

TWO RIVERS CONNECTION



November 2023

National Family Caregiver Month Honors Those Who Receive Very Little Recognition



Since caregiving can be one of the most difficult jobs for anyone involving around-the-clock care, little rest, possibly stressful, emotional situations, and oftentimes inadequate compensation, President Obama declared November as National Family Caregiver Month in 2013. Since its inception, the mission of National Caregiver Month has been to raise awareness for caregivers and to improve their overall life and well-being.

Even the most loving and patient caregivers will become tired and need to recharge in order to avoid emotional or psychological burnout as a result of stress and overwork. National Caregiver Month aims to raise awareness and ease caregivers' burdens, and advancing technology is just one way to improve the lives of both caregivers and their loved ones, because there is a useful tool for almost every unique caregiving situation. Some tools are apps for seniors that can be downloaded onto a smartphone, while other tools transform an entire house into a security network to help protect seniors or others from danger. Easing the burden for caregivers will improve the overall quality of care while allowing them much-needed respite from what normally requires full attention.



The ADRC of Buffalo and Pepin Counties supports caregivers through the community work of our ADRC Specialists and Dementia Care Specialist. Together they provide caregiver support and assistance for individuals in need of respite, home care, training, and a listening ear. Support groups, memory café, book clubs, resource fairs, crisis tools, classes and training are all available through the ADRC at no cost to our community caregivers. Check out our Caregiver Activities Menu for November Family Caregiver Month on the following page! Call the ADRC today at 866-578-2372 for more information!

Resource: <https://www.theseniorlist.com/caregiving/month>

Submitted by Katrina Longmire, Dementia Care Specialist, ADRC for Buffalo & Pepin Counties

Are you a Caregiver?

A caregiver is a person who provides direct care or assistance to a person who needs help with daily living. **A caregiver can be paid or unpaid, and may be a family member, friend, or professional.** Caregivers may help with tasks like bathing, eating, using the toilet, picking up groceries, or giving medication. Caregivers often care for people who are elderly, ill, injured, disabled, or have a mental disorder.



Toll Free: 1-866-578-2372

Email: adrc-bp@co.pepin.wi.us

Whomever you are caring for, the ADRC can help you find resources to support you as a Caregiver. This includes trainings, resources, support groups, caregiver activities, and classes!

Call the ADRC today to find out what could help support you on your caregiver journey!

FREE COUPON!
Coffee & Conversation
Memory Café

Bring your loved one with dementia to our memory café and socialize with other caregivers and their person with dementia.

Second Tuesday of the Month
November 14, 2023
10:00am-12:00pm
Hurlburt's Haven
1227 E Prospect St.,
Durand, WI 54736



Work with your hands and learn a new hobby!
Caregiver Jackie Schaal will teach you the skills to crochet your own rug. And it is Effort-Driven Reward Cycle! What does that mean?

"Effort-driven rewards and other real-world interactive experiences generate much more intense and pervasive reactions in your brain than the neurochemical alterations produced by a single pill. The result? You begin to feel more control over your environment and more connected to the world around you. This reduces stress and anxiety and, most important, builds resilience against the onset of depression."

NOVEMBER 7th, 14th & 28th, 2:00pm - 3:30pm
Riverview Senior and Community Center
Please RSVP at 715-279-7870

Powerful Tools
FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. This course is for family caregivers like you!

Thursdays: 2:00-4:00PM or
4:30-6:30PM
November 9th - December 21st.
Call the ADRC to sign up!

**Caregiver Resource and Appreciation Event
for Family Caregivers**

Come check out the resources available to you from the ADRC, socialize with other caregivers, learn new skills and hobbies. Let us thank you for all the hard work you do caring for individuals in the community!
This is a free event. If you need respite for your loved one in order to attend the event, please let the ADRC know! We can help!

November 21st - 1:00pm-4:00pm
Riverside Senior and Community Center, Durand
Reservations required by November 13th.
Call the ADRC at 1-866-578-2372 to sign up!

