

# TWO RIVERS CONNECTION



June 2023

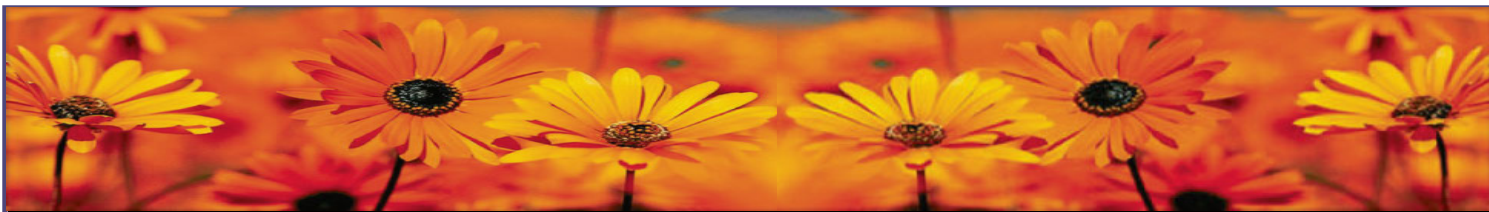
## Did you know Buffalo and Pepin Counties are Dementia Friendly? Did you know June is Dementia and Brain Health Awareness month?!

This June, we are raising awareness of Dementia and Brain Health in our communities. How can you participate? Let me show you the ways...

- ◆ Wear Purple June 21<sup>st</sup> - The Longest Day
- ◆ **Brain Health Walk for Awareness** with DCS Katrina Longmire 10:00am-10:15am, 3:00pm-3:15pm, June 20<sup>th</sup> at Pepin County Courthouse and June 22<sup>nd</sup> at Buffalo County Courthouse! Please meet inside the front entrance at both sites.
- ◆ **Lunch and Learns!** Katrina is offering short informational sessions over the lunch hour on Dementia 101, Caregiver Burnout, Brain Health, and Dementia Friends on Tuesdays at Pepin County Courthouse, 1<sup>st</sup> Floor County Board Room, and Thursdays at Buffalo County Courthouse, 2<sup>nd</sup> floor Conference room. Both sessions run from 11:30am to 12:00pm.
- ◆ Check **Facebook for Dementia Facts and Brain Health Trivia** Tuesdays and Thursdays on Facebook! 'Like' and 'Follow' our ADRC Facebook Page! We will post lots of information and resources on dementia and caregiving every Tuesday and Thursday!
- ◆ There will be table displays with resources at both Pepin and Buffalo County Courthouses on Dementia, Caregiving, and Brain Health. Please feel free to stop in and check it out! The displays and resources will be available all month.
- ◆ **Coffee & Conversation Memory Café** will be hosting a local artist who will be teaching us how to create our own painting masterpiece! Join us on June 13<sup>th</sup> from 10:00am - 11:30am at Hurlburt's Haven! Please RSVP so we know how many supplies will be needed! Call 715-279-7870 to register.
- ◆ **Brain Health Checkups!!** Worried about your memory? Noticing some changes but not ready to go to a doctor? Come have a brain health check where the Dementia Care Specialist will provide a Brain Health Screen and provide recommendations, depending on the individual's scores. Results and Recommendations are completely CONFIDENTIAL. June 6<sup>th</sup> from 12:00pm to 4:00pm at the Pepin County Courthouse, 1<sup>st</sup> Floor County Board Room and June 8<sup>th</sup> from 12:00pm-4:00pm at the Buffalo County Courthouse, 2<sup>nd</sup> floor Conference Room.
- ◆ **Virtual Caregiver Book Club** will be reading "**The 36 Hour Day**" starting June 7<sup>th</sup> from 2:00pm-3:00pm. Each participant gets their own copy of the book. Register with Katrina at 715-279-7870.
- ◆ Have you ever wondered what people with dementia experience every day? **Dementia LIVE!** is an in-person simulation of how the senses are altered for people with dementia. We ask participants to complete a list of tasks, while being exposed to symptoms people with dementia experience. Dementia LIVE! will be offered from 12:00pm-4:00pm at Pepin County Courthouse, 1<sup>st</sup> floor County Board Room on June 27<sup>th</sup> and Buffalo County Courthouse, 2<sup>nd</sup> floor Conference Room on June 29<sup>th</sup>, also from 12:00pm-4:00pm. The simulation is done in groups of four. Bring a couple friends and check out a new perspective.

