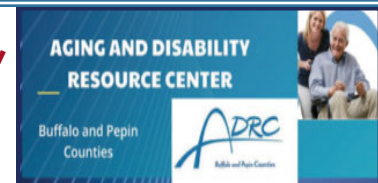


# TWO RIVERS CONNECTION



JULY 2022

Looking for something rewarding and enjoyable, and to make money while doing it? The ADRC is recruiting for a Pepin County citizen to serve on the ADRC Governing Board!



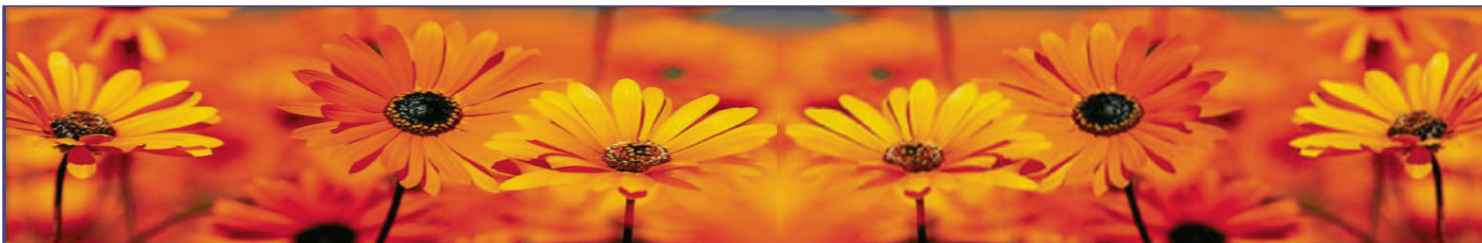
The Aging and Disability Resource Center (ADRC) of Buffalo and Pepin Counties is looking for a citizen to serve on the ADRC Governing Board. The 8-person ADRC Governing Board is responsible for the oversight of the ADRC. It consists of 6 citizen members and 2 County Board members. The Board meets at 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.

### **Qualifications:**

- Individual must be an adult with an intellectual disability and reside in Pepin County (or be a family member, guardian, or advocate of an individual with an intellectual disability).
- Shall not be employed by either Buffalo or Pepin County.
- Shall not be employed by any managed care organization or an agency providing services through such an organization.
- Be willing and able to attend scheduled Board meetings (either in person or via zoom).

Interested individuals should contact the ADRC for an application by calling toll free 866-578-2373 or emailing [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us). All applications will be reviewed by the ADRC Governing Board at an upcoming meeting. The ADRC Governing Board will recommend a candidate to the Chairperson of the Board of Supervisors, who will make the official appointments.

*The ADRC Governing Board will give equal consideration to all applicants. The submission of an application does not guarantee appointment to the ADRC Governing Board.*



# Dementia Care Calendar

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b> <b>No Scheduled Events</b>  <i>Happy 4th of July!</i>	<b>5</b>	<b>6</b>	<b>7</b> <u>Thursday Evening Conversations</u> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>8</b>
<b>11</b>	<b>12</b> <u>Memory Café</u> <b>Food for Thought</b> Durand Library - <i>"Summer Heat and Dementia"</i> 2:30-4:00pm	<b>13</b> <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am	<b>14</b> <u>Thursday Evening Conversations</u> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>15</b>
<b>18</b> <u>Circle of Support</u> <b>Virtual Meeting-Zoom</b> 10:00 - 11:00am  <u>Memory Cafe</u> <b>Alma Gathering Café</b> Alma Library <i>"Vacation Memories"</i> 2:30 - 4:00pm	<b>19</b> <u>Memory Café</u> <b>Morning Crew Cafe</b> Central Lutheran Church - Mondovi - <i>"Summer Heat and Dementia"</i> 10:00-11:30am	<b>20</b>	<b>21</b> <u>Lunch Bunch</u> Support Group for Caregivers - <b>on Zoom</b> 11:30am - 12:30pm  <u>Thursday Evening Conversations</u> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>22</b>
<b>25</b>	<b>26</b>	<b>27</b> <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am	<b>28</b> <u>Thursday Evening Conversations</u> <b>Virtual Meeting-Zoom</b> 7:30 - 8:30pm	<b>29</b>



