

TWO RIVERS CONNECTION



June 2025



Senior Farmers Market vouchers will be available starting June 1st to Buffalo and Pepin County residents. 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 on a first come, first serve basis.

Income guidelines for 2025 are as follows:

Household size	Monthly income
1	\$2,413
2	\$3,261

(For each additional member, add \$848 monthly).

If you meet the income guidelines listed above, you will be issued one \$25 voucher packet per person to be used as cash at authorized area farmers markets. Multiple individuals in the same household can receive a packet providing they meet all the guidelines. Vouchers can be used from June 1 through October 31st.

To receive a voucher, please call the ADRC at 866-578-2372 to set up an individual appointment or request a voucher by mail. Want to get a voucher in person? Vouchers will be distributed in person by ADRC staff at the following dates and locations:

PEPIN COUNTY RESIDENTS:

Monday, June 2 nd	10:00am - 11:30am:	Pepin Apartments Community Room 701 Dunn Street, Pepin, WI 54759
Tuesday, June 3 rd	10:30am - Noon:	Riverview Senior and Community Center 606 W Madison St., Durand, WI 54736
Monday, June 16 th	10:30am - Noon:	Riverview Senior & Community Center 606 W Madison St., Durand, WI 54736

BUFFALO COUNTY RESIDENTS:

Monday, June 2 nd	1:30pm - 2:15pm:	Eagle Bluff Apartments Community Room 436 S Main Street, Fountain City, WI 54629
	2:30pm - 3:15pm:	Cochrane Apartments Community Room 248 N Main Street, Cochrane, WI 54622
	3:30pm - 4:15pm:	Nelson Apartments Community Room N 505 Lincoln Street, Nelson, WI 54756
Wednesday, June 4 th	1:00pm - 1:45pm:	Highland Apartments Community Room 600 Buffalo Street, Mondovi, WI 54755
	2:00pm - 2:45pm:	Lincoln/Vine Apartments Community Room 140 West Vine Street, Mondovi, WI 54755

This institution is an equal opportunity provider

The Dementia Care Corner



Alzheimer's and Brain Awareness Month

With June being Alzheimer's and Brain Awareness Month, better your brain health with these riddles!

1. I have a neck, but no head. I have two arms, but no hands. What am I?
2. David's father has three sons: Snap, Crackle, and ____?
3. What is more useful when it's broken?
4. What word contains 26 letters but only has 3 syllables?
5. I am easy to lift but hard to throw. What am I?
6. What goes up but never comes down?
7. I am an odd number. Take away a letter and I become even. What number am I?
8. I sometimes run, but I cannot walk. What am I?
9. What has hands but cannot clap?
10. How many months have 28 days?
11. What kind of room has no walls, doors, or windows?
12. What runs all around a backyard, yet never moves?
13. What two keys can't open any door?

June Events!

Coffee & Conversation Memory Café (Alma)

June 12th, 11am-12pm

Wings Over Alma Art & Nature Center
(110 N Main St, Alma)

****Celebrate June/Dairy Month with Homemade Ice Cream and Dairy Trivia!**

Meaningful Connections Café (Durand)

June 5th, 11am-12pm

Riverview Community Center
(606 W Madison St, Durand)

****Celebrate June/Dairy Month with Homemade Ice Cream and Dairy Trivia!**

Mondovi Dementia Caregiver Support Gathering

June 26th, 10-11:30

Mondovi Public Library
(147 W Hudson St, Mondovi)

Pepin Dementia Caregiver Support Gathering

June 3rd, 10-11:30

Pepin Public Library
(510 Second St, Pepin)

No registration required. Questions about any of these ADRC events? Contact Chelsey/ Dementia Care Specialist for more information. PH: 715.279.7870.

Interested in knowing how your ADRC team will be celebrating Alzheimer's and Brain Awareness Month?

On June 23rd, the ADRC team will be taking a walk through the city of Mondovi, visiting with residents and business owners to promote brain health and dementia awareness! You'll know us by our signs and our purple apparel!

