

TWO RIVERS CONNECTION



JUNE 2022

2022 Senior Farmers Market Nutrition Program Vouchers Available starting in June!

The Farmers Market vouchers will be available again in Pepin County. 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 on a first come, first serve basis.

Income guidelines are as follows:

Household size Monthly income

1	\$2,096
2	\$2,823

For each additional household member, add \$728 monthly.

If you are not familiar with the Farmers Market Voucher Program, it is simple. If you meet the income guidelines listed above, you will be issued one \$25 voucher packet per household to be used as cash at authorized area farmers markets. Vouchers can be used from June 1 through October 31.



Julie Fick, Elder Benefit Specialist and Heather Prissel, Nutrition Coordinator, will be available to distribute vouchers at the following times and locations listed below. No appointment is necessary.

Tuesday June 7th

Durand Hillcrest Apartment Community Room

10:00 AM-11:00 AM

Durand Brookside Apartment Community Room

11:00 AM-Noon

Durand Lee Street Apartment Community Room

1:00 PM-2:00PM

Arkansaw Dunbar Street Apartment Community Room

2:00 PM-3:00PM

Thursday, June 9th

Pepin Eastside Apartment Community Room

11:00 AM-Noon

Wednesday, June 15th

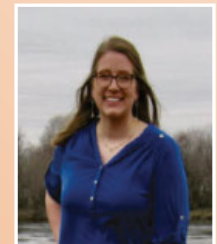
Corral Bar & Riverside Grill

10:30 AM—11:30 AM

Thursday, June 23rd

Corral Bar & Riverside Grill

10:30 AM—11:30 AM



***Please note that dates are subject to change.**

Please call the Aging & Disability Resource Center at 715-672-8945 for more information or to set up an individual appointment. Vouchers can also be mailed by request.

Community Memory Cafés

<p><u>The Gathering Café</u> <i>Monday, July 18th</i> 2:30pm - 4:00pm Alma Public Library 312 N Main St., Alma</p>	<p><u>Food for Thought Cafe</u> <i>Tuesday, July 12th</i> 10:00am - 11:30am Durand Community Library 604 7th Ave. E, Durand</p>	<p><u>Pepin Exchange Café</u> <i>Wednesday, June 15th</i> 10:30am - 12:00pm Pepin Public Library 510 2nd St., Pepin</p>
<p><u>The Morning Crew Café</u> <i>Tuesday, July 19th</i> 10:00am – 11:30am Central Lutheran Church 221 W Main St., Mondovi</p>	<p><u>Coffee & Conversation Café</u> <i>Tuesday, June 14th</i> 10:00am – 11:30am Hurlburt’s Haven 1227 E Prospect St., Durand</p>	<p><u>Questions with Katrina</u> Mondays from 2:00pm - 4:00pm <i>June 6th & 20th - Alma Library</i> <i>June 13th & 27th - Durand Library</i> Free Memory Screens, Information On Dementia Care, Caregiving, Brain Health, & Power of Attorney</p>

Virtual Support Groups:

Join two Dementia Care Specialists along with other caregivers virtually for relaxed open conversations about caring for someone living with dementia. We share stories, struggles, and successes during our scheduled time. We respect your valuable time and will stick to the one hour time slot.

-Circle of Support: First and Third Monday of every month from 10:00am-11:00am, meetings will be held on Zoom.

-Thursday Evening Conversations: Every Thursday from 7:30pm-8:30pm, meetings will be held on Zoom.

If interested, please call Katrina Longmire, Dementia Care Specialist at 715-279-7870 to register.

We're here to help!

Check out our weekly Dementia Care posts on our website and Facebook page!

Website: www.adrc-bcp.com

Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

Information & Resources
Free Memory Screens

Call Katrina at 715-279-7870 to schedule a screening appointment, or see Katrina at the Durand or Alma Library (see above)

Five Benefits of Gardening for Persons Living With Dementia

Dementia is a long-term condition that can have a disruptive impact to a person's health and wellbeing, as well as affecting family life and other personal circumstances. The condition can interfere with everything from memory to communication and other skills needed to ensure a comfortable life. For many, this means they don't get to do the things they love anymore, but with gardening found to improve quality of life in many aspects including pain reduction and lowered stress levels, there are certainly benefits to horticultural therapy.

