My Longest Publication
By Arnie Humphrey

I wrote poetry in high school,
Well, not too much has changed.
Now in the senior paper,
My compositions are arranged.
Yes, it’s still a hobby,
Lasting over fifty years.
And, that same rhyme and rhythm,
In the Golden Age News appears.
It started in the Granton Barker,
Then some at Camp Waubeek.
A few in the Courier Wedge,
But those, just every other week.
Now it’s the senior paper,
I’ve written for a decade, plus.
My longest publication,
Must satisfy a few of us.
These days coupled with fishing,
I still find things to do.
Throw in some weekend dancing,
Jump starts an old life, brand new.

Save The Date!

Durand Meal Site Activities:
Aug. 1: Birthday Party; Fruit Bingo
Aug. 8: Road Show to Eagle Center in Wabasha
          (see page 4 for more details)
Aug. 15: Bingo
Aug. 17: Game Day—Second Rule
Aug. 20: Stop by for a slice of pie!
Aug. 22: Bingo
Aug. 29: Bingo

Pepin Meal Site Activities:
Aug. 1: Birthday Party; Fruit Bingo
Aug. 3: Watermelon Day—Join us for some!
Aug. 6: Bingo; Judy Norrish visits
Aug. 8: Road Show to Eagle Center in Wabasha
          (see page 4 for details)
Aug. 13: Bingo; Creamsicle Day
Aug. 15: Marie Ritscher speaks about Nutrition Education
Aug. 17: Bingo; Bring your favorite photo
Aug. 20: Bingo; Judy Norrish visits
Aug. 27: Bingo
Aug. 31: Music; Root Beer Floats

Farmers Market Vouchers
Farmers Market Vouchers are still available for people 60 and older, with monthly income under $1,872.00 for 1 person, and $2,538.00 for 2 people. The Farmers’ Market Program offers $25.00 worth of vouchers to be used to buy locally grown fruits and vegetables. If you have received the vouchers already in 2018, you can request them again. Call Judy Norrish at 715-672-8941, Ext. 169, to receive the vouchers.
JOIN US!  

THE MEMORY CAFÉ

IN ALMA:
Second Thursday of the Month
on August 9th
10:00 am—11:30 am
Alma Lion’s Club
110 N Main St., Alma
Guest: To be Determined

IN MONDOVI:
Third Monday of the Month
on August 20th
10:00 am—11:30 am
Central Lutheran Church
221 W Main St., Mondovi
Guest: To be Determined

FOOD FOR THOUGHT

IN PEPIN:
Sponsored By:

Second Tuesday of the Month
on August 14th
10:00 am—11:30 am
Immanuel Lutheran Church
205 Pine St., Pepin
Guest: Artis Mavis Kjarland—Watercolor Painting Activity

Enjoy speakers on topics of health and wellness, interesting
activities, and light, positive conversation.

FOR MORE INFORMATION CONTACT: CHELSEY at 608-685-6318

August Events in Memorial Park:

Blues on the Chippewa
August 3rd, 4th, 5th

Music in the Park and Taste of Durand
Wednesday, August 22nd  6:00—9:00 pm
MUSIC BY: The White Sidewalls

Military Operation Shoebox

Join Skull Cap making on the second
Tuesday of each month, from 11:30am
to 2:30pm. The group has shipped out 13,549
skull caps through the month of July. Nice job
ladies!

Please donate any yarn you may have to SKULL
CAPS FOR THE TROOPS! Call Joyce at
715-495-0268 or drop off at the Riverview
Senior Center.