If you see us passing through, be sure to toot your horn or stop and say hello!



monkey and donkey

They all do 11) A mushroom 12) A fence 13) A
feather 6) Age 7) Seven 8) A nose 9) A clock 10)
1) A shirt 2) David 3) An egg 4) Alphabet 5) A

Riddles Answer Key!

LET YOUR LIGHT SHINE!

Help Us Celebrate
Summer Solstice

BUFFALO & PEPIN COUNTY SENIOR MEAL
PROGRAM

WE INVITE ALL LOCAL
ORGANIZATIONS, LEGISLATIVE AND
BUSINESS LEADERS TO SET ASIDE
ONE DAY THIS JUNE TO HELP
DELIVER MEALS IN YOUR LOCAL
COMMUNITY.

Contact:

Matthew Bertelson
Nutrition Program Coordinator
mbertelson@co.pepin.wi.us
715-672-8941 Ext:163

GUEST
SPEAKERS

SAVE THE
DATE!

3rd Annual
Community Resource Fair
of Buffalo and Pepin Counties

July 23, 2025
Pepin School
510 Pine St, Pepin
9:30 am - 2:00 PM

VENDOR
BOOTHs

DOOR
PRIZES



FOLLOW THE NUMBERS

FIND THE PATH THROUGH THE HONEYCOMB FROM 1 – 100

Answer Key on Page 9.



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



Boost Your Brain Health: 6 Key Habits for a Sharper Mind

Submitted by Chelsey Herold, Dementia Care Specialist

(Reprinted from the Resource Center for Seniors, 2025)

The brain is just like any other part of your body-it needs exercise, proper nutrition, and care to function at its best. As we age, maintaining cognitive health becomes even more important. The good news? Simple lifestyle changes can help protect your memory, improve focus, and keep your brain sharp for years to come. Here are six science-backed ways to boost your brain health and lower the risk of cognitive decline.

Stay Mentally Active Think of your brain as a muscle-the more you use it, the stronger it gets! Keeping your mind engaged can help build new neural connections and slow down cognitive aging. Try puzzles, crosswords, or Sudoku. Learn a new skill like playing an instrument or speaking a language. Read books, take online courses, or engage in stimulating conversation. Challenging your brain regularly helps improve memory and mental agility.

Get Moving Regular physical activity isn't just good for your body-it's essential for your brain! Exercise increases blood flow to the brain, delivering oxygen and nutrients that support cognitive function. Aim for at least 150 minutes of moderate exercise per week. Try activities like walking, swimming, dancing, or yoga. Strength training can also help improve balance and coordination. Even short daily walks can boost mental clarity, reduce stress, and protect against memory loss.

Eat Brain-Boosting Foods What you eat plays a huge role in brain health and cognitive function. A diet rich in antioxidants, healthy fats, and essential nutrients can protect against cognitive decline. Go for leafy greens (spinach, kale), fatty fish (salmon, tuna), berries (blueberries, strawberries), nuts and seeds (walnuts, flaxseeds), whole grains (oats, quinoa). Avoid processed foods, sugary snacks, excessive alcohol. A Mediterranean-style diet-packed with healthy fats and lean proteins-has been shown to reduce the risk of Alzheimer's disease and improve brain function.

Prioritize Quality Sleep Your brain does some of the best work while you sleep! During sleep, it clears out toxins, strengthens memory, and processes new information. Tips for better sleep: stick to a consistent bedtime routine; avoid screens before bed (blue light disrupts melatonin); create a dark, cool, and quiet sleep environment. Adults should aim for 7-9 hours of quality sleep per night to support memory and brain function.

Stay Connected Ways to stay connected: schedule regular meetups with loved ones; join a book club, class, or hobby group; volunteer or participate in community events. People who maintain strong social connections tend to have better memory and cognitive resilience as they age.

Manage Stress & Mental Wellbeing Chronic stress can have a negative impact on brain health, increasing the risk of anxiety, depression, and memory problems. Practicing stress management can help keep your brain functioning at its best. Ways to reduce stress: try meditation, deep breathing, or yoga; spend time in nature; journal or practice gratitude daily. A calm mind supports better focus, memory, and emotional well-being.

