

TWO RIVERS CONNECTION



December 2023



Warm Holiday Wishes from the ADRC

The Aging and Disability Resource Center of Buffalo and Pepin Counties (also known as the ADRC) is your first place to go with your aging and disability questions, whether you want resources for yourself, a family member or friend, or you're a professional working with issues related to aging or disabilities.

The ADRC provides information and options on a broad range of programs and services to individuals over the age of 60 years and adults with disabilities (age 18-59 years). And the best part is, contacting the ADRC is always FREE!

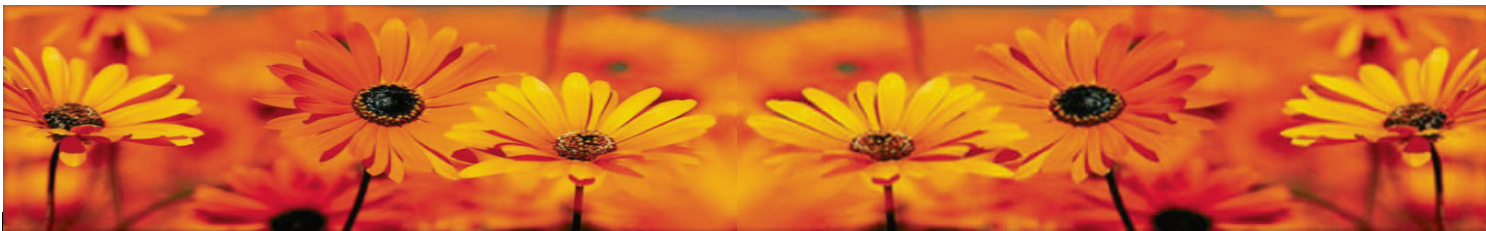
The ADRC can help make informed decisions about such things as: maintaining your independence, choosing long-term care and related services, Medicare benefits and other health-related benefits, Social Security Benefits, and support services and resources in your community.

The ADRC can also help you with:

- *Adaptive Equipment
- *Housing Options
- *Emergency Response Systems
- *Medicare and Medicaid
- *Transportation Services
- *Health and wellness programs
- *Senior Nutrition Program
- *Assisted living/nursing home options
- *Caregiver Support*
- *Home Care Services

The ADRC is open Monday-Thursday 8am-5pm and Friday 8am-11:30am and we have office locations in Durand and Alma. You are welcome to stop by and browse our selection of resources; however, if you'd like to meet with a Specialist, we ask you call ahead to schedule an appointment. Learn more about the ADRC by visiting www.adrc-bcp.com, calling 866-578-2372, or on Facebook @ www.facebook.com/ADRCBuffaloAndPepinCounties





Caregiving During the Holidays

Information from Fivestarseniorliving.com; Submitted by Katrina Longmire, Dementia Care Specialist

The everyday struggles that family caregivers face can be magnified during the hustle and bustle of the holiday season. From missing out on holiday parties to finding time to shop and wrap gifts, it's easy to understand why family caregivers often find themselves feeling a little blue during this typically festive season of the year. Here are a few steps you can take now to prevent the holiday blues or help a loved one who is a caregiver avoid them.

6 Ways to Prevent the Caregiver Holiday Blues:

- 1. Ask for Help:** Family caregivers aren't always good at asking for or accepting help. If you haven't been able to bring yourself to do so before, give yourself the gift of time this holiday season. Ask other family members to pitch in to help. If that isn't an option, try to find a local assisted living facility that offers respite care.
- 2. Spend Time Outdoors:** While this might seem more like a summer activity, spending a few minutes outside each day can boost your mood even on a chilly winter day. Taking a brisk walk around your neighborhood will help lift your spirits.
- 3. Have Realistic Expectations:** Family caregiving is emotionally and physically exhausting. It might mean modifying your holiday baking plans or purchasing gift cards in lieu of holiday gifts that need to be wrapped, but it will help you free up the time you need to enjoy the holidays.
- 4. Say YES to a Weekly Holiday Activity:** Try to accept at least one invitation or to spend time engaging in one holiday tradition you enjoy each week. It might mean utilizing respite care for your loved one or taking them with you to a party, but it will likely help you enjoy a brighter holiday season.
- 5. Daily Exercise Helps:** If you can't get outdoors to walk each day, have a few indoor exercise activities you and your loved one can do together. Simple forms of exercise like Chair Yoga or Tai Chi. The endorphins released by exercise have been proven to lift the spirit.
- 6. Get Your Rest:** When you are worn out and stressed out, you open yourself up to both mental and physical illnesses. A good night of sleep is one of the best gifts a caregiver can give themselves this holiday season.

