



*Three Rivers  
Community Action, Inc.  
Senior Programs*



Providing services, volunteer opportunities, caregiver help, and information focusing on seniors in Goodhue, Rice & Wabasha Counties

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# FOCUS

Spring 2006  
Vol 6, Issue 1

## National Volunteer Week April 23-29, 2006

Thank you to all of you who volunteer. Without you, many programs would not exist.

Even delivering a meal once a year can make a difference! We are all able to give and volunteer in different amounts during different times of our life. Whether you volunteer once or every week, we wish to express our appreciation.

### Spring - a Time for Renewal.

In our yards we clean the clutter and pile and remove the branches and leaves that have accumulated during the winter. We fertilize and prune. In our homes it is time to give away or toss items we don't use or need, that are broken or stained, or that we simply don't love anymore. It's time to tune up the car and tune up our bodies.

Make it a family affair! Walk together, laugh and talk while you clean or garden. Enjoy the memories while you say goodbye to items you no longer want or need, keep only necessary papers. Keep items that bring you joy and beauty. Remember to care for your physical body, too. Eat fruits, vegetables and grains. Walk, stretch, move and play each day!

### Book Review Corner by Joyce

"Good Daughters – Loving Our Mothers as They Age"

Author: Patricia Beard Copyright – 1999

In this book we learn about the difficult task of caring for our elderly mothers. Being an adult daughter you may have questions about the illnesses, loneliness and the financial situation you are facing while caring for your mother as she ages. You may feel caught in the middle when caring for your mother and you are also handling your own responsibilities to children, jobs, and other family members. You try to be a good daughter and yet guilt, anger and anxiety affect you.

In the book the author explains the tensions of the mother-daughter relationship, the reality of being old in today's society, and the new roles a daughter assumes as her (cont. on page 2)

Eastern Goodhue County and  
Rice County

**Joyce Grabowski**  
**1-866-644-4510**

joyce.grabowski@threeriverscap.org



Western Goodhue County and  
Wabasha County

**Patricia Kimble**

**1-800-277-8418, ext. 112**  
pat.kimble@threeriverscap.org

## News from Patricia and Joyce

It has been a difficult year sorting through all the Medicare and Prescription Assistance programs. Many of you may still have questions and need help. Please feel free to call as often as you need. We do our best to be prompt, but it has been difficult keeping up with the needs. Some of you have said you don't like answering machines and are hesitant to use them, but it is a way to let us know when you need help. When you do leave a message, please leave your name and your phone number, including area code. Sometimes we have difficulty understanding your messages, so please speak slowly. Because we do home visits, we are often out in our communities and unable to return calls for a day or two. If you do not hear back from us, please call again or you may also call our partner, SENIOR LINKAGE LINE, weekdays at 1-800-333-2433.

Joyce and Patricia

### Book Review by Joyce (cont.)

mother grows older. This book offers us clear-headed and open-hearted insights for practical and emotional problems that face mothers and daughters. The author also gives readers a perspective on the last phase of life some mothers experience, and on the changes and challenges that we face with our relationships during this time.

I found that the book did a good job exploring mother-daughter relationship and the new roles a daughter takes on as her mother ages. It was inspiring and I gained an understanding of how difficult situations can be handled while caring for an aging mother.

I enjoyed reading this book. I found it to be sensible, easy to read and written with a sense of humor.

### CLASSY SENIOR PROFILE

Betty and Tom Ireland or Wabasha, MN



Tom and Betty Ireland moved to Wabasha in 1971. Tom was working for the railroad and was transferred from the Afton/Stillwater area. In the picture above they are standing beside Tom's detailed miniature railroad display of old town Wabasha. On the right you can see the old bridge the way it was when they drove over it in 1971 – Betty's first glimpse of her new hometown. In 1977 they moved into their current home which is over 150 years. When they bought the home, it featured a grocery store in the front, and a shoemaker's store and bar on the side. Living quarters were in the back. Tom and Betty have converted it into a single family home. They had five children and now have 13 grandkids and 12 great-grandkids. This May they will celebrate their 56<sup>th</sup> Wedding Anniversary.

