

# TWO RIVERS CONNECTION



January 2025



## Happy New Year!



As we ring in 2025, many people consider making a New Year's resolution. A New Year's resolution is defined as "a promise to yourself or decision to do something, especially to improve one's behavior or lifestyle in some way, during the year ahead". As you're developing your New Year's Resolution, consider the following advice from the University of California – Davis Health:

1. Be picky about your resolution
2. Be playful about your resolution
3. Set very specific goals
4. Don't take on too much
5. Choose a brand new resolution instead of repeating one from past years
6. Identify accountability partners for support
7. Give your resolution time to become a habit



If you're considering a resolution that is health and wellness focused, we've got some great ideas to help kick-start your goal! The Aging and Disability Resource Center (ADRC) team compiled a variety of health and wellness opportunities in Buffalo and Pepin Counties and this list can be accessed by calling 866-578-2372, or it can be found on the ADRC website at:



<https://www.adrc-bcp.com/health-and-wellness-opportunities-in-buffalo-and-pepin-counties>

If you are aware of additional health and wellness resources that we missed on our list, please let us know. We'd be happy to get them added.

We hope these opportunities provide some new ideas to support your New Year's Resolution and also anytime you are looking to try something new for your health journey!



# The Dementia Care Corner

## Coffee & Conversation Memory Café

Memory Cafés are social events for persons concerned about memory loss, as well as those looking to engage in social, brain-healthy activities. Join us for our upcoming cafés. Cafés are hosted on the second Thursday of each month, 11:00am to 12:00pm, at Wings Over Alma (110 North Main St, Alma).

**January 9<sup>th</sup> – Winter Card Making**

**February 13<sup>th</sup> – Valentine's Day Chocolate Tasting**



## 7 Ways to Support Someone with Dementia in Cold Weather

### **Reprinted from Alzheimer's Society**

1. Help make sure the person is dressed appropriately.
2. Keep the room warm. (If heating costs are a concern, contact your local Human Services agency for assistance.)
3. Encourage regular movement to improve circulation.
4. Make the most of natural daylight. Keep curtains open and get outdoors when you can.
5. Stick to a routine.
6. Be careful in snowy or icy weather.
7. Eat and drink regularly. Keeping warm uses a lot of energy, and a warm house can increase the risk of dehydration.

## Looking to escape the cold weather?

### Get cozy with some home-made HOT COCOA!

#### **What you'll need:**

- 1 c. milk (preferably whole or 2%)
- 1 tbsp. unsweetened cocoa powder
- 1 tbsp. granulated sugar
- 2 tbsp. bittersweet or semisweet chocolate chips
- 1-2 drops vanilla extract



Place the milk of your choice in a saucepan over medium-low heat. Using milk, instead of water, makes this hot cocoa extra creamy and flavorful! Whisk in cocoa powder and sugar, and heat until warm. Once the milk is warm, add chocolate chips, whisking until they melt into the milk. Add a splash of vanilla extract. Serve immediately, topped with your favorite garnishes: marshmallows, whipped cream, chopped chocolate, or candy canes. Enjoy!

## Dementia Caregiver Support Gathering

Support Gatherings are for caregivers of persons living with dementia. Join others in your caregiving journey and learn about local dementia care resources. Gatherings are hosted on the fourth Thursday of each month, 10:00am to 11:30am, at the Mondovi Public Library (147 W Hudson St, Mondovi).

**Next Gathering: January 23<sup>rd</sup>**

## 24/7 Alzheimer's Helpline

The 24/7 Alzheimer's Helpline is available to individuals and families, and offers free support, resources, and dementia-related information.

Dial **1-800-272-3900** to speak with a trained professional who is ready to help.

# Thank You! to our SPONSORS



The ADRC of Buffalo and Pepin Counties 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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## TWO RIVERS CONNECTION

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## 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*



## How a Smarter Home Can Make Daily Life Easier

Technology can help older adults and the caregivers who love them

By Jim Lenahan, AARP Published November 05, 2024; Submitted by Jennifer Nelson, ADRC Specialist

Getting older doesn't have to mean leaving your home. New technology promises to make aging in place easier, safer and more satisfying. In some cases, it can even lend a hand to caregivers. Smart tech that is connected to the internet often can be controlled from anywhere — inside or outside the home. Some of the most useful devices learn your preferences and routines and adjust to you. Or they can provide insight to a loved one who helps out.

