

TWO RIVERS CONNECTION

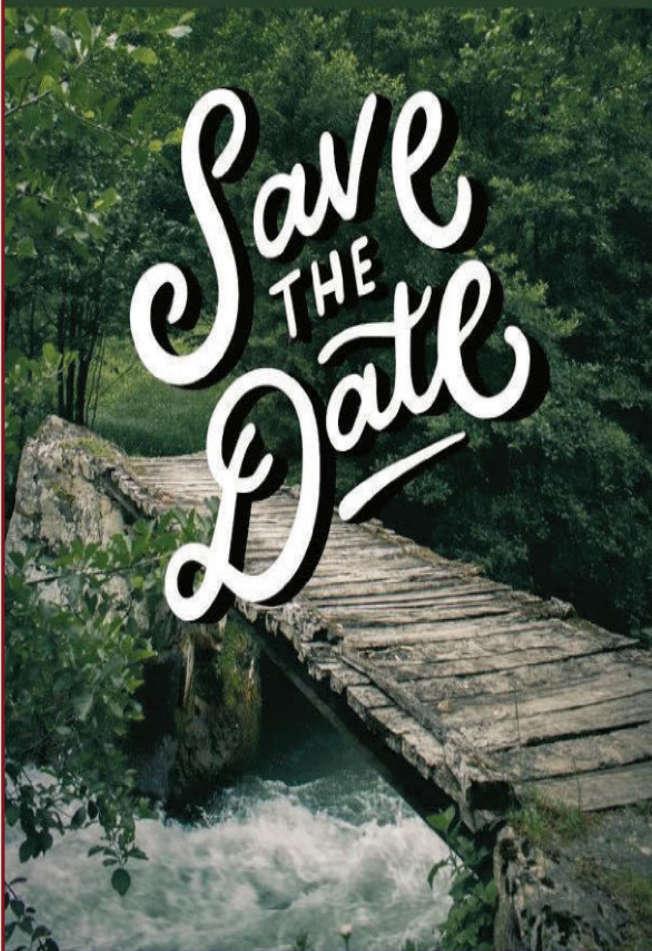


September 2023

Tuesday, September 19, 2023

9:30 am - 3:30 pm

Zion Lutheran Church - Mondovi



Final Affairs

A Guide to Arranging Your Personal
and Legal Affairs

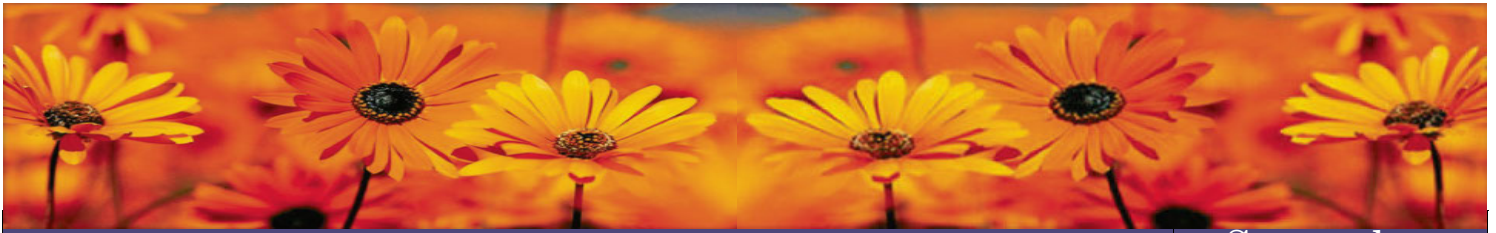
EVENT TOPICS:

- ADRC 101
- FUNERAL PLANNING
- LEGAL CONSIDERATIONS
- GRANDMA'S YELLOW PIE PLATE

This is a free, no-cost event. Light lunch will be provided.

Registration is required as space will be limited.

Call 866-578-2373 to pre-register.