Final Thoughts Taking care of your brain doesn't have to be complicated-small, consistent habits can make a huge difference in cognitive function and long-term health. By staying mentally engaged, physically active, eating well, getting quality sleep, nurturing social connections, and managing stress, you can keep your brain sharp and healthy as you age.

World Elder Abuse Awareness Day (WEAAD) is recognized each year on June 15th with the intent to build great awareness about elder abuse.

Elder abuse is the harming of an older person. It can include neglect, physical, emotional, financial or sexual abuse.

Here are some elder abuse facts from the National Center on Elder Abuse:

- About 1 in 10 Americans age 60+ have experienced abuse.
- Without decent health care and public resources, our population becomes more at risk for abuse as we age.
- The impact of elder abuse is felt by people of all ages.
- Elder abuse also reduces older people's participation in the life of our communities.
- Elder abuse creates health care and legal costs that are often carried by public programs like Medicare and Medicaid.

It is up to all of us to prevent and address elder abuse! If you have any concerns about abuse or neglect, please call:

Pepin County Human Services
Phone: (715) 672-8941

Buffalo County Human Services
Phone: (608) 685-4412

Pepin County Sheriff's Office
Phone: (715) 672-5944

Buffalo County Sheriff's Office
Phone: (608) 685-4433



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608-789-5620 www.workforceconnections.org

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

June
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham Steak, Cheesy Potatoes, Carrots, Bread, Mandarin Oranges, Cake	3 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake	4 Spaghetti w/ Meat Sauce, Salad, Garlic Bread, Pears, Cake	5 Hot Beef Sandwich, Baby Red Potatoes, Tomatoes, Peaches, Cake	6 Cod, Baked Potatoes, Beans, Coleslaw, Bread, Cake
9 Hamburger Gravy, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	10 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Tropical Fruit, Cake	11 Meatloaf, Squash, Green Beans, Bread, Banana, Cake	12 Ham Salad Sandwich, Broccoli Salad, Fruit Salad, Applesauce, Cake	13 Cod, Cheesy Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
16 Pulled Pork Sandwich, Baby Red Potatoes, Carrots, Mandarin Oranges, Cake	17 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake	18 Charcoal Grilled Hamburger w/Bun, Dirty Mashed Potatoes, Tomatoes, Summer Salad, Banana, Cake	19 Chicken Alfredo, Salad, Mixed Vegetables, Bread, Pears, Cake	20 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
23 Philly Sandwich, Baked American Fries, Carrots, Bread, Peaches, Cake	24 Chicken Strips over Wild Rice w/ Hollandaise, Broccoli, Bread, Pineapple, Cake	25 Tater Tot Hotdish, Peas, Corn, Bread, Banana, Cake	26 Hamburger w/ Mushrooms & Onions, Mashed Potatoes, Beets, Tropical Fruit, Cake	27 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
30 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Applesauce, Cake			Served with each meal: Milk	Dates Salad Option 2nd - 6th Taco 9th - 13th Chef 16th - 20th Grilled Chicken 23rd - 27th Crispy Salad 30th Taco



EAU CLAIRE BUS TRIP

Wednesday June 11, 2025

Join us for a day of Shopping in Eau Claire!

715-672-8941 EXT 152

CALL TO REGISTER AT LEAST 2 BUSINESS DAYS IN ADVANCE

AARC
Aging and Disability Resource Center
of Buffalo and Pepin Counties

COST: \$5.00 PER PERSON

The AARC 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 866-578-2372. For hearing impaired, please use Wisconsin Relay 211 service. If information is needed in another language, contact 866-578-2372.

StrongBodies

StrongBodies is a community-based physical activity program designed to help individuals of all ages build strength, flexibility, and balance. It's helping people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.