WHEAP Energy Assistance Benefits

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across our service area to help lower the burden of monthly energy costs.



WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, and the payment is not intended to cover the entire annual energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.

To qualify for Energy Assistance for the 2023-2024 heating season, you must meet these eligibility guidelines.

INCOME GUIDELINES FOR 2023-2024 HOME ENERGY PLUS PROGRAM		
October 1, 2023 through September 30, 2024		
Household Size	One Month Income	Annual Income
1	\$2,820.67	\$33,848.00
2	\$3,688.58	\$44,263.00
3	\$4,556.50	\$54,678.00
4	\$5,424.50	\$65,094.00



PEPIN COUNTY RESIDENTS:

West CAP provides Energy Assistance for Barron, Burnett, Chippewa, Dunn, **Pepin**, Pierce, Polk, St Croix, and Washburn Counties.

To apply for Energy Assistance, you can complete a fillable form on your own and return it to West CAP, or you can schedule an appointment to speak to a West CAP representative for guidance through the programs, services, and application process.

West CAP website: <https://westcap.org/services/energy-assistance/>

Email: info@wcap.org if you have any questions or call them directly at (715) 598-4750.

**Pepin County Human Services will have in-person appointments available to assist residents with applying for Energy Assistance starting on Monday, October 16th. Please contact Pepin County Human Services at 715-672-8941 for more details.

BUFFALO COUNTY RESIDENTS:

Apply by Phone: Call the Energy Assistance Coordinator at (608) 685-4412 to schedule your phone appointment.

Apply by Mail. Completed applications can be mailed to:

** Buffalo County DHHS, Attn: Energy Assistance, P.O. Box 517, Alma, WI 54610**

Applications can also be faxed to (608) 685-3342.

Apply In Person: Walk In appointments are taken at the Buffalo County Department of Health & Human Services as time permits. Appointments are recommended. Buffalo County Courthouse, 3rd Floor 407 S. Second Street, Alma, WI 54610

Home Visits: If you are over the age of 60 and are disabled, homebound or otherwise unable to apply in person, a home visit may be arranged by calling (608) 685-4412.

You can apply online: www.energybenefit.wi.gov. You will be redirected to the Wisconsin Home Energy website to complete your application.

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

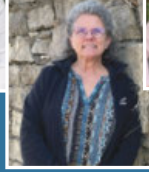
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Katrina Longmire - Dementia Care Specialist



FoodShare News and Updates

This article provides information to keep members up to date on what's happening related to FoodShare and P-EBT benefits.

Article published by Wisconsin Department of Health Services, submitted by Melissa Hovland, DBS.

FoodShare monthly amounts changed starting with October benefits

The federal government recently announced changes to the monthly income limits for FoodShare based on the increase in the cost of living. These limits affect the amount of benefits FoodShare members get each month. These changes took effect for October benefits and will remain in place through September 30, 2024. If you or your household will have a change in the amount of FoodShare benefits you get, you will get an About Your Benefits letter in September telling you your new monthly benefit amount.

- The minimum monthly FoodShare amount for one or two people remains at \$23.
- The maximum amounts increased for households of all sizes.

Deductions for shelter and heating also increased. If your housing costs have increased, you can report that change to us as it could affect your benefits. The FoodShare monthly income limit changes do not affect any health care benefits. The federal poverty levels used to determine eligibility for BadgerCare Plus and certain categories of Medicaid were updated on February 1, 2023, and are effective through January 31, 2024.

