

# TWO RIVERS CONNECTION



January 2024

**We Need You!**

Interested in making a difference in the lives of others?

Let your voice be heard.

**Buffalo and Pepin Counties Senior Nutrition Program is looking for volunteers to join the Nutrition Advisory Council.**

- For just a few hours every 3 months, you can let your voice be heard.
- Provide recommendations regarding the food preference of participants.
- Provide recommendations regarding days, hours, and locations of meal site operations.
- Represent and speak on behalf of nutrition participants.
- Provide recommendations regarding meal site environment furnishings with regard to disabled and handicapped participants.
- As an organized group, give support and assistance to the on-going development of the nutrition program.
- Promote advocacy.

Meet just four times a year .

Spread the Word.

You receive a Mileage Reimbursement & a meeting per diem

For more information, call Matt Bertelson, Nutrition Coordinator 1-866-578-2372.



Aging & Disability Resource Center of Buffalo and Pepin Counties



## Fun Facts of Funding!

Below are two questions related to funding for the Senior Nutrition Program. See if you know the correct answers.

1. What are the funding sources for the Buffalo and Pepin Counties Senior Nutrition Program?
- A. State/Federal Dollars
  - B. Local Tax Levy
  - C. Participant Contributions
  - D. Contracts with IRIS and Family Care
  - E. None of the above
  - F. All of the above

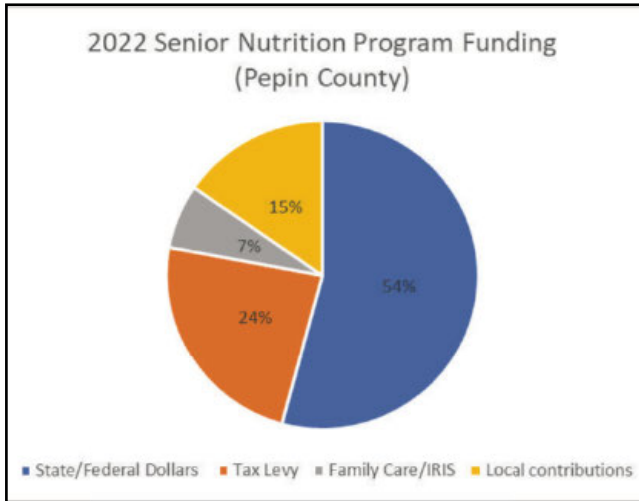
2. True or False:  
Senior meals are free for anyone over the age of 60 years.

Answers:

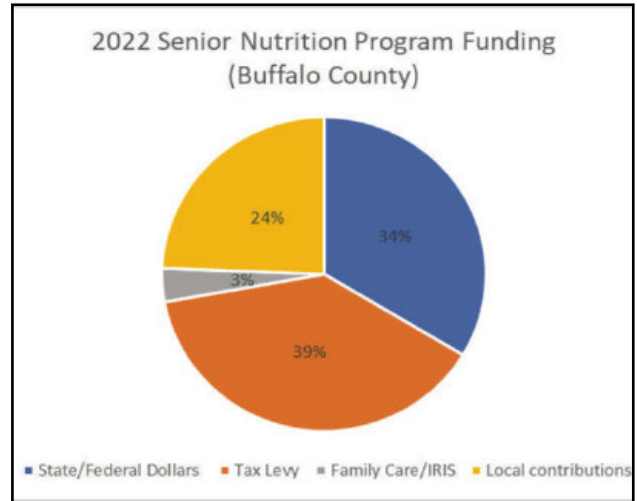
#1 F, all of the above

#2 False; participant contributions are requested to help cover the cost of the meals.

Here is a pie chart to show the breakdown of 2022 funding for Buffalo and Pepin Counties Senior Nutrition Program.



Funding Source	Amount
State/Federal Dollars	\$137,846
Tax Levy	\$60,283
Family Care/IRIS	\$17,053
Local contributions	\$39,086
<b>Total</b>	<b>\$254,268</b>



Funding Source	Amount
State/Federal Dollars	\$116,777
Tax Levy	\$133,948
Family Care/IRIS	\$11,941
Local contributions	\$84,779
<b>Total</b>	<b>\$347,445</b>

As you can see, local contributions (aka participant contributions) make up 15-24% of the funding for Buffalo and Pepin Counties and are an important piece to sustaining our program.

At the beginning of 2023, suggested contributions for all meals (congregate, home-delivered, and carry-out) moved to a donation range of \$4.00-\$6.00 per meal. This range allows individuals that are more fortunate to be able to help out friends and neighbors that are not able to donate as much towards the cost of meals. Individuals are asked to donate as generously as they can afford, as all donations go directly back into the program. No eligible person will be denied a meal because of inability to pay. Your ongoing generosity and support of the program is greatly appreciated!

If you have any questions about Nutrition Program funding or to learn if you are eligible for senior meals, please contact: Matt/Nutrition Program Coordinator at 715-672-8941, Ext 163 or [mbertelson@co.pepin.wi.us](mailto:mbertelson@co.pepin.wi.us)

**THANK YOU  
TO OUR  
SPONSORS!**

**TWO RIVERS  
CONNECTION**



The ADRC wishes to thank these local businesses for sponsoring an ad in this newsletter. These sponsorships allow us to have 700 colored copies of the newsletter printed each month, which we mail and distribute to individuals throughout

the two counties. The newsletter allows the ADRC to share programs, services, upcoming events, senior nutrition program menus, and other important information to our readers. Please help us thank them for their support!

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## WANTED

### ADRC GOVERNING BOARD MEMBER

The Aging and Disability Resource Center (ADRC) of Buffalo and Pepin Counties is looking for a citizen to serve on the ADRC Governing Board starting in April 2024.

#### Qualifications:

- Individual must be at least 60 years of age and reside in Buffalo County (or be a family member of an individual age 60+)
- Shall not be employed by either Buffalo or Pepin County
- Shall not be employed by any managed care organization or an agency providing services through such an organization
- Be willing to attend scheduled Board meetings (either in-person or via zoom)

Board members receive a per diem for attending meetings and mileage reimbursement. Learn more about the ADRC by visiting [www.adrc-bcp.com](http://www.adrc-bcp.com). Interested individuals should call toll free 866-578-2373 or email [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us) to obtain an application.

*The ADRC Governing Board will give equal consideration to all applicants. The submission of an application does not guarantee appointment to the ADRC Governing Board.*



### January Memory Café

***Due to a change in staff for our Dementia Care Specialist, and the typical bitter cold weather we experience during January, we will be putting our Memory Café on a break. If you have any questions, don't hesitate to call us at 1-866-578-2372. We're here to help.***

# 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*



## Need Someone to Talk To? Call UpliftWI

Information by Wisconsin Department of Health Services

Submitted by: Jennifer Nelson, ADRC Specialist

The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, **UpliftWI can be reached at (534) 202-5438** daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

“We’re pleased to partner with Mental Health America of Wisconsin on this expansion of peer services in Wisconsin,” said DHS Deputy Secretary Deb Standridge. “The peer-to-peer support offered by UpliftWI is a proven way to get people the help they need and stay healthy. This service is going to improve lives by providing preventive care for people experiencing stress or other challenges in their lives.”

Callers to UpliftWI speak to certified peer specialists with diverse life experiences stationed across the state. A certified peer specialist is a person who has navigated their own mental health and substance use challenges, completed a training course, and passed a state exam that tests their skills and knowledge about how to support others. They use their personal experiences to help callers identify and pursue their own wellness goals and will share information about community resources if requested. Callers are not required to provide their name, address, or other identifying information.

“The goal of UpliftWI is to help callers feel connected, understood, and less isolated in an effort to prevent mental health and substance use crises,” said Mental Health America of Wisconsin Chief Operating Officer Brian Michel, the leader of the team responsible for the service. “We all have times of challenge. UpliftWI is a safe place to share those challenges with a supportive voice who will listen in confidence without judgment or criticism.”