UW-Madison Extension is offering StrongBodies virtually in 2025 and you are welcome to join at no cost! The classes meet Tuesdays and Thursdays at 9:00am for 12 weeks. The upcoming sessions are:

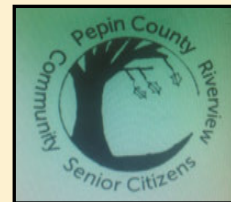
- ♦ Summer Session - July 8 - September 25
- ♦ Fall Session - October 7 - December 18

To learn more about StrongBodies, visit <https://health.extension.wisc.edu/strongbodies/> or to register, contact the ADRC of Buffalo and Pepin Counties at **866-578-2372** or adrc-bp@co.pepin.wi.us



Pepin County Council of Senior Citizens to Elect Members to Board of Directors

The Pepin County Council of Senior Citizens is planning to hold an election of members to its board of directors. Currently there are nine members on the Board who govern the assets and activities of the organization. They are: Floyd Briggs, Bonnie Bock, Carol K. Bauer, Charlotte Byington, Carol Orne, Brenda Cole, Lois Laehn, Zita Stewart and Barb Winberg.



Senior Citizens are reminded to pay their membership dues of \$5.00 for the year 2025, to make sure they are eligible to vote in this election. This can be done in the office at the Riverview Community/Senior Citizen Center located at 606 West Madison St. in Durand, or you may send it to the same address. New members are always welcome. One of the advantages of being a member of the group is that you may participate in activities that go on there and your family may rent the Community Center at a 25% discounted rate for get-togethers and events if you have paid your dues by April 1st.

Those members of the Board whose terms expire this year are: Carol K Bauer, Lois Laehn and Brenda Cole. As incumbents, they have expressed that they would be willing to serve another term. They have been nominated for office. Other members can also run for office. If you are interested in running for a position on the Board of Directors, contact the office at the Riverview Community/Senior Citizen Center by calling 715-672-4101.

This election will take place at the July 22nd meeting of the Pepin County Council of Senior Citizens to be held at the Riverview Community/Senior Citizen Center in Durand, WI. The meeting will begin at 10:30a.m. After the meeting, a potluck lunch will be served.

The Pepin County Council of Senior Citizens is an active group of people aged 55 and older that owns and maintains the Riverview Community Center building in Durand. Neither Pepin County nor the City of Durand fund the building. Rentals and fund raisers are held to help support the building. The building can be rented and used by members of the public for various get-togethers. People are urged to stop by and check out what goes on there.

Carol K. Bauer

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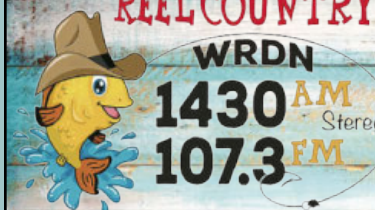
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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

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

*June
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk	3 Baked Meatloaf, Au Gratin Potatoes, Corn, Wheat Bread, Tropical Fruit	4 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches	5 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/Ranch Dressing, Grapes	6 Roast Turkey, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Applesauce
	10 Tater Tot Hotdish, Garden Salad w/French Dressing, Wheat Bread, Watermelon, Dessert	11 Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	12 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/Ranch Dressing, Fruit Cocktail	13 Tuna Salad on Croissant, Bean Soup, Coleslaw, Apple
Call previous day by 1:00pm to order lunch.	17 Breaded Chicken Pattie on Bun, Broccoli Salad, Potato Salad, Mandarin Oranges	18 Baked Ham, Scalloped Potatoes, Glazed Carrots, Wheat Bread, Applesauce	19 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries	20 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Peas, Wheat Bread, Cantaloupe
<u>Salad Options:</u> Chef Salad Chicken Fiesta Taco Salad	24 Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Green Beans, Wheat Bread, Fruit Cocktail	25 Lasagna, California Blend, Garden Salad w/ Ranch Dressing, Whole Grain Muffin, Mandarin Oranges	26 Hot Beef on Bun, Corn, Coleslaw, Fresh Fruit Salad	27 Sub Sandwich w/ Ham, Turkey, & Cheddar Cheese, Split Pea Soup, Baby Carrots w/Ranch, Grapes




ADRC
Aging and Disability Resource Center
of Buffalo and Pepin Counties

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QUESTIONS: CONTACT ANGIE SCHLOSSER
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ASCHLOSSER@CO.PEPIN.WI.US



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 866-578-2372, (for hearing impaired, please use Wisconsin Relay 711 service) If information is needed in another language, contact 866-578-2372

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!