Katrina is available for questions.  
Call: 715-279-7870 or Email: [klongmire@pepin.wi.us](mailto:klongmire@pepin.wi.us)





# Dementia Care Calendar

June  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <a href="#">Dementia Trivia - Facebook</a> Dementia & Brain Health Facts  <a href="#">Thursday Evening Conversations</a> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>2</b>
<b>5</b>	<b>6</b> <a href="#">Lunch and Learn Dementia 101</a>  <a href="#">Brain Health Checkup</a> (Details on Front Page)  <a href="#">Dementia Trivia—Facebook</a> Dementia and Brain Health Facts	<b>7</b>  <a href="#">“36 Hour Day”</a> <b>Virtual Book Club</b> 2:00 - 3:00pm	<b>8</b> <a href="#">Lunch and Learn Dementia 101</a> (Details on Front Page)  <a href="#">Brain Health Checkup</a> (Details on Front Page)  <a href="#">Dementia Trivia - Facebook</a> Dementia and Brain Health Facts  <a href="#">Thursday Evening Conversations</a> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>9</b>
<b>12</b>	<b>13</b> <a href="#">Coffee &amp; Conversation</a> <a href="#">Memory Café</a> Hurlburt’s Haven, Durand 10:00am - 11:30am <a href="#">Painting Class</a> <b>RSVP-715-279-7870</b>  <a href="#">Lunch and Learn Caregiver Burnout</a> (Details on Front Page)  <a href="#">Dementia Trivia—Facebook</a> Dementia and Brain Health Facts	<b>14</b>  <a href="#">“36 Hour Day”</a> <b>Virtual Book Club</b> 2:00 - 3:00pm	<b>15</b> <a href="#">Lunch Bunch</a> Virtual Support for Caregivers via Zoom, 11:30am - 12:30pm  <a href="#">Lunch &amp; Learn Caregiver Burnout</a> (Details on Front Page)  <a href="#">Dementia Trivia - Facebook</a> Dementia and Brain Health Facts  <a href="#">Thursday Evening Conversations</a> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>16</b>
<b>19</b>	<b>20</b> <a href="#">Walk for Awareness</a> (Details on Front Page)  <a href="#">Lunch and Learn Brain Health</a> (Details on Front Page)  <a href="#">Dementia Trivia - Facebook</a> Dementia and Brain Health Facts	<b>21</b>  <a href="#">The Longest Day</a> Wear Purple  <a href="#">“36 Hour Day”</a> <b>Virtual Book Club</b> 2:00 - 3:00pm	<b>22</b> <a href="#">Walk for Awareness</a> (Details on Front Page)  <a href="#">Lunch and Learn Brain Health</a> (Details on Front Page)  <a href="#">Dementia Trivia - Facebook</a> Dementia and Brain Health Facts  <a href="#">Thursday Evening Conversations</a> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>23</b>
<b>26</b>	<b>27</b> <a href="#">Lunch &amp; Learn</a> <a href="#">Dementia Friends</a> (Details on Front Page) <a href="#">Dementia LIVE</a> -(Details on Front Pg.)  <a href="#">Dementia Trivia - Facebook</a> Dementia and Brain Health Facts	<b>28</b>  <a href="#">“36 Hour Day”</a> <b>Virtual Book Club</b> 2:00 - 3:00pm	<b>29</b> <a href="#">Lunch &amp; Learn Dementia</a> <a href="#">Friends</a> - (Details on Front Page) <a href="#">Dementia LIVE</a> -(Details - Front Pg.)  <a href="#">Dementia Trivia Facebook</a> Dementia and Brain Health Facts  <a href="#">Thursday Evening Conversations</a> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>30</b>

## 2023 Senior Farmers Market Nutrition Program Vouchers Available starting June 1<sup>st</sup>

The Farmers Market vouchers will be available again in Pepin County, and new this year, they are also available to 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. 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. Vouchers will be distributed at the following times and locations. No appointment necessary.

### **PEPIN COUNTY RESIDENTS:**

- \* **Pepin Eastside Apartment Community Room,**  
703 Dunn St., Pepin, WI 54759  
**Tuesday, June 6<sup>th</sup> from 10:00AM until 12:00pm**
- \* **Riverview Senior & Community Center,**  
606 W Madison Street, Durand, WI 54736  
**Wednesday, June 7<sup>th</sup> from 10:00AM-11:00AM**  
**Wednesday, June 21<sup>st</sup> from 1:00PM- 2:00PM**

### **BUFFALO COUNTY RESIDENTS:**

- \* **St. John's UCC Food Pantry,**  
303 S Hill Street, Fountain City, WI 54629  
**Monday, June 19<sup>th</sup> from 4:30PM-6:30PM**

**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.**

### **Nail Care Clinics!**

Clinics will be held in Durand and Pepin each month.