UpliftWI is funded by a \$600,000 annual grant awarded to Mental Health America of Wisconsin in 2022. The grant comes from Wisconsin’s share of funding allocated to mental health and substance use services from the American Rescue Plan Act and will be available through 2025.

UpliftWI adds to Wisconsin’s growing network of peer services that now includes statewide options for support by phone, drop-in, and overnight stays. Drop-in support is available at one of 11 state-funded peer recovery centers. Eight of those centers focus on mental health support and three focus on substance use support. Overnight stays are available at one of the six state-funded peer-run respite. People need to call ahead to arrange a respite stay of up to one week.

Anyone experiencing mental health and substance use emergencies should call, text, or chat using the 988 Suicide & Crisis Lifeline. If the emergency is life-threatening, call 911.



**UPLIFTWI**  
HERE WHEN YOU NEED AN EAR



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 of 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!

### Riverview Helping Hands

Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30pm to 2:00pm**. The group has shipped out 27,062 skull caps through the month of November. *Nice job ladies!*



Please donate any yarn you may have to Riverview Helping Hands. Call Eileen Fahnel at 715-672-5853 or Linda Henry at 715-279-3027, or drop donations off at the Riverview Senior Center.

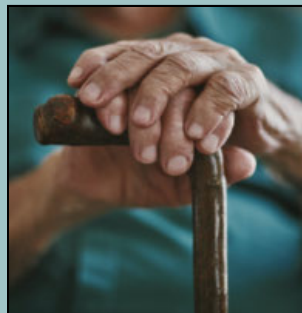
New members are welcome!

**Did You Know...** Many locations have versions of the New Year's Eve ball. Miami, FL has a 35 foot neon big 'orange' that rises up! The Hershey Press Bldg. in PA has a 300 lb., seven foot tall Hershey Kiss, that's raised 3 stories high!

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 DHS Approved 4/22/2021

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

## January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED</b> 	<b>2</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	<b>3</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Tropical Fruit	<b>4</b> Hamburger w/ Mushrooms & Onions, Baked American Fries, Carrots, Bread, Pears, Cake	<b>5</b> Cod, Baked Potato, Beans, Bread, Coleslaw, Cake
<b>8</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Mandarin Oranges, Cake	<b>9</b> Baked Chicken, Stuffing, Cranberries, Bread, Peaches, Cake	<b>10</b> Hot Beef on Bread, Mashed Potatoes, Broccoli, Pineapple, Cake	<b>11</b> Grilled Chicken Breast, Dirty Mashed Potatoes, Broccoli w/ Cheese, Bread, Banana, Cake	<b>12</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
<b>15</b> Lunch at American Legion (See below)	<b>16</b> Lunch at American Legion (See below)	<b>17</b> Lunch at American Legion (See below)	<b>18</b> Chicken Alfredo, Lettuce Salad, Green Beans, Bread, Pears, Cake	<b>19</b> Cod, Mashed Potatoes, Beans, Bread, Coleslaw, Cake
<b>22</b> Chili, Ham Salad Sandwich, Fruit Salad, Mandarin Oranges, Cake	<b>23</b> Creamed Chicken on Biscuit, Peas, Corn, Peaches, Cake	<b>24</b> Hamburger Gravy over Mashed Potatoes, Lettuce Salad, Mixed Vegetables, Bread, Pineapple, Cake	<b>25</b> Vegetable Beef Soup, Hamburger on Bun, Banana, Cake	<b>26</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
<b>29</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake	<b>30</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	<b>31</b> Corn Hotdish, Broccoli, Bread, Tropical Fruit, Cake	<b>Dates Salad Option</b> 2nd - 5th Grilled Chicken 8th - 12th Crispy Chicken 15th - 19th Taco 22nd - 26th Chef 29th - 31st Grilled Chicken	<b>Served with each meal:</b>  <b>Milk</b>



**WINONA BUS TRIP**  
January 10th, 2024


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

**COST: \$5.00 PER PERSON**

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

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 800-579-2372. For hearing impaired, please use Wisconsin Relay 711 service. If information is needed in another language, contact 800-579-2372.