It encourages sensory stimulation

A deterioration in eyesight and hearing is common as we grow older, but for those with dementia the condition can affect all five of their senses. Gardening can awaken some of these senses, giving people with dementia the opportunity to get outside in the fresh air and experience the joy of nature. As well as using their vision and sense of touch to get hands on and plant these, they will also be able to enjoy the fruits of their labor. And, as a loss of appetite is common in those with dementia, it could even have the additional benefit of piquing their interest in food again.

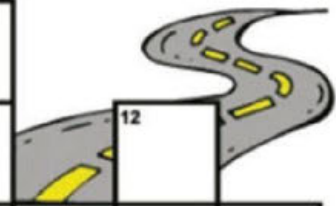
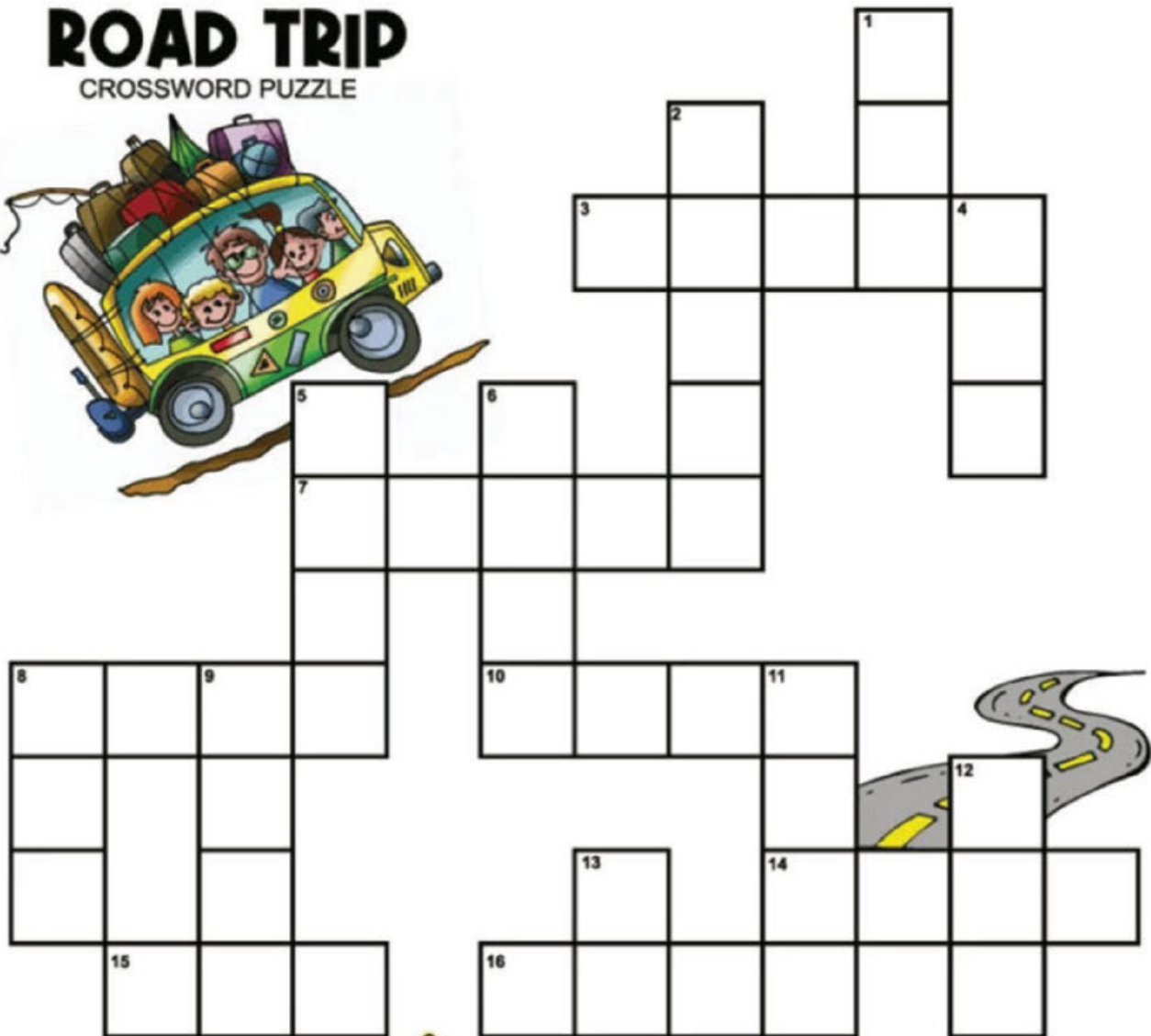
It can improve attention span

When you're caring for someone with dementia, you're bound to see a number of changes with their cognitive abilities, including worsened memory. However, it's common for these patients to suffer from a decreased attention span, too (Dementia.org). Giving them one task at a time to do in the garden can streamline their focus and allow for better concentration.

