

# TWO RIVERS CONNECTION



April 2025

**ALOHA**

## IT'S TIME TO LUAU

**THURSDAY MAY 1, 2025**  
**11:30AM – 2:30PM**

At Gilmanton American Legion  
W738 County Road B Gilmanton WI

**Bring the FUN, learn about our services  
& DRESS UP in Hawaiian Theme!**

**11:30am-12:30pm**  
**Social Hour with Appetizers**  
**\*\*Beverages available for purchase\*\***

**12:30pm - 1:30pm**  
**ADRC "Meet The Team" & BINGO**

**1:30pm - 2:30pm**  
**Music by Rich Schroeder**  
**followed by Raffle Prizes**  
**\*\* must be present to win\*\***

**NEED A RIDE**  
**to the Event?**  
**Call 866-578-2372 by**  
**April 24 to sign up**

**ADRC**  
Aging and Disability Resource Center  
of Buffalo and Pepin Counties

[www.adrc-bcp.com](http://www.adrc-bcp.com)

The central text is surrounded by various tropical-themed illustrations. At the top left are orange and pink hibiscus flowers. To the left of the text is a green lei. Below the lei is a pineapple character wearing black sunglasses. To the right of the text is a colorful Hawaiian shirt and a pair of blue and red sunglasses. At the bottom right are more pink and white hibiscus flowers. The entire central area is framed by a decorative border of tropical leaves and flowers.



# The Dementia Care Corner

## Savvy Caregiver!

### Calling all caregivers of persons with dementia!!

Savvy Caregiver is recognized nationally as a leading evidence-based dementia family caregiver training program. Savvy programs are designed to provide the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia. Savvy Caregiver programs have been proven to decrease family caregiver distress, burden, and depression, while increasing caregivers' sense of competence and confidence in their care role. Savvy Caregiver provides person-centered, active-learning programs in a variety of formats that integrate core principles and insights from gerontology, nursing, family systems, and occupational therapy. Families learn strategies to enhance their own self-care as well as day-to-day time with their person.

**The ADRC is planning to offer Savvy Caregiver to dementia caregivers in the late spring of 2025. Meetings will take place once weekly, for six weeks. Interested in participating in this free opportunity? Please contact Chelsey/ Dementia Care Specialist for more details. PH: 715-279-7870. Time and location of this opportunity will depend on the location of those interested!**

## National Health Care Decisions Day!

**April 16<sup>th</sup> is National Health Care Decisions Day... the perfect time to complete or update your advance care planning documentation!** Wisconsin is not a 'next of kin' state, meaning that if you were to become incapacitated due to an illness or injury, your family would be unable to make medical and/or financial decisions on your behalf, without proper advance planning documentation completed. By completing a **Power of Attorney for Health Care** form, as well as a **Power of Attorney for Finance** form, you're able to name the person(s) you'd like to manage your health care and financial affairs if you became unable. Contact the ADRC to request copies of these documents today. They are provided at no cost to you! PH: 1-866-578-2372.

## April Events!

### Coffee & Conversation Memory Café (Alma)

April 10<sup>th</sup>, 11:00am-12:00pm  
Wings Over Alma Art & Nature Center  
(110 N Main St., Alma)

### Meaningful Connections Café (Durand)

April 3<sup>rd</sup>, 11:00am - 12:00pm  
Riverview Community Center  
(606 W Madison St., Durand)

NEW!!

### Mondovi Dementia Caregiver Support Gathering

April 24<sup>th</sup>, 10:00 - 11:30am  
Mondovi Public Library  
(147 W Hudson St., Mondovi)

### Pepin Dementia Caregiver Support Gathering

April 1<sup>st</sup>, 10:00 - 11:30am  
Pepin Public Library  
(510 Second St., Pepin)

NEW!!