**PLEASE NOTE...**



Donna Mae's Panther Café is refinishing their floors on January 15th, 16th, & 17th.

The menu for these days in Nelson, Pepin, and Gilmanton will be determined due to working in a different location. Nelson and Pepin Meals will be served in their usual location, and Gilmanton meals will be served across the street.

American Legion  
 W736 Co. Rd. B  
 Mondovi, WI 54755

December was a busy month at Riverview Community and Senior Center. We had our Annual Christmas Bazaar on December 2<sup>nd</sup> and had been preparing for 2 weeks to get everything ready. Our great thanks to all those who donated crafts, Christmas items, plants, baked goods and miscellaneous hand-crafted quilts, dish towels, potholders, purses and many other items. You are the backbone of our community and help to keep the doors open. A chili luncheon was served and many stopped by to visit and sit down for a bowl with friends. We also had a raffle with many donated prizes, and drawings were held for door prizes, also. Char Byington was selling tickets for the Quilt Raffle in June, and membership renewals were handled by Chuck and Lois Laehn. Any baked goods remaining on Saturday after the end of the sale were delivered by Mary Kaufman to Homeplace of Durand. We also were provided with a great musical background by a Christmas elf named Annie Sternecker. Thank you, Annie.



Membership to date for 2023 is at 94 and some have renewed for the year 2024. We have extended the renewal date to April 1, 2024 to qualify for the reduced rental rate by members. Please stop in between 10:00am and 2:00pm any weekday to renew your membership.

Our thanks also to Steve Bauer, from the American Legion, who brought his son with him to repair our damaged flag pole and are providing us with a new flag. We also had to have the electric door opener replaced this month at a great expense. The Christmas wreaths were donated by Bauer Built, and filled the air with a great scent of pine and the outdoors.

Sadly, Linda Delong passed away in December. Linda was an important part of our organization, and will be greatly missed!

Hope everyone had a Merry Christmas. Happy New Year to all of you. Marge Briggs



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# CORRAL BAR & RIVERSIDE GRILL

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

*January  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Served with each meal:</u></b> <b>Milk</b></p>	<p><b>2</b> Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes</p>	<p><b>3</b> Chili, Creamy Coleslaw, Veggies &amp; Dip, Cornbread, Applesauce</p>	<p><b>4</b> Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Oranges, Dessert</p>	<p><b>5</b> Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit</p>
	<p><b>9</b> Egg Salad w/ Croissant, Red Potatoes, Baked Beans, Peaches</p>	<p><b>10</b> Lasagna, Broccoli, Garden Salad w/Ranch Dressing, Garlic Bread, Red Jello w/ Fruit Cocktail</p>	<p><b>11</b> Beef Roast, Mashed Potatoes w/ Gravy, Tomato Juice, Wheat Bread, Pineapple</p>	<p><b>12</b> Baked Fish w/ Tartar Sauce, Potato Salad, French Style Green Beans, Apple, Whole Grain Banana Muffin</p>
<p><b>Call previous day by 1:00pm to order lunch.</b></p>	<p><b>16</b> Salisbury Steak w/Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana</p>	<p><b>17</b> Barbeque on Bun, Bean Soup, Creamy Coleslaw, Tropical Fruit</p>	<p><b>18</b> Spaghetti w/ Meat Sauce, Broccoli, Garden Salad w/French Dressing, Garlic Bread, Mandarin Oranges</p>	<p><b>19</b> Baked Ham, Scalloped Potatoes, Peas &amp; Carrots, Wheat Bread, Pears</p>
<p><b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b></p>	<p><b>23</b> Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert</p>	<p><b>24</b> Beef Stew, Broccoli Salad, Biscuit, Oranges</p>	<p><b>25</b> Country Fried Steak, Mashed Potatoes w/Gravy, Garden Salad w/ Ranch Dressing, Wheat Bread, Pineapple</p>	<p><b>26</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/Peaches</p>
	<p><b>30</b> Hot Beef on Bun, Corn, Tomato Juice, Mandarin Oranges</p>	<p><b>31</b> Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries</p>		