## Lunch Bunch

Grab your lunch and join us for a virtual support and resource group where family caregivers of loved ones living with Dementia can learn, grow and support each other through their caregiver journey. We meet on the third Thursday of the month, and will have fifteen minute education topics relevant to caregiving, with the remainder of the hour focused on discussion and conversation, to support each other's caregiving roles. **For more information and to register for the Zoom link and passcode, call Katrina at 715-279-7870.**

*We're here to help!*

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

**Website: [www.adrc-bcp.com](http://www.adrc-bcp.com)  
Facebook: [www.facebook.com/ADRCBuffaloAndPepinCounties](https://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)**

## Fourth of July Trivia

- When were fireworks first used in an official Fourth of July celebration?  
A. 1777      B. 1877      C. 1907
- What historical event do Americans celebrate on the Fourth of July?  
A. Official signing of the Declaration of Independence  
B. George Washington's birthday  
C. Formal adoption of the Declaration of Independence
- Which newspaper first printed the Declaration of Independence?  
A. The New York Times  
B. The Pennsylvania Evening Post  
C. The National Enquirer
- Which U.S. President was born on Independence Day?  
A. Calvin Coolidge    B. James Buchanan    C. George W. Bush
- When did the Fourth of July become a federal holiday?  
A. 1880  
B. 1870  
C. It's a State holiday, not a federal holiday
- How many signers of the original Declaration of Independence died on July 4<sup>th</sup>?  
A. 0  
B. 1  
C. 2
- What percentage of retail firework sales occur during the Fourth of July holiday?  
A. 90%  
B. 75%  
C. 48%
- What actor in "Born on the Fourth of July" was actually born on July 3<sup>rd</sup>?  
A. Tom Cruise  
B. Oliver Stone  
C. Kyra Sedgwick
- What was Uncle Sam's occupation?  
A. Builder  
B. Soldier  
C. Meat Packer
- Which colony was the first to declare itself independent of Great Britain?  
A. Rhode Island  
B. Vermont  
C. Connecticut
- Who has the largest signature on the Declaration of Independence?  
A. Benjamin Franklin  
B. John Hancock  
C. Thomas Jefferson
- The Declaration of Independence has how many signers?  
A. 42      B. 56      C. 31





## 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)



Please join the Aging & Disability Resource Center (ADRC) staff in August as they discuss their roles within the ADRC, and the services they provide.

***\*Know Us Before You Need Us!\****

Aging & Disability Resource Centers (ADRC's) are the first place to go with your aging and disability questions. We are warm and friendly "information stations" where you can obtain accurate, unbiased information related to aging or living with a disability. Services through the ADRC are always FREE of cost!

The Aging & Disability Resource Center of Buffalo & Pepin Counties (ADRC) will be hosting 2 informational meetings open to the public to come and learn about the services offered & available to Pepin & Buffalo County residents. The program will include a presentation, a fun game and time for questions. Light snacks will be provided!

Meetings will be held in person at the locations listed below, with the option to view a recording of the presentation that will be posted to the ADRC website at a future date.

Grab a friend and come together to learn about what your local ADRC has to offer you!

### **Durand Public Library**

604 7<sup>th</sup> Ave. E  
Durand, WI 54736  
Tuesday, August 9<sup>th</sup>  
10:00AM- 11:30AM

### **Roger Marten Community Center**

120 S. Franklin St.  
Mondovi, WI 54755  
Thursday, August 11<sup>th</sup>  
1:30PM-3:00PM

Please reserve your spot by contacting the ADRC:

Call **1-866-578-2372**, or  
email [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us)



**L to R, Sitting:** Melissa Hovland, Julie Fick; **Standing:** Angie Schlosser, Jennifer Nelson, Susan Henry, Cammi Catt-DeWyre, Heather Prissel, Julie Nelson, Bernadette Rogers; **Missing:** Katrina Longmire

## 2022 Senior Farmers Market Nutrition Program Vouchers Available!

The Farmers Market vouchers are 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 available 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 used as cash at authorized area farmers markets. Vouchers can be used from June 1 through October 31.