Dementia Care Calendar September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6 <u>Powerful Tools for Caregivers</u> Virtual 3:00pm - 4:30pm	7 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	8 <u>Powerful Tools for Caregivers</u> Virtual 10:00am - 11:30am
11	12 <u>Coffee & Conversation Memory Café</u> Hurlburt's Haven, Durand 10:00am - 11:30am	13 <u>Powerful Tools for Caregivers</u> Virtual 3:00pm - 4:30pm	14 <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	15 <u>Powerful Tools for Caregivers</u> Virtual 10:00am - 11:30am
18	19	20 <u>Powerful Tools for Caregivers</u> Virtual 3:00pm - 4:30pm	21 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	22 <u>Powerful Tools for Caregivers</u> Virtual 10:00am - 11:30am
25	26	27 <u>Powerful Tools for Caregivers</u> Virtual 3:00pm - 4:30pm	28 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	29 <u>Powerful Tools for Caregivers</u> Virtual 10:00am - 11:30am

Powerful Tools for Caregivers - Virtual Sessions Starting September 6th and September 8th

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 Agricultoras Mercado Nutricion Programa Vales

- ¿Te encantan las frutas y verduras frescas?
- ¿Y disfrutar explorando los mercados de agricultores y granjas locales?
- ¿Tiene 60 años o más y reside en
- ¿Buffalo o el condado de Pepin?



Si es así, puede ser elegible para los vales de Famer's Market que pueden ayudar a comprar frutas y verduras frescas de proveedores aprobados en todo Wisconsin y aquí mismo en nuestros propios condados.

Los cupones están en incrementos de \$5; \$35 en total!

Se puede utilizar en cualquier proveedor aprobado que muestre el letrero amarillo de VENDEDOR.



Cada miembro de un hogar que cumpla con las pautas es elegible para un paquete de cupones.

Llame al ADRC de los condados de Buffalo y Pepin y solicite su cupón hoy: 866-578-2372.

Casa	Anual	Mensual	Semanal
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3041	\$702
3	\$45,991	\$3,833	\$885



Dementia Friendly Businesses

On June 29th, Dementia Care Specialist Katrina Longmire provided Dementia Friendly Business Training to Ntec in Durand. During our training the staff and technicians learned about the different types of dementia, how to recognize signs of dementia/memory loss, and how to respond and communicate effectively with a person living with dementia, and where to find resources to support individuals living with dementia and their caregivers. Two sessions and lots of sharing later, Ntec became our first community business to be Dementia Friendly!

Why is it important for businesses to be Dementia Friendly? There are many people with dementia living in their own homes or with family and they are living in our communities. Yes, they are still making purchases at the local store, having ice cream at the local ice cream shop, participating at the Senior Centers, buying garden plants, going to quilt shows, craft shows, summer festivals, and buying fixings for Thanksgiving dinner. They still have feelings, desires, dreams, wants and needs and it is incredibly beneficial for people living with dementia to be social and active members of our communities.

It is also incredibly beneficial for businesses and communities to support persons living with dementia and their caregivers. Sometimes caregivers are working full-time jobs and then return home to provide care to their loved one with dementia which can be rewarding but challenging at times. Dementia Friendly Businesses learn how to support their employees who are also family caregivers in the Dementia Friendly Business training. Family and care providers of persons living with dementia are more likely to shop at a business where staff are trained in how to assist a person with dementia. Dementia Friendly Businesses are identified by the Purple Angel decal in their entrance and on company vehicles.

This is great training for any business that would like to support their community elders, caregivers, and persons with dementia. Please call Katrina, Dementia Care Specialist, at 715-279-7870 or email klongmire@co.pepin.wi.us to schedule your FREE training!



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



Watch Out for Health Fraud Scams

By the GWAAR Legal Services Team, submitted by Bernadette Rogers, Elder Benefit Specialist

Health fraud has been around for centuries. These scams involve selling drugs, devices, foods, or skin-care products with claims that they will help with common health issues, like weight loss, memory loss, or joint pain. Unfortunately, these products usually don't work as advertised, and at worst, they're dangerous. Read on to learn about some common types of health fraud scams.

· **Miracle Cures**

These ads will often use testimonials from patients or medical providers who say that you'll get "miraculous results." Spoiler alert: you won't. Remember that success stories like these are easy to make up, and reviews you read on social media may be fake.

· **Quick Fixes**

Watch out for ads that promise results in "30 days or your money back" or other unrealistic timelines. Remember that few conditions can be treated quickly, even with proven treatments.