## 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"/> Elderly & Adults at Risk of Abuse | <input type="checkbox"/> Caregiver Support Program |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Support Groups                    | <input type="checkbox"/> Two Rivers Connection     |
| <input type="checkbox"/> Home Delivered Meals          | <input type="checkbox"/> Elder Benefit Specialist          | <input type="checkbox"/> Transportation Services   |
| <input type="checkbox"/> Senior Dining Services        | <input type="checkbox"/> Dementia 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.*



**MEET TOM C.  
VOLUNTEER DRIVER**

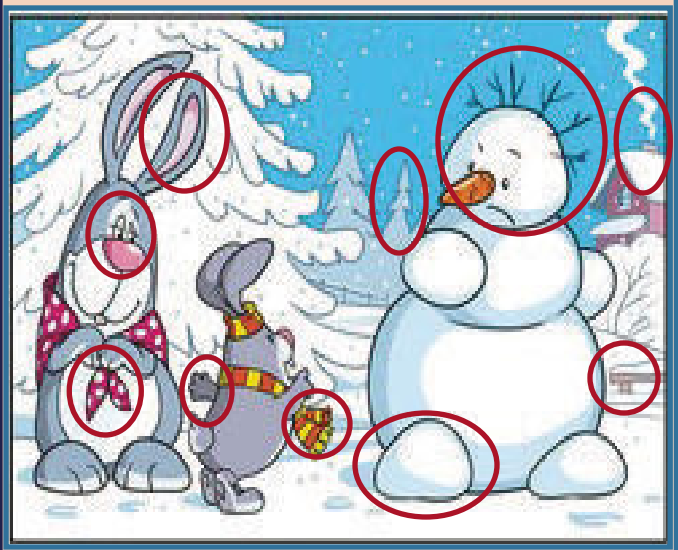
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**How Long have you been volunteering?** **7 months.**  
**What is one thing you enjoy about Volunteering?**  
**Meeting all the people.**  
**What was your first Job?**  
**Winona Knitting Mills**  
**What is your favorite TV show?** **Survivor.**  
**What is one of your Hobbies?**  
**Enjoying the Outdoors.**



**Spot the Differences**  
 Here's the answer key for the game on page 11.  
 No peeking... have fun!



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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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## THE LOST PIRATE

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

*January  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 CLOSED</b>	<b>2</b> Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>3</b> Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	<b>4</b> Chicken Alfredo, Garlic Toast, Side Salad, Fruit	<u>Served with each meal:</u> 1% Milk Whole Wheat Bread
				
<b>8</b> Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	<b>9</b> Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	<b>10</b> Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>11</b> Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	<b>Call previous day by 1:00pm to order lunch.</b>
<b>15</b> Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	<b>16</b> Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	<b>17</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	<b>18</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	
<b>22</b> Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	<b>23</b> Creamed Chicken over Biscuits, Mixed Vegetables, Fruit	<b>24</b> Cheeseburger, Potato Salad, Coleslaw, Fruit	<b>25</b> Baked Fish, Baked Potato, Side Salad, Fruit	<u>Salad Options:</u> Taco Ham Chicken
<b>29</b> Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	<b>30</b> Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	<b>31</b> Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit		

Dear Buffalo & Pepin County Residents,

If we have not met prior, I would like to introduce myself. My name is Matthew Bertelson, and I am the Nutrition Program Coordinator for Buffalo & Pepin Counties. I am a third generation Durand graduate, so I have deep roots in Durand and the surrounding areas. I currently live in Pepin with my two kids (Cheyenne, Leo), and my loving and caring partner, Brittany. We share our home with our dog Fen and two cats, Bob and Milo. Prior to Pepin County, I worked at the Harbor View Café in Pepin for the last 16 years. In my free time I enjoy spending time with my family, working in the garage and anything outdoors. I enjoy working as the Nutrition Program Coordinator and am excited to continue learning more about this program and all of you!

In May, I had to submit materials for a GWAAR (Greater Wisconsin Agency on Aging Resources) assessment. Assessments are a normal part of the Nutrition Program, and allow our funding sources a chance to ensure that program policies are being met. We received our results back, and overall, we did a great job. We did receive a few areas to work on- mostly involving our Nutrition Advisory Council.