Eva LaBrec  8/01
Beryl Anderson  8/01
Irene Bluem  8/02
Dorothy Knutson  8/04
Larry Baker  8/04
Virginia White  8/04
Marlys J. Baskin  8/07
Tom Drier  8/07
David Hayden  8/07
Galen Radle  8/08
Carol Prissel  8/09
Joyce Borman  8/10
Charles J. Laehn  8/14
Mary Jane Endl  8/15
Shirley Milliren  8/15
Karen McMahon  8/16
Dennis E. Traun  8/16
Paul Fedie  8/17
Carmen Wichlacz  8/18
Aileen Wayne  8/19
Donovan Eggert  8/20
Omar Dougherty  8/21
Marlene King  8/23
Delores Schwartz  8/23
Rosanna Kallstrom  8/24
Karen Schroeder  8/25
Beverly J. Norwick  8/25
Mark Dennis  8/26
Virginia Kallstrom  8/27
Gene Leonard  8/27
Barbara Sperger  8/27
Sherry Heikkinen  8/28
Arnie Humphrey  8/30
Karen Stone  8/30
Answer Key on page 4.

Join us on Thursday, August 16th
At 9:30am for a presentation on:
Fall Risk & Balance
By American Lutheran Home Therapy Dept.

HURLBURT’S HAVEN
1227 E Prospect St., Durand, WI
The 3rd Thursday of the month from
9:30am-11am

Funding may be available for Respite Services,
please call Cammi for more information:
715/672-8941 ext #115
Greetings Friends and Neighbors,

Our Vendor/Craft/Bake Sale is October 13th. Save the date! Hope you can make it!

Do you have any ideas for our Center in regards to new games, movies, or ideas that might sound encouraging to the public? Someone mentioned live music. Our pool room is now “The Golden Room”. Come see what ideas we have for decorating.

We would like to take a moment to honor Ray Brasda. Ray was a source of cheer to all. Did he ever meet a stranger? We will miss you Ray!

Thanks to all who responded to the membership reminder cards sent out. Membership is $5.00 a year, which gives you a voice in the running of the center, and supporting the board. Memberships run from January 1 to December 31 of each year.

Did you know our office personnel are all volunteers? Most of our maintenance is done by the First Baptist Church. Thank you Pastor Steve!

Remember to come down and play Farkel on Tuesday and Friday mornings. A friendly game with no cost to you and a good brain exercise.

The Riverview Community and Senior Center is available for rent for your family get-togethers, parties, and business meetings. Please remember, if you are a member, you get a 25% discount. We have a beautiful view of the river, a full kitchen, and we are handicap accessible. As always, we appreciate your support of our center.

Thank you~Linda Knapp

Meet the Aging & Disability Resource Center (ADRC) Staff

Program Assistant: Angie Schlosser

Coordination of the Transportation Program:

◊ Scheduling Volunteer Driver and Wheelchair Van rides for Pepin County Residents and companies we are contracted with.
◊ Computes monthly billing invoices & statements, receiving payments, tracking of all rides
◊ Arrange maintenance/repairs of department vehicles
◊ Assists in training/orientation for current and new drivers
◊ Monthly Time/Mileage recording for Drivers and Meal Site Staff
◊ Prepares letters/mailings for Transportation Staff
◊ Fill in receptionist for time off/vacations to DHS Program Assistant

Angie can be reached by calling (715) 672-8941 Ext. #152
Lake of Tears is the ninth book in the Claire Watkins Mystery series based in Pepin County, Wisconsin, by regional author—Mary Logue. Great murder mysteries for anyone to enjoy and read about the local area, as the characters solve crimes in the fictional town of Fort St. Antoine.

In Mary Logue’s new book, Deputy Sheriff Claire Watkins of Fort St. Antoine, Wisconsin is enjoying a peaceful summer, with only the fact that her daughter will be leaving for college in the fall to concern her. The town is staging a longboat burning Saturday night on Lake Pepin, and Claire has no idea as she watches the boat burn, that a body is hidden beneath the hull.

The next day, the bones of a young woman are found in the ashes, and she calls in a bone expert from BARFAA. Dr. Herman Pinkers says readily that they look like bones from a young female, and promises to get more information to her as soon as possible.

Claire has recently hired a veteran returning from a four-year duty in Afghanistan, and thinks he is fitting in well until he starts dating her 18-year-old daughter. When the body identified is of a local woman, and the woman used to date the deputy, her anxiety soars.