Utilize the programs and resources available to you through the Aging & Disability Resource Center of Buffalo and Pepin Counties. Check out our virtual Caregiver support groups, book clubs, Family Caregiver Support Programs, and Evidence Based Practice Classes proven to be beneficial to caregivers in our community. Call the ADRC today at 1-866-578-2372 to learn more about what we can do to help!

NEW Virtual Support and Resources
For Family Caregivers!

Lunch Bunch

The Third Thursday of the Month
11:30am-12:30pm

For more information and to register for the Zoom link call 715-279-7870.

Silver Linings

Wednesdays
2pm-3:30pm
Call for more details
715-279-7870
Virtual
Support Group for
Family Caregivers

Christmas Cookie Memory Cafe

COFFEE & CONVERSATION

December 12th, 10am-11:30am
Hurlburt's Haven, Durand

This cafe is open to Family Caregivers and their person living with dementia and/or memory loss.

Caregivers and People living with dementia

ABSENTEE ENVELOPES GET AN UPGRADE

(Information Submitted by Lori Miller, League of Women Voters—Greater Chippewa Valley)

Thanks to newly designed envelopes for absentee ballots, Wisconsin voters will have a more user-friendly way to vote absentee in upcoming elections. These envelopes are those in which voters receive and return their absentee ballots. No changes were made to the ballots themselves. The absentee ballot and envelope design can be found at the following link:

https://elections.wi.gov/sites/default/files/documents/EL-122%20Standard%20Absentee%20Ballot%20Certificate%2028rev.%202023-08%29_2.pdf

The upgraded design features bold, full-color designs that will be more easily identified by voters and for USPS processing. No changes were made to the envelopes' language, and the envelopes meet statutory requirements. Changes include:

- A bold, three-step checklist for voters to follow;
- An “alert” icon calling attention to the need for witness information to be included on the envelopes;
- A separate field for a witness to provide their printed name;
- A prompt for the witness to provide their street number, street name, and city as part of their witness address;
- A new color scheme to more easily identify which type of envelope a voter is utilizing; and
- A reminder that absentee ballots must arrive by 8 p.m. on Election Day.

“While the new envelope designs don’t involve drastic changes, we think the new design will make it easier for absentee voters and their witness to follow the instructions and complete the process accurately and fully,” said Wisconsin Elections Commissioner (WEC) Administrator Meagan Wolfe. The new envelope designs, approved on August 4 by the WEC Commissioners, affect two envelopes:

- ◆ The Absentee Mailer Envelope (EL-120), the envelope containing the blank absentee ballot and materials that goes to the voter; and
- ◆ The Absentee Certificate Envelope (EL-122), the inside envelope in which the voter returns his or her voted absentee ballot to the clerk.

There are regular and military versions of the EL-120, and regular, military, and special voting deputy versions of the EL-122. Before the next election, WEC will also revise the instructions that accompany the certificate envelope.

The new envelope designs can be found at the following link under item 5 (Approved Designs):

<https://elections.wi.gov/memo/absentee-envelope-designs-approved-commission>

Christmas Word Search

(Answer Key on page 11.)



- ANGEL
- MERRY
- SEASON
- WREATH
- RUDOLPH
- CHIMNEY
- BELLS
- STAR
- ORNAMENTS

- GIFT
- GINGERBREAD
- SANTA
- TREE
- CHRISTMAS
- CANDLES
- CARDS
- ELVES
- CAROL



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

Katrina Longmire - Dementia Care Specialist



Fun and Easy Christmas Crafts for Individuals with Dementia

Information from Naomedical.com; Submitted by Katrina Longmire, Dementia Care Specialist

Christmas is a time for joy, love, and togetherness. For individuals with dementia, however, the holiday season can be a challenging time. They may feel isolated, confused, or overwhelmed by the festivities. That's why it's essential to find ways to keep them active and engaged during this time.