I am in the beginning stages of reactivating the Nutrition council. Since the Covid-19 pandemic, our Council has not met in person. If you are interested in being a member of the Buffalo & Pepin County's Nutrition Advisory Committee, please let me know. We are also looking to grow the committee by adding a Buffalo City meal site representative and a Mondovi home delivered meal representative. Do you know someone who may be interested in joining? Please have them reach out to me! Mileage reimbursement and a per diem are provided for being part of the Council.

Matthew Bertelson, Nutrition Program Coordinator  
715-672-8941 Ext; 163; Email [mbertelson@co.pepin.wi.us](mailto:mbertelson@co.pepin.wi.us)




Matt  
Bertelson

# AMERICAN LUTHERAN HOME

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

## January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED</b> 	<b>2</b> Baked Ham, Sweet Potatoes, Country Trio, Whole Wheat Dinner Roll, Peaches	<b>3</b> Swiss Steak w/ Tomatoes, Stewed Tomatoes, Garlic Parmesan Mashed Potatoes, Cherry Crunch	<b>4</b> Split Pea Soup w/ Ham, Veggie Blend, Cottage Cheese, Bread, Fruit	<u>Served with each meal:</u> <b>Milk</b>
<b>8</b> Bratwurst on Bun, Baked Beans, Sauerkraut, Fruit Cocktail	<b>9</b> Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Bread, Pears	<b>10</b> Creamy Spinach Chicken, Carrots, Butter Peas, Bread, Apple Crisp	<b>11</b> Beef Pot Roast w/Gravy, Baked Potato, Squash, Bread, Mango/Blueberry Mixed Fruit	
<b>15</b> Polish Sausage, Sauerkraut, Baked Beans, Bread, Mandarin Oranges	<b>16</b> Beef Stew, Coleslaw, Carrots, Bread, Blueberries	<b>17</b> Turkey w/Gravy, Stuffing, Broccoli, Whole Wheat Dinner Roll, Cherry Delight	<b>18</b> Hamburger Steak w/Gravy over Mashed Potatoes, Corn, Pumpkin Blondie	<b>Call previous day by 1:00pm to order lunch.</b>
<b>22</b> Swedish Meatballs, Mashed Potatoes w/Gravy, Carrots, Bread, Apricots	<b>23</b> Fish, Seasoned Red Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll, Grapes	<b>24</b> Cheeseburger on Bun, Broccoli Ranch Salad, Diced Tomatoes w/Italian Dressing, Carrot Cake	<b>25</b> Chili, Crackers, Celery w/Dip, Bread, Fruit Pie	<u>Salad Options:</u> Taco Chef (Turkey, Ham) Chicken Tender
<b>29</b> Lasagna, Broccoli, Salad w/ Dressing, Bread, Mandarin Oranges	<b>30</b> Baked Ham, Sweet Potatoes, Country Trio, Whole Wheat Dinner Roll, Peaches	<b>31</b> Swiss Steak w/ Tomatoes, Stewed Tomatoes, Garlic Parmesan Mashed Potatoes, Cherry Crunch		

### Spot the Differences

There are 10 differences in the following pictures! See how fast you can find all 10.

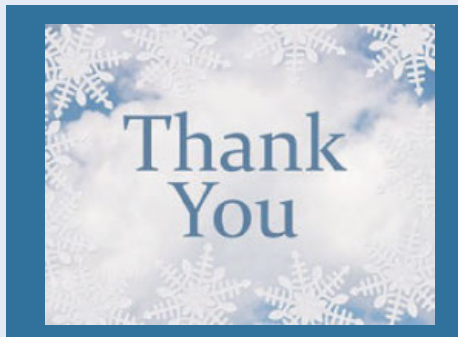
The answer key is on page 9.



**Pepin County Wishes to Thank Our Recent Donors!**

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*Marge Traun      Ed Bauer*



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

Donations:

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

Address Service Requested

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## 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)

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Please return to: ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
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