(Continued on page 5)

ROAD TRIP

CROSSWORD PUZZLE



DOWN

1. enjoyable
2. past tense of drive
4. a car needs this to run
5. not at home
6. past tense of go
8. a vehicle that has four wheels and an engine
9. when you travel somewhere quickly, you can say that you "made good ____"
11. to leave a car in a particular place
12. a vehicle that is larger than a car
13. a picture showing the roads of an area

ACROSS

3. take something with you
7. "____ are we going?"
8. a place where people live that is larger than a town
10. a journey to a place
14. a hard flat surface for vehicles to travel on
15. Kids often ask: "Are we there ____?"
16. to put things into a bag to take with you



Specialist Spotlight

*Back Row: Jennifer Nelson and Susan Henry (Information & Assistance Specialists);
Front Row: Melissa Hovland (Disability Benefit Specialist);
Bernie Rogers and Julie Fick (Elder Benefit Specialists)*



What is a Silver Alert?

(Submitted by Katrina Longmire, Dementia Care Specialist for Buffalo and Pepin Counties)

According to the Alzheimer's & Dementia Alliance of Wisconsin, at least 116,000 people with dementia reside in Wisconsin, and approximately 60 percent will wander at some point as their condition progresses. In 2014, former Wisconsin Governor Scott Walker signed Assembly Bill 710, creating the Silver Alert program. Similar to an Amber Alert, Silver Alerts will go out by email and text message through the Wisconsin Crime Alert Network to notify the public an adult with Alzheimer's, dementia, or other permanent cognitive impairment is missing.

Silver Alert is a very important tool for all of Wisconsin, especially for our senior citizens. Silver Alerts may be broadcast through television and radio, digital billboards, and lottery display terminals. Alerts may also be displayed on highway digital messaging signs through the Wisconsin Department of Transportation. Silver Alerts cannot utilize the Emergency Alert System.

Silver Alerts will be issued when the following criteria are met:

- The missing person is 60 years of age or older;
- The missing person is believed to have Alzheimer's, dementia, or another permanent cognitive impairment that poses a threat to the individual's health and safety;
- There is reasonable belief that the missing person's disappearance is due to the individual's impaired cognitive condition;
- The Silver Alert request is made within 72 hours of the individual's disappearance;
- There is sufficient information available to disseminate to the public that could assist in locating the missing person.

Sign up at wisconsincrimealert.gov to receive alerts from the Wisconsin Crime Alert Network, which includes Silver Alerts and AMBER Alerts. You may be the person who finds someone else's lost family member.

As Alzheimer's and dementia are not limited to those 60 and older, where individuals are missing and at risk but do not meet the criteria for a Silver Alert, the Wisconsin Crime Alert Network (WCAN) can be utilized to send out a Missing/Endangered alert. With the WCAN, law enforcement officers issue alerts at no cost either by fax, e-mail or text message to individuals and business owners. Anyone may subscribe to the Wisconsin Crime Alert Network to receive alerts. (Ref: wisconsincrimealert.widj.gov)

Ask a Specialist:

How do I get Power of Attorney over my loved one with Dementia?

This is a great question! If your loved one has a Power of Attorney for Health Care (POAHC) drafted and they are unable to make decisions in their best interests, TWO MEDICAL DOCTORS (MDs) can activate the POA allowing the agent to make decisions on behalf of the individual living with Dementia. If your loved one DOES NOT have a POAHC drafted and is no longer able to make decisions for their best interest, then the family can pursue the court process of Guardianship. Families with more than \$10,000 in assets are encouraged to seek an Elder Law Attorney to assist with the Guardianship process. Families under \$10,000 and single individuals under \$5,000 may contact Buffalo/Pepin Counties Adult Protective Services for assistance with Guardianship. Keep in mind, it is the role and responsibility of the agent to honor the individual's wishes. These wishes can be indicated within the document. Even if it is not indicated, the agent must act in the individual's best interests and follow their wishes. In order to avoid the courts and Guardianship process, we strongly encourage everyone 18 and over to fill out a POAHC. To obtain a copy of the Wisconsin Power of Attorney for Health Care please visit www.dhs.wisconsin.gov/forms/advdirectives.

(Ref: www.dhs.wisconsin.gov/forms/advdirectives)

Do you have a question for one of our specialists? Contact the ADRC, and it may be featured in a future newsletter! See the back page for contact information.

Five Benefits of Gardening for Persons Living With Dementia *(continued)*



It increases strength and balance

Gardening is a physical activity that can help to improve strength, flexibility and balance, which are important for those with dementia who may be experiencing sensory impairment and a loss of muscle tone as they age. It's important to note that the best activities for those with dementia will be dependent on their own physical abilities and the severity of their condition, but it's typically best to stick with very low intensity activities like potting and planting rather than raking.

It provides a sense of purpose

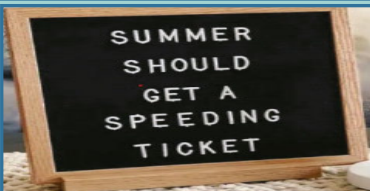
Gardening can restore their confidence by giving them a responsibility and letting them take charge. Whether that means delegating the daily watering of plants to them or allowing them to choose and grow their own fruit and vegetables, they are sure to feel a sense of encouragement, accomplishment and purpose from these horticultural activities.

It gives social benefits

As previously mentioned, dementia can be a lonely experience at times, but gardening can help solve this — Engaging with others in a meaningful environment is likely to spur conversations between patients and will give them the opportunity to meet likeminded individuals, while developing new knowledge and skills.



Katrina Longmire



Road Trip Crossword Puzzle Answers

Down:	1. Fun	8. Car	Across:	3. Bring	16. Pack
	2. Drove	9. Time		7. Where	
	4. Gas	11. Park		10. Trip	
	5. Away	12. Van		14. Road	
	6. Went	13. May		15. Yet	

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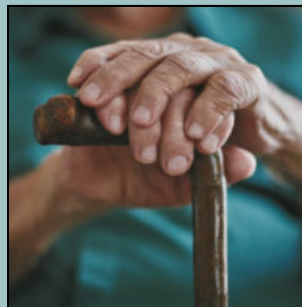
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For more information on your long-term care options, contact your local ADRC.
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NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

PEPIN: MONDAY- FRIDAY HOME DELIVERED AND CARRY OUT ONLY (11:00AM-12:00PM) 715-442-2289

*June
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dates Salad Option</p> <p>1st - 3rd Crispy Chicken 6th - 9th Taco 13th - 17th Chef 20th - 24th Grilled Chicken 27th - 30th Crispy Chicken</p>		<p>1 Hot Ham and Cheese Sandwich, Cheesy Potatoes, Broccoli Salad, Peaches, Cake</p>	<p>2 Salisbury Steak, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p>3 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake</p>
<p>6 Spaghetti w/Meat Sauce, Garlic Bread, Lettuce Salad, Applesauce, Cake</p>	<p>7 Parmesan Chicken, Mashed Potatoes, Carrots, Bread, Pears, Cake</p>	<p>8 Pizza Burger, Baked American Fries, Rhubarb Fluff, Banana, Cake</p>	<p>9 Hot Beefs on Bread, Mashed Potatoes, Carrots, Tropical Fruit, Cake</p>	<p>10 Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p>13 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pineapple, Cake</p>	<p>14 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake</p>	<p>15 Meatloaf, Squash, Bread, Fruit Salad, Peaches, Cake</p>	<p>16 Pulled Pork Sandwich, Baby Red Potatoes, Broccoli, Mandarin Oranges, Cake</p>	<p>17 Cod, Mashed Potatoes, Beans, Bread, Coleslaw, Cake</p>
<p>20 Brats w/ Sauerkraut, Mashed Potatoes, Carrots, Bread, Banana, Cake</p>	<p>21 Baked Chicken, Stuffing, Corn, Cranberries, Bread, Pears, Cake</p>	<p>22 Tator Tot Hotdish, Peas, Bread, Applesauce, Cake</p>	<p>23 Turkey on Bread w/Gravy, Mashed Potatoes, Broccoli, Tropical Fruit, Cake</p>	<p>24 Cod, Baked Potato, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p>27 Country Fried Steak, Carrots, Bread, Pineapple, Cake</p>	<p>28 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake</p>	<p>29 Cheeseburger, Baby Red Potatoes, Cucumber/Tomato Salad, Peaches, Cake</p>	<p>30 Ham Salad Sandwich, Cowboy Beans, Broccoli Salad, Mandarin Oranges, Cake</p>	<p>Served with each meal: Milk</p> <p>Call previous day by 1:00pm to order lunch.</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.

