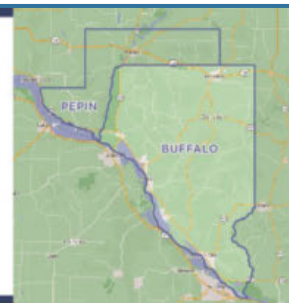


TWO RIVERS CONNECTION



August 2024

UPCOMING EVENTS 2024



7

AUGUST

IN-DISTRICT EVENT

Join us August 7th from 1:00 - 2:30pm at Broz's Bar & Grill in Ellsworth, WI to meet with your legislators to talk about local issues related to aging! Transportation may be available for this event, please call 866-578-2372 by August 1.

14

AUGUST

WINONA BUS TRIP



Grab a friend and join us for a day of shopping in Winona! The bus will leave from the Durand area. Arrangements can be made to pick people up along the way. Cost is \$5.00 per person. Call to register at least 4 days in advance: 715-672-8941, Ext. 152.

20

AUGUST

SCAM ALERT!

Learn how to protect yourself against scams straight from the experts! You'll hear tips and tricks from the Department of Consumer Protection, local Sheriff's Office, and the ADRC's Elder Benefit Specialist. This is a FREE seminar at the Roger Marten Community Center, 120 S Franklin St., Mondovi. The class will be held from 1:00pm - 3:30pm. Reservations are required by August 15th. Register at <https://www.signupgenius.com/go/10C0B4AAEAB2CABFEC07-50234112-scam> or call 866-578-2372.

23

AUGUST

IRVINE PARK ZOO

Join us for a fun day in Chippewa Falls! We'll stop for lunch, and then head to the Irvine Park Zoo. The park was established in 1906, and it's the home to tigers, bobcats, cougars, black bears, deer, bison, and other wildlife. The Red Barn Petting Zoo will also be open. Also, enjoy a treat at Olson's Ice Cream. Call Julie for more information, and to reserve your spot at 715-672-8941, Ext. 152.



The Dementia Care Corner

Chelsey/Dementia Care Specialist is participating in **National Night Out**, hosted by the Buffalo County Sheriff's Office, on August 6th from 5:00-8:00pm. **Stop by the Gilmanston High School to say 'Hello!'**

Pepin County Project Life Saver

Project Life Saver (PLS) is a rescue program for Pepin County's most vulnerable individuals – those with cognitive impairment or medical conditions that place them 'at risk' of wandering from home and becoming lost. Participants wear a bracelet around their wrist or ankle which enables their location to be tracked using specialized search equipment. PLS uses radio technology to locate a missing loved one. Unlike many GPS locators, it is not affected by weather conditions.

Enrollment Requirements

Participants must have a medical condition which requires them to receive 24-hour supervision. PLS cannot replace proper care, monitoring, or oversight of participants.

Program Cost

Participants are asked to pay a one-time fee of \$300 (cost of transmitter) then \$15 per month for replacement battery costs. *****Donations may be available to cover these costs!***

**Contact Deputy Cory
Kavanaugh of the Pepin
County Sheriff's
Office for more
information.
PH: 715-672-5944**



Lunch Bunch:

A virtual support and resources group which allows caregivers to come together and share experiences, challenges, and success. Takes place on the last Monday of each month, 11:30am-12:30pm. Call Chelsey (ADRC) at 715-279-7870 for more information!

Coffee & Conversation Memory Café

A social gathering for persons experiencing memory loss, as well as those interested in maintaining brain health through fun, interactive activities. No registration required. Just stop in!

When: Second Thursday of each month
11:00am - 12:00pm

Where: Wings Over Alma Art & Nature Center
110 N Main St, Alma

**** Join us on August 8th for CHAIR EXERCISE
BINGO! Get your brain and body moving!**

A **BRAIN HEALTH CHECK-UP** is a short, interactive screening that is provided by a specialist within the ADRC. It helps a person to better understand elements of their memory and cognitive functioning. Though they only take a few moments, Brain Health Check Ups offer numerous benefits!