· **"Ancient Remedies" and "All Natural" Cures**

These words are used to try to make you believe that products are safer or have a longer track record than more mainstream treatments. Don't be fooled by these descriptions. Remember that some ancient civilizations believed that drinking mercury would increase a person's lifespan. (We now know that exposure to mercury can have serious effects, ranging from headaches and tremors to death.) In addition, the Food and Drug Administration (FDA) has found many products advertised as "all natural" treatments that actually contain high doses of prescription drug ingredients.

· **Scientific Breakthroughs**

These ads use words that sound scientific or refer to prestigious awards. Some examples include "Nobel Prize-winning technology," or "Extreme Thermogenic Formula." Sometimes ads will mischaracterize research studies and draw conclusions that the researchers themselves didn't make.

Before purchasing a product you've seen advertised, talk to your doctor or other health care professional. Ask whether the product works and whether there is any scientific research that supports the advertisers' claims. If you are taking any supplements or prescription drugs, ask whether using the product will lead to any harmful interactions. If the product is safe to use, ask how much you should take and whether there are any side effects you should know about.

You can also do some research on your own. Search for the name of the product online with the words "reviews," "complaints," or "scam." If the ad mentions any scientific studies, look up the researchers and whether the studies were published in a scientific journal.

If you think you've found a scam, consider reporting it to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov. The FTC and law enforcement agencies use these reports to stop scammers. If you experience side effects or illness related to a health care product, seek medical help immediately. You can report it later to the FDA's MedWatch website.



If you saw an unfamiliar face delivering meals on July 19th, Senator Jeff Smith (D-Brunswick) took time out of his busy schedule to join the Volunteers of Buffalo City for a ride along. He spent the morning listening to the volunteers and met with the staff of the Lost Pirate Grill, which provides locally-made meals for the program. Senator Smith discussed the how important roll volunteers have with the nutrition program.

To all the Volunteers and the folks who make and deliver the meals, we thank you!



The ADRC of Buffalo & Pepin Counties is starting a new tradition called "Stocking Stuffers". Similar to the Christmas is for Kids program through the Pepin County Sheriff's Office, "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! All you need to do is stop by one of the ADRC offices October 1st - November 30th to pick out an ornament from the Christmas tree. For each ornament you choose, you are asked to purchase a \$25.00 VISA gift card, which can be returned to one of the ADRC offices. The ADRC team will deliver all the gift cards in time for the holidays. Everyone who purchases a gift card will be entered to win a prize! With your help, we hope to reach 100 individuals this holiday season.

If you know an ADRC consumer that needs help making ends meet, please contact our office to receive an application. We hope to serve every individual that completes an application. However, our ability to do this is based on the generosity of the community.

Please help us brighten the holidays for individuals in Buffalo and Pepin Counties!

ADRC Locations:

Pepin Co. Government Center, 2nd floor
740 7th Ave. W, Durand, WI 54736

Buffalo Co. Courthouse, 3rd floor
402 2nd St., Alma, WI 54610

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



KK Lawn Services, Inc.
For All Your Lawn, Home & Garden Service Needs

- Snow Plowing • Commercial Sand & Salt
- Lawn Care • Fertilization • Weed Control

Joe Berger (715) 495-9712

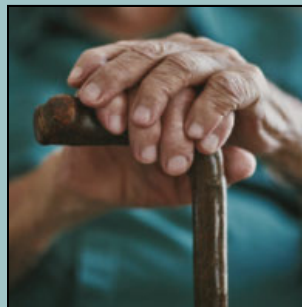
Bauer Built
TIRE & SERVICE

TIRES	SERVICES
Car, CUV/SUV, Pickup, RV, Trailer, Lawn, Semi, Farm	Alignments, Batteries, Brakes, Oil Change, Suspension

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

Hurlburt's Haven Adult Day Center
"On Prospect Street Durand, WI"

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



"It's my life and they respect that."
Local long-term care supports and services delivered with a focus on Life. Defined by you.

inclusa.org | 877-376-6113

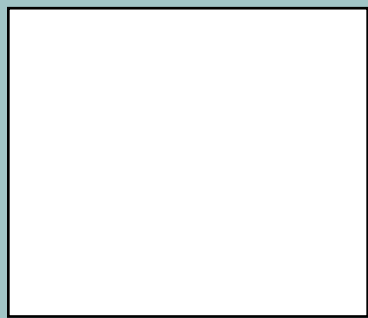
my choice WISCONSIN

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
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