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



### **2023 Buffalo County Dairy Breakfast**

Danzinger Family Farms  
W1528 Co. Rd. E, Alma  
**June 24th, from 7:00 - 11:00AM**



### **2023 Pepin County Town & Country Dairy Breakfast**

Saturday, June 10th,  
starting at 6:30am  
N6294 Co. Rd. V, Durand

*Thank you from the  
Riverview Community Center!*

**Donations:**  
*Mary Ellen Brunner, Linda Henry, Brenda Cole,  
Pepin County Historical Society*

**Memorials:**  
*Barb Gibson, for Dwight Caturia  
Mary A. Kauffman, for Dwight Caturia*

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# 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



## WISCONSIN 2023 ALZHEIMER'S STATISTICS

NUMBER OF PEOPLE  
AGED 65 AND OLDER  
WITH ALZHEIMER'S

YEAR	TOTAL
2020	120,000
2025	130,000

ESTIMATED % INCREASE

# 8.3%

PREVALENCE

**83** # OF GERIATRICIANS IN 2021

**228.9%** INCREASE NEEDED TO MEET DEMAND IN 2050

**77,810** # OF HOME HEALTH AND PERSONAL CARE AIDES IN 2020

**18.6%** INCREASE NEEDED TO MEET DEMAND IN 2030

WORKFORCE

UNPAID CAREGIVERS (2022)

**191,000** # OF CAREGIVERS  
**213,000,000** TOTAL HOURS OF UNPAID CARE  
**\$3,970,000,000** TOTAL VALUE OF UNPAID CARE

CAREGIVING

CAREGIVER HEALTH (2021)

**53.4%** OF CAREGIVERS WITH CHRONIC HEALTH CONDITIONS  
**22.4%** OF CAREGIVERS WITH DEPRESSION  
**10.5%** OF CAREGIVERS IN POOR PHYSICAL HEALTH

HOSPICE (2017)

**5,086** # OF PEOPLE IN HOSPICE WITH A PRIMARY DIAGNOSIS OF DEMENTIA  
**16%** HOSPICE RESIDENTS WITH A PRIMARY DIAGNOSIS OF DEMENTIA

HOSPITALS (2018)

**1,520** # OF EMERGENCY DEPARTMENT VISITS PER 1,000 PEOPLE WITH DEMENTIA  
**19.9%** DEMENTIA PATIENT HOSPITAL READMISSION RATE

MEDICAID

**\$777M** MEDICAID COSTS OF CARING FOR PEOPLE WITH ALZHEIMER'S (2020)  
**18.9%** PROJECTED CHANGE IN COSTS FROM 2020 TO 2025

MEDICARE

**\$24,524** PER CAPITA MEDICARE SPENDING ON PEOPLE WITH DEMENTIA (IN 2022 DOLLARS)

HEALTH CARE

# OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

# 2,390

MORTALITY



More than **6 million** Americans are living with Alzheimer's, and over **11.5 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$345 billion** in 2023, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century.

For more information, view the 2023 Alzheimer's Disease Facts and Figures report at [alz.org/facts](http://alz.org/facts). © 2023 Alzheimer's Association® All Rights Reserved. Alzheimer's Association is a not-for-profit 501(c)(3) organization.

# 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

Plans for an in-person workshop in Pepin or Nelson in August 2023 are being made, based on interest. Call 866-578-2372 or email [adrc-bp@co.pepin.wi.us](mailto: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 the ankle weights).