In order to get to the heart of this mystery, Claire must understand what happened in an attack in the mountains of Afghanistan, which left one man wounded, one man killed, and one man disturbed. Could one of those two remaining men be the killer?

This book currently checks out for a three-week period at the Durand Public Library. This book is only available in regular print at this time. If you would like to check this item out, stop by the Library during regular business hours, or contact the Library InfoLine at 715-672-8730.

Durand Library is currently in its Summer Schedule until Labor Day holiday. Summer Schedule for Durand Library is as follows: Tuesday – Friday: 9am-6pm/CLOSED: Saturday/Sunday/Monday.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepin Senior Dining Site 715-442-2289</td>
<td>Salad Options: Chef</td>
<td>1 Marinated Chicken Mashed Potatoes w/ Gravy Peas Strawberry Cake Roll</td>
<td>2 Beef Stroganoff Broccoli Bread Fruited Gelatin</td>
<td>3 Fish Sandwich Potato Salad Coleslaw Pudding</td>
</tr>
<tr>
<td>6 Beef Pot Roast Mashed Potatoes w/ Gravy Broccoli Dinner Roll Pie</td>
<td>7 Ham Scalloped Potatoes Mixed Vegetables Breadstick Apple Cobbler</td>
<td>8 Open Face Hot Turkey Sandwich Stuffing Corn Fruit Cookie</td>
<td>9 Marinated Pork Loin Parsleyed Potatoes Peas Bread Mandarin Oranges</td>
<td>10 Herb Baked Fish Baked Potato Coleslaw Bread Gelatin Dessert</td>
</tr>
<tr>
<td>13 Seasoned Chicken Breast Cheddar Sour Cream Mashed Potatoes Mixed Vegetables Dinner Roll Fruited Pie</td>
<td>14 BBQ Ribs Sweet Potatoes Corn Bread Fresh Fruit</td>
<td>15 Country Fried Steak Mashed Potatoes w/ Gravy Carrots Angel Food Cake w/ Strawberries</td>
<td>16 Roast Turkey Gravy Stuffing Broccoli Dinner Roll Fresh Fruit</td>
<td>17 Breaded Fish Filet Fried Potatoes Apple Cider Slaw Bread Pudding w/ Bananas</td>
</tr>
<tr>
<td>20 Herbed Pork Loin Parmesan Scalloped Potatoes Green Beans Dinner Roll Pie</td>
<td>21 Meatloaf Mashed Potatoes w/ Gravy Carrots Bread Frosted Cake</td>
<td>22 Chicken w/ Cream Sauce Rice Pilaf Corn Dinner Roll Fresh Fruit</td>
<td>23 Hot Beef Sandwich Mashed Potatoes w/ Gravy Vegetable Blend Frosted Brownie</td>
<td>24 Cheesy Tuna Casserole Broccoli Salad w/ Dressing Bread Lemon Burst Poke Cake</td>
</tr>
<tr>
<td>27 Brat on a Bun Potato Wedges Tossed Salad w/ Dressing Fresh Fruit</td>
<td>28 Marinated Pork Filet Pasta Salad Carrots Bread Fruit Lemon Cake</td>
<td>29 Marinated Chicken Mashed Potatoes w/ Gravy Peas Strawberry Cake Roll</td>
<td>30 Beef Stroganoff Broccoli Bread Fruited Gelatin</td>
<td>31 Fish Sandwich Potato Salad Coleslaw Pudding</td>
</tr>
</tbody>
</table>
# Durand Dining Menu

**August 2018**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Durand Senior Dining Site  
715-672-8936 | 1 Hot Beef on Wheat Bun  
Corn  
Coleslaw  
Fresh Fruit | 2 Sub Sandwich  
Ham/Turkey/Cheddar Cheese  
Baked Beans  
Fresh Veggies/Ranch Grapes | 3 Creamed Chicken  
Biscuit  
Peas & Carrots  
Creamy Cucumbers  
Pears | |
| | 7 Baked Chicken  
Baked Potato w/Sour Cream  
Green Beans  
Wheat Dinner Roll  
Cantaloupe | 8 Lasagna  
California Blend Veg.  
Garden Salad/Ranch Garlic Bread  
Mandarin Oranges | 9 Meatballs w/ Gravy  
Mashed Potatoes  
Broccoli  
Wheat Bread  
Peaches | 10 Turkey Salad on Croissant  
Potato Salad  
Sliced Tomatoes  
Watermelon |
| | 14 Pulled Pork Sandwich  
Red Potatoes  
Mixed Vegetables  
Peaches | 15 Baked Meatloaf  
Au Gratin Potatoes  
Green Beans  
Wheat Bread  
Tropical Fruit | 16 Chicken Patty on Bun  
Cauliflower w/ Cheese Sauce  
Garden Salad w/ Ranch  
Peaches | 17 Baked Ham  
Baked Potato w/Sour Cream  
Kernel Corn  
Wheat Dinner Roll  
Applesauce |
| | 21 Beef Roast  
Mashed Potatoes w/ Gravy  
Peas  
Wheat Bread  
Pears | 22 Spaghetti & Meat Sauce  
Broccoli  
Garden Salad w/ French Garlic Bread  
Watermelon | 23 Tuna Salad on Croissant  
Vegetable Soup  
Coleslaw  
Fruit Cocktail | 24 Ham & Cheese on Wheat Bun  
Baked Beans  
Fresh Veggies w/Ranch Apple |
| | 28 Brat/Sauerkraut on Bun  
Broccoli Salad  
Potato Salad  
Mandarin Oranges | 29 Roast Turkey Stuffing  
Mashed Potatoes  
Glazed Carrots  
Applesauce | 30 Barbecue on Wheat Bun  
Creamy Broccoli/Cauliflower Soup  
Spring Salad  
Strawberries | 31 Broasted Fish w/Tartar Sauce  
Baked Potato w/Sour Cream  
French Style Green Beans  
Wheat Bread  
Cantaloupe |

*There will be no Congregate or Home Delivered Meals served on Mondays.*

**Please call ahead to order your senior lunch at the Durand Senior Dining Site**

**Salad Options:**
- Taco, Chef, Seafood, Chicken Fiesta

---

- Feed Options:
**Riverview Community and Senior Center**

Pepin County Council of Senior Citizens held their June 26th meeting at Eastside Apts. in Pepin. Vice President Bonnie Bock, called the meeting to order at 10:05 a.m. with Board members, guests and residents present. Winners of the door prizes were Maxine Johnson, Luetta Seyffter, Helen Church and Linda Knapp.

Clarification was made as to the meal site in Pepin, due to the recent retirement of the meal site manager. The meals are cooked at the Nursing Home in Mondovi, brought to Pepin and delivered to homes and the Community Room at Eastside Apartments, where residents gather and dine together. We had a good response to the post card reminders of 2018 dues which had not been paid, and we appreciate the renewal of your membership, bringing our total to 81 for the year.

Our pool table has found a good home. The gentleman who purchased the table was ecstatic to get it, as he is creating a recreational area at his home for family and friends. The funds from the sale of the table are being utilized for some painting and other remodeling at the center. We are in the process of configuring the best usage of this space. It would provide a place for the bookcase, which is difficult to access in it’s current position, the long storage table for games and craft items, and also accommodates the round tables we currently have to store in the shed outside. It is a work in progress and we hope to have it completed this summer.

We will also be purchasing some new commercial rugs to replace those in the kitchen and by the doors. Kathy has found someone to do some general landscaping clean-up, which will include the corner garden by the market and removal of the large weathered picnic tables. These will be replaced by lighter weight portable tables to be used outdoors when needed.

Paintings by local artists, donated to the Center, will all be in the hallway by the office, which has been repainted. Now we can truly appreciate this artwork.

At a separate workshop held on July 11th, we discussed several items of concern. Rita McDonnell will be working with several agencies to hopefully schedule workshops for seniors at the Center. Some of the plumbing needs to be attended to, and trees behind the building have long branches extending over the roof which need to be taken care of. We also discussed that our treasurer and site manager, Kathy Swanson, would like to retire from her position on the Board and from the demands of the management of the site. We are working with Kathy to make this a smooth transition.