Stay informed.
Stop elder abuse.

- ♥ I am **treated** with **respect** by those closest to me
- ♥ I **know** how my **money** is being spent
- ♥ I **choose** what happens in my **home**
- ♥ **Decisions** about my life are in my **best interest**
- ♥ My will reflects my **wishes**
- ♥ I **know** where my **medication** is

Call your local
Human Services Dept.
to report abuse:

Buffalo County: 608-685-4412

Pepin County: 715-672-8941

If it's an emergency, dial 911



It's on us to
stop elder abuse.
Know the signs.

- ⚠ Decisions about an older person's life are not in their best interest
- ⚠ Sudden changes in behavior
- ⚠ Unusual changes in spending or money management
- ⚠ Unexplained physical injuries
- ⚠ Unexplained sexually transmitted diseases
- ⚠ Unhealthy or unsafe living conditions

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Pepin County Human Services - Aging Unit, Durand, WI

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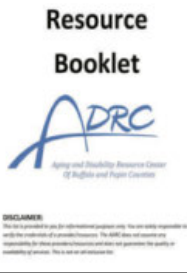
CORRAL BAR & RIVERSIDE GRILL

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

*June
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk		1 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches, Dessert	2 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch Dressing, Grapes	3 Baked Ham, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Applesauce
	7 Beef Roast, Mashed Potato w/ Gravy, Harvard Beets, Wheat Bread, Pears	8 Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon	9 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/ Ranch, Apple	10 Tuna Salad on Croissant, Bean Soup, Coleslaw, Fruit Cocktail
Call previous day by 1:00pm to order lunch.	14 Roast Turkey, Mashed Potatoes, Glazed Carrots, Wheat Bread, Applesauce	15 Brat w/ Sauerkraut, Broccoli Salad, Potato Salad, Mandarin Oranges	16 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries, Dessert	17 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Tomato Juice, Wheat Bread, Cantaloupe
Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad	21 Pork Chop w/ Mushroom Gravy, Mashed Potato w/ Gravy, Carrots, Wheat Bread, Fruit Cocktail	22 Hot Beef on Kaiser Roll, Corn, Coleslaw, Fresh Fruit Salad	23 Sub Sandwich (Ham/Turkey/ Cheddar Cheese), Split Pea Soup, Baby Carrots w/ Ranch, Grapes	24 Tuna Noodles Casserole, CA Blend Vegetables, Garden Salad w/Ranch, Whole Grain Muffin, Mandarin Oranges
	28 Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	29 Creamed Chicken, Biscuit, Tomato Juice, Creamy Cucumbers, Pears	30 Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	

DID YOU KNOW..... The ADRC of Buffalo and Pepin Counties has a Resource Guide FILLED with lots of great information to address your aging and disability needs? Contact us today to request your FREE copy at 866-578-2372 or adrc-bp@co.pepin.wi.us. You can also find the guide by visiting www.adrc-bcp.com and clicking on Resource Directory.



We are currently looking for a fill-in volunteer meal site manager at the Gilmanton Meal Site. This position would be flexible, as we are looking for help to fill 1-2 days a week.

What we need from you? Approximately two hours of your time from 10:45am-12:30pm, spent socializing with meal site participants, helping hand out registration forms, counting donations, and recording meals served.

What do you get in return? Free lunch on the days you volunteer, mileage reimbursement from your home to the meal site and back, and satisfaction of giving back to your community!

This position would be great for someone who enjoys socializing, as this is a VERY popular meal site! Questions or interest in signing up? Call Heather, Nutrition Program Coordinator, at 715-672-8941, Ext. 163.