Betty has been an employee at Three Rivers CAP in our Wabasha office for 17 years. She'll be 80 this summer and is still going strong. She keeps busy and vital with work, family life, and volunteering for her church. She used to be active in the St. Elizabeth's Hospital Auxiliary. Tom and Betty also stay busy with Eastern Star and the Masonic Lodge. Tom is active with the Rochester Dragon Patrol and they both love the travel that goes along with it. Over the years, Tom also has volunteered as a Police and Fire Chief (in Old Afton), and for the Red Cross Disaster Relief Emergency teams. Tom has driven the Hiawatha Transit bus and both have helped transporting Head Start children. Tom loves to barbeque and both he and Betty enjoy fixing up their yard for the birds!

# Three Rivers Community Action, Inc.

## Mission Statement

**“Three Rivers Community Action, Inc., a private non-profit corporation, works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.”**

## Offices

1414 North Star Drive  
Zumbrota, MN 55992  
Phone: (507) 732-7391  
Toll Free: (800) 277-8418  
Fax: (507) 732-8547  
TTY: MN Relay Service: (800) 627-3529  
Hours: Mon – Fri, 7:30 am – 4:00 p.m.

201 South Lyndale  
Faribo Town Square  
Faribault, MN 55021  
Phone/TTY: (507) 333-6450  
Toll Free: 866-644-4510  
Fax: (507) 333-6462  
Hours: Mon – Fri, 8:00 am – 4:00 p.m.

611 Broadway Avenue  
Wabasha, MN 55981  
Phone: (651) 565-3389  
Fax: (651) 565-2754  
Hours: Mon-Fri, 8:00 - Noon

*All facilities are Handicap Accessible. Reasonable Accommodations Are Available. ADA*  
Our continued success in assisting our citizens to meet their basic needs can be assured through donations of time and money. To contribute, volunteer, or request an annual report, please contact the local Three Rivers Community Action office. Your assistance is needed and will be gratefully accepted.

## FOCUS

A Senior Programs Newsletter  
Spring 2006  
Volume 6, Issue 1

# Volunteering

**Paul Revere earned his living as a silversmith. But what do we remember him for?** His *volunteer* work. All activism is volunteering in that it's done above and beyond earning a living and deals with what people really care passionately about. Remember, no one gets *paid* to rebel. All revolutions start with volunteers. - *Susan J. Ellis*

We all have different talents, abilities and capacities to give. Here are some examples to help you find the right volunteer activity for you.

- Deliver meals to a homebound senior.
- Talk to your legislator about the importance of supporting services to provide a safety net for seniors.
- Drive someone to a medical appointment.
- Be a board member for a non-profit organization.
- Help recruit and coordinate volunteers.
- Offer to help out an elderly neighbor with grocery shopping.
- Volunteer to help out an older relative clean out the refrigerator so they don't get food poisoning.

## **Volunteers needed to deliver meals in all our communities!**

\*If you are retired from, or work at, IBM, please let us know. IBM will help us upgrade our computer system.

## **Grandparents, parents, aunts and uncles**

If you are interested in reducing underage drinking and illegal drug use, The **Chemical Health Initiative** Coalition of Goodhue County is an organization working on these issues. Contact Joanne T. Pohl 651-267-4916, or Beth Loechler 507-263-5570, or Julie Hatch 385-3307

## **Fuel Assistance**

Are your fuel bills high? Do you have trouble paying for gas, electricity, fuel, and insurances? There is still time to apply for **Energy Assistance**. Please call our toll free number, 1-800-277-8418, for an application.

If you have problems filling out forms, please ask Pat or Joyce for help!

## New! Family Meeting Guides

We are very excited to offer these two new publications. There are two versions – one for persons accepting care, and one for family caregivers (friends can use this one, too). As people age, they face changes and challenges such as surgeries, illnesses and decreased abilities. This guide will help families make better choices regarding care for their loved ones who wish to remain in their homes as long as possible.