“What becomes even more valuable with smart devices is when data reveals behavioral patterns that could alert a caregiver when something seems off,” says Andy Miller, senior vice president of AARP Innovation Labs. If you or a loved one feel dismissive of smart devices, realize that you may be using a few already: About a third of Americans 50 and older have a smart speaker such as an Amazon Echo or Google Nest, almost a quarter have a device that helps with security, according to AARP's 2024 Tech Trends and Adults 50-Plus survey. And 90 percent own a smartphone, 75 percent a smart TV.

Prices go down and ease of use increases as products stay on the market. Zenith debuted the now-ubiquitous TV remote in 1950. But not until the 1980s could you find them included with practically every TV sold. Now you can't do without one, right? Here's an overview of products that can help around the house.

1. **Smart lights:** Smart lamps and overhead lights can be turned on and off through an app. Using sensors, they can be programmed to turn on when detecting movement for security outside your home or safety inside it, such as when a person gets up at night.
2. **Smart TVs:** Sure, you spend countless hours streaming movies, shows, live news and sports with an internet-connected TV. But smart TVs can also be used as a webcam for video chats, telehealth calls with your doctor or virtual exercise sessions.
3. **Smart thermostats:** Typically, a smart thermostat from providers such as Ecobee, Google Nest or Honeywell can learn your indoor climate preferences over time. When the thermostat detects the house is empty, it can reduce the amount of heating or cooling, shaving a few bucks off your energy bill. Includes remote control through an app for the resident or a caregiver.
4. **Smart speakers:** With voice commands, you can play music, get the weather forecast, have questions answered and more from a digital assistant that you can summon from a fairly small device. This device can become the command center for your home, providing voice control for other products. Smart speakers are also popular in the kitchen for setting timers.
5. **Smart beds and mattresses:** A smart bed or mattress can help give you a good night's sleep by determining separate comfortable temperatures for whoever is sleeping on either side of the bed. It can adjust mattress firmness and elevate feet over heart to reduce swelling in the legs. Some of the smartest will report on the quality of sleep come morning, perhaps sharing data with a health care provider or caregiver.
6. **Activity sensors:** Caregivers can monitor an older adult's daily activities, such as getting out of bed, entering or exiting a room, or leaving an exterior door open. They can track daily activities to send alerts to family or a caregiver if, for example, a chair is occupied for too many hours.
7. **Fall detectors:** Many of these products work with a combination of wall-mounted sensors and wearable devices, such as a wristband or pendant. They can determine if a resident has fallen and can call for help. A caregiver can also receive an alert.
8. **Security systems:** Cameras can become your eyes and ears if you're worried about something as simple as package theft. If an alarm is triggered, not only are the resident and authorities alerted, but the system also can send a notification to a caregiver's smartphone.

(Continued on page 5)

## How a Smarter Home Can Make Daily Life Easier *(continued)*

9. **Video doorbells:** These include a small camera, plus a microphone and speaker, which let you see and converse with someone at your door through an app on your phone. That person doesn't see you and won't know if you're home. Some models can regularly record video for review.
10. **Air quality detectors:** Smart alarms can not only alert people in the home about smoke but also send notifications to an app for a caregiver. Some go beyond smoke and fire to detect other air quality problems such as carbon monoxide.
11. **Robot lawn mowers:** Like a Roomba for your lawn, robo-mowers follow an area that you define and quietly mow the grass for you every day so the smaller clippings stay on your lawn to enrich the soil.
12. **Cleaning robots:** These started as automated sweepers that learned the layout of your rooms and did the dirty work; now some can also mop hard floors.
13. **Smart appliances:** A smart refrigerator allows contents to be seen in an app if you can't remember what you have or need while shopping. In some cases, it can suggest recipes based on the ingredients on hand. A smart stove will let you or a caregiver shut off an oven remotely. A smart microwave can be turned on or off remotely via an app.
14. **Medication dispensers:** Some pill organizers can be programmed to give out the right amount of medicine and audibly or visually alert a person when it's time to take a dose. Many can be managed through phone apps, so a caregiver can check to see when medication has been dispensed.
15. **Smart locks:** Lock and unlock doors remotely and monitor comings and goings — perhaps of a loved one with dementia who may wander. Convenient for remotely providing access to health aides, house cleaners and other family members.
16. **Bathroom tech:** Smart water sensors can shut off water and alert you if a leak or a constantly running toilet is detected. Smart scales are useful to track weight and other body measurements and send data to a health app or share it with caregivers or medical providers. Sensors can indicate how often someone opens a medicine cabinet.