**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.**



Julie Fick

be



Heather Prissel

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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

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# DONNA MAE'S PANTHER CAFÉ

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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

*July  
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Dates Salad Option</b></p> <p>1st          Crispy Chicken 4th - 8th    Taco 11th - 15th Chef 18th - 22th Grilled Chicken 25th - 29th Crispy Chicken</p>	<p><b>Served with each meal: Milk</b></p> <p><b>Call previous day by 1:00pm to order lunch.</b></p>			<p><b>1</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p>
<p><b>4 CLOSED</b></p> 	<p><b>5</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Banana, Cake</p>	<p><b>6</b> Barbequed Pork Chop, Mashed Potatoes, Carrots, Bread, Applesauce, Cake</p>	<p><b>7</b> Hamburger on Bun, Baby Red Potatoes, Tomatoes, Pears, Cake</p>	<p><b>8</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p> <p style="text-align: right;"><i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>11</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Tropical Fruit, Cake</p>	<p><b>12</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake</p>	<p><b>13</b> Hamburger w/ Mushrooms and Onions, Baked Fries, Tomatoes, Bread, Fruit Cocktail, Cake</p>	<p><b>14</b> Beef Stroganoff, Lettuce Salad, Green Beans, Bread, Peaches, Cake</p>	<p><b>15</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake</p>
<p><b>18</b> Polish Sausage w/Sauerkraut, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p><b>19</b> Crispy Chicken Sandwich, Baby Red Potatoes, Tomatoes, Banana, Cake</p>	<p><b>20</b> Hot Beef on Bun, Baked Fries, Cucumber Salad w/ Tomatoes, Pears, Cake</p>	<p><b>21</b> Creamed Chicken on Biscuits, Peas, Broccoli Salad, Applesauce, Cake</p>	<p><b>22</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p> <p style="text-align: right;"><i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>25</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Tropical Fruit, Cake</p>	<p><b>26</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake</p>	<p><b>27</b> Cold Cut Sandwich, Tomatoes, Tuna Salad, Fruit Salad, Fruit Cocktail, Cake</p>	<p><b>28</b> Barbeque on Bun, Baby Red Potatoes, Broccoli, Peaches, Cake</p>	<p><b>29</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p>



## Final Affairs

A Guide to Arranging Your Personal and Legal Affairs

### EVENT TOPICS:

- ADRC IOI
- Preparing and Organizing Important Papers for the Future
- Funeral Planning
- Legal Affairs

Coming Soon: Fall 2022 at the Pepin Village Hall  
Call 866-578-2372 to pre-register!  
**This is a free, no-cost event.**



**Call the ADRC at 866-578-2372 to request a FREE Medication Planner!**



# COMING SOON!

Group Bus trips for shopping, outings and lunch!

Contact us today if interested in getting on the list!

1-866-578-2372

Buffalo & Pepin Counties Transportation Program can help get you anywhere you need to go!

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



## 4th of July Trivia

- |      |      |       |
|------|------|-------|
| 1. A | 5. B | 9. C  |
| 2. C | 6. C | 10. A |
| 3. B | 7. A | 11. B |
| 4. A | 8. A | 12. B |

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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