Questions about any of these ADRC events?  
Contact Chelsey/Dementia Care Specialist for  
more information. PH: 715-279-7870

### DEMENTIA Live ®

April 7<sup>th</sup>, 1:00-2:00pm  
Pepin Public Library  
(510 Second St., Pepin)

*DEMENTIA Live ® is high-impact, hands-on experience that promotes understanding of cognitive impairment and sensory changes associated with dementia. Participants will gain a heightened awareness of dementia-related challenges and leave with tips and tools to improve communication and connection.*

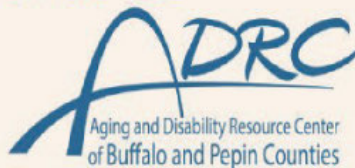
Must call in advance to register for DEMENTIA Live, as space is limited! Call 715-279-7870.



# APRIL NATIONAL VOLUNTEER WEEK APRIL 20-26, 2025

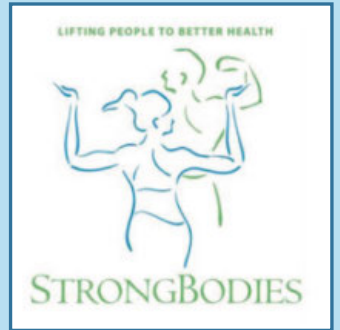


WE ARE SO GRATEFUL  
FOR YOU!



## StrongBodies

StrongBodies is a community-based physical activity program designed to help individuals of all ages build strength, flexibility, and balance. Helping people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support. UW-Madison Extension is offering StrongBodies virtually in 2025 and you are welcome to join at no cost! The classes meet Tuesdays and Thursdays at 9am for 12 weeks and the upcoming sessions are:



- ♦ Spring Session - April 8 - June 28
- ♦ Summer Session - July 8 - September 25
- ♦ Fall Session - October 7 - December 18

To learn more about StrongBodies, visit <https://health.extension.wisc.edu/strongbodies/> or to register, contact the ADRC of Buffalo and Pepin Counties at 866-578-2372 or [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us)

## ADRC INFORMATION SESSION



**COME AND LEARN ABOUT THE ADRC OF BUFFALO AND PEPIN COUNTIES! THIS SHORT INFORMATIONAL SESSION WILL COVER THE ROLES OF EACH ADRC STAFF INCLUDING THE SERVICES AND PROGRAMS WE PROVIDE.**

### SESSION OPTIONS: \*REGISTRATION REQUIRED\*

Date: April 15th  
Time: 10:00 AM

Location: Community Room at the S. Oak Street Apartments  
N6177 S Oak Street, Arkansaw

Date: April 15th  
Time: 11:00 AM

Location: Community Room at the Dunbar Hill Apartments  
N6164 Dunbar Hill, Arkansaw

Date: April 22nd  
Time: 10:00 AM

Location: Community Room at the Dunn Street Apartments  
701 Dunn Street, Pepin

Date: May 20th  
Time: 9:30 AM

Location: Community Room at the Lee Street Apartments  
510 Lee Street, Durand

Date: May 20th  
Time: 10:30 AM

Location: Community Room at the Brookside Apartments  
703 3rd Ave E, Durand

**TO SIGN UP FOR A SESSION PLEASE CALL THE ADRC AT 866-578-2372 AND INDICATE THE DATE AND LOCATION YOU WOULD LIKE TO ATTEND.**

Be informed of your **Aging and Disability Resource Center!**

Ever wonder what the ADRC team is up to?

You can find all of the current and upcoming events we are hosting by calling 866-578-2372 or visiting:

<https://www.adrc-bcp.com/upcoming-events>



You know you're "seasoned" if...

YOU REMEMBER DEPENDING ON PAPER MAPS TO GET AROUND



SEASONEDTIMES.COM

## Specialist Spotlight

Your ADRC Specialist Team: (left to right)

*Jennifer Nelson - ADRC Specialist*

*Michelle Brown - ADRC Specialist*

*Melissa Hovland - Disability Benefit Specialist*

*Bernie Rogers - Elder Benefit Specialist*

*Julie Fick - Elder Benefit Specialist*

*Chelsey Herold - Dementia Care Specialist*



## April is National Stress Awareness Month



Did you know that April is National Stress Awareness Month? Stress can generally be described as a feeling of being overwhelmed or worried, and it is something that everyone experiences from time to time. It is important to learn about stress and how to manage it, because if left uncontrolled, it can have adverse health effects, from headaches, to stomachaches, to difficulty sleeping, to even heart attacks and strokes. Stress can also make it hard to concentrate and make decisions and can even affect our relationships with friends and family.