The ADRC Governing Board is looking for a citizen (or advocate) to represent the intellectual disability population of Pepin County. The Board meets at least quarterly in either Alma or Durand to conduct business, with the option to attend meetings virtually. These meetings last about 1-2 hours. Board members attending meetings receive a per diem and are reimbursed mileage for traveling to the meeting location. Board members are also given the opportunity to attend trainings to assist them in performing their duties. Citizen members will serve a three-year term on the Board. Contact the ADRC to learn more today at 866-578-2372 or adrc-bp@co.pepin.wi.us.



West CAP is currently seeking a low-income representative from Pepin County for our Board of Directors to fill a mid-term. Elections for the low-income position are held every 2 years and the next term will begin May 2023. This is an excellent opportunity to assist our organization with developing programs that meet the needs of the community as well as gain personal/professional experience as a Board of Directors member. Our meetings are once a month (except July & December) in Menomonie, WI. Currently we are conducting meetings by virtual/phone-in or in-person. We **will reimburse your mileage, childcare, and pay a \$100 monthly meeting stipend**. We also provide a meal prior to the start of the meeting.

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

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

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



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WisconsinSeniorMedicarePatrol



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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Help Line: 715-672-8617



THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683

*June
2022*

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

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



Do you have a favorite recipe you would like to share with our readers? Throughout Summer we will be choosing recipes to highlight in our Two Rivers Connection Newsletter. Please mail recipes along with the name and phone number of the person submitting the recipe to:

Pepin County DHS
Attn: Heather Prissel
PO Box 39
Durand, WI 54736

Or email it to us at hprissel@co.pepin.wi.us



Sunday, June 19th




Tuesday, June 21st

AMERICAN LUTHERAN HOME

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

*June
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham & Bean Chowder, Carrots, Whole Wheat Dinner Roll, Mixed Berries	2 Chicken Alfredo, Broccoli, Salad w/ Dressing, Bread, Mixed Fruit	Served with each meal: Milk
6 Brat on Bun, Potato Wedges, Baked Beans, Strawberry Apple-sauce	7 Roast Beef & Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie	8 Breaded Fish, Mac and Cheese, Honey Dill Carrots, Salad w/ Dressing, Melon	9 Ham & Cheese on Bun, Potato Salad, Broccoli Slaw, Pears	
13 Smothered Pork Chops, Mashed Potatoes w/Gravy, Carrots, Applesauce	14 Homemade Chili, Crackers, Cascade Blend Veggies, Peaches & Cream Fluff, Peaches	15 Pork Loin w/ Glaze, Baked Potatoes, Broccoli w/ Cheese, Bread, Blueberry Cobbler	16 Fish, Balsamic Tomato Salad, Roasted Ranch Red Potatoes, Whole Wheat Dinner Roll, Berry Cup	Call previous day by 1:00pm to order lunch.
20 Barbeque Pork on Bun, Baked Beans, Sunshine Carrots, Bread, Peaches	21 Hamburger Steak w/Gravy over Mashed Potatoes, Cream Corn, Bread, Mandarin Oranges	22 Cheesy Tortellini w/Meat Sauce, Broccoli, Bread, Honeydew Melon	23 Turkey, Stuffing, Green Beans, Salad w/Dressing, Whole Wheat Dinner Roll, Pumpkin Pie	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
27 Brat Patty on Bun, Baked Beans, Coleslaw, Watermelon	28 Lasagna Roll Ups, Peas, Salad w/ Dressing, Bread, Fruit Crisp	29 Ham, Sweet Potatoes, Broccoli, Bread, Strawberry Shortcake, Straw-berries	30 Caprese Chicken over Garlic & Basil Pasta, Beets, Tomato Salad, Pine-apple	

Sometimes You Just Forget

by Arnie Humphrey

*I looked through last month's paper, for some poetry to read.
 It's needless to say, that I failed to succeed.
 The month had come and gone, and someone failed their task.
 I won't mention any names, and I sure hope no one asks.
 It won't happen next month, because tonight I'm on the stick.
 Get your job done early, I believe that is the trick.
 Wait till the last minute, and sometimes you just forget.
 Do it ahead of schedule, and you know full well you're set.*

Nail Care Clinics!



Clinics will be held in Durand and Pepin each month.

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

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COMMUNITY CONTACTS

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