**ADRC of
Buffalo & Pepin
Counties**
866-578-2372



Be informed of your **Aging and Disability Resource Center!**

Ever wonder what the ADRC team is up to?

You can find all of the current and upcoming events we are hosting by calling 866-578-2372 or visiting:
<https://www.adrc-bcp.com/upcoming-events>

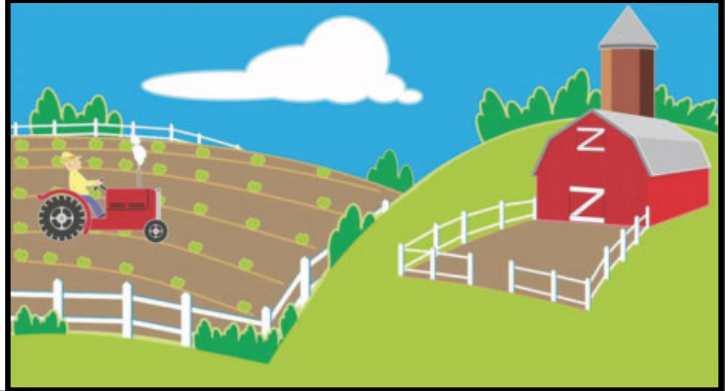
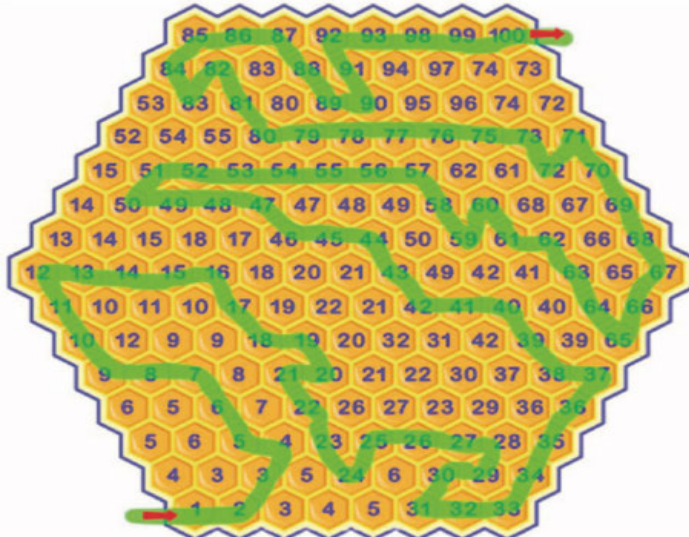


Thank you to both the Buffalo & Pepin County Dairy Promotion Committees for the generous donation to the Senior Nutrition Program.

A big thanks to all the hard working families for the dedicated work that you do.



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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

*June
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	3 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	4 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	5 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
9 Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit	10 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	11 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	12 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	
16 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	17 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	18 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	19 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
23 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	24 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	25 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	26 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	Salad Options: Taco, Ham, Chicken
30 Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit				

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"/> Disability Benefit Specialist
<input type="checkbox"/> Home Delivered Meals
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<input type="checkbox"/> Transportation Services | <input type="checkbox"/> Caregiver Support Program
<input type="checkbox"/> Two Rivers Connection Newsletter
<input type="checkbox"/> Elder Benefit Specialist
<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.

AMERICAN LUTHERAN HOME

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*June
2025*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Brown Sugar Glazed Ham Steak, Mac N' Cheese, Baked Beans, Watermelon	3 Cheeseburger on Bun, Potato Salad, Coleslaw, Pumpkin Bar	4 Salisbury Steak w/ Mushroom Gravy, