

# TWO RIVERS CONNECTION



July 2024

CONCESSIONS  
AVAILABLE  
FOR PURCHASE

## 2ND ANNUAL COMMUNITY RESOURCE FAIR

RAFFLE  
PRIZES

THURSDAY, JULY 25, 2024

MONDOVI SCHOOL  
337 N JACKSON, MONDOVI, WI  
DOOR # 7  
DOORS OPEN 9:30 AM  
UNTIL 3:00 PM

PRE-REGISTRATION RECOMMENDED  
BUT NOT REQUIRED  
TO PRE-REGISTER- PLEASE CALL  
1-866-578-2372

### SCHEDULE OF EVENTS

9:30  
REGISTRATION/BOOTHS  
10:00-11:30  
SPEAKER 1 – BOB PECOR  
*THE SEVEN BOXES OF HAPPINESS*  
11:30-12:15  
LUNCH/BOOTHS  
12:15-1:15  
SPEAKER 2 AVEANNA HOMECARE  
*UNDERSTANDING THE DIFFERENT HOME CARE SERVICES*  
1:15-1:30  
BREAK/BOOTHS  
1:30-2:30  
SPEAKER 3 JEAN JIROVEC  
*MANAGING CHANGE AND DIFFICULT CONVERSATIONS*  
2:30-2:45  
CLOSING/RAFFLES

### COMMUNITY RESOURCES

HOME CARE AGENCIES  
LONG TERM CARE  
MEMORY CARE FACILITIES  
ASSISTED LIVING ADVISORS  
ADULT DAY CENTERS  
VETERANS SERVICES  
PUBLIC HEALTH  
DHHS  
UW EXTENSION  
WESTERN DAIRYLAND  
ADRC  
DEMENTIA CARE  
MEMORY CAFE  
PURPLE TUBE PROJECT  
AND MORE

SPONSORED BY THE AGING AND DISABILITY RESOURCE CENTER AND ADULT PROTECTIVE  
SERVICES OF BUFFALO AND PEPIN COUNTIES

## The Dementia Care Corner

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.

**July 9 \* 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 welcomed.

### Lunch Bunch

Caregiving for a loved one experiencing memory loss can be challenging and lonely at times. Lunch Bunch is a virtual support and resource group which allows caregivers to come together and share experiences, challenges, and success.

**When:** Last Monday of each month,  
11:30am-12:30pm

Participants may participate by computer or telephone. Contact Chelsey for more information.

**PH: 715-279-7870**

**Are you a lover of all things Wisconsin, looking to learn something new at a fun and interactive event?!**

Tom Manus and Kristi Flick Manus are freelance travel writers who have explored the great state of Wisconsin and written a book with their findings of all things secret, hidden, and quirky. **Join us as Tom and Kristi offer an interactive book talk and share stories from 'Secret Wisconsin: A Guide to the Weird, Wonderful and Obscure'.** Tom and Kristi have a passion for travel and have visited 48 states! To learn more about their adventures, as well as gain personal travel ideas, visit [smalltownplussize.com](http://smalltownplussize.com).

**This FREE event will be hosted at the Pepin Library on Thursday July 18<sup>th</sup>, 7:00pm.**

### 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

**\*\* 'Beat the heat!' and join us for smoothie-making at the July Memory Café.**

**DID YOU KNOW?!** The brain needs to 'forget' in order to function properly! Humans create countless memories throughout the course of their lives – many of which will eventually be forgotten. If we were to remember every detail of our existence, it wouldn't benefit our wellbeing. A new theory suggests that humans forget less relevant memories in order to interact better with the environment, make better decisions, and improve wellbeing. (Pennsylvania State University, 2023)



# 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 7<sup>th</sup> 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](mailto:adrc-bp@co.pepin.wi.us)

ARE YOU ON MEDICARE?  
CURIOUS ABOUT YOUR MEDICARE  
PLAN OPTIONS?  
WANT TO LEARN MORE ABOUT THE  
USEFUL TOOLS ON THE  
MEDICARE.GOV WEBSITE?  
ADRC BENEFIT SPECIALISTS WILL  
BE HOSTING SEVERAL COMMUNITY  
CLASSES IN SEPTEMBER TO SHARE  
INFORMATION ON THESE TOPICS.



