already completed next year's quilt and it is absolutely fantastic. Tickets will be on sale next month for your chance to be a winner in 2024.



Our thanks to all the local merchants and members who donated the additional prizes for the event. Julie Fick, of Pepin County ADRC, was available on June 7th and June 21st to distribute food vouchers for the Farmers Markets to residents of Pepin County.

Plans are in the works for the July 25th member appreciation event following the Board meeting. We will be serving a picnic lunch for members and seniors at Riverview Community Center from 11:30am until 1:00pm. You are all welcome and it would be a great opportunity to gather with friends and share your ideas of other events or entertainment you would like to see occur at the Center.



Wishing you a safe and fun filled summer.

Marge Briggs

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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

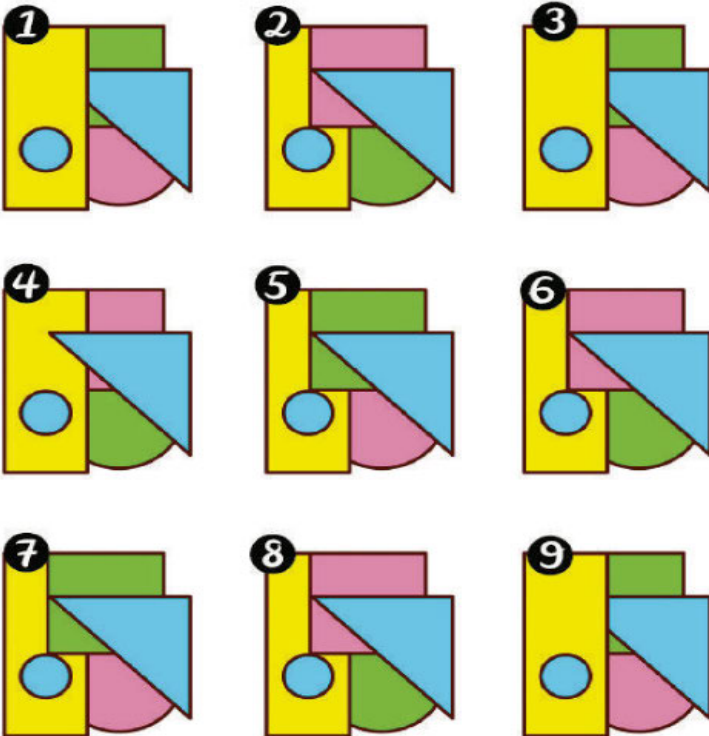
DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

July
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Served with each meal: Milk</p>	<p>4 CLOSED</p> 	<p>5 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches</p>	<p>6 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/Ranch Dressing, Grapes</p>	<p>7 Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce</p>
	<p>11 Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon, Dessert</p>	<p>12 Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears</p>	<p>13 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch, Fruit Cocktail</p>	<p>14 Tuna Salad on Croissant, Bean Soup, Coleslaw, Apple</p>
<p>Call previous day by 1:00pm to order lunch.</p>	<p>18 Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges</p>	<p>19 Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Applesauce</p>	<p>20 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries</p>	<p>21 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe</p>
<p>Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad</p>	<p>25 Pork Chop w/ Mushroom Gravy, Mashed Potato w/ Gravy, Green Beans, Wheat Bread, Fruit Cocktail</p>	<p>26 Hot Beef on Kaiser Roll, Corn, Coleslaw, Fresh Fruit Salad</p>	<p>27 Lasagna, California Blend, Garden Salad w/ Ranch Dressing, Whole Grain Muffin, Mandarin Oranges</p>	<p>28 Sub Sandwich (Ham/Turkey/ Cheddar), Split Pea Soup, Baby Carrots w/Ranch, Grapes</p>

ONE OF A KIND

Can you find the image that has NO copy?



Answers on page 11.

SEASONEDTIMES.COM

Dear Buffalo City

Delivered Meal Participant,

Starting in May 2023, the Buffalo City Home Delivered Meal route will start delivery on Monday, Tuesday, and Wednesday each week. This wouldn't

have been possible without the generosity of the volunteers and Keith Muller of the Lost Pirate meal site. You will be able to have your meals for Wednesday and Thursday, both delivered on Wednesday. You also have the option of getting frozen meals, which are great for weekends or other days that home-delivery is not available.

Thank you again for your participation in the Nutrition Program.

Sincerely,

Matthew Bertelson
Nutrition program coordinator
715-672-8941 Ext, 163
Email mbertelson@co.pepin.wi.us



Words cannot express the gratitude we have for the late Marshall Seymour of Pepin County. With his generosity, the Nutrition Program was able to purchase two new Ford Broncos which will be used to deliver meals to homes throughout Pepin County. Thank you, Marshall - your memory lives on through your kindness and heartfelt gesture.