Here are some helpful suggestions for how to manage stress in everyday life:

1. **Exercise:** Moving our bodies can help reduce stress and improve our mood. Try going for a walk, riding a bike, or playing a sport you enjoy.
2. **Deep breathing:** Taking slow, deep breaths can help us feel calmer and more relaxed. Try inhaling for a count of four, holding for a count of seven, and exhaling for a count of eight.
3. **Talk to someone:** Sometimes, sharing what is bothering us with someone we trust can help make us feel better. You can try talking to a spouse, friend, or counselor about what's troubling you.
4. **Write in a journal:** Writing down our thoughts and feelings can be a helpful way to express ourselves and reduce stress. Try keeping a journal, whether electronic or in paper form, and writing in it every day.
5. **Practice mindfulness:** Mindfulness refers to paying attention to the present moment without judging our thoughts or feelings. Try sitting quietly and focusing on your breath or the sensations in your body. This can help you relax and remove yourself, at least for a few minutes, from a stressful thought or situation, and may help give you more perspective on the matter.
6. **Sleep:** Make sure you are getting enough sleep. Experts recommend that adults should get at least 7 hours of sleep per night. Although stress can make it more difficult to fall and stay asleep, not getting enough shut eye can make it harder to control and manage stress. If you are struggling with sleep issues, it might be time to talk to your doctor about ways to improve your sleep.

Submitted by: Julie Fick, Elder Benefit Specialist, with permission by the GWAAR Legal Services Team



The Senior Nutrition Program of Buffalo & Pepin Counties is committed to providing well-balanced meals to help seniors lead active, healthy lives. We provide a staggering 40,000 meals yearly between the two counties, primarily for older adults over the age of 60, either through home delivered meals, carry out meals, and congregate dining.

To provide those meals we have 24 volunteers and 4 paid employees in the Nutrition program. In addition to getting a delicious meal, each site provides opportunities to meet new people, renew old friendships and keep current on programs and issues relating to seniors. We are more than just a meal, we are a welfare check, a smiling face and a helping hand.

All of this is done on a contribution basis to everyone over the age of 60, regardless of your economic status. To make a sustainable program, the nutrition program has several funding sources including Federal/State, contributions, and local tax levy. Consumer-based contributions are an intricate funding source for the program. Any sort of donation made to the program is a helping hand. I encourage anyone interested to come spend a few hours at one of the meal sites or go on a home delivered route. You will truly meet some wonderful people.

**Matthew Bertelson**  
Nutrition Program Coordinator  
Buffalo & Pepin County  
Office: 715-672-8941, Ext.163  
Cell: 608-418-0668  
Email: [mbertelson@co.pepin.wi.us](mailto:mbertelson@co.pepin.wi.us)



**K K Lawn Services, Inc.**  
*For All Your Lawn, Home & Garden Service Needs*  
• Snow Plowing • Commercial Sand & Salt  
• Lawn Care • Fertilization • Weed Control  
**Joe Berger (715) 495-9712**

**Bauer Built**  
TIRE & SERVICE  
**Tire & Service Experts**  
**Durand** 300 W Prospect St 715-672-8300  
**Eau Claire** 3014 Mall Dr 715-834-4106  
**www.BauerBuilt.com**

**WorkforceConnections**  
**Seeking Classroom Grandparents**  
Tutor elementary students in schools in Pepin and Buffalo Counties.  
Paid volunteer hours and training that DO NOT affect social security, rent subsidies, or other assistance.  
Share your skills and talents with students who need your support!  
Contact us to see if you are eligible:  
Contact Us 808-789-5620 Visit Our Website [www.workforceconnections.org](http://www.workforceconnections.org)

**AREA THRIFT SHOP**  
113 E. Hudson Street, Mondovi, WI  
**(715) 926-5268**  
Tues.-Friday, 12 pm - 5pm  
Saturday 9am - 1pm  
Closed Sunday & Monday