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**Family Meetings**  
**A Guide for the Caregiver®**  
*or*  
**A Guide for Accepting Care®**



Caring  
Coordinating  
Communicating  
Cooperating

---

Each guide offers concrete suggestions on how and when to have a family meeting, and on creating and implementing an action plan. They also offer tips on the coordination and communication necessary for both care receivers and caregivers. If you would like a copy of either guide, call or email us to order them for \$3.00 each; if you purchase 50 or more at one time, your cost is \$2.00 each. If you would like a Family Caregiver Advocate to facilitate a family meeting, call Three Rivers Community Action, Inc.

## Diabetes Support Group

3<sup>rd</sup> Tuesday - 3 p.m.  
St. Brigid's at Hi-Park  
213 Pioneer Road  
Red Wing, MN 55066  
Sara Larson, 651-388-1234  
Lisa Oelkers, 651-388-1234

## **Vital Aging**

Richard J. Leider talks about Courageous Listeners and "Claiming your place at the fire." He asks "*If you throw a log on the fire for every time you made a difference, would you have a bon fire or a flicker?*"

## Alzheimer's and Memory Loss Support Groups

### **Wabasha**

2nd Thursday - 2 p.m.  
St. Elizabeth's Health Care  
626 Shields Ave.  
Karen Evers 651-565-3116

### **Cannon Falls**

3rd Thursday – 7 p.m.  
Angels Care Center  
300 N. Dow St.  
Jennifer Krannich, 507-263-4658  
Joyce Grabowski, 507-333-6463

### **Pine Island Memory Loss**

2nd & 4th Monday – 1:00 p.m.  
St. Paul Lutheran Church - library  
214 3rd St. SW  
Pat Kimble, 507-732-8512  
Pine Island Home Services – 356-2999

### **Red Wing**

3rd Thursday – 6:30 p.m.  
St. Brigid's at Hi-Park  
213 Pioneer Road  
Red Wing, MN 55066  
Sara Larson, 651-388-1234  
Lisa Oelkers, 651-388-1234

### **Faribault**

3rd Tuesday - 4 p.m.  
Infinia at Faribault  
1738 Hulet Ave. N.  
Leslie Ciefinski, 507-334-3918

### **Northfield**

2nd Wednesday – 4 p.m.  
Three Links Care Center  
815 Forest Ave  
Paula Plank, 507-664-8819  
Kathy Abbott, 507-664-8821

Interested in a group in Zumbrota or Lake City?  
Call 800-277-8418, ext. 112

## Caregiver Support Group

### **Red Wing:**

2<sup>nd</sup> Wednesday of the month at 1:30 p.m.  
Faith In Action at the Red Wing Senior Center  
Call Corene Besetzny at 651-385-3290

Are you wondering how you will make your home more livable? Do you know you need some safety updates, but feel you can't afford it? Keeping our homes efficient, safe and accessible will save money in the long run. Take a good look at your home. Could this program help you? Two options are available to help you update your home.

## Reverse Mortgages

If your home is paid off (or almost) you can get the equity you have put into your home back, either as monthly income or for a specific purpose, such as a motorized scooter. This option isn't for everyone, but it is the perfect option for some. Call us and we will give you more information on who to call.

*or*

## Rehabilitation Loan Program

**Funded by:** Minnesota Housing Finance Agency

**Purpose of Program:** Home Improvement Loan

**Service Provided:** Loans up to \$15000.00 at 0 % interest.

**Eligibility:** Household income can not exceed the below amounts.

2005 Income Limits					
1 person	2 person	3 person	4 person	5 person	6 person
\$16,150	\$18,500	\$20,800	\$23,100	\$24,950	\$26,800

Total household assets cannot exceed \$25,000.00 excluding house and two contiguous lots of platted land, or 160 contiguous acres of unplatted land. For self-employed individuals a net worth statement prepared for the purpose of obtaining financing, or prepared and signed by an impartial third party, is required to verify assets.

**Who Is Eligible:** Homeowners

**What:** Loans are for basic and necessary improvements that make the home more livable, accessible and energy efficient such as electrical wiring, plumbing, roofing, and heating; energy saving improvements such as insulation and storm windows; improvements to meet the unique needs of disabled persons; improvements that will increase the property's compliance with applicable housing codes.

**Where:** In Goodhue and Wabasha counties

**When-Time Frame:** The loan balance is due upon sale of property or after 30 years for houses, and for mobile homes the loan balance is discharged after 15 years.

**How:** Complete and return the enclosed pre-application, and you will be put on the waiting list.

**Contact Person:** Jane Vanderbosch

**Phone Number:** (507) 732-8513 or 1-800-277-8418 extension 113

**MINNESOTA HOUSING FINANCE AGENCY REHABILITATION LOAN PRE-APPLICATION**

This is a pre-application form for the MHFA Rehabilitation Loan Program. When it has been returned to Three Rivers Community Action, Inc., the applicant's name will be put on a waiting list for the program, and then will be contacted when the applicant's name comes to the top of the list.

- 1. Applicant: \_\_\_\_\_
- 2. Address: \_\_\_\_\_
- 3. Telephone: \_\_\_\_\_
- 4. Age of House: \_\_\_\_\_ House: \_\_\_\_\_ Mobile Home: \_\_\_\_\_
- 5. Family Yearly Gross Income: \$ \_\_\_\_\_ (Include all Family Members)
- 6. Family Size and Ages:  
\_\_\_\_\_  
\_\_\_\_\_
- 7. Are you or any members of your family handicapped? \_\_\_\_\_
- 8. Are you buying on Contract for Deed? \_\_\_\_\_
- 9. Repairs needed on your home - Please check those that apply to your house:  

_____ Accessibility Repairs (for Handicapped)	_____ Roof Repair/Replacement
_____ Foundation Repair/Replacement	_____ Insulation (Attic and Walls)
_____ Electric Wiring	_____ Door(s) Replacement (Storm and Entrance)
_____ Holes or Cracks in Walls or Ceilings	_____ Window(s) Replacement (Inside / Outside)
_____ Chimney Repair/Replacement	_____ Heating Unit Repair or Replacement
_____ Septic System (Installation or Repair)	_____ Plumbing
_____ Other _____	

This information is true and correct to the best of my knowledge.

Owner(s) Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Our Caterers

# 2005

### Goodhue County

#### **Cannon Falls**

VOA Angels Care Center

#### **Goodhue**

Doc Sawyers

#### **Pine Island**

Pine Haven Care Center

#### **Wanamingo**

Semcac Senior Dining

### Rice County

#### **Faribault**

District One Hospital

#### **Lonsdale**

South 40 Pub & Eatery

### Wabasha County

#### **Kellogg**

Semcac Senior Dining

#### **Mazeppa**

WD's Bar and Grill

#### **Millville**

Lucky Seven

#### **Wabasha**

Semcac Senior Dining

## Ask SOPHIE

senior, older person, hip, informed, & empowering

**Question:** I love caring for my husband, but sometimes I just need a chance to go shopping and have lunch with my girls. I can't leave him alone in the house anymore. Is there help I can get? I live in Goodhue County.

Signed - Still in love, but need to get out.

**Answer:** Yes. New services are being developed every day. Fairview Red Wing Health Services is partnering with Ebenezer to offer a place to bring adults who need care. They are open Monday through Friday from 7:30 a.m. to 4 p.m. and offer exercise, cooking and baking, bingo, trivia, current events, cards, arts and crafts, movies, music, discussion groups and more to fit the needs of your loved one. To learn more about rates and have your questions answered, call Lucy Boxrud, Ebenezer Adult Day Program Director at 651-385-9340 or e-mail her at [lboxrud1@redwing.fairview.org](mailto:lboxrud1@redwing.fairview.org).