- Early detection of memory loss or other cognitive concerns.
- The opportunity to learn more about the cause of existing memory or cognitive concerns.
- The opportunity to help plan for future health care needs and decision-making.
- The opportunity to meet with a friendly specialist within the ADRC to learn more about local services and programming.

**The ADRC is offering FREE Brain Health Check-Ups at the Riverview Community Center
located at
606 W Madison St. in Durand.**

Sept 3 * Oct 29 * Dec 17

10:00am to 1:00pm

**To schedule in advance, call Chelsey (ADRC) at
715-279-7870.**

Walk-ins are also welcome.

INVITATION TO BID

Contract Period 2025-2029

The Aging and Disability Resource Center of Buffalo and Pepin Counties is requesting proposals for:

MEAL PREPARATION – BUFFALO AND PEPIN COUNTIES SENIOR NUTRITION PROGRAM

All proposals must be sealed and clearly marked "PROPOSAL FOR PREPARATION OF CONGREGATE MEALS and/or HOME DELIVERED MEALS" and submitted to the [Aging and Disability Resource Center of Buffalo and Pepin Counties](#), 740 7th Ave West, P.O. Box 39, Durand, WI 54736 by no later than 4:30pm on August 12, 2024. All proposals will be publicly opened on August 19, 2024 at the Nutrition advisory Committee. Request for Proposals (RFP) are available from the ADRC by calling the ADRC at 866-578-2372 or emailing adrc-bp@co.pepin.wi.us

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Coming Up this Fall...

Final Affairs

Join the ADRC this fall for
our Final Affairs Forum!!

This informative day will include information on how to organize your personal and legal affairs. Experienced and informative presenters from many areas of expertise will be providing information at this FREE event.

Lunch will be provided!

Watch our newsletter, Facebook page, website, and community businesses for more information!



Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

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 weeks, you'll learn:

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

Stepping On has been researched and proven to reduce falls by 31%!

Classes will start Wednesday September 18th.

Call 866-578-2372 or email

adrc-bp@co.pepin.wi.us to sign up or learn more about this program.

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

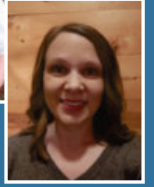
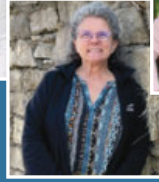
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Chelsey Herold - Dementia Care Specialist



Amid Disability, a New Lease on Working Life

Article by Sharon Jayson, AAPR, July 5, 2024; reprinted in part, to read entire article go to www.aarp.org/retirement/social-security/info-2024/ticket-to-work-disability-benefits.html. Article submitted by Michelle Brown, ADRC Specialist

There are hundreds of thousands of Americans with a disability who have strengthened their financial footing and regained feelings of self-worth thanks to a little-known federal program that helps participants test whether they can return to work without putting their [Social Security disability benefits](#), or the [health coverage that comes with them](#), at risk.

[Ticket to Work](#) (TTW) is a free voluntary program [operated by the Social Security Administration](#) (SSA) that aims to lessen reliance on benefits for people whose work life has been interrupted by a serious illness or injury. Participants can get education, skills training, career counseling, job referrals and other services to help them re-enter the workforce, hold a job or shift to another field, charting a course back to financial independence.

Social Security administers [two types of monthly payments](#) for people with disabilities: SSDI, which is available to most workers who suffer a debilitating illness or injury, regardless of their financial situation, and [Supplemental Security Income](#) (SSI), a safety-net benefit for people who have a disability (or age 65 and older) and very limited income and assets.

Because these benefits are designed to help sustain people unable to support themselves through paying work, they are subject to strict income limits. By SSA's reckoning, if you are able to [earn above a certain threshold](#) from work, you may no longer be entitled to disability benefits.

For many people with disabilities, [it can take months, even years, to secure benefits](#). Once they do, those payments can be a financial lifeline. The risk of jeopardizing them can create a disincentive to explore returning to the workforce, even for those who want to.

"A lot of people are hanging in the balance," says Gary Burtless, a senior fellow emeritus in economic studies at the Brookings Institution, a nonprofit think-tank in Washington, D.C. "Once they get on SSDI, they do not want to disrupt the apple-cart too much."

"Four years ago, I wanted to try working again, but I was scared if I got off it, I would never get back on it. I've always been a hard worker and a provider until my injury," says Doug Force, 49. Force went on SSDI in 2007. A few years earlier, he had been a union painter in East Peoria, Illinois, and lifting heavy paint buckets was part of the job. At age 29, with three children, he was diagnosed with a degenerative back disease. "There were times I couldn't even walk," he says.

He found Ticket to Work by doing an internet search for "Is it hard to get back on disability if you try to work?". Through the program, he connected with Allsup Employment Services (AES), one of hundreds of workforce development agencies that partner with the SSA to provide vocational training and rehabilitation, career advice, job placement and workplace support to people receiving disability benefits.

TTW enrollees work with these groups to develop a plan to enter or return to the labor force. They must take steps within a set period to complete related education, training or employment goals. Those on SSDI (but not SSI) may work for up to nine months over five years and keep their benefits, regardless of how much they earn. (The SSA calls this a [trial work period \[TWP\]](#).)

If a job becomes permanent and pays over the SSA income limit, their benefits end, but Social Security has an [expedited process for reinstating payments](#) if their condition forces them to back off work.

In January 2023, Force landed a job as a security guard in Dresden, Tennessee, where he and his wife had moved the previous year. Since March 2023, he's been working full-time as a forklift operator. He credits his participation in Ticket to Work with improving not just his finances, but his mental health.

"You need to feel like you're contributing," he says. "AES changed my life. If it wasn't for them, I'd probably still be on disability. I got my last [benefit] check January 1 of this year."

According to SSA data, about 392,000 people participated in Ticket to Work in 2023, and the program has served more than 1.7 million beneficiaries since it launched in 2002. That's a lot of people ushered back into the labor force and onto a firmer financial footing, but it represents a fraction of disability beneficiaries, who numbered nearly 11.4 million in May 2024.

2024 Senior Farmers Market Nutrition Program Vouchers are now available!

The Farmers Market vouchers are available again in Pepin & Buffalo Counties. 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 issued on a first come, first served basis.



Income guidelines are as follows: *Effective June 1, 2024 Based on 185% of the US Dept of 2024 Health and Human Services Poverty Guidelines*

Household size	Monthly income
1	\$2,322
2	\$3,152



(For each additional household member, add \$830 monthly)

If you meet the age & income guidelines listed above, you will be issued voucher(s) to be used as cash at authorized area farmers markets. Vouchers are issued per person and NOT per household. This means that each eligible individual in the household is welcome to a \$45 voucher. And each eligible household can receive up to \$90 total. Vouchers can be used now through October 31st at participating vendors; look for the bright yellow sign.

Please call the Aging & Disability Resource Center at 1-866-578-2372 for more information or to set up an individual appointment to obtain a voucher, if preferred.

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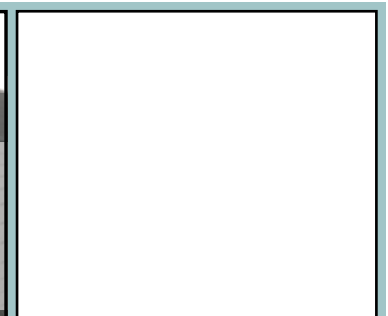


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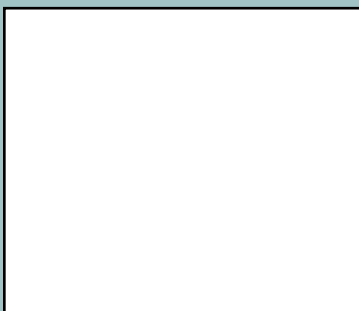


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1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