Starting September 17, unused FoodShare and Pandemic EBT Program benefits may expire after 274 days

Starting September 17, unused FoodShare and Pandemic EBT (P-EBT) program benefits may expire if you have not used your EBT card to purchase food in the past 274 days (approximately nine months). Currently, you are allowed 365 days (or one year) of not using your benefits before benefits expire. This policy change is based on federal rules for unused food benefits, and it applies to both FoodShare and P-EBT benefits. The process of removing food benefits that have gone unused from member accounts after a set amount of time is known as expungement. You can keep your benefits by regularly using your EBT card (either your Wisconsin QUEST or Wisconsin P-EBT card) to buy food. There is no minimum amount that you must spend to keep your benefits from expiring. Benefits that have been on an EBT card for less than 274 days will not expire as part of this process.

EBT cards can be used to buy food at most grocery stores, convenience stores, and some farmer's markets. You can still use the benefits on your card even if you are no longer eligible for the food program that provided them.

In July, if you are a person with benefits at risk of expiring in September because of the policy change, you will be sent a letter telling you this. It will include your current account balance, what to do to not lose your benefits, and options for assistance. If you are in a household that has a cell phone number on file with the Wisconsin Department of Health Services (DHS), you will also get a text message alert.

DHS has also added information about why benefits expire and how to prevent it from happening to the letters sent to households after 60 days of EBT card inactivity and about two months before they are scheduled to lose benefits.

Starting on September 17, DHS made the following changes:

1. The letter sent after 60 days of EBT card inactivity will now be sent each time a household's benefits reaches that point, not just once per lifetime.
2. Letters that used to be sent at 300 days of EBT card inactivity will now be sent after 210 days. This change ensures that households will still be notified two months before their benefits are at risk of expiring.
3. DHS will be posting expiring benefit alerts in ACCESS and on the MyACCESS app at these same time intervals of 60 and 210 days.

Additional information and help

If you can't find your EBT card or your card is damaged, you can call QUEST Card Service at 877-415-5164 and ask for a new one. QUEST Card Service can also help you get a new PIN, checking account balances, and reporting a lost or stolen card.

- Current or former FoodShare members that have questions about their program eligibility or benefits can check your benefits, see how you've used them, and learn about upcoming deposits by logging into ACCESS or by using the MyACCESS app.
 - The MyACCESS mobile app is free on the App Store or Google Play.
 - FoodShare members can also call their agency.
- You can also check the amount on your card at any time by going to the ebtEDGE website.
- If you have questions about your P-EBT benefits, you should call the P-EBT Support Team at 833-431-2224.
- You can purchase groceries online at some stores using your EBT card. A list of online stores that accept EBT cards is located on the FoodShare News and Updates webpage.
- For ideas on how to use your food benefits, visit the DHS FoodShare: Spending Your Benefits webpage.

The ADRC of Buffalo and Pepin Counties is starting a new tradition called "Stocking Stuffers." Stop by one of the ADRC offices between October 1-November 30, grab a tag from the Christmas Tree, purchase a \$25 Visa gift card, and bring the gift card and tag back to one of the ADRC locations.

"Stocking Stuffers" will be for ADRC consumers (individuals 60+ and adults with disabilities) that have expressed a need with making ends meet. Our goal is to help brighten their holidays and we hope you'll consider joining us! The ADRC team will deliver all the gift cards in time for the holidays.

If you know an ADRC consumer (individual age 60+ or an adult with a disability) that needs help making ends meet, please contact our office to receive an application. Please help us brighten the holidays for individuals in Buffalo and Pepin Counties!

ADRC Locations:

Pepin County Government Center, 2 nd floor 740 7 th Ave W, Durand, WI	Buffalo County Courthouse, 3 rd floor 402 2 nd St. Alma, WI
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**** Added Bonus: Everyone who purchases a gift card will be entered to win a prize! ****

Any questions, reach out to us at 866-578-2372 or adrc-bp@co.pepin.wi.us.