*Also, check out the services on page 8!*

**Question:** Mom wants to stay in her home, well, forever! How do I help her do that?

**Answer:** The most important thing people can do to increase the odds of living in their own homes the rest of their lives is to be realistic. It is normal to need help as we age. By receiving help before you are totally dependent, you can avoid early placement in a nursing home.

What kind of help? Household chores, healthy food, exercise, ramps and limited stairs, or stairs that are easy and safe to climb, and safe transportation are examples of assistance you can receive. It can cost a lot less to pay for services to keep someone healthy than to wait until they are invalids or fall, ending up with a broken hip. Plan now! Don't wait for a disaster. As you will see on the next page, we have many good services available locally.

## Internet Savvy

Here are some useful websites.

Call if you have good ones you would like to share!

<http://www.uclick.com/client/aap/sudoc/> Daily Sudoku game – good for the brain!

[http://www.aarp.org/families/driver\\_safety/](http://www.aarp.org/families/driver_safety/) AARP driver safety tips

[http://www.aarp.org/families/legal\\_issues/legal\\_guides/a2004-03-25-homod.html](http://www.aarp.org/families/legal_issues/legal_guides/a2004-03-25-homod.html)

AARP Home Modifications Self-Help Guide

<http://www.caringtoday.com/> Order the Caring Today magazine or check out their website.

## Getting help in your home.

### **Do you need nursing care to stay in your home?**

### **Could you use help with spring cleaning? Bathing? Companionship? Spring chores?**

The best way to be able to stay in your home and not have to move somewhere you don't want to be, is to get the help you need early on to keep you healthy and your home safe.

#### Not sure if you need help or not?

- Have a family meeting to decide on your needs. Don't criticize one another, be realistic about the amount of time and help each person can provide. It is a wise person who gets help when they need it!
- Call your local Public Health office. They each provide a free Long Term Care Consultation. The purpose of these assessments is to help you figure out what a person needs to do in order to stay in their own home longer.
- Your primary concern is with memory loss or Alzheimer's, call the Alzheimer's Association at (507) 289-3950 or their helpline at 1-800-232-0851.
- You have concerns about vision loss, call the State Services for the Blind at (507)285-7282
- You have concerns about a hearing loss, call the Information and Referral Center on Hearing Loss at (507) 285-7295.
- You have multiple needs or you aren't sure who to call, ask Pat or Joyce your Senior Advocates and Family Caregiver contacts.

#### Places to call for home health care aides, nursing, homemaking, chore service or transportation are:

- ✓ Alliance Home Health And Residential Services (507) 252-9737
- ✓ Cannon Falls Community Hospital Home Health Care, (507) 253-7659
- ✓ Comfort Home Health Care (CHHC) (507) 281-2332 or (800) 204-2332
- ✓ Faith in Action, Central Goodhue County, (507) 824-3290 (volunteer services)
- ✓ Faith in Action, Plainview, (507) 534-1244 (volunteer services)
- ✓ Faith in Action, Red Wing Area, (651) 385-3290 (volunteer services)
- ✓ Home Instead Senior Care (507) 285-1700
- ✓ Intrepid USA Healthcare Services (507) 281-3029
- ✓ Pine Island Home Services, (507) 356-2999 (volunteer and paid nursing services)
- ✓ Public Health: Goodhue County - (651) 385-6100; Rice County (507) 332-6111; Wabasha County (651) 565-5200. Public Health offers home health care services, often at reduced prices.
- ✓ New Horizons Home Care and Nursing Services (507) 281-3029 or (800) 658-2471
- ✓ (Formerly Intrepid and Shamrock)
- ✓ Rice County Chore Program, (507) 332-7357 or (507) 334-4347
- ✓ St. Elizabeth's Medical Center, (651) 565-4531
- ✓ Spectrum Community Health, Inc. (651) 627-9177 or (507) 282-8052 or (800) 605-1622
- ✓ United Home Healthcare Choices, Inc. (651) 388-0466

Paid services range from \$27 per hour to \$68 per hour. Most agencies require that an RN supervise and review services once a month. There is usually an initial charge, from between \$60 to \$120, for an initial evaluation and care plan. If a person is on Medical Assistance, they and their family may be able to participate in Consumer Directed Services. This allows a family to pay for the services they choose and hire, within a budget, the persons they want.