DONNA MAE'S PANTHER CAFÉ

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

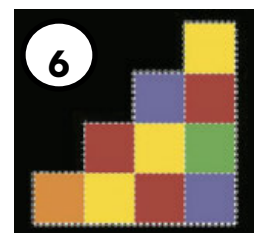
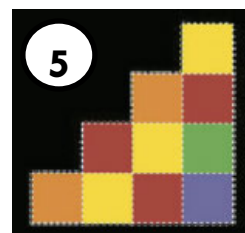
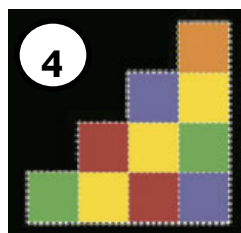
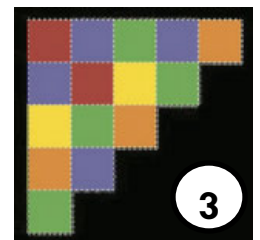
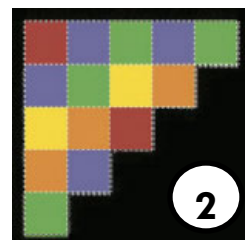
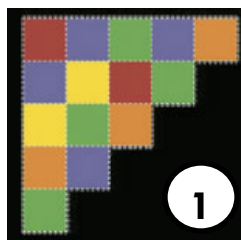
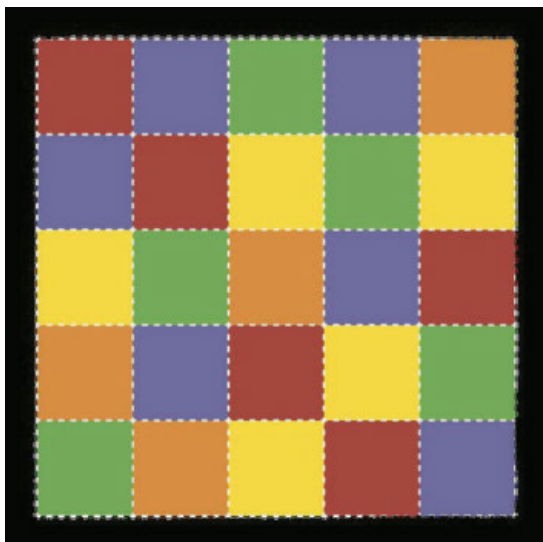
NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

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

August
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates Salad Option 1st - 2nd Taco Chicken 5th - 9th Chef Chicken 12th - 16th Grilled Chicken 19th - 23rd Crispy Chicken 26th - 30th Taco Salad	Served with each meal: Milk		1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Fruit Cocktail, Cake	2 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
5 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pears, Cake	6 Baked Chicken, Stuffing, Cranberries, Bread, Applesauce, Cake	7 Salisbury Steak, Mashed Potatoes, Broccoli, Bread, Peaches, Cake	8 Tator Tot Hotdish, Peas, Corn, Tomatoes, Bread, Pineapple, Cake	9 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
12 Brats w/ Sauerkraut, Baby Red Potatoes, Carrots, Bread, Tropical Fruit, Cake	13 Broasted Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	14 Beef Tips, Mashed Potatoes, Broccoli, Bread, Banana, Cake	15 Pizza Hotdish, Cucumber Salad w/ Tomatoes, Bread, Fruit Cocktail, Cake	16 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
19 Charcoal Grilled Hamburger on Bun, Baby Red Potatoes, Carrots, Pears, Cake	20 Creamed Chicken on Biscuit, Peas, Corn, Applesauce, Cake	21 Hot Ham & Cheese Sandwich, Dirty Mashed Potatoes, Broccoli, Peaches, Cake	22 Hamburger Gravy on Mashed Potatoes, Carrots, Bread, Pineapple, Cake	23 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
26 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Tropical Fruit, Cake	27 Broasted Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	28 Hot Beef on Bun, Baby Red Potatoes, Tomatoes, Banana, Cake	29 Chicken Alfredo, Lettuce Salad, Green Beans, Bread, Fruit Cocktail, Cake	30 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake

Find the Halves! Find the two images below that make up the colorful square. (Answer Key is on page 11.)