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

ATM Handicapped Accessible

OPEN DAILY 6 AM

318 W. Main • Durand, WI • 672-8874

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

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dates</u> <u>Salad Option</u> 1st - Taco 5th-8th - Chef 11th -15th - Grilled Chicken 18th- 22nd - Crispy Chicken 25th - 29th - Taco</p>	<p><u>Served with</u> <u>each meal:</u> Milk</p>			<p>1 Cod, Baked Potato, Beans, Bread, Coleslaw, Cake</p>
<p>4 CLOSED</p> 	<p>5 Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake</p>	<p>6 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Tropical Fruit, Cake</p>	<p>7 Salisbury Steak, Mashed Potatoes, Carrots, Bread, Cake, Pears</p>	<p>8 Cod, Potato Salad, Beans, Bread, Coleslaw, Cake</p> <p style="text-align: center;"><i>Pepin HDM: Chicken instead of Cod</i></p>
<p>11 Ham Steak, Cheesy Potatoes, Bread, Mandarin Oranges, Cake</p>	<p>12 Baked Chicken, Stuffing, Corn, Cranberries, Bread, Pineapple, Cake</p>	<p>13 Hot Beef on Bread, Mashed Potatoes, Broccoli, Banana, Cake</p>	<p>14 Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake</p>	<p>15 Cod, Mashed Potatoes, Beans, Bread, Coleslaw, Cake</p>
<p>18 Hamburger on Bun, Baby Red Potatoes, Carrots, Applesauce, Cake</p>	<p>19 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake</p>	<p>20 Hamburger & Gravy over Mashed Potatoes, Mixed Vegetables, Bread, Pears, Cake</p>	<p>21 Chicken Alfredo, Lettuce Salad, Green Beans, Bread, Mandarin Oranges, Cake</p>	<p>22 Cod, Baked Potato, Beans, Bread, Coleslaw, Cake</p> <p style="text-align: center;"><i>Pepin HDM: Chicken instead of Cod</i></p>
<p>25 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Peaches, Cake</p>	<p>26 Creamed Chicken over Biscuits, Peas, Corn, Pineapple, Cake</p>	<p>27 Barbecue on Bun, Baby Red Potatoes, Broccoli Salad, Banana, Cake</p>	<p>28 Scallop Potatoes and Ham, Carrots, Bread, Fruit Cocktail, Cake</p>	<p>29 Cod, Potato Salad, Beans, Bread, Coleslaw, Cake</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.

September Bus Trips

**Winona
September 6th**



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 25,862 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 Fahnel at 715-672-5853 or Linda Henry at 715-279-3027, or drop donations off at the Riverview Senior Center.

New members are welcome!

At the meeting of the Board of Pepin County Council of Senior Citizens on July 25, 2023, we got a final report from Lois Lane, Treasurer, regarding the outcome of our Annual Quilt Raffle. We realized a net profit of \$1,272.00 which helped to offset our losses of the year. Riverview Quilters made a tremendous contribution to our Center and we certainly appreciate their efforts. Their scheduled Quilt Show on October 6th and 7th will be another opportunity to draw guests to Riverview to view an amazing array of quilts and other craft projects they have created. We are in the process of ordering tickets for the 2024 raffle and will have them for sale at the show.



Also present at the meeting were Katrina Longmire, CSW, and Rhonda Sweeney to advise us of different programs that are being offered by Pepin-Buffalo County ADRC in the near future:

- *Stepping On classes
- *Winona Bus Trips
- *Scam Alert Class
- *Powerful Tool for Caregivers Classes

Information on these programs is listed in this newsletter each month. They also need volunteer drivers in Buffalo & Pepin Counties for anyone interested in assisting seniors in the area. We held an Open House with lunch being served immediately after the meeting. Although attendance was light, it was a good time to catch up with old friends.

Marge Briggs



Rhiel Funeral Home & Cremation Services

◆ Offering dignified services since 1919 ◆

Durand | (715) 672-5691

www.rhielfuneralhome.com

sfb
SECURITY FINANCIAL BANK
Member FDIC
Bankers Who Believe in You

www.sfbank.com
888.254.0615



Advent Health
feel whole.™

1220 Third Ave. W. - Durand, WI 54736
www.adventhealth.com



Vicky Peterson
Representing Johnson
Monument Co.

*Sometimes... The best gift
to your loved ones is the gift
of planning ahead*

For personal assistance in creating
a cemetery memorial for you or a
loved one, call me today.

715.495.8798

REEL COUNTRY



WRDN

1430 AM
Stereo
107.3 FM

Join Brian for breakfast weekdays,
for our Saturday morning polka show
or local church services &
religious programming on Sunday.

"Your Home for local news, weather and sports."



For ad info. call 1-800-950-9952 • 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

*September
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk				1 Sub Sandwich (Ham/Turkey/Cheddar), Split Pea Soup, Baby Carrots w/Ranch, Grapes
	5 Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	6 Creamed Chicken, Biscuit, Mixed Vegetables, Creamy Cucumbers, Pears, Dessert	7 Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	8 Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
Call previous day by 1:00pm to order lunch.	12 Baked Meatloaf, Au Gratin Potatoes, Corn, Wheat Bread, Tropical Fruit	13 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches	14 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/Ranch Dressing, Grapes	15 Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce
Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad	19 Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon, Dessert	20 Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	21 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch, Fruit Cocktail	22 Tuna Salad on Croissant, Bean Soup, Coleslaw, Apple
	26 Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges	27 Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Applesauce	28 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries	29 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe

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.

40+ Years of dedication!

Diane B.

How Long have you worked for the Nutrition Program?

40 Plus Years!!

What is one thing you love about the program?

Helping & knowing we're doing something good.

What was your first Job?

Nurses aide at St Elizabeth's Hospital.

What is something you enjoy doing in your free time?

I enjoy playing ball with my two buddies.



THANK YOU

DRIVER SPOTLIGHT

GET TO KNOW: GALE G.

How long have you been a driver?
Less than a year

What is one thing you love about Volunteering?
It keeps me more active and there is some brain work to it

Fun fact about yourself: I have 14 Great Grandchildren. I like watching them grow up.

What is your favorite TV Show/Movie? All Clint Eastwood movies, The Good The Bad and The Ugly sticks out

ADRC
Aging and Disability Resource Center of English and Pepin Counties

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

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Ruth Schlitz**

rschlitz@lpicommunities.com

(800) 950-9952 x2671

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

**Toll-free Helpline:
888-818-2611**

www.smpwi.org

WisconsinSeniorMedicarePatrol



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.



Fast, Friendly, Reliable Service

Phone 715-672-5202



• Traditional
• Cremation
• Guaranteed Pre-Planning

118 East Madison Street
Durand, WI 54736

715-672-5115

www.goodrichfh.com



Common Cents Bookkeeping & More
Offering Daily Money Management Services
✓ Bill payment & mail management services
✓ Bank Reconciliation
✓ Expense & Budget Tacking
✓ Tax Organization
✓ Other Services Per Client Requests

Rhonda Sweeney, Accountant & Daily Money Manager
Contact us at 715-672-8093 or Rhonda@numb3rsrus.com



**St. Vincent de Paul
THRIFT STORE**

Sun & Mon: CLOSED, Tue - Fri: 10am - 5pm • Saturday: 10am - 4pm

825 E Prospect St, Durand, WI
Store Line: 715-672-8975
Help Line: 715-672-8617



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


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

September
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 CLOSED</p> 	<p>5 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit</p>	<p>6 Cheeseburger, Potato Salad, Coleslaw, Fruit</p>	<p>7 Baked Fish, Baked Potato, Side Salad, Fruit</p>	<p>Served with each meal: 1% Milk Whole Wheat Bread</p>
<p>11 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit</p>	<p>12 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit</p>	<p>13 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit</p>	<p>14 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit</p>	
<p>18 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit</p>	<p>19 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit</p>	<p>20 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit</p>	<p>21 Chicken Alfredo, Garlic Toast, Side Salad, Fruit</p>	<p>Call previous day by 1:00pm to order lunch.</p>
<p>25 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit</p>	<p>26 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit</p>	<p>27 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit</p>	<p>28 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit</p>	<p>Salad Options: Taco Ham Chicken</p>

HOW MANY GOURDS?