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In George E. Vaillant's book "*Aging Well: Surprising Guideposts to a Happier Life*" from the Landmark Harvard Study of Adult Development, he points out that people who care for others, have generosity, and care about something other than themselves, live longer and healthier lives. Purpose is core to spirituality.

## "Our Volunteers are Like Gems!"

*Amethyst*-Volunteers are like amethyst because they are vivid and sincere. They create stability, calmness and tranquility, even in the midst of a rowdy group of children.

*Diamond*-Volunteers are like diamonds because they are brilliant, courageous and tough. Volunteers are highly prized and loved.

*Emerald*-Volunteers are like emeralds because they are intense and soothing. They reflect growth, remove weariness and soothe the soul. They are highly valued.

*Ruby*-Volunteers are like rubies because they are glowing and intense. They are wise, creative and peaceful.

*Sapphire*-Volunteers are like sapphires because they are clear and precious. They are brilliant, precise, happy and bring blessings.

*From: <http://www.energizeinc.com/>  
Submitted on 14Oct03 by Bethany Swickrath,  
Membership and Community Education Manager,  
Girl Scouts of Appleseed Ridge, Inc., OH, USA*

### Upcoming Events

Understanding Alzheimer's Disease &  
Maintaining Your Brain

Presented by Gerise Thompson, Director  
Southern MN Center Alzheimer's Association

Sponsored by St. Elizabeth's Health Care  
Tuesday, May 9<sup>th</sup>  
6:30 to 8:30 p.m.

Wabasha-Kellogg High School Auditorium

Tuesday, May 16<sup>th</sup>  
6:30 to 8:30 p.m.

Plainview Elementary School Media Center

Sponsored by Pine Island Area Home Services

Tuesday, May 23<sup>rd</sup>  
6:30 to 8:30 p.m.

Pine Island High School

## Hello Mother, Hello Father...

Sometimes it seems I've had a dozen mothers and fathers. As the years go by, I find myself remembering lots of different versions of my mom and dad. Sometimes Mom was a wise woman who told her daughters to always forgive each other and be friends because others will come and go in our lives but our sisters are always our sisters. Sometimes Mom was the invalid, very distant from us and hard to reach. She was sad and that was so frustrating. Once, Mom was the friend who visited me in New York and we did so many fun things together! At times, she embarrassed me, not being the mother I hoped she would be. Sometimes Mom was funny and had a great sense of humor. I was proud of this mom.

Dad could be my hero; he took time to take me to buy a dress for my first dance. Now I realize how difficult it was for him as all our money had gone to pay for prescriptions as both mom and dad were ill. Dad was a great competitor, never letting us win in chess, checkers or ping pong unless we deserved the win! My dad let me help him at work on Saturdays (I thought cleaning his office while he worked was a privilege!) He was a clever man. Sometimes Dad seemed selfish and foolish because he didn't take care of his health (but mostly I felt that way because I missed him - he died of a stroke when I was 17). Now I remember the joys he gave us and feel blessed to see his wonderful traits in my son.

As a mom, daughter, sister, friend, I know I am many different things. Sometimes I do it well; sometimes I wish I could do better. The qualities of being a mom or dad, sister or brother, niece, nephew, grandchild, or friend or neighbor are very much the same, caring and doing the best we can, and appreciating our differences and changes throughout our lives. Sometimes we are the caregivers; sometimes we must accept care and love.

Celebrate the complexity of your mother and father this year!

May 14, 2006 Mother's Day  
June 18, 2006 Father's Day



Sit down, enjoy a warm beverage and read....