Wow, the summer is going by fast and we are thinking of Fall already. Most of our repair work has been completed at Riverview Center and we again thank the volunteers and donors who have made these improvements possible. Speaking of Fall, we are having our annual Holiday Bazaar earlier than previous years, November 16th, to include Fall crafts and gift ideas along with Christmas. We have received donations of décor and craft items from various sources to utilize and will make them available to anyone who has a "hankering" to participate, either at the Center or at your home. We will be contacting members at a later date for donations of cookies and other baked goods. Please feel free to call me, Marge Briggs, with any questions. You can reach me at 715-279-0888.



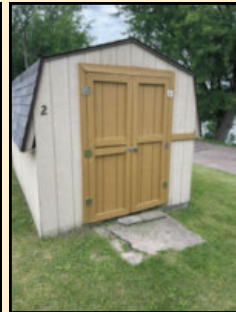
On July 23rd, an election to the Board of Directors for the Pepin County Council of Senior Citizens was held at Riverview Center, and included an open house for all members who were invited to stay and share lunch with us.

The Pepin County Council sponsored a "Birthday Bash" at Plum City Care Center on July 12th with music by Jim Sexton, and provided cake for all.

Membership to date is totaling 101 and our door is always open to new members. If you are interested in scheduling an event at Riverview Center, call 715-672-4101 for information.

Thought you might like to see some of the improvements being worked on at Riverview.

Marge Briggs



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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

**August
2024**

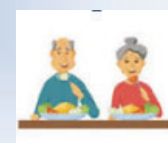
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk			1 Hot Beef on Bun, Corn, Coleslaw, Fresh Fruit Salad	2 Sub Sandwich w/ Ham, Turkey, Cheddar Cheese, Split Pea Soup, Baby Carrots w/Ranch, Grapes
	6 Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	7 Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	8 Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Cucumbers, Pears, Dessert	9 Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
Call previous day by 1:00pm to order lunch.	13 Baked Meatloaf, Au Gratin Potatoes, Corn, Wheat Bread, Tropical Fruit	14 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches	15 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch Dressing, Grapes	16 Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	20 Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon, Dessert	21 Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	22 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch, Fruit Cocktail	23 Tuna Salad on Croissant, Bean Soup, Coleslaw, Apple
	27 Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges	28 Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Applesauce	29 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries	30 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe

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.



**We do accept EBT
benefits for senior meals!**



Rochelle Boos is offering toenail clinics.

Please contact Rochelle to schedule an appointment.

**Call or text at:
715-559-6077**



The Aging and Disability Resource Center of Buffalo & Pepin Counties, also known as the **ADRC**, offers a welcoming and accessible place where aging and older adults, people with disabilities, and their families can be connected to reliable information, unbiased advice about options, and have access to a wide variety of resources and services. Contact us today to learn more about how we can assist you by calling **866-578-2372** or emailing adrc-bp@co.pepin.wi.us. You can also find out more information by visiting our website at www.adrc-bcp.com and following us on Facebook (search ADRC of Buffalo and Pepin Counties). We look forward to working with you!

Starting at the top left and going clockwise: **Matt**/Nutrition Program Coordinator, **Bernie**/Elder Benefit Specialist, **Michelle**/ADRC Specialist, **Julie**/Transportation Program Assistant, **Mel**/Disability Benefit Specialist, **Cammi**/ADRC Manager, **Angie**/Transportation Program Coordinator, **Jen**/ADRC Specialist, **Julie**/Elder Benefit Specialist, **Chelsey**/Dementia Care Specialist

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Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

THE LOST PIRATE

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HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY

*August
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	<u>Served with each meal:</u> 1% Milk Whole Wheat Bread
5 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	6 Beef Stroganoff, Mashed Sweet Potatoes, Corn, fruit	7 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	8 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	
12 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	13 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	14 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	15 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	Call previous day by 1:00pm to order lunch.
19 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	20 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	21 Cheeseburger, Potato Salad, Coleslaw, Fruit	22 Baked Fish, Baked potato, Side Salad, Fruit	<u>Salad Options:</u> Taco Ham Chicken
26 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	27 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	28 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	29 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	

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Are you on Medicare, curious about your Medicare plan options and interested in learning about useful tools available on the Medicare.Gov website? If so, please sign up and join us at one of the following community classes being offered in September. Classes will review Medicare coverage basics and how to use the Medicare Plan Finder tool available on the Medicare website.