## CORRAL BAR & RIVERSIDE GRILL

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

*July  
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Served with each meal:</b> <b>Milk</b>				<b>1</b> Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
	<b>5</b> Baked Meatloaf, Au Gratin Potatoes, Tomato Juice, Wheat Bread, Tropical Fruit	<b>6</b> Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches, Dessert	<b>7</b> Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch Dressing, Grapes	<b>8</b> Baked Ham, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Applesauce
<b>Call previous day by 1:00pm to order lunch.</b>	<b>12</b> Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	<b>13</b> Tater Tot Hot Dish, Garden Salad, w/ French Dressing, Wheat Bread, Watermelon	<b>14</b> Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/ Ranch, Apple	<b>15</b> Tuna Salad on Croissant, Bean Soup, Coleslaw, Fruit Cocktail
<b>Salad Options:</b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>19</b> Roast Turkey, Mashed Potatoes, Glazed Carrots, Wheat Bread, Applesauce	<b>20</b> Brat w/ Sauerkraut, Broccoli Salad, Potato Salad, Mandarin Oranges	<b>21</b> Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries, Dessert	<b>22</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Tomato Juice, Wheat Bread, Cantaloupe
	<b>26</b> Pork Chop w/ Mushroom Gravy, Mashed Potatoes/ Gravy, Carrots, Wheat Bread, Fruit Cocktail	<b>27</b> Hot Beef on Kaiser Roll, Corn, Coleslaw, Fresh Fruit Salad	<b>28</b> Sub Sandwich, Split Pea Soup, Baby Carrots w/ Ranch, Grapes	<b>29</b> Tuna Noodle Casserole, CA Blend Vegetables, Garden Salad w/ Ranch, Muffin, Mandarin Oranges



***Join us for fun and camaraderie!***

*Bingo will be at the Durand meal site, (Corral Bar & Riverside Grill) each Thursday in July, starting about 12:30pm. See you on July 7th, 14th, 21st, and 28th!*

***Bingo will be FREE in the month of July!***

*Sponsored by ADRC and McDonald's*

### **Gilmanton Meal Site Manager Needed!**

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 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.**





## Dementia Friendly Training for Businesses, Offered by ADRC Dementia Care Specialist

More and more businesses, churches and organizations are beginning to respond to the impact of dementia on both customers and employees. Customer service and human resource strategies have begun to address the questions of how to meet the growing needs of customers living with dementia and their caregivers, as well as the needs of employees who are caring for someone with the disease. With 70-90% of people with dementia living at home, they and their family care partners will choose businesses that are easy to navigate and that have helpful, aware staff.

### To become dementia friendly, a business should assure the following criteria:

- Complete a dementia friendly training and have managers/supervisors and 50% of staff complete the training. Training includes recognizing signs/symptoms of dementia, how to effectively communicate, reviewing your physical space, and knowledge of local resources. In addition, to heighten understanding of dementia, the training can include a real-life simulation experience that immerses participants into life with dementia. The dementia simulation is not a requirement.
- Designate a dementia champion to be a liaison between employees and the dementia care specialist of Pepin and Buffalo Counties.
- Include the 15 minute overview of dementia, and be willing to share training materials as part of new employee orientation, as well as employees that did not attend a training.
- Be willing to have resources available on-site for customers, as well as employees.
- Undergo an on-site visit/follow-up training, as needed.



Katrina Longmire

Participants receive a certificate, purple angel window cling to display to let the community know you are a dementia friendly business, promotion in the ADRC newsletter and Facebook page, and other marketing materials.

For questions or more information, contact Katrina Longmire at 715-279-7870 or [klongmire@co.pepin.wi.us](mailto:klongmire@co.pepin.wi.us)



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**www.smpwi.org**  
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

*July  
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4 CLOSED</b>	<b>5</b> Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	<b>6</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	<b>7</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	<b>Served with each meal:</b> 1% Milk Whole Wheat Bread
				
<b>11</b> Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	<b>12</b> Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	<b>13</b> Cheeseburger, Potato Salad, Coleslaw, Fruit	<b>14</b> Baked Fish, Baked Potato, Side Salad, Fruit	<b>Call previous day by 1:00pm to order lunch.</b>
<b>18</b> Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	<b>19</b> Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	<b>20</b> Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	<b>21</b> Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	
<b>25</b> Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	<b>26</b> Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>27</b> Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	<b>28</b> Chicken Alfredo, Garlic Toast, Side Salad, Fruit	<b>Salad Options:</b> Taco Ham Chicken

### 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.



**Health Benefits of Strawberries:**

- ◆ Excellent source of Vitamin C & antioxidants
- ◆ Good source of folic acid, fiber, and potassium
- ◆ Very low in saturated fat, Cholesterol and sodium
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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](mailto:hprissel@co.pepin.wi.us)

### Recipe Name: Strawberry and Cream Pinwheels

By: Beneficial Bites

- Ingredients:**
- 8 oz. package cream cheese (light or regular)
  - 1 cup fresh strawberries, diced
  - Pinch of cinnamon
  - 4-5 flour tortillas



**Directions:**  
In a medium bowl, combine cream cheese and strawberries and stir until blended. Spread cream cheese mixture on each tortilla and tightly wrap each up. Wrap in plastic wrap and place in refrigerator for several hours until set.