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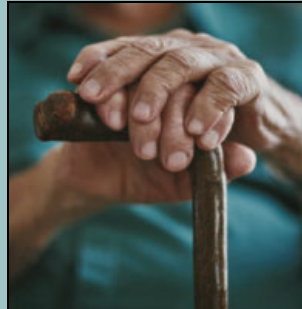
Durand 300 W Prospect St 715-672-8300	Eau Claire 3014 Mall Dr 715-834-4106
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1-800-963-0035

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

DHS Approved 4/22/2021



DAILY BREAKFAST, LUNCH & DINNER SPECIALS

CORRAL BAR & RIVERSIDE GRILL

ATM Handicapped Accessible

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Saturday - Prime Rib/Steaks
Sundays - Broasted Chicken



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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

*November
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dates</u> <u>Salad Option</u> 2nd - 6th - Chef 9th-13th - Grilled Chicken 16th - 20th - Crispy Chicken 23rd- 27th - Taco 30th - 31st - Chef</p>	<p><u>Served with each meal:</u> Milk</p>	<p>1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Pears, Cake</p>	<p>2 Cream of Potato Soup, Ham Salad Sandwich, Fruit Salad, Mandarin Oranges, Cake</p>	<p>3 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake</p>
<p>6 Ham Steak, Cheesy Potatoes, Carrots, Bread, Peaches, Cake</p>	<p>7 Baked Chicken, Stuffing, Corn, Cranberries, Bread, Pineapple, Cake</p>	<p>8 Meatloaf, Mashed Potatoes, Broccoli, Bread, Banana, Cake</p>	<p>9 Salisbury Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake</p>	<p>10 CLOSED</p> 
<p>13 Hamburger w/Mushrooms & Onions, Baby Red Potatoes, Carrots, Bread, Applesauce, Cake</p>	<p>14 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake</p>	<p>15 Philly Beef Sandwich, Baked American Fries, Broccoli, Pears, Cake</p>	<p>16  Thanksgiving Meal 11:00am - 1:00pm. Turkey or Ham, and "All the Fixings"</p>	<p>17 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p>
<p>20 Pulled Pork Sandwich, Cheesy Potatoes, Carrots, Peaches Cake</p>	<p>21 Creamed Chicken on Biscuits, Peas, Corn, Bread, Pineapple, Cake</p>	<p>22 Tator Tot Hotdish, Peas & Corn, Broccoli Salad, Bread, Banana, Cake</p>	<p>23 CLOSED</p>	<p>24 CLOSED</p>
<p>Happy Thanksgiving!</p>				
<p>27 Country Fried Steak, Carrots, Bread, Fruit Cocktail, Cake</p>	<p>28 Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake</p>	<p>29 Scalloped Potatoes w/Ham, Broccoli, Bread, Tropical Fruit, Cake</p>	<p>30 Chili, Cold Cut Sandwich, Lettuce Salad, Pears, Cake</p>	

Don't Forget...

Anyone with a Medicare Part D Plan or Medicare Advantage plan should check their coverage each year during Medicare's annual open enrollment period, which runs **October 15th through December 7th**. Find out if your current plan will cost you more or less than other plans in 2023.

You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Pepin and Buffalo Counties can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the **Aging & Disability Resource Center of Buffalo & Pepin Counties**. The ADRC website also has helpful resources available to help assist beneficiaries through this process at <https://www.adrc-bcp.com/medicare-resources>.

Don't let this opportunity pass you by! Go to **Medicare.gov** to find and compare plans online or for **local assistance call the ADRC at 1-866-578-2372 to schedule an appointment.**

**November
Bus Trips**

**Winona
November 8th**



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 26,462 skull caps through the month of August. *Nice job ladies!*

Please donate any yarn you may have to Riverview Helping Hands. *Thank you, Joyce Grochowski, for being the contact person for so many years!* Call Eileen Fanel at 715-672-5853 or Linda Henry at 715-279-3027, or drop donations off at the Riverview Senior Center.

New members are welcome!