One way to do this is by doing Christmas crafts together. Crafts are a great way to stimulate the mind, improve dexterity, and provide a sense of accomplishment.

Here are ten fun and easy Christmas crafts for seniors with dementia:

- **Painted Pinecones:** Collect pinecones and paint them in festive colors. You can use them as decorations or give them as gifts.
- **Paper Snowflakes:** Cut out paper snowflakes and hang them around the house. You can also use them to make a garland.
- **Handprint Wreath:** Trace the individual's hand on green paper and cut out multiple copies. Glue them together in a wreath shape and decorate with red berries or bows.
- **Felt Ornaments:** Cut out festive shapes from felt and decorate with sequins, beads, or glitter.
- **Christmas Cards:** Make homemade Christmas cards using cardstock, markers, and stickers. You can send them to family and friends.
- **Decorated Cookies:** Bake sugar cookies and decorate them with icing and sprinkles. You can also use cookie cutters to make festive shapes.
- **Christmas Tree Garland:** Cut out Christmas trees from green paper and string them together to make a garland.
- **Yarn Pom-Poms:** Make pom-poms from yarn and use them to decorate the tree or hang around the house.
- **Christmas Collage:** Cut out pictures from old Christmas cards or magazines and glue them onto a poster board to make a festive collage.
- **Christmas Stockings:** Decorate stockings with fabric paint, glitter, or sequins. You can also fill them with small gifts or treats.



These crafts are not only fun and easy to do, but they also provide a sense of accomplishment, and help individuals with dementia stay engaged and active. To learn more about how we can help individuals with dementia stay healthy and happy this holiday season, call 1-866-578-2372.



Did you know the ADRC of Buffalo and Pepin Counties has funds available to help caregivers in our communities? The National Family Caregiver Support Program and the Alzheimer's Family Caregiver Support Program both provide funding to help support informal caregivers who are caring for a person over the age 60 or any person with Alzheimer's or other dementia, grandparents caring for a grandchild under the age of 18, and relatives aged 55+ caring for an adult with a disability.

Wondering if you are an eligible caregiver? Reach out to the ADRC at 866-578-2372 and ask to speak to an ADRC Specialist! Jen or Michelle will review the eligibility requirements for these programs and help determine if you qualify. Caregiving funds can be used to pay for respite, house-keeping, or even specialized equipment. Be creative and ask how these programs might support you in your caregiving role!



The Holiday Season is Fast Approaching!

Do you need a gift idea for your grandparents, parents, and/or other relatives or neighbors? Consider a MEAL TICKET from the Buffalo & Pepin Counties Senior Nutrition Program! Meal Tickets are just like gift certificates and each ticket is good for one meal from the Nutrition Program. They can be used at any of the Buffalo or Pepin County dining sites and they do not expire. Tickets can also be purchased for home-delivered meals. Contact Matt, Nutrition Program Coordinator at 715-672-8941, ext. 163 to learn more!

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1-800-963-0035
 For more information on your long-term care options, contact your local ADRC.
 DHS Approved 4/22/2021

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Friday Fish Fry (Broasted Cod)
Saturday - Prime Rib/Steaks
Sundays - Broasted Chicken
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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

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dates Salad Option</p> <p>1st Chef 4th - 8th - Grilled Chicken 11th - 15th - Crispy Chicken 18th - 21st - Taco 25th - 28th - Chef</p>	<p>Served with each meal:</p> <p>Milk</p>			<p>1 Cod, Mashed Potatoes, Beans, Bread, Coleslaw, Cake</p>
<p>4 Ham Steak, Cheesy Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p>5 Baked Chicken, Stuffing, Cranberries, Bread, Peaches, Cake</p>	<p>6 Spaghetti w/Meat Sauce, Garlic Bread, Lettuce Salad, Pineapple, Cake</p>	<p>7 Pulled Beef Sandwich, Mashed Potatoes, Carrots, Banana, Cake</p>	<p>8 Cod, Baked Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p>11 Polish Sausage w/ Sauerkraut, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake</p>	<p>12 Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake</p>	<p>13 Pulled Pork Sandwich, Baked American Fries, Broccoli, Tropical Fruit, Cake</p>	<p>14 Meatloaf, Mashed Potatoes, Carrots, Bread, Pears, Cake</p>	<p>15 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p>
<p>18 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p>19 Creamed Chicken w/Biscuits, Peas, Corn, Peaches, Cake</p>	<p>20 Chili Hotdish, Broccoli Salad, Bread, Pineapple, Cake</p>	<p>21  Christmas Meal 11:00am to 1:00pm Turkey/Ham</p>	<p>22 NO SENIOR MEALS</p>
<p>25 CLOSED <i>Merry Christmas</i></p>	<p>26 Restaurant Closed</p>	<p>27 Barbeque on Bun, Baby Red Potatoes, Carrots, Cake</p>	<p>28 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Fruit Cocktail, Cake</p>	<p>29 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p>



WINONA BUS TRIP
December 6th, 2023

JOIN US THE FIRST WEDNESDAY OF EACH MONTH ON A SHOPPING TRIP TO WINONA MN
715-672-8941 EXT 152
CALL TO REGISTER AT LEAST 2 BUSINESS DAYS IN ADVANCE


A D R C
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 800-878-2352. For hearing impaired, please use Wisconsin Relay 711 service. If information is needed in another language, contact 888-378-2372.


Did you know...

The tallest Christmas tree ever displayed, a Douglas Fir, was in Seattle, Washington. It measured 221 feet tall!

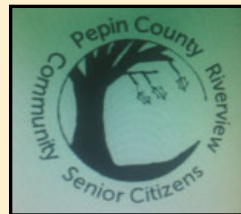


Riverview Quilters

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.



Well, folks, the taste of winter to come doesn't mean that activities will be slowing down at Riverview Center. Parties and family get togethers are being scheduled, Riverview Quilters are still getting together on Mondays, the Mad Hatter group is still meeting, and card groups and Farkle players are all still active. Quilt raffle tickets for 2024 are on sale at the Center during business hours and we appreciate those who are selling tickets for this event.



All this is leading up to the annual Christmas Bazaar to be held on Saturday, December 2nd at Riverview, sponsored by the Pepin County Council of Senior Citizens. We will be asking members for donations of Christmas crafts, various baked goods, candies, wreaths, wood products, raffle prizes or any other Christmas items you can think of for this fund raiser. We will also have gift items for that "special someone" such as cocoa mugs, wine baskets, jam baskets, etc. If you know someone who is interested in providing a donation and has any questions about it, please have them call me at 715-279-0888. We do have some supplies available at the Center for their use. Lunch will also be served at the event with our special chili, crackers, desserts and beverages.

Thanks to all of you who are currently working on items for the sale. We appreciate your efforts to help keep Riverview Center going.

Marge Briggs



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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

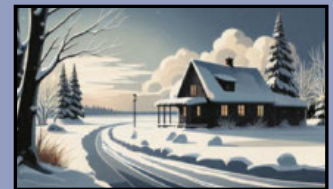
DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

*December
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk				1 Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit
	5 Egg Salad w/ Croissant, Red Potatoes, Baked Beans, Peaches	6 Lasagna, Broccoli, Garden Salad w/ Ranch Dressing, Garlic Bread, Red Jello w/Fruit Cocktail	7 Beef Roast, Mashed Potatoes w/ Gravy, Tomato Juice, Wheat Bread, Pineapple	8 Baked Fish w/ Tartar Sauce, Potato Salad, French Style Green Beans, Apple, Whole Grain Banana Muffin
Call previous day by 1:00pm to order lunch.	12 Salisbury Steak w/Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	13 Barbeque on Bun, Bean Soup, Creamy Coleslaw, Tropical Fruit	14 Spaghetti w/ Meat Sauce, Broccoli, Garden Salad w/French Dressing, Garlic Bread, Mandarin Oranges	15 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad	19 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	20 Beef Stew, Broccoli Salad, Biscuit, Plums	21 Broasted Chicken, Mashed Potatoes, Dressing, Gravy, Candied Carrots, Christmas Cookie, Mandarin Oranges	22 CLOSED
	26 Hot Beef on Bun, Corn, Tomato Juice, Mandarin Oranges	27 Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries	28 Chicken Drummies, Tater Tots, Baked Beans, Wheat Bread, Apple	29 Swedish Meatballs, Mashed Potatoes w/Gravy, Sliced Carrots, Wheat Bread, Pears

Home Delivered Meal Participants:

We are at the time of year when bad weather may prevent us from delivering your meal. We try very hard to deliver despite the weather. Please be patient with our drivers, as delays may happen. Every now and then a storm is too much for even our most courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by delivery time. Our drivers cannot deliver unless your walkways and driveways are free from snow and ice.



This year we will follow the same plan we did last year. We cannot solely rely on school closings to alert us as some may be virtual or on a holiday break. The Aging and Disability Resource Center of Buffalo and Pepin Counties will be making the decision on whether home-delivered meals will be delivered. We will base this decision on input from meteorologists and local County Highway personnel, along with if there are various school closings in Buffalo and Pepin Counties. Unfortunately, we will not be able to call everyone individually to inform them of the sites closing.

Also, please remember that meals may tend to arrive a little later in winter months because of uncertain road conditions. Your patience is greatly appreciated. If your meal is more than 45 minutes past its normal delivery time, please call your meal site.

Be sure to fill your cupboard and freezer with your favorite “emergency” foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. We will try to always remind you the day before if we think we may need to close due to weather.

Should you have any questions or concerns, please do not hesitate to contact Matt at 715-672-8941, ext. 163 or toll free at 866-578-2372.

Our Fill In Van Drivers, a Volunteer driver and Transportation Program Assistant attended a Passenger Assistance Driver Training held in Durand, put on by Wisconsin Rural Transportation Assistance Program.

We welcomed five other drivers from other counties and our trainer from RLS & Associates. This training was an eight-hour course, which included video, handouts, a hands-on practicum, and a certificate of completion. Training included both classroom instruction and "hands-on" practice to address ADA regulations and requirements, passenger sensitivity, lift operation, and wheelchair securement.



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**MEET ROYAL O.
VOLUNTEER
MEAL DRIVER**

**How Long Have You Delivered Meals?
15 Years!!!!**

**What do you love about volunteering?
Helping those we deliver meals to,
& visiting with them.**

**What was your first job?
That was too long ago.**

**What is your Favorite Tv Show?
News, Sports & Price is Right**

**What is your favorite Food?
Baloney (Home style)**

Thank you Royal !

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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Help Line: 715-672-8617



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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

*December
2023*

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

WHEAP Energy Assistance Benefits

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, and the payment is not intended to cover the entire annual energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.



To qualify for Energy Assistance for the 2023-2024 heating season, you must meet these eligibility guidelines.

INCOME GUIDELINES FOR 2023-2024 HOME ENERGY PLUS PROGRAM		
October 1, 2023 through September 30, 2024		
Household Size	One Month Income	Annual Income
1	\$2,820.67	\$33,848.00
2	\$3,688.58	\$44,263.00
3	\$4,556.50	\$54,678.00
4	\$5,424.50	\$65,094.00



PEPIN COUNTY RESIDENTS:

To apply, you can book a phone appointment with a West CAP representative by calling (715) 598-4750, complete a fillable form online, or download and print an application from their website: <https://westcap.org/services/energy-assistance/>

WestCap will have in-person appointments available at the Pepin County Government Center to assist residents with applying for Energy Assistance, please call 715-672-8941 to schedule an appointment.

BUFFALO COUNTY RESIDENTS:

Call the Energy Assistance Coordinator at (608) 685-4412 to schedule your phone appointment. You can apply online: www.energybenefit.wi.gov.

AMERICAN LUTHERAN HOME

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

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Lasagna, Broccoli, Salad w/Dressing, Bread, Mandarin Oranges	5 Baked Ham, Sweet Potatoes, Country Trio, Whole Wheat Dinner Roll, Peaches	6 Swiss Steak w/ Tomatoes, Stewed Tomatoes, Garlic Parmesan Mashed Potatoes, Cherry Crunch	7 Split Pea Soup w/ Ham, Veggie Blend, Cottage Cheese, Bread, Fruit	Served with each meal: Milk
11 Bratwurst on Bun, Baked Beans, Sauerkraut, Fruit Cocktail	12 Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Bread, Pears	13 Creamy Spinach Chicken, Carrots, Butter Peas, Bread, Apple Crisp	14 Beef Potato Roast w/Gravy, Baked Potato, Squash, Bread, Mangos & Blueberries	
18 Polish Sausage, Sauerkraut, Baked Beans, Bread, Mandarin Oranges	19 Beef Stew, Coleslaw, Carrots, Bread, Blueberries	20 Turkey w/Gravy, Stuffing, Broccoli, Whole Wheat Dinner Roll, Cherry Delight	21 Hamburger Steak w/Gravy over Mashed Potatoes, Corn, Pumpkin Blondie	Call previous day by 1:00pm to order lunch.
25 CLOSED	26 Fish, Seasoned Red Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll, Grapes	27 Cheeseburger on Bun, Broccoli Ranch Salad, Diced Tomatoes w/Italian Dressing, Carrot Cake	28 Chili, Crackers, Celery w/Dip, Bread, Fruit Pie	
				Salad Options: Taco Chef (Turkey, Ham) Chicken Tender

Internet Safety

Learn how to Increase your safety online.

- ◆ Roger Marten Community Center
120 S Franklin St., Mondovi, WI 54755
- ◆ Tuesday, December 12th
10:00am - 12:00pm
- ◆ Registration Recommended
Sign up online or by calling Bug Tussell University
Phone: 920-940-0003

***NOT A COMMUNITY-AFFILIATED PROGRAM**

Learn the basic steps to staying safe on the internet. We'll talk about passwords, privacy, protecting your personal information, and scams. You'll learn the steps you can take to increase your safety and security while using the internet. Basic tech experience expected. This is a FREE program.

Btussel.com/btu
920-940-0003
bugtusseluniversity@btussel.com

Christmas Word Search - Answer Key

Z	N	M	Q	N	R	Z	E	O	Y	E	L	X	Y	I	B	P
R	R	K	T	V	A	U	V	L	C	C	A	N	D	L	E	S
O	M	C	Y	D	L	E	D	D	U	H	K	N	W	N	F	X
R	P	B	M	U	E	M	O	Y	C	R	C	A	R	D	S	M
U	S	D	W	D	J	H	L	Z	O	I	W	S	A	W	G	T
K	O	G	S	T	O	P	D	P	S	Z	B	W	Z	O	D	E
W	F	H	R	A	S	M	H	P	M	T	G	C	A	P	C	P
D	L	S	S	N	I	S	T	S	J	M	I	A	Y	V	U	V
W	B	Z	U	T	A	Q	R	Y	H	A	N	T	X	R	Y	S
R	G	Q	H	A	W	M	E	Q	C	S	G	X	G	P	D	T
E	P	I	J	L	V	Q	E	O	V	A	E	R	B	X	U	A
A	V	M	K	C	W	X	A	N	R	C	R	S	K	T	N	R
T	R	V	R	C	M	W	Z	S	T	B	O	S	S	V	U	N
H	C	H	I	M	N	E	Y	E	G	S	R	I	L	V	D	S
N	L	V	I	V	I	Y	U	N	F	T	E	W	B	M	E	Z
L	O	A	G	T	J	M	T	Z	O	M	A	R	F	V	E	N
C	S	D	O	T	N	T	E	W	H	R	D	C	L	C	A	X
J	V	Q	R	T	C	B	M	R	F	F	B	E	L	H	J	K
H	P	E	A	J	O	L	L	R	U	N	N	S	O	J	K	T
S	D	T	P	A	G	I	F	T	O	Y	C	G	A	F	D	D

Thank you from the Riverview Community Center!

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Thrivant, Rayola Lierman, Riverview Quilters, Charlotte Byington, Brenda Cole

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in Kathryn Swanson's name: Charlotte Byington, Floyd & Marge Briggs, Mary Kauffman

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