Using a sharp knife, cut slices and serve cold.

# AMERICAN LUTHERAN HOME

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

*July  
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b> <b>CLOSED</b></p> 	<p><b>5</b> Roast Beef/ Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie</p>	<p><b>6</b> Breaded Fish, Mac and Cheese, Honey Dill Carrots, Salad w/ Dressing, Melon</p>	<p><b>7</b> Ham &amp; Cheese on Bun, Potato Salad, Broccoli Slaw, Pears</p>	<p><b>Served with each meal:</b> <b>Milk</b></p>
<p><b>11</b> Smothered Pork Chops, Mashed Potatoes w/Gravy, Carrots, Applesauce</p>	<p><b>12</b> Homemade Chili, Crackers, Cascade Blend Veggies, Peaches &amp; Cream Fluff, Peaches</p>	<p><b>13</b> Pork Loin w/ Glaze, Baked Potatoes, Broccoli w/ Cheese, Bread, Blueberry Cobbler</p>	<p><b>14</b> Fish, Balsamic Tomato Salad, Roasted Ranch Red Potatoes, Whole Wheat Dinner Roll, Berry Cup</p>	
<p><b>18</b> Barbeque Pork on Bun, Baked Beans, Sunshine Carrots, Bread, Peaches</p>	<p><b>19</b> Hamburger Steak w/Gravy over Mashed Potatoes, Cream Corn, Bread, Mandarin Oranges</p>	<p><b>20</b> Cheesy Tortellini w/Meat Sauce, Broccoli, Bread, Honeydew</p>	<p><b>21</b> Turkey, Stuffing, Green Beans, Salad w/Dressing, Whole Wheat Dinner Roll, Pumpkin Pie</p>	<p><b>Call previous day by 1:00pm to order lunch.</b></p>
<p><b>25</b> Brat Patty on Bun, Baked Beans, Coleslaw, Watermelon</p>	<p><b>26</b> Lasagna Roll Ups, Peas, Salad w/ Dressing, Bread, Fruit Crisp</p>	<p><b>27</b> Ham, Sweet Potatoes, Broccoli, Bread, Strawberry Shortcake, Strawberries</p>	<p><b>28</b> Caprese Chicken over Garlic &amp; Basil Pasta, Beets, Tomato Salad, Pineapple</p>	<p><b>Salad Options:</b> Taco Chef (Turkey, Ham) Chicken Tender</p>

**EASY TIPS TO INCREASE FLUID INTAKE, submitted by Heather Prissel**

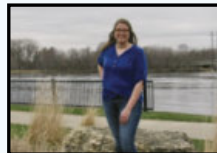
**PREPARATION--** Pre-chop your choice of fruits and/or veggies that you would like to try adding to water. You can add these to any type of water bottle you desire, but what some people have found most effective is infusion bottles. You can also just add to a glass or pitcher.

**LEMONS** – in your water have so many benefits. By just putting them in your water, it helps your digestion process because the acid breaks down the food more effectively. This also helps you stay hydrated all day. Clear urine is a simple way to know if you are getting enough fluids.

**CUCUMBERS** – carry extra vitamins & minerals, like Vitamin A, B-6, C, as well as magnesium, and calcium. They also enhance your body's muscle and bone health from all the vitamins and minerals. Of course, they also keep the hydration high!

**COLORED GLASS or a SHAPED GLASS--** pouring water into a colored or shaped glass can create the perception of drinking a favorite beverage or cocktail.

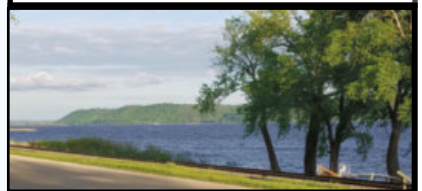
Source: Cleveland Clinic <https://health.clevelandclinic.org/>



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



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