# HAPPY Father's Day

June 18, 2023

# SAVE THE DATE!

## Caregiver Resource Fair

Friday July 14, 2023  
10:00am - 3:00pm  
C-FC High School  
Fountain City, WI

Speakers, Vendor Booths, Memory Café, Door Prizes  
Sponsored by the ADRC and Buffalo County DHHS

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

## Hurlburt's Haven Adult Day Center

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715-672-4049 | [hulburts-haven@hotmail.com](mailto:hulburts-haven@hotmail.com)



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

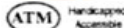


[inclusa.org](http://inclusa.org) | 877-376-6113

### DAILY BREAKFAST, LUNCH & DINNER SPECIALS



Friday Fish Fry (Broasted Cod)  
Saturday - Prime Rib/Steaks  
Sundays - Broasted Chicken



OPEN DAILY 6 AM

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## my choice WISCONSIN

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](http://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



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

June  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Dates</u> <u>Salad Option</u></b>                      1st-2nd - Crispy Chicken                      5th-9th - Taco                      12th-16th- Chef                      19th-23rd - Grilled Chicken                      26th-30th - Crispy Chicken</p>	<p><b><u>Served with each meal:</u></b>   <b>Milk</b></p>		<p><b>1</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Peaches, Cake</p>	<p><b>2</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p>
<p><b>5</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p><b>6</b> Creamed Chicken on Biscuits, Pears &amp; Carrots, Fruit Salad, Banana, Cake</p>	<p><b>7</b> Beef Tips, Mashed Potatoes, Broccoli, Bread, Fruit Cocktail, Cake</p>	<p><b>8</b> Philly Steak Sandwich, Dirty Mashed Potatoes, Tomatoes, Apple-sauce, Cake</p>	<p><b>9</b> Cod, Baked Potato, Beans, Bread, Coleslaw, Cake   <i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>12</b> Hamburger w/ Mushrooms &amp; Onions, Baby Red Potatoes, Carrots, Bread, Tropical Fruit, Cake</p>	<p><b>13</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake</p>	<p><b>14</b> Hot Ham &amp; Cheese on Bun, Dirty Mashed Potatoes, Mixed Veggies, Peaches, Cake</p>	<p><b>15</b> Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Mandarin Oranges, Cake</p>	<p><b>16</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p>
<p><b>19</b> Brat w/Sauerkraut, Baby Red Potatoes, Carrots, Bread, Pineapple, Cake</p>	<p><b>20</b> Tator Tot Hotdish, Peas/Corn, Lettuce Salad, Bread, Banana, Cake</p>	<p><b>21</b> Charcoal Chicken, Cheesy Potatoes, Corn, Tuna Salad, Bread, Fruit Cocktail, Cake</p>	<p><b>22</b> Hamburger Gravy over Mashed Potatoes, Tomatoes, Summer Salad, Bread, Apple-sauce, Cake</p>	<p><b>23</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake   <i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>26</b> Country Fried Steak, Mashed Potatoes, Carrots, Tropical Fruit, Bread, Cake</p>	<p><b>27</b> Broasted Chicken, Mashed Potatoes, Corn, Pears, Bread, Cake</p>	<p><b>28</b> Cheeseburger on Bun, Baked American Fries, Tomato/Cucumber Salad, Peaches, Cake</p>	<p><b>29</b> Cold Cut Sandwich, Broccoli Salad, Fruit Salad, Mandarin Oranges, Cake</p>	<p><b>30</b> Cod, Baked Potato, Beans, Bread, Coleslaw, Cake</p>

## 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


**June Bus Trips**

Eau Claire  
June 5th

Winona:  
June 7th


Did you know?

If you take a quick peek at your calendar, you'll notice that June is unique in that it begins on a different day than every other month of the year. Check it out!



### 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.



## World Elder Abuse Awareness Day (WEAAD) is June 15, 2023.

Elder abuse is the maltreatment of older adults (age 60+). It can include physical, emotional, or sexual abuse, as well as neglect and/or financial exploitation. Each year, 5 million (or 1 in 10) older Americans experience some form of elder abuse. Many social factors, including a lack of social supports and community resources, can increase the risk for elder abuse. Ageism (biases or stereotypes about older adults) can also contribute to the risk of elder abuse. Collectively, we can make a difference!

### REPORTING ELDER ABUSE

If you would like to report suspected elder abuse, contact your local Human Services Department. (Reporter names are kept confidential.) While reporting is easy to do, know that most cases of elder abuse go unreported. Do not assume that a report has already been made.

**Pepin County Human Services**  
Phone: (715) 672-8941

**Buffalo County Human Services**  
Phone: (608) 685-4412

**Pepin County Sheriff's Department**  
Phone: (715) 672-5944

**Buffalo County Sheriff's Department**  
Phone: (608) 685-4433



### 5 THINGS EVERYONE CAN DO TO PREVENT ELDER ABUSE

1. LISTEN to older people and caregivers, to understand their challenges and provide support.
2. EDUCATE one another about the signs of abuse and how to get help.
3. REPORT suspected abuse or neglect as soon as possible.
4. BUILD a community that fosters social connections and supports.
5. REACH out to professional services for support, where available.