Our current office hours are 10:00 am to 2:00 pm and phones are covered by volunteers Monday through Friday. At the present time, we have only 4 volunteers to cover these hours and it is difficult to find cross coverage if necessary. If you have any interest in assisting us with these hours, please notify Marge Briggs at 715-285-5498 with any questions you may have.

Marge Briggs
The Caregiving Rollercoaster

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn’t stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

* Growing closer to their loved one as they spend time together
* Feeling enhanced self-worth for coping with a difficult situation
* “Repaying” their loved one who used to care for them
* Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons’ perspective.
- Leave the room for awhile.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don’t have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

For more information about caregiving, please call the Aging and Disability Resource Center of Pepin County by calling 715-672-8945.

Jane Mahoney, Older Americans Act Consultant, Greater Wisconsin Agency on Aging Resources

About August:

- August was named in honor of Augustus Caesar.
- August has 31 days because Augustus wanted as many days as Julius Caesar’s month of July had.
- The Green Bay Packers pre-season starts August 9th, playing against the Tennessee Titans.
- Senior Day at the Minnesota State Fair is Monday, August 27th.
- August 5th—Friendship Day
- August 13th—International Left-Handers Day
- August 26th—National Dog Day
- August birthstone is the Peridot
- August birth flower is the Gladiolus or Poppy, meaning beauty, strength of character, love, marriage and family.
New Medicare Cards

**Be On the Watch!**

Submitted by Judy Norrish

As many of you know, Medicare is replacing your Medicare Card. Between now and April 2019, you will receive a new card. In fact, I have heard of several people that have already received them. They are being replaced randomly. No set way of distribution.

The reason for the new cards is that Medicare is removing a person’s Social Security number from the Medicare ID number to reduce the likelihood of identity theft. This means that 54 million Medicare beneficiaries will receive new Medicare ID cards with a new, randomized Medicare ID number. One of the biggest hurdles with sending out the new Medicare cards is ensuring that Medicare beneficiaries are not the target of scams. Here are some important highlights about the new Medicare cards:

- The new Medicare ID number is a randomized mixture of letters and numbers that does not correlate with the beneficiary’s Social Security number, date of birth, or personal identity in any way.
- The new Medicare cards are being sent out to the address that beneficiaries have on file with the Social Security Administration.

No one will call a Medicare beneficiary to confirm his or her former Medicare number, Social Security number, address, or any other personal information before CMS mails the cards.

There is no cost for the new Medicare card.

Once beneficiaries receive their new Medicare ID card, they can shred their old Medicare card.

Medicare beneficiaries should bring their new Medicare ID card to their medical providers (doctors, hospitals, therapists, etc.) in future visits to show the updated Medicare ID number.

For the next year, Medicare providers will accept either/both Medicare ID numbers (old or new) while the transition to the new system is underway.

Here is a sample of what the new Medicare card looks like:
COMMUNITY CONTACTS

Pepin County Human Services: 715/672-8941 (if you do not know the extension, simply dial “0” to get the receptionist.)

Pepin County Transportation Coordinator (Angie Schlosser): 715/672-8941 Ext 152

& Pepin Counties: 715-672-8945

Pepin County Council of Seniors (Riverview Community Center): 715/672-4101

Please add or remove my name to/from the mailing list for the Golden Age News. (Circle One)

Name: _______________________________________________________

Address: _____________________________________________________

City: _____________________________ State: __________ Zip_________

Add to Birthday List? Yes____ No____ Date of Birth: __________________

Spouse’s Name: ______________________ Date of Birth: _______________

Donation Amount: $________________

Please return to: Pepin County Human Services

740 7th Ave. West

PO Box 39

Durand, WI 54736

Great Rivers

211

Get Connected. Get Answers.
Simply dial 2-1-1 to get help with life.

Now serving Eau Claire, Chippewa, Pepin & Dunn Counties.
Free confidential community information, referrals and crisis line services 24 hours a day.