**ntec** is where  
**#ruralmatters**  
Phone, Internet & Cable Provider  
**ntec.net**  
**715.672.4204**

**DAILY BREAKFAST, LUNCH & DINNER SPECIALS**  
  
**Friday Fish Fry (Broasted Cod)**  
**Saturday - Steaks**  
**Sundays - Broasted Chicken**  
**OPEN DAILY 6 AM**  
318 W. Main • Durand, WI • 672-8874

**my choice WISCONSIN**  
My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.  
**Visit us today:**  
**mychoicewi.org/LPI**  
**1-800-963-0035**  
For more information on your long-term care options, contact your local ADRC.  
DHS Approved 4/22/2021

## DONNA MAE'S PANTHER CAFÉ

GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139

NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

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

April  
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Creamed Chicken on Biscuits, Peas, Corn, Tropical Fruit, Cake	<b>2</b> Spaghetti w/Meat Sauce, Salad, Garlic Bread, Banana, Cake	<b>3</b> Hamburger w/ Mushrooms & Onions, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake	<b>4</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
<b>7</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Fruit Cocktail, Cake	<b>8</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	<b>9</b> Hamburger Hotdish, Broccoli, Bread, Peaches, Cake	<b>10</b>  <b>Easter Buffet</b> <b>11:00am - 1:00pm</b>	<b>11</b> Cod, Cheesy Potatoes, Beans, Bread, Coleslaw, Cake <i>Pepin HDM: Chicken instead of Cod</i>
<b>14</b> Hamburger Gravy, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	<b>15</b> Baked Chicken, Stuffing, Cranberries, Corn, Bread, Tropical Fruit, Cake	<b>16</b> Chili, Cold Cut Sandwich, Banana, Cake	<b>17</b> All Beef Hotdogs, Baked American Fries, Cowboy Beans, Fruit Salad, Mandarin Oranges, Cake	<b>18 MEAL SITE CLOSED</b> 
<b>21</b> Philly Sandwich, Baby Red Potatoes, Carrots, Fruit Cocktail, Cake	<b>22</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	<b>23</b> Salisbury Steak, Mashed Potatoes, Broccoli, Bread, Peaches, Cake	<b>24</b> Beef Stew (Potatoes, Carrots, Onions), Bread, Applesauce, Cake	<b>25</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
<b>28</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	<b>29</b> Chicken Strips over Wild Rice w/ Hollandaise Sauce, Broccoli, Bread, Tropical Fruit, Cake	<b>30</b> Barbeque on Bun, Baby Red Potatoes, Green Beans, Bread, Banana, Cake	<b>Served with each meal:</b> <b>Milk</b>	<b>Dates Salad Option</b> 1st - 4th Crispy Chicken 7th - 11th Taco 14th - 17th Chef 21st - 25th Grilled Salad 28th - 30th Crispy Chicken



## EAU CLAIRE BUS TRIP

Wednesday April 9, 2025

Join us for a day of Shopping in Eau Claire!

**715-672-8941 EXT 152**

CALL TO REGISTER AT LEAST 2 BUSINESS DAYS IN ADVANCE

**ADRC**  
Aging and Disability Resource Center of Buffalo and Pepin Counties

**COST: \$5.00 PER PERSON**

The ADRC of Buffalo & Pepin Counties does not discriminate on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP). For more information and on the procedures to file a complaint, contact 888-678-2572. (For hearing impaired, please use Wisconsin Relay 711 service) If information is needed in another language, contact 888-678-2572

## POINT OF VIEW



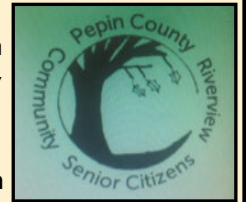
Answer Key-Page 11

Try to match up the top view and side view For Four different umbrellas.





It seems that winter is waving good bye, and I, for one, am ready to see it go. Now we can start planning gardens, seeds, and watch our annuals come up with promise. April will be a busy month at Riverview Community and Senior Center with some promising events.