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DHS Approved 4/22/2021



# DONNA MAE'S PANTHER CAFÉ

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

January  
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Served with each meal:</b> Milk	<b>Dates Salad Option</b> 1st - 3rd Grilled Chicken 6th - 9th Crispy Chicken 13th - 17th Taco 20th - 24th Chef Salad 27th - 31st Grilled Chicken	<b>1 CLOSED</b> 	<b>2</b> Spaghetti w/Meat Sauce, Salad, Garlic Bread, Mandarin Oranges	<b>3</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
<b>6</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Fruit Cocktail, Cake	<b>7</b> Baked Chicken, Stuffing, Cranberries, Corn, Bread, Pears, Cake	<b>8</b> Meatloaf, Mashed Potatoes, Broccoli, Bread, Banana, Cake	<b>9</b> Chili, Cold Cut Sandwich, Fruit Salad, Peaches, Cake	<b>10</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake  <i>Pepin HDM: Chicken instead of Cod</i>
<b>13</b> Hamburger w/ Mushrooms & Onions, Baby Red Potatoes, Carrots, Bread, Pineapple, Cake	<b>14</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	<b>15</b> Scallop Potatoes & Ham, Beets, Bread, Mandarin Oranges, Cake	<b>16</b> Beef Vegetable Soup, Ham Salad Sandwich, Fruit Cocktail, Cake	<b>17</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
<b>20</b> Pulled Pork Sandwich, Cheesy Potatoes, Carrots, Pears, Cake	<b>21</b> Creamed Chicken on Biscuits, Peas, Corn, Peaches, Cake	<b>22</b> Hamburger Hotdish, Salad, Bread, Banana, Cake	<b>23</b> Salisbury Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	<b>24</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake  <i>Pepin HDM: Chicken instead of Cod</i>
<b>27</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Tropical Fruit, Cake	<b>28</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	<b>29</b> Hamburger Gravy over Mashed Potatoes, Broccoli, Bread, Fruit Cocktail, Cake	<b>30</b> Wild Rice Hotdish, Green Beans, Bread, Pears, Cake	<b>31</b> Cod, Mashed Potatoes, Beans, Bread, Coleslaw, Cake

## Home Delivered Meal Participants:

It's that 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.

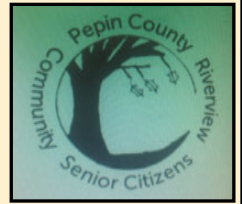
Also, please remember that meals may tend to arrive a little later in winter months because of uncertain road conditions. Your patience is greatly appreciated. If your meal is more than 45 minutes past its normal delivery time, please call your meal site.

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.



Here we are welcoming in a new year, 2025, and hope that all of you are in good health, safe and warm in your homes, and surrounded by those who care the most about you. The past year was a very busy year at Riverview Community and Senior Center, and the year ended with a successful Holiday Bazaar and many renovations being completed. Our thanks to the volunteers who staff the office throughout the year: Charlotte Byington, Carol K. Bauer, Bonnie Bock, Mary Kauffman, Brenda Cole, and Myrna Brantmeier. Without their dedication, it would be difficult to keep the doors open every day of the week.



I was amazed at the amount of donations we received from members and friends for the Bazaar to make it the success it was. Our tables of baked goods were overflowing with fantastic cookies, breads, pies and candy. Any baked items which were left after the sale were delivered to Plum City Care Center, where they were received with cheers. We also delivered some baked goods to Homeplace of Durand for a holiday treat. Raffle and door prizes were picked up or delivered to the lucky winners also. Those who gathered for lunch had time to visit with friends and family while shopping, too. Special thanks to Mary Ellen Brunner who embroidered dozens of lovely dishtowels for our sale. Mary Ellen did a great job.

Hopefully all of you had a wonderful Thanksgiving and Christmas. We are looking forward to spending some time with our grandchildren and our welcomed new great-grandson, who of course, I think is the cutest baby on the planet.

Please remember that your 2025 membership dues can be paid at the office during the hours of 10:00am - 2:00pm, Monday through Friday. Thank you for your continued support.

Best wishes in the New Year and remember, our doors are always open at Riverview Center for family gatherings, Bingo, card playing or just visiting. For any of you who are not sure where we are, you'll find us located at 606 W Madison Street, Durand. Call us Monday - Friday, 10:00am - 2:00PM, at 715-672-4101.

Marge Briggs

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Served with each meal:</b> <b>Milk</b>		<b>1 MEAL SITE CLOSED</b> 	<b>2</b> Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Plums, Dessert	<b>3</b> Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit
	<b>7</b> Meatballs w/Beef Gravy, Mashed Potatoes w/Gravy, French Green Beans, Wheat Bread, Peaches	<b>8</b> Lasagna, Broccoli, Garden Salad w/Ranch Dressing, Garlic Bread, Red Jello w/Fruit Cocktail	<b>9</b> Beef Roast, Mashed Potatoes w/ Gravy, Tomato Juice, Wheat Bread, Pineapple	<b>10</b> Baked Fish w/ Tartar Sauce, Potato Salad, Baked Beans, Whole Grain Banana Muffin, Apple
<b>Call previous day by 1:00pm to order lunch.</b>	<b>14</b> Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	<b>15</b> Barbeque on Bun, Bean Soup, Creamy Coleslaw, Tropical Fruit	<b>16</b> Spaghetti w/ Meat Sauce, Garlic Bread, Broccoli, Garden Salad w/ French Dressing, Mandarin Oranges	<b>17</b> Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
<b>Salad Options:</b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>21</b> Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	<b>22</b> Beef Stew, Broccoli Salad, Biscuit, Plums	<b>23</b> Country Fried Steak, Mashed Potatoes w/Gravy, Garden Salad w/ Ranch Dressing, Wheat Bread, Pineapple	<b>24</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/ Peaches
	<b>28</b> Hot Beef on Bun, Corn, Tomato Juice, Mandarin Oranges	<b>29</b> Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries	<b>30</b> Chicken Drummies, Tater Tots, Baked Beans, Wheat Bread, Apple	<b>31</b> Swedish Meatballs, Mashed Potatoes w/Gravy, Sliced Carrots, Wheat Bread, Pears



**January 8, 2025**

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MATTHEW/NUTRITION PROGRAM COORDINATOR AT  
715-672-8941 EXT 163.



## Buffalo & Pepin Counties Senior Nutrition Program Suggested Donation Increase on January 1<sup>st</sup>, 2025.

By Matthew Bertelson, Nutrition Program Coordinator

Beginning January 1, 2025, suggested donations for **ALL** meals (congregate, home-delivered, and carry-out) will move to a donation range of \$5.00-\$7.00 per meal.

This range will allow 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.

Our goal is to always find ways to reduce or maintain our costs without lowering the quality or nutritional value of our meals. Volunteers have continued to give of their time helping our nutrition program, and we work hard to keep cost down as much as possible. Keeping the costs down allows us to be able to serve the increasing senior population within both counties.

All contributions are voluntary and are kept confidential regardless of the amount. Nobody will be denied meals if they are unable or choose not to contribute. You may contribute more or less than the suggested amount. You may continue to contribute the same amount you have been. Families may purchase dining meal site tickets to help a loved one. Thirty percent of the nutrition program revenues come from participant and community contributions, so they are very important to the sustainability of this program.