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[www.rhielfuneralhome.com](http://www.rhielfuneralhome.com)



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

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

*June  
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Served with each meal:</u></b> <b>Milk</b></p>			<p><b>1</b> Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/Ranch Dressing, Grapes</p>	<p><b>2</b> Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce</p>
	<p><b>6</b> Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon, Dessert</p>	<p><b>7</b> Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears</p>	<p><b>8</b> Ham &amp; Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch, Fruit Cocktail</p>	<p><b>9</b> Tuna Salad on Croissant, Bean Soup, Coleslaw, Apple</p>
<p><b>Call previous day by 1:00pm to order lunch.</b></p>	<p><b>13</b> Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges</p>	<p><b>14</b> Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Apple-sauce</p>	<p><b>15</b> Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries</p>	<p><b>16</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe</p>
<p><b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b></p>	<p><b>20</b> Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Green Beans, Wheat Bread, Fruit Cocktail</p>	<p><b>21</b> Hot Beef on Kaiser Roll, Corn, Coleslaw, Fresh Fruit Salad</p>	<p><b>22</b> Lasagna, California Blend Veggies, Garden Salad w/Ranch, Whole Grain Muffin, Mandarin Oranges</p>	<p><b>23</b> Sub Sandwich (Ham/Turkey/ Cheddar Cheese), Split Pea Soup, Baby Carrots w/Ranch, Grapes</p>
	<p><b>27</b> Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana</p>	<p><b>28</b> Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Cucumbers, Pears, Dessert</p>	<p><b>29</b> Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches</p>	<p><b>30</b> Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe</p>

## DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Buffalo and Pepin Counties continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: \_\_\_\_\_ or In Honor of: \_\_\_\_\_

I want my donation to go to the following program(s):

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Information & Assistance      | <input type="checkbox"/> Elderly & Adults at Risk of Abuse | <input type="checkbox"/> Caregiver Support Program |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Support Groups                    | <input type="checkbox"/> Two Rivers Connection     |
| <input type="checkbox"/> Home Delivered Meals          | <input type="checkbox"/> Elder Benefit Specialist          | <input type="checkbox"/> Transportation Services   |
| <input type="checkbox"/> Senior Dining Services        | <input type="checkbox"/> Dementia Services                 |  |

**My donation is for:**

\_\_\_\_\_ **Pepin County**                      \_\_\_\_\_ **Buffalo County**

It is ok to acknowledge my donation in the *Two Rivers Connection* Newsletter:                      Yes                      No

Please send receipt to -  
Name & Address: \_\_\_\_\_

Please make checks payable to: ADRC, 740 7th Ave. W, PO Box 39, Durand, WI 54736

*Your gift is deductible to the extent provided by law.*



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  
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## THE LOST PIRATE

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

*June  
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	<b>Served with each meal:</b> <b>1% Milk Whole Wheat Bread</b>
<b>5</b> Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit	<b>6</b> Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>7</b> Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	<b>8</b> Chicken Alfredo, Garlic Toast, Side Salad, Fruit	
<b>12</b> Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	<b>13</b> Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	<b>14</b> Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>15</b> Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	<b>Call previous day by 1:00pm to order lunch.</b>
<b>19</b> Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	<b>20</b> Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	<b>21</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	<b>22</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	
<b>26</b> Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	<b>27</b> Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	<b>28</b> Cheeseburger, Potato Salad, Coleslaw, Fruit	<b>29</b> Baked Fish, Baked Potato, Side Salad, Fruit	<b>Salad Options:</b> <b>Taco Ham Chicken</b>

Pepin County Council of Senior Citizens met on April 25<sup>th</sup> and an election of officers was held. Floyd Briggs was re-elected as President, Linda DeLong as Vice President, Carol K. Bauer as Secretary and Lois Laehn as Treasurer for the year 2023-2024.



There were three events held in the month of April. They were the Quilters De-Stash Sale, the Spring Thrift Sale and the Lions Club "Easter Bunny Event". We want to thank everyone who volunteered for these events and all of you who participated in them. This was the first time we hosted the Easter event and everyone enjoyed having the children and their families here at Riverview Center. The Lions Club organized such a great selection of treats and gifts. The kids really had a good time.

Our Quilt Drawing will take place on June 5<sup>th</sup>. Tickets are on sale at the Riverview Senior Center, between 10:00am and 2:00pm, Monday through Friday. It seems that the quilters talent cannot be outdone, as the quilt for 2023 (shown at the right) is one of the biggest undertakings that they have accomplished.