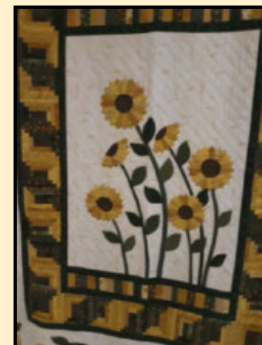
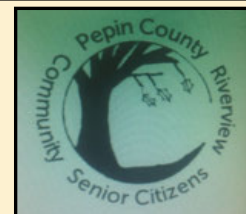
Brrr, baby it's cold outside. The season of fall snuck in this year. Guess we just have to get used to the fact that winter will soon be upon us. We were fortunate to have Steve Cole and his family come to the Center this fall to trim shrubs, pull weeds and even to cut down the trees blocking our view of the Chippewa River. We appreciate Steve's time and efforts.

Charlotte Byington and her helpers used their talents to provide the lovely fall décor in the entry just in time for the Bi-Annual Quilt show held by Riverview Quilters on October 6th and 7th. There were hundreds of beautiful quilted items from bags to table runners, with several large quilts displayed. Several door prizes were provided for guests, and lunch was served by our board members. The quilters donated all proceeds to Riverview community and Senior Center, and we certainly appreciate it.

On a sad note, we lost one of our members of the Senior Council this week, Kathy Swanson. Kathy had devoted many years to her efforts as Treasurer, office manager, and jack of all trades in maintaining the Center. After her retirement she was there every week to play Farkle with her group, which she really enjoyed. Our sympathies are extended to her family.

Rentals are starting to pick up for the holidays ahead and memberships for 2024 are available. Please call the office at 715-672-4101 for available dates and stop in to renew your membership. Tickets are also available for the 2024 Quilt Raffle. A book of 6 is only \$5. Don't miss out on this, as it is gorgeous.

Our Christmas Bazaar is planned for Dec. 2, 2023. Keep your minds open and your hands busy for the next month for ideas you can share with us or donations you can provide. Have a wonderful Thanksgiving with your families and remember to give thanks to the one who keeps watch over you. *Marge Briggs*



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Pepin County Human Services - Aging Unit, Durand, WI

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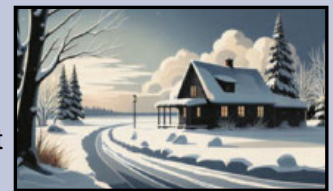
DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

*November
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk		1 Lasagna, Broccoli, Garden Salad w/ Ranch Dressing, Garlic Bread, Red Jello w/Fruit Cocktail	2 Beef Roast, Mashed Potatoes w/ Gravy, Tomato Juice, Wheat Bread, Pineapple	3 Baked Fish w/Tar-tar Sauce, Potato Salad, French Style Green Beans, Apple, Whole Grain Banana Muffin
	7 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	8 Barbeque on Bun, Bean Soup, Creamy Coleslaw, Tropical Fruit	9 Spaghetti w/Meat Sauce, Broccoli, Garden Salad w/ French Dressing, Garlic Bread, Mandarin Oranges	10 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
Call previous day by 1:00pm to order lunch.	14 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	15 Beef Stew, Broccoli Salad, Biscuit, Plums	16 Roast Turkey, Mashed Potatoes, Dressing, Gravy, Green Bean Casserole, Pumpkin Pie w/Topping, Pineapple	17 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/Peaches
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	21 Hot Beef on Bun, Corn, Tomato Juice, Mandarin Oranges	22 Creamed Chicken w/Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries	23 CLOSED 24 CLOSED 	
	28 Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes	29 Chili, Creamy Coleslaw, Veggies w/ Dip, Cornbread, Applesauce	30 Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Plums, Dessert	

Home Delivered Meal Participants:

We are approaching the time of year when bad weather may prevent us from delivering your meal. We try very hard to deliver despite the weather. Please be patient with our drivers, as delays may happen. Every now and then a storm is too much for even our most courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by delivery time. Our drivers cannot deliver unless your walkways and driveways are free from snow and ice.