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rschlitz@lpicommunities.com

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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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Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683
HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY

*July
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Stir Fry w/ Rice, Cucumber Salad, Fruit	4 CLOSED 	5 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	6 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	<u>Served with each meal:</u> 1% Milk Whole Wheat Bread
10 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	11 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	12 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	13 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	
17 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	18 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	19 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	20 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
24 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	25 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	26 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	27 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	
31 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit				<u>Salad Options:</u> Taco Ham Chicken

Writing the Declaration of Independence

The Declaration of Independence was originally written by Thomas Jefferson. Benjamin Franklin, John Adams, and Jefferson then worked together to make changes to the document. The final draft of the Declaration of Independence was adopted on July 4, 1776, but the actual signing of the final document is believed to be on August 2, 1776.

Writing and signing the Declaration of Independence took courage, but it was an important step in the founding of our Government. A famous phrase from the Declaration is:

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.”

Fun Fact: John Hancock was the first to sign. His signature was larger and bolder than the rest of the signatures. Since then, people use ‘John Hancock’ to mean a signature.

The Declaration of Independence is on public display in the Rotunda of the National Archives in Washington, DC. To learn more, see [The Charters of Freedom](#) and [100 Milestone Documents](#) sites from the National Archives.



**Stop in at the
Aging and Disability Resource Center
to pick up a
FREE Medication Planner!**

740 7th Ave. W, Durand

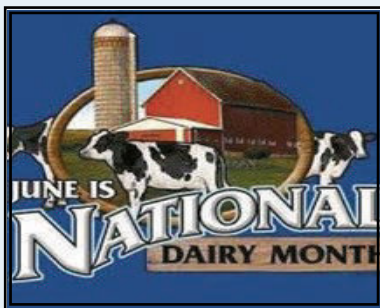
AMERICAN LUTHERAN HOME

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

*July
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hotdog on Bun, Pork and Beans, Peas, Pears	4 CLOSED 	5 Ritzy Chicken Divan Hot Dish, Green Beans, Salad w/Dressing, Bread, Melon	6 Hamburger Steak w/Gravy over Mashed Potatoes, Carrots, Bread, Peaches	Served with each meal: Milk
10 Country Fried Steak, Mashed Potatoes w/Country Gravy, Carrots, Whole Wheat Dinner Roll, Pears	11 Brown Sugar Barbeque Pork Sandwich, Sweet Pepper Slaw, Sweet Potato Tots, Fruit Pie	12 Meatballs w/Gravy, Mashed Potatoes, Broccoli, Bread, Strawberry Cobbler	13 Homemade Chili, Crackers, Corn, Bread, Blueberries	
17 Hamburger on Bun, Potato Salad, Balsamic Green Bean & Tomato Salad, Peaches	18 Turkey w/Gravy, Scallop Potatoes, Broccoli, Whole Wheat Dinner Roll, Pumpkin Pie	19 Cornbread Taco Bake, Lettuce, Tomato, Pinto Beans, Bread, Cantaloupe	20 Hawaiian Chicken, Mini Baker Potatoes, Malibu Blend Veggies, Bread, Mango Cobbler	Call previous day by 1:00pm to order lunch.
24 Brat on Bun, Baked Beans, Sauerkraut, Watermelon	25 Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Stewed Tomatoes, Bread, Fruit Crisp	26 Roast Beef w/Gravy, Baked Potato, Honey Dill Carrots, Whole Wheat Roll, Strawberries	27 Sesame Chicken, Rice, Broccoli, Bread, Blueberry Mango Cup	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
31 Hotdog on Bun, Pork and Beans, Peas, Pears				

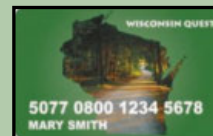
Thank you to both the Buffalo & Pepin County's Dairy Promotion Committees for their donations to the Senior Nutrition Program to help us celebrate June Dairy Month!



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!

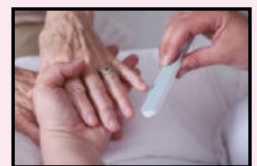
Call Matt, Nutrition Program Coordinator to use it to pay for your meals today! 715-672-8941, ext. 163.



Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.

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



One of a Kind Solution

Answer is 4

Matches

- Patterns 1, 3, 9
- Patterns 2, 6, 8
- Patterns 5,7



Thank you from the Riverview Community Center!

Donations:

- Judy King**
- Jerry Pelke**
- Jason King**
- Charlotte Byington**

TWO RIVERS CONNECTION
ADRC of Buffalo and Pepin Counties
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Durand, WI 54736

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COMMUNITY CONTACTS

ADRC of Buffalo & Pepin Counties: 1-866-578-2372 or 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 _____

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