For more information about senior dining, home delivered meals, or the increase in suggested contribution, please do not hesitate to contact myself at 715-672-8941, ext. 163 or toll free at 866-578-2372.



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Pepin County Human Services - Aging Unit, Durand, WI

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## THE LOST PIRATE

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HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY

*January  
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 MEAL SITE CLOSED</b> 	<b>2</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	<u>Served with each meal:</u> 1% Milk Whole Wheat Bread
<b>6</b> Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit	<b>7</b> Creamed Chicken w/Biscuits, Mixed Vegetables, Fruit	<b>8</b> Cheeseburger, Potato Salad, Coleslaw, Fruit	<b>9</b> Baked Fish, Baked Potato, Side Salad, Fruit	
<b>13</b> Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	<b>14</b> Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	<b>15</b> Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	<b>16</b> Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	<b>Call previous day by 1:00pm to order lunch.</b>
<b>20</b> Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	<b>21</b> Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>22</b> Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	<b>23</b> Chicken Alfredo, Garlic Toast, Side Salad, Fruit	<u>Salad Options:</u> Taco Ham Chicken
<b>27</b> Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	<b>28</b> Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	<b>29</b> Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	<b>30</b> Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	

## 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 2025.

#### Qualifications:

- Individual must be physically disabled and reside in Buffalo County (or be a family member of an individual with a physical disability)
- 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.*

# AMERICAN LUTHERAN HOME

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

January  
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 MEAL SITE CLOSED</b> 	<b>2</b> Beef Pot Roast, Baby Baker Potatoes, Beef Gravy, Broccoli w/Cheese, Banana Foster Poke Cake	<b>Served with each meal:</b> Milk
<b>6</b> Hamburger Gravy over Mashed Potatoes, Peas, Apricots	<b>7</b> Open Face Hot Turkey Sandwich, Baby Baker Potatoes, Vegetable Blend, Jello w/Fruit	<b>8</b> Chili, Crackers, Corn, Romaine Salad, Frosted Pumpkin Bars	<b>9</b> Roast Pork, Roasted Sweet Potatoes, Green Beans, Strudel Stick	
<b>13</b> Swiss Steak, Au Gratin Potatoes, Stewed Tomatoes, Banana Cupcake w/ Cinnamon Frosting	<b>14</b> Meatloaf, Mashed Potatoes, Beets, Bread, Mixed Berries Bar	<b>15</b> Baked Swiss Chicken, Stuffing, Sunshine Carrots, Coffee Cream Dessert	<b>16</b> Lasagna, Broccoli, Bread, Mandarin Oranges	<b>Call previous day by 1:00pm to order lunch.</b>
<b>20</b> Pulled Pork on Bun, Potato Salad, Baked Beans, Apricots	<b>21</b> Beef Stew, Carrots, Bread, Romaine Salad, Peaches	<b>22</b> Baked Ham, Sweet Potato, Green Beans, Caramel Apple Dessert	<b>23</b> Swedish Meatballs, Mashed Potatoes, Corn, Peanut Butter Tart	<b>Salad Options:</b> Taco Chef (Turkey, Ham) Chicken Tender
<b>27</b> Bratwurst on Bun, Sauerkraut, Baked Beans, Pears	<b>28</b> Roast Turkey, Stuffing, Gravy, Candied Carrots, Roll, Pie	<b>29</b> Country Fried Steak, Mashed Potatoes, Country Gravy, Squash, Butterscotch Apple Cake	<b>30</b> Beef Pot Roast, Baby Baker Potatoes, Beef Gravy, Broccoli w/Cheese, Banana Foster Poke Cake	

Find Snow Solution



## 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 28,999 skull caps through the month of December. *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!



**Buffalo & Pepin Counties Wish to  
Thank Our Recent Donors!**

### Donations:

**Marvin & Glenda Bauer  
Robert & Cassandra Teets**



**Thank you!**

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

### Donations

**Larry & Carol Prissel  
Dorothy Weisenbeck  
Charlotte Byington  
Melissa Weber  
Judy King**

**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