Central Lutheran Church
221 W. Main St.
Mondovi, WI 54755
Tuesday, September 10th
Time: 1:00PM-3:00PM

Durand Library
604 7th Ave. E
Durand, WI 54736
Thursday, September 12th
Time: 10:00AM-Noon

Riverview Senior Center
606 W. Madison St.
Durand, WI 54736
Thursday, September 26th
Time: 10:00AM- Noon

To sign up to attend: Go to: <https://www.signupgenius.com/findasignup> and in the search box, enter: Adrc-bp@co.pepin.wi.us to search for class date, and register, OR call the ADRC toll free at 1-866-578-2372.

Feel free to bring a personal laptop, if available, but not a requirement to attend.
We hope to see you there!

Hosted by:
Bernie Rogers &
Julie Fick
Elder Benefit Specialists with ADRC

AMERICAN LUTHERAN HOME

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

**August
2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Oven Roasted Turkey, Stuffing, Beets, Broccoli, Roll, Pumpkin Pie w/ Topping,	Served with each meal: Milk
5 Brat on Bun, Potato Wedges, Creamy Coleslaw, Mixed Fruit	6 Chicken Ravioli w/Creamy Alfredo Sauce, Vegetable Blend, Broccoli, Bread, Lemon Blueberry Shortbread	7 Chili, Crackers, Corn, Pears, Salad	8 Baked Fish, Sweet Potato Tots, Green Beans, Banana Cake	
12 Smoked Sausage, Sauerkraut, Baked Beans, Fresh Blueberries	13 Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, Bread, Frosted Cake, Fruit Cup	14 Open Faced Hot Turkey Sandwich, Gravy, Au Gratin Potatoes, Carrots, Berry Cup	15 Honey Baked Ham, Baked Sweet Potatoes, Broccoli, Roll, Fresh Melon	Call previous day by 1:00pm to order lunch.
19 Brown Sugar Barbecue Pork on Bun, Sweet Potato Tots, Coleslaw, Fruit Cup	20 Hamburger Gravy, Mashed Potatoes, Gravy, Carrots, Bread, Fruit Crisp	21 Turkey French Dip, Potato Salad, Corn, Pineapple	22 Roast Beef, Baby Red Potatoes, Broccoli w/Cheese, Bread, Blueberry Cobbler	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
26 Lasagna, Green Beans, Bread, Salad w/Dressing, Peaches	27 Open Faced Hot Beef Sandwich, Gravy, Sweet Potatoes, Corn, Marschino Cherry Cake	28 Country Fried Steak, Mashed Potatoes w/Country Gravy, Sunshine Carrots, Fresh Melon	29 Oven Roasted Turkey, Stuffing, Beets, Broccoli, Roll, Pumpkin Pie w/ Topping	

BUFFALO COUNTY FAIR

IN AFFILIATION WITH PEPIN COUNTY

BUFFALO COUNTY FAIR 150th
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AUGUST 1-4
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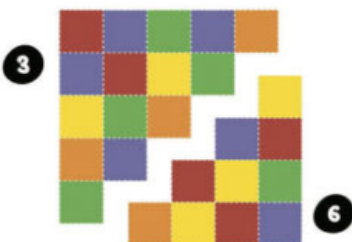
*Be informed of your
Aging and Disability
Resource Center!*

*Ever wonder what the
ADRC team is up to?*

*You can find all of the current and upcoming
events we are hosting by visiting:*
<https://www.adrc-bcp.com/upcoming-events>



Find the Halves Solution



Thank you!

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

Donations:

**Martha Hartung, Pam Bauer,
Joy Johnson, Deb Bechel**

TWO RIVERS CONNECTION
ADRC of Buffalo and Pepin Counties
740 7th 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

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 7th Ave. West
PO Box 39
Durand, WI 54736