This year we will follow the same plan we did last year. We cannot solely rely on school closings to alert us as some may be virtual or on a holiday break. The Aging and Disability Resource Center of Buffalo and Pepin Counties will be making the decision on whether home-delivered meals will be delivered. We will base this decision on input from meteorologists and local County Highway personnel, along with if there are various school closings in Buffalo and Pepin Counties. Unfortunately, we will not be able to call everyone individually to inform them of the sites closing.

Also, please remember that meals may tend to arrive a little later in winter months because of uncertain road conditions. Your patience is greatly appreciated. If your meal is more than 45 minutes past its normal delivery time, please call your meal site.

Be sure to fill your cupboard and freezer with your favorite “emergency” foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. We will try to always remind you the day before if we think we may need to close due to weather.

Should you have any questions or concerns, please do not hesitate to contact Matt at 715-672-8941, ext. 163 or toll free at 866-578-2372.



Thank you to all of our Veterans who have served our country.

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Buffalo County

Felicia Decker

Phone: 608-685-6219

Hours: Monday - Friday 8:00am - 4:30pm

Pepin County

Sheri Peterson

Phone: 715-672-8887

Hours: Monday, Tuesday, and Thursday 9:00am - 3:00pm

If you are in need of Veteran services, our Veteran Service Officers are able to assist you. Appointments are preferred, to better serve you.

Volunteer Spotlight

Get to know: Galen H.

How long have you been a volunteer?

18 Years! (6 years as meal route driver, 9 years as Mondovi Meal Site manager, & 2 years in Gilmanton)

What is one thing you love about Volunteering? Making people smile, serving healthy food and most importantly, BS-ing the people.

What kind of hobbies do you have? I am a huge fan of Wisconsin football & basketball. I pulled the Mondovi float 22 years.

What is your favorite food? Any breakfast item.



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Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0102-01-00, 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

*November
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	2 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	<u>Served with each meal:</u> 1% Milk Whole Wheat Bread
6 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	7 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	8 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	9 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	
13 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	14 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	15 Cheeseburger, Potato Salad, Coleslaw, Fruit	16 Baked Fish, Baked Potato, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
20 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	21 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	22 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	23 CLOSED 	
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	<u>Salad Options:</u> Taco Ham Chicken

Thanksgiving Word Parts

Use the turkeys to form words to match the clues. You will use each turkey one time.

1. Main Thanksgiving dish (6 letters)

2. First Americans (7 letters)

3. Big meal (5 letters)

4. Thanksgiving Month (8 letters)

5. Maize (4 letters)


6. Relatives (6 letters)

Answer Key on page 11

AMERICAN LUTHERAN HOME

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

November 2023

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

The Holiday Season is Fast Approaching!

Do you need a gift idea for your grandparents, parents, and/or other relatives or neighbors? Consider a MEAL TICKET from the Buffalo & Pepin Counties Senior Nutrition Program! Meal Tickets are just like gift certificates and each ticket is good for one meal from the Nutrition Program. They can be used at any of the Buffalo or Pepin County dining sites and they do not expire. Tickets can also be purchased for home-delivered meals. Contact Matt, Nutrition Program Coordinator at 715-672-8941, ext. 163 to learn more!

Gift Certificates Available



Nail Care Clinics!

Clinics will be held in Durand & Pepin each month.

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



Thanksgiving Word Parts - Answer Key:



1. Turkey 2. Indians 3. Feast 4. November 5. Corn 6. Family

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!

Phone: 715-672-8941, ext. 163.



Thank you from the Riverview Community Center!



Donations:

Steve Cole
Silas Cole

TWO RIVERS CONNECTION
ADRC of Buffalo and Pepin Counties
740 7th Ave. West
Durand, WI 54736

Address Service Requested

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DURAND, WI**

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 _____

Spouse's Name: _____

Donation Amount: \$ _____

Please return to: ADRC of Buffalo and Pepin Counties
740 7th Ave. West
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