The Riverview Quilters will be holding a De-Stash sale on April 5<sup>th</sup> with several tables filled with various fabrics, patterns, sewing supplies and even a couple of sewing machines for sale. In the past, we have had visitors from several counties coming to look for that "certain" item they need to complete a project. Look for our posters and ads for additional information. Seniors will also be serving a luncheon featuring chicken or ham salad sandwiches with sides and beverages for \$8.00. Stop by to meet with friends and toss your sewing ideas around.

Riverview will also be participating in the "Ten on Ten" Thrift Sales on April 24<sup>th</sup> and 25<sup>th</sup>. Items will be sold at "Free Will" offering. We will not be accepting clothing or furniture as donations, but anything else you would like to donate will be appreciated.

We have 2025 Quilt Raffle tickets for the June 2<sup>nd</sup> drawing available at the Senior Center between the hours of 10:00am - 2:00pm, Monday - Friday. Price is \$1.00 per ticket or 6 tickets for \$5.00.

Thank you for your continued support of the Riverview Community and Senior Center, and remember to stop in to renew your membership for 2025.

Marge Briggs



## Rhiel Funeral Home & Cremation Services

◆ Offering dignified services since 1919 ◆

Durand | (715) 672-5691 [www.rhielfuneralhome.com](http://www.rhielfuneralhome.com)  
Director James Sedlmayr [james@rhielfuneralhome.com](mailto:james@rhielfuneralhome.com)

Bankers Who Believe in You

**sfb**

SECURITY FINANCIAL BANK

[sfbank.com](http://sfbank.com) | 888.254.0615 | FDIC



**Advent Health**  
feel whole™

1220 Third Ave. W. - Durand, WI 54736  
[www.adventhealth.com](http://www.adventhealth.com)



**Vicky Peterson**  
Representing Johnson  
Monument Co.

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

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

**715.495.8798**

**REEL COUNTRY**



**WRDN**

**1430 AM**  
**107.3 FM**

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

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



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

## CORRAL BAR & RIVERSIDE GRILL

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

*April  
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Served with each meal:</u></b> <b>Milk</b>	<b>1</b> Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	<b>2</b> Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	<b>3</b> Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/Ranch Dressing, Garlic Bread, Applesauce	<b>4</b> Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges
	<b>8</b> Chicken Parmesan over Pasta, Carrots, Lettuce Salad w/ French Dressing, Wheat Bread, Banana	<b>9</b> Cheeseburger on Bun, Tater Tots, Baked Beans, Fruit Cocktail	<b>10</b> Beef Stew, Brussel Sprouts, Whole Grain Muffin, Pears	<b>11</b> Vegetable Lasagna, Coleslaw, Garlic Bread, Tropical Fruit
<b>Call previous day by 1:00pm to order lunch.</b>	<b>15</b> Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Corn, Wheat Bread, Fruit Cocktail	<b>16</b> Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	<b>17</b> Baked Ham, Scalloped Potatoes, Whole Kernel Corn, Wheat Bread, Pears, Pie 	<b>18 MEAL SITE CLOSED</b> 
<b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>22</b> Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/Ranch Dressing, Garlic Bread, Applesauce	<b>23</b> Beef Roast, Mashed Potatoes w/ Gravy, Corn, Wheat Bread, Tropical Fruit	<b>24</b> Creamed Chicken & Biscuits, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert	<b>25</b> Fish Sandwich w/ Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Fruit Cocktail
	<b>29</b> Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple	<b>30</b> Lasagna, Mixed Vegetables, Lettuce Salad w/French Dressing, Garlic Bread, Strawberries		

### 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"/> Caregiver Support Program        |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Two Rivers Connection Newsletter |
| <input type="checkbox"/> Home Delivered Meals          | <input type="checkbox"/> Elder Benefit Specialist         |
| <input type="checkbox"/> Senior Dining Services        | <input type="checkbox"/> Dementia Services                |
| <input type="checkbox"/> Transportation 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.*



# Pasta Cooking Demonstration Hosted by Senior Nutrition Program

**Participants over  
the age 60 are  
welcome to join us  
for senior lunch and  
then stay for a  
cooking Demo**



**Suggested  
Lunch  
Contributions**

**\$5.00 - \$7.00**



**Please call a week in  
advance.**

April 24th  
Lunch: 11:45-12:15  
Demonstration: 12:30 to 1:30  
at The Lost Pirate  
175 S River Road, Buffalo City, WI 54622  
Phone: 608-248-2683