WATCH FOR THE AUGUST  
NEWSLETTER FOR ADDITIONAL  
INFORMATION ON DATES AND  
LOCATIONS!



## 4th of July - Name That State!

- |                |                    |
|----------------|--------------------|
| 1. Alabama     | A. Sunshine State  |
| 2. California  | B. Pine Tree State |
| 3. Delaware    | C. Cotton State    |
| 4. Florida     | D. Hoosier State   |
| 5. Georgia     | E. Lone Star State |
| 6. Idaho       | F. Empire State    |
| 7. Indiana     | G. Diamond State   |
| 8. Kansas      | H. Wolverine State |
| 9. Maine       | I. Sunflower State |
| 10. Michigan   | J. Peach State     |
| 11. New Jersey | K. Volunteer State |
| 12. New York   | L. Evergreen State |
| 13. Tennessee  | M. Garden State    |
| 14. Texas      | N. Golden State    |
| 15. Washington | O. Gem State       |

Answer Key on page 11.

# Specialist Spotlight

*Your ADRC Specialist Team: (left to right)*

*Jennifer Nelson - ADRC Specialist*

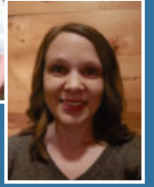
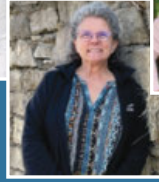
*Michelle Brown - ADRC Specialist*

*Melissa Hovland - Disability Benefit Specialist*

*Bernie Rogers - Elder Benefit Specialist*

*Julie Fick - Elder Benefit Specialist*

*Chelsey Herold - Dementia Care Specialist*



## Tip Sheet: Living With Diabetes

Diabetes is a common health problem among older people. More than 40 percent of Americans with diabetes are 65 or older. When your body digests food, it converts much of it into glucose—a kind of sugar that your cells use for energy. Your body also produces a hormone called insulin. Insulin helps you get the right amount of glucose in your bloodstream, which carries it to your cells. When something goes wrong with these processes, the result is diabetes.

### **What is Diabetes?**

Diabetes develops when the amount of sugar in your blood becomes too high, either because your body doesn't make enough insulin (type 1 diabetes), because your body doesn't respond to insulin (type 2 diabetes), or both. The extra sugar in your blood can damage parts of your body, such as your eyes or kidneys. People with type 1 usually develop diabetes in childhood or as teenagers. Older people are particularly likely to develop type 2 diabetes because your body's ability to manage sugar declines with age. Being overweight can also cause diabetes.

**Diabetes can't be cured but it can be managed.** If you have diabetes, you should work closely with your healthcare providers to keep your blood pressure, cholesterol, and sugar levels under control. Here's some expert advice, from the Health in Aging Foundation, for older adults with diabetes and their caregivers.

**Make a plan.** Work with your healthcare providers to develop a diabetes treatment plan. For many patients, the diabetes educator is an important member of your team who can teach you about the best way to eat and stay active. Medicare will cover a visit to a diabetes educator if you and your healthcare provider think that you need this. Your treatment plan should meet your needs and your wishes.

**Make the most of free Medicare services.** Medicare will cover a visit with a diabetes educator once a year. Ask your healthcare provider to give you a referral.

**Eat smaller portions.** Eating more small meals over the course of the day can help keep your blood sugar levels steadier than eating three large meals.

**Choose whole grain breads, cereals, and pasta.** Whole grains have more fiber, and take longer to digest than white flour and other refined starches. Whole grains, such as whole wheat flour, brown rice, oats, and barley, can help keep your blood sugar levels steadier.

**Eat a wide variety of low-calorie produce.** Choose bright or deep-colored fruits and vegetables such as spinach, green or red lettuce, tomatoes, carrots, broccoli, squash, or sweet potatoes. These foods are better choices than white potatoes or iceberg lettuce.

**Avoid sugary drinks and foods.** Drink water or unsweetened tea instead of soft drinks or other beverages high in natural or added sugar. Enjoy fresh fruits for dessert. Avoid processed and prepared foods. These often contain corn syrup, and are high in fat and salt.

**Get moving.** Even small increases in physical activity can help you control your blood sugar and blood pressure levels, and can help preserve your ability to live independently. Talk to your healthcare provider about how to get started if you haven't been exercising for a while. If your healthcare provider says it is safe, start with at least 20 minutes of exercise at least three times a week.

**Slim down.** If you are overweight, losing even 5 to 10 pounds can help make your diabetes easier to treat. You can do this by both eating well and exercising regularly.

*Article submitted by Jennifer Nelson, ADRC Specialist*

Health In Aging Jan 2020, *HealthinAging.org* website, accessed June 5 2024, <<https://www.healthinaging.org/tools-and-tips/tip-sheet-living-diabetes>>.



## 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 a husband and wife can each get a voucher packet. Each eligible senior will receive \$45 in vouchers per person and can get up to \$90 if the household qualifies.

Vouchers can be used now through October 31<sup>st</sup> 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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**1-800-963-0035**

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

DHS Approved 4/22/2021

**DAILY BREAKFAST, LUNCH & DINNER SPECIALS**



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**Saturday** - Prime Rib/Steaks  
**Sundays** - Broasted Chicken

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Pepin County Human Services - Aging Unit, Durand, WI

A 4C 02-1035

## 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

July  
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Tropical Fruit, Cake	<b>2</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	<b>3</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Banana, Cake	<b>4</b> <b>MEAL SITE CLOSED</b> <b>HAPPY 4TH OF JULY</b>	<b>5</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
<b>8</b> Pulled Pork Sandwich, Baby Red Potatoes, Carrots, Pears, Cake	<b>9</b> Grilled Chicken Breast, Baked American Fries, Broccoli Salad, Bread, Applesauce, Cake	<b>10</b> Hot Beef on Bread, Mashed Potatoes, Tomatoes, Peaches, Cake	<b>11</b> Hamburger w/ Mushrooms & Onions, Baby Red Potatoes, Green Beans, Pineapple, Cake	<b>12</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
<b>15</b> Barbeque on Bun, Baby Red Potatoes, Carrots, Tropical Fruit, Cake	<b>16</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	<b>17</b> Meatballs, Mashed Potatoes, Broccoli w/Cheese, Mixed Vegetables, Bread, Banana, Cake	<b>18</b> Meatloaf, Squash, Green Beans, Bread, Fruit Cocktail, Cake	<b>19</b> Cod, Baked Potatoes, Beans, Coleslaw, Bread, Cake
<b>22</b> Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Pears, Cake	<b>23</b> Baked Chicken, Stuffing, Cranberries, Corn, Bread, Applesauce, Cake	<b>24</b> Lasagna, Lettuce Salad, Garlic Bread, Green Beans, Peaches, Cake	<b>25</b> Chicken Salad on Croissant, Summer Salad, Tomatoes, Fruit Salad, Pineapple, Cake	<b>26</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
<b>29</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Mixed Fruit, Cake	<b>30</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	<b>31</b> Hamburger Gravy, Mashed Potatoes, Broccoli, Bread, Banana, Cake	<b>Dates Salad Option</b> 1st - 5th Taco Chicken 8th - 12th Chef Chicken 15th - 19th Grilled Chicken 22nd - 26th Crispy Chicken 29th - 31st Taco Salad	<b>Served with each meal:</b> <b>Milk</b>



**July 3, 2024**

**WINONA BUS TRIP**

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 800-579-2272. (For hearing impaired, please use Wisconsin relay 711 service) If information is needed in another language, contact 800-579-2372

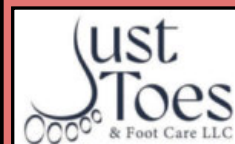
### Riverview Helping Hands

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 27,962 skull caps through the month of June. *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!



Rochelle Boos will be offering toenail clinics in May. Please contact Rochelle to schedule an appointment.

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



Riverview Center has started out the month of June with our Annual Quilt Raffle on June 3<sup>rd</sup> and that was an exciting day for everyone. To add to the fun, the quilters also had a de-stash sale going on, which brought in many visitors and friends. At 2:00 we pulled the winner of the quilt and held that name until all the other donated prizes were distributed and then there was that final moment, the winner this year was Jean Hermann of Durand. There were over 3,000 tickets sold for the event and we thank each and everyone of you who purchased and sold those tickets. This raffle is our major fundraiser of the year for the Pepin County Council of Senior Citizens and we couldn't do it without your help.