*"Healthy Living Hints from Three Rivers "*

## From the National Institute on Aging

### Fact

Did you know that your body uses vitamin D to absorb calcium, which makes your bones stronger and helps prevent fractures? Vitamin D is manufactured in the skin following direct exposure to sunlight. The amount of vitamin D produced in the skin varies depending on the time of day, season, latitude, and skin pigmentation. While many people get enough vitamin D naturally, studies show that vitamin D production decreases in older people and in those who are housebound. These people may need to take vitamin D supplements to ensure a daily intake of between 400 and 800 IU (international units) of vitamin D.

**Tips:** Major food sources of vitamin D are vitamin D-fortified dairy products, eggs, saltwater fish, dark green vegetables, and liver. Some calcium supplements and most multivitamins contain vitamin D, so it's important to read the labels to find out how much each contains.

**Caution:** Massive doses of vitamin D may be harmful and are not recommended.

<http://www.nia.nih.gov/HealthInformation/Publications/ExcerciseGuide/chapter06.htm>

## Rosemary sweet potato salad

Try serving this colorful salad for a welcome change from standard potato salad.

- 2 tablespoons raisins or dried cherries
- 1/2 cup hot water
- 1 1/2 pounds sweet potatoes
- 1 red bell pepper, seeded and thinly sliced
- 1/2 cup thinly sliced red onion
- 1/4 cup chopped dark green parsley
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons canola oil
- 2 teaspoons chopped fresh rosemary leaves (or 1/2 teaspoon dried)
- 1/4 cup sliced almonds

1. Pierce with a fork and bake sweet potatoes at 400 degrees until soft, about 45 minutes. When cool enough to handle, peel and cube.
2. Soak raisins (or dried cherries) in hot water for ten minutes and drain well.
3. Combine potatoes, red pepper, onion, parsley, zest and raisins or dried cherries in large bowl.
4. Combine juice and rosemary in small bowl. Add oil in a thin stream, whisking briskly. Pour over potato mixture and toss gently to coat.
5. Toast almonds in dry skillet over medium heat until just toasted, about 5 minutes. Sprinkle over salad.

# Meals-On-Wheels---a hot meal!

## *Keep in mind the ideal winter gift!*

### **The gift that keeps on giving – Give a gift certificate for meals!**

Three Rivers Community Action’s Meals-On-Wheels program, serving the 12 communities listed below, is funded through a combination of donations, federal, state, and local funds. We do not “charge” for meals, but we ask for donations. A gift certificate will be accepted, in lieu of a cash donation, when you:

Fill out the form below and send with your check or money order to Three Rivers Community Action, Inc., 1414 North Star Drive, Zumbrota, MN 55992. We will send you the gift certificate(s). Then the individual receiving Meals-On-Wheels (or their representative) will use the gift certificate to help with the cost of meals.



Towns served by  
Three Rivers CAP  
Meals-On-Wheels:

- Cannon Falls
- Faribault
- Goodhue/  
Bellechester
- Kellogg
- Lonsdale
- Mazeppa
- Millville
- Pine Island
- Wabasha
- Wanamingo

*As always, general donations to the agency are welcome.*

*Each meal with nutritional and referral services costs approximately \$6.00.  
We hope you value this service and will contribute what you can afford.*

Enclosed is \$ \_\_\_\_\_ to be used as a donation for \_\_\_\_\_ number of meals.

#### **Gift Certificate will be made out to:**

\_\_\_\_\_  
Name of Meals-On-Wheels Recipient

\_\_\_\_\_  
City or Location

Donor Name: \_\_\_\_\_  
Donor Address: \_\_\_\_\_  
City/State/ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

#### Check Here:

- I would like to deliver meals
- I want for information on programs
- I would like a call

***For additional gift certificate request forms please call 1-800-277-8418***

*Three Rivers Community Action, Inc.*

*Senior Programs*

1414 North Star Drive  
Zumbrota, MN 55992



*Three Rivers  
Community Action, Inc.  
Senior Programs*



## **Inside this issue!**

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**Spring 2006**

Vol. 6 Issue 1