**Honesty, Integrity &  
Peace of Mind**

**Talbot**  
Family Funeral Homes  
Scenic Rivers Cremation Center

**"Serving Family Needs  
in Western Wisconsin  
and Southeastern Minnesota"**

#### **Four Locations**

679 Hehli Way • Modovi, WI  
340 N. State Road 35 • Alma, WI  
243 N. Main St. • Cochrane, WI

- Traditional Services
- Onsite Crematory
- Personalization
- Veteran Services
- Pet Cremation Services

**For Immediate Assistance:**  
**(608) 685-3294**

**Do you know**  
*how to report Medicare fraud?*

**PROTECT** your personal information  
**DETECT** suspected fraud, abuse, or errors  
**REPORT** suspicious claims or activities

Contact  
Senior Medicare Patrol  
888-818-2611  
www.smpwi.org

Wisconsin Senior Medicare Patrol



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

**Goodrich  
Funeral Home**

- Traditional
- Cremation
- Guaranteed  
Pre-Planning

118 East Madison Street  
Durand, WI 54736

**715-672-5115**

www.goodrichfh.com



*Fast, Friendly, Reliable Service*

**Phone 715-672-5202**

**NUMB3RS R US**  
Common Cents Bookkeeping & More

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

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



**St. Vincent de Paul  
THRIFT STORE**

Sun & Mon: CLOSED, Tue - Fri: 10am - 5pm • Saturday: 10am - 4pm  
825 E Prospect St, Durand, WI  
Store Line: 715-672-8975  
Help Line: 715-672-8617



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

Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

## THE LOST PIRATE

**BUFFALO CITY:** MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683  
HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY

*April  
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>2</b> Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	<b>3</b> Chicken Alfredo, Garlic Toast, Side Salad, Fruit	<b>Served with each meal:</b> <b>1% Milk</b> <b>Whole Wheat Bread</b>
<b>7</b> Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	<b>8</b> Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	<b>9</b> Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>10</b> Spaghetti w/ Garlic Toast, Corn, Side Salad, Fruit	
<b>14</b> Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	<b>15</b> Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	<b>16</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	<b>17</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	<b>Call previous day by 1:00pm to order lunch.</b>
<b>21</b> Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit	<b>22</b> Creamed Chicken over Biscuits, Mixed Vegetables, Fruit	<b>23</b> Cheeseburger, Potato Salad, Coleslaw, Fruit	<b>24</b> Baked Fish, Baked Potato, Side Salad, Fruit	<b>Salad Options:</b> <b>Taco, Ham, Chicken</b>
<b>28</b> Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	<b>29</b> Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	<b>30</b> Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit		

**ADRC**  
Aging and Disability Resource Center  
of Buffalo and Pepin Counties

**Let's Go!**  
Bus trip!

**Fried Fish**

Buffalo & Pepin County Transportation Program is Offering a ride on April 11th to Donna Mae's. Fried or Baked Cod Senior Meal (Participants over the age of 60 suggested contribution \$5-\$7).

**Contact Us by April 8th**  
**To Register. 715-672-8941 EXT 152**  
**Pick up Location Nelson & Durand**  
**Bus Trip: \$5.00 Per Person**



The ADRC of Buffalo & Pepin Counties does not discriminate on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP).  
For more information and on the procedures to file a complaint, contact 866-578-2372, (for hearing impaired, please use Wisconsin Relay 711 service) If information is needed in another language, contact 866-578-2372.

## SteppingOn

**wiha**  
Wisconsin Institute  
for Healthy Aging

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven consecutive weeks, you'll learn:

- \*To identify and remove or avoid fall hazards both inside and outside your home.
- \*How vision, hearing, medication, and footwear affect your risk of falling.
- \*Strength and balance exercises, which you can adapt to your individual level.
- \*To get back on your feet the right way if you fall.