Our sponsors for all prizes include Riverview Quilters, our Council, Brenda Drier, Myrna McRoberts, Panther Drive In, Durand Fresh Market, Dairy Queen, and Handy Mart. Winners include: Jean Hermann, Diane Brion, Carol K. Bauer, April Anderson, Mark Spindler, Martha Hartung, Charlotte Byington, Barb Kuss, Gene Schlosser, Martha Buening, Rainona Herbert, Glenda Bauer, Annette Huppert, Julie Hoyt, Deb Weiss and Audrey Pelke.

We are continuing with improvements at Riverview Center and the repair to the roof was completed by Durand Builders. Both storage sheds have been cleaned out and will be receiving some major repairs over the next month. Randy Weiss and his wife, Cheri, were there on Monday to completely clean the berm at the end of the drive and take the rotten tree down before it fell on someone's car. They have also volunteered to assist with some of the other landscaping issues. God Bless our volunteers.

If you are hosting any events and need a venue with handicapped accessibility, fully equipped kitchen, parking, and a great view of the river, consider rental of Riverview Center at a reasonable rate.

Call 715-672-4101. 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**

*July  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Served with each meal:</u></b> <b>Milk</b>	<b>2</b> Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	<b>3</b> Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	<b>4</b> <b>Meal Site Closed</b> <b>Happy 4th of July</b>	<b>5</b> Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
	<b>9</b> Baked Meatloaf, Au Gratin Potatoes, Corn, Wheat Bread, Tropical Fruit	<b>10</b> Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches	<b>11</b> Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch, Grapes	<b>12</b> Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce
<b>Call previous day by 1:00pm to order lunch.</b>	<b>16</b> Tater Tot Hot Dish, Garden Salad w/ French Dressing, Wheat Bread, Watermelon, Dessert	<b>17</b> Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	<b>18</b> Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch, Fruit Cocktail	<b>19</b> Tuna Salad on Croissant, Beans Soup, Coleslaw, Apple
<b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>23</b> Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges	<b>24</b> Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Applesauce	<b>25</b> Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries	<b>26</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe
	<b>30</b> Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Green Beans, Wheat Bread, Fruit Cocktail	<b>31</b> Lasagna, California Blend, Garden Salad w/ Ranch Dressing, Whole Grain Muffin, Mandarin Oranges		



**Caring for your grandchild?**

It's one of your greatest joys.  
But it can also be one of your biggest stressors.


The physical and financial demands of caring for a grandchild can be challenging — especially if you've become the main caregiver

**There's help for you!**

Wisconsin's **Family Caregiver** Support Programs

***Lunch is Served***

Buffalo and Pepin Counties Senior Nutrition Program is looking for volunteers to deliver home-delivered meals. Meal Sites are in Durand, Pepin, Nelson, Buffalo City, Gilmanton, and Mondovi. The need for drivers varies based on the location. We are currently in need of drivers in the Nelson/Alma area.



- ◆ Flexible scheduling is available. You can deliver meals as little or as much as you'd like.
- ◆ Mileage reimbursement is offered if you drive your own vehicle. If you drive a county vehicle, there is no mileage reimbursement.
- ◆ **Receive free lunch on every day you volunteer!**

If you are interested in learning more about delivering home-delivered meals, please call:

Matthew Bertelson  
Nutrition Program Coordinator  
715-672-8941 Ext 163





## Meet Your Legislators!

Wed., August 7, 2024  
1:00 - 2:30pm

Broz's Bar & Grill  
455 E Wall Street  
Ellsworth, WI

Join us if you are interested in meeting with your legislators to talk about local issues related to aging!

Transportation may be available for this event, please call 866-578-2372 (Buffalo & Pepin Counties) or 715-273-6780 (Pierce County) for more information.



## LET'S GROW YOUR BUSINESS

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WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud



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

Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

## THE LOST PIRATE

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

*July  
2024*

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



What: The ADRC of Buffalo and Pepin Counties will be hosting a Scam presentation event this summer. We will have presentations on protecting yourself from Banking scams, Medicare scams and more!