How many of each gourd shown below can you find in the group?



Quick Autumn Trail Mix

- 3/4 Cup Brown Sugar
- 1/2 Cup Butter
- 1 Tbsp. Vanilla Extract
- 1 1/2 Tbsp. Pumpkin Pie Spice
- 2 Cups Corn Chex Cereal
- 2 Cups Pretzel Sticks
- 1 Cup Pecans
- 1 1/2 Bugles Snack
- 3/4 Cup Candy Corn
- 1/4 Cup Reese's Pieces or M&M's (use Autumn Colors pieces)




Combine Chex, Bugles, pretzels, and pecans in large microwavable bowl. Set aside. Melt butter in microwave and add brown sugar, vanilla, and pumpkin pie spice, whisking so no lumps. Pour mixture over the dry ingredients and gently mix together. Microwave on high for about 2 minutes. Gently toss with rubber spoon or spatula. Microwave for another 2 minutes. Gently toss again. Then microwave for 1 more minute. Gently toss for final time. Spread mixture onto a nonstick baking pan or parchment paper and allow to cool (about 5-10 minutes). Once cool, mix in your candy corn and Reese's pieces or M&Ms.

AMERICAN LUTHERAN HOME

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

*September
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 CLOSED</p> 	<p>5 Brown Sugar Barbeque Pork Sandwich, Sweet Pepper Slaw, Sweet Potato Tots, Fruit Pie</p>	<p>6 Meatballs w/ Gravy, Mashed Potatoes, Broccoli, Bread, Strawberry Cobbler</p>	<p>7 Homemade Chili, Crackers, Corn, Bread, Blueberries</p>	<p>Served with each meal: Milk</p>
<p>11 Hamburger on Bun, Potato Salad, Balsamic Green Bean and Tomato Salad, Peaches</p>	<p>12 Turkey W/ Gravy, Scallop Potatoes, Broccoli, Whole Wheat Dinner Roll, Pumpkin Pie</p>	<p>13 Cornbread Taco Bake, Lettuce/ Tomato, Pinto Beans, Bread, Cantaloupe</p>	<p>14 Hawaiian Chicken, Mini Baker Potatoes, Malibu Blend Veggies, Bread, Mango Cobbler</p>	
<p>18 Brat on Bun, Baked Beans, Sauerkraut, Watermelon</p>	<p>19 Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Stewed Tomatoes, Bread, Fruit Cup</p>	<p>20 Roast Beef w/ Gravy, Baked Potatoes, Honey Dill Carrots, Whole Wheat Dinner Roll, Strawberries</p>	<p>21 Sesame Chicken, Rice, Broccoli, Bread, Blueberry Mango Cup</p>	<p>Call previous day by 1:00pm to order lunch.</p>
<p>25 Hot Dog on Bun, Pork and Beans, Peas, Peas</p>	<p>26 Baked Ham, Baked Sweet Potatoes, Broccoli, Whole Wheat Dinner Roll, Mixed Fruit</p>	<p>27 Ritzy Chicken Divan Hot Dish, Green Beans, Salad w/Dressing, Bread, Melon</p>	<p>28 Hamburger Steak w/Gravy over Mashed Potatoes, Carrots, Bread, Peaches</p>	<p>Salad Options: Taco Chef (Turkey, Ham) Chicken Tender</p>

First Annual Caregiver Resource Fair

Thank you to all who attended the Caregiver Resource Fair, which was held on Friday, July 14th. We would also like to thank the following businesses for their generous basket donations:

- Wings Over Alma***
- De Ja Vu***
- Hope4U***
- St. Croix Hospice***
- Bridge to Hope***
- Buffalo County Energy Assistance***

Your donations are appreciated, and our caregivers thank you!

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.



HOW MANY GOURDS?



Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.

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



Thank you!

*Thank you from the
Riverview Community Center!*

Donations:

***Charlotte Byington, Brenda Drier
Brenda Cole, Peggy Schlosser***

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

Address Service Requested

**PRST STD
US POSTAGE
PAID
PERMIT NO. 9
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
PO Box 39
Durand, WI 54736