**Classes will start Wednesday April 9<sup>th</sup> in Durand and will meet weekly for 7 weeks.**  
Call 866-578-2372 or email [adrc\\_bp@co.pepin.wi.us](mailto:adrc_bp@co.pepin.wi.us) to sign up or learn more about this program.

This is a FREE workshop sponsored by the Aging and Disability Resource Center of Buffalo and Pepin Counties.



## AMERICAN LUTHERAN HOME

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

*April  
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Open Face Hot Turkey Sandwich, Baby Baker Potatoes, Vegetable Blend, Jello w/Fruit	<b>2</b> Chili, Crackers, Corn, Romaine Salad, Frosted Pumpkin Bar	<b>3</b> Roast Pork, Roasted Sweet Potatoes, Green Beans, Strudel Stick	<u>Served with each meal:</u> <b>Milk</b>
<b>7</b> Swiss Steak, Au Gratin Potatoes, Stewed Tomatoes, Banana Cupcake w/ Cinnamon Frosting	<b>8</b> Meatloaf, Mashed Potatoes, Beets, Bread, Mixed Berries Bar	<b>9</b> Baked Swiss Chicken, Stuffing, Sunshine Carrots, Coffee Cream Dessert	<b>10</b> Lasagna, Broccoli, Bread, Mandarin Oranges	
<b>14</b> Pulled Pork on Bun, Potato Salad, Baked Beans, Apricots	<b>15</b> Beef Stew, Carrots, Romaine Salad, Bread, Peaches	<b>16</b> Baked Ham, Sweet Potatoes, Green Beans, Caramel Apple Dessert	<b>17</b> Swedish Meatballs, Mashed Potatoes, Corn, Peanut Butter Tart	<b>Call previous day by 1:00pm to order lunch.</b>
<b>21</b> Bratwurst on Bun, Sauerkraut, Baked Beans, Pears	<b>22</b> Roast Turkey, Gravy, Stuffing, Candied Carrots, Roll, Pie	<b>23</b> Country Fried Steak, Mashed Potatoes, Country Gravy, Squash, Butter-scotch Apple Cake	<b>24</b> Beef Pot Roast, Baby Baker Potatoes, Beef Gravy, Broccoli w/Cheese, Banana Foster Poke Cake	<u>Salad Options:</u> <b>Taco Chef (Turkey, Ham) Chicken Tender</b>
<b>28</b> Hamburger Gravy over Mashed Potatoes, Peas, Apricots	<b>29</b> Open Face Hot Turkey Sandwich, Baby Baker Potatoes, Vegetable Blend, Jello w/Fruit	<b>30</b> Chili, Crackers, Corn, Romaine Salad, Frosted Pumpkin Bar		

### Hidden Objects Solution

1 & 7  
3 & 2  
6 & 5  
8 & 4



### Riverview Quilters

Come join Riverview Quilters of Durand. They meet every Monday from 1:00pm to 4:00pm at the Riverview Community Center, 606 W Madison St., Durand. Bring crocheting, knitting or any crafts you're working on.

Generally, everyone works on their own projects. Occasionally, there is a group project for anyone who wants to work together. There is no instructor, but everyone is willing to share their knowledge if there are any questions. We meet to share hobbies and camaraderie. Please feel free to drop in with any questions you may have.



### Wisconsin Statewide Tornado Drill -

**April 10, 2025  
1:45pm and 6:45pm**



***Thank you!***

**Thank you from the Riverview  
Community Center!**

### Donations

*Janis Kartman, Joy Johnson  
Carol & Larry Prissel*

### Memorials

*Mary Kauffman, for Mary Polzer*

**TWO RIVERS CONNECTION**  
ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
Durand, WI 54736

Address Service Requested

PRST STD  
US POSTAGE  
PAID  
PERMIT NO. 9  
DURAND, WI

## COMMUNITY CONTACTS

**ADRC of Buffalo & Pepin Counties:** 1-866-578-2372 or [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us)

Please **add** or **remove** my name to/from the mailing list for the Two Rivers Connection newsletter (Circle One)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Donation Amount: \$ \_\_\_\_\_

Please return to: ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
PO Box 39  
Durand, WI 54736