When: Tuesday August 20th, 2024, 1:00pm-3:30pm

Where: The Roger Marten Community Center,  
120 S Franklin St, Mondovi, WI

*\*Additional information coming soon\**

**SteppingOn**  
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**wiha**  
Wisconsin Institute  
for Healthy Aging

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

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

Class dates and location are to be determined based on interest.  
Call 866-578-2372 or email  
[adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us) to sign up or  
learn more about this program.

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



## AMERICAN LUTHERAN HOME

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

*July  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Lasagna, Green Beans, Bread, Salad w/Dressing, Peaches	<b>2</b> Open Faced Hot Beef Sandwich, Gravy, Sweet Potatoes, Corn, Maraschino Cherry Cake	<b>3</b> Country Fried Steak, Mashed Potatoes w/Country Gravy, Sunshine Carrots, Fresh Melon	<b>4</b> <b>Meal Site Closed</b> <b>Happy 4th of July</b>	<b>Served with each meal:</b> <b>Milk</b>
<b>8</b> Brat on Bun, Potato Wedges, Creamy Coleslaw, Mixed Fruit	<b>9</b> Chicken Ravioli w/Creamy Alfredo Sauce, Vegetable Blend, Broccoli, Bread, Lemon Blueberry Shortbread	<b>10</b> Chili, Crackers, Corn, Salad, Pears	<b>11</b> Baked Fish, Sweet Potato Tots, Green Beans, Banana Cake	
<b>15</b> Smoked Sausage, Sauerkraut, Baked Beans, Fresh Blueberries	<b>16</b> Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, Bread, Fruit Cup, Frosted Cake	<b>17</b> Open Faced Hot Turkey Sandwich, Gravy, Au Gratin Potatoes, Carrots, Berry Cup	<b>18</b> Honey Baked Ham, Baked Sweet Potatoes, Broccoli, Roll, Fresh Melon	<b>Call previous day by 1:00pm to order lunch.</b>
<b>22</b> Brown Sugar Barbeque Pork on Bun, Sweet Potato Tots, Coleslaw, Fruit Cup	<b>23</b> Hamburger Gravy, Mashed Potatoes & Gravy, Carrots, Bread, Fruit Crisp	<b>24</b> Turkey French Dip, Potato Salad, Corn, Pineapple	<b>25</b> Roast Beef, Baby Baker Potatoes, Broccoli w/Cheese, Bread, Blueberry Cobbler	<b>Salad Options:</b> <b>Taco</b> <b>Chef (Turkey, Ham)</b> <b>Chicken Tender</b>
<b>29</b> Lasagna, Green Beans, Bread, Salad w/Dressing, Peaches	<b>30</b> Open Faced Hot Beef Sandwich, Gravy, Sweet Potatoes, Corn, Maraschino Cherry Cake	<b>31</b> Country Fried Steak, Mashed Potatoes w/Country Gravy, Sunshine Carrots, Fresh Melon		

**ADRC of Buffalo and Pepin Counties has a website and Facebook page!**

*You'll find great information and tools to help you find the assistance you may be looking for.*

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

**Facebook:** [www.facebook.com/ADRCBuffaloAndPepinCounties](https://www.facebook.com/ADRCBuffaloAndPepinCounties)

The Aging and Disability Resource Center of Buffalo & Pepin Counties, also known as the ADRC, is the first place to go with aging and disability questions. We are a warm and friendly "information station" where you can obtain accurate, unbiased information related to aging or living with a disability.

**No internet? No problem! Just give us a call at 866-578-2372.**



### 4th of July - States Game Answer Key

- |      |       |
|------|-------|
| 1. C | 8. I  |
| 2. N | 9. B  |
| 3. G | 10. H |
| 4. A | 11. M |
| 5. J | 12. F |
| 6. O | 13. K |
| 7. D | 14. E |
|      | 15. L |



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

### **Donations:**

*Matt Bertelson, Charlotte Byington, Mary Kauffman, Judy King, Tucker Silberhorn, Myrna McRoberts, Brenda Drier, Joyce Grochowski, Floyd & Marge Briggs, Zita Stewart, Brenda Cole, Rachel Wulff, Randy & Cheryl Weiss*

**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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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