We are planning on having an Open House at the Center this summer and the date and time will be announced next month. Hope you can attend. Thanks to everyone who donated for all the events. We appreciate your assistance.

Marge Briggs



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*June  
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Meatballs w/Gravy over Mashed Potatoes, Carrots, Bread, Pears	<b><u>Served with each meal:</u></b> <b>Milk</b>
<b>5</b> Hamburger Gravy over Mashed Potatoes, Sunshine Carrots, Bread, Applesauce	<b>6</b> Ham & Bean Chowder, Sweet Potato Wedges, Whole Wheat Dinner Roll, Fruit Crisp	<b>7</b> Roast Beef w/ Gravy, Mini Baker Potatoes, Broccoli, Bread, Fruit Pie	<b>8</b> Chicken Parmesan Pasta Bake, Italian Blend Veggies, Salad w/Dressing, Breadstick, Strawberries	
<b>12</b> Fish Filet, Conique Potatoes, Broccoli, Bread, Peaches	<b>13</b> Chicken Alfredo over Pasta, Baked Tomato Half, Salad w/Dressing, Bread, Mandarin Oranges	<b>14</b> Homemade Chili, Crackers, Cornbread, Cascade Blend Veggies, Caramel Apple Crisp	<b>15</b> Turkey w/Gravy, Stuffing, Cranberry Sauce, Green Beans, Bread, Pumpkin Pie	<b>Call previous day by 1:00pm to order lunch.</b>
<b>19</b> Split Pea Soup w/Ham, Parslied Carrots, Whole Wheat Dinner Roll, Fruit Cocktail	<b>20</b> Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Broccoli, Bread, Pumpkin Bar	<b>21</b> Baked Ham, Sweet Potatoes, Green Beans, Whole Wheat Dinner Roll, Fruit Pie	<b>22</b> Ritzy Chicken Divan Hot Dish, Au Gratin Potatoes, Chuckwagon Corn, Bread, Pears	<b><u>Salad Options:</u></b> <b>Taco Chef (Turkey, Ham) Chicken Tender</b>
<b>26</b> Country Fried Steak w/Gravy, Mashed Potatoes, Roasted Beets, Bread, Mandarin Oranges	<b>27</b> Beef Stew over Biscuit, Crackers, Broccoli, Pumpkin Crisp	<b>28</b> Polish Sausage on Bun, Sauerkraut, Baked Beans, Mixed Fruit	<b>29</b> Meatballs w/ Gravy over Mashed Potatoes, Carrots, Bread, Pears	

### The 36-Hour Day, by Nancy L. Mace, Peter V. Rabins

#### A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss

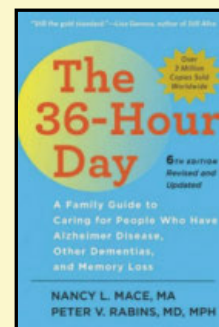
After 35 years, the indispensable guide for countless families and professionals caring for someone with dementia.

Through five editions, The 36-Hour Day has been the "bible" for families who love and care for people with Alzheimer's disease. This book offers much-needed information and support to millions of people throughout the world. Whether a person has Alzheimer's disease, vascular dementia, or another form of dementia, he or she will struggle with independent living and most likely face medical, behavioral, mood, legal and financial problems. This essential resource will help family members and caregivers address all of these challenges and simultaneously cope with their own emotions and needs.

Thoroughly revised and updated, this sixth edition features easy-to-see take-away messages about every aspect of caregiving. Informed by new research into the causes of dementia and the search for therapies to prevent or cure dementia, this edition also includes new and expanded information on dementia, brain health, caregiving, and much more!

The central idea underlying the book—that much can be done to improve the lives of people with dementia and of those caring for them—remains the same. Still very much the book readers turn to, this fresh edition of "The 36-Hour Day" is the definitive guide for those who continue to love someone even after he or she has been changed by dementia.

Join us for Virtual Caregiver Book Club on Wednesday's from 1:00pm-2:00pm, starting June 7, 2023! Participants will receive a free copy of The 36 Hour Day! Space is limited, so call now to register! Call Katrina, Dementia Care Specialist for the ADRC of Buffalo and Pepin Counties at 715-279-7870 or email [klongmire@co.pepin.wi.us](mailto:klongmire@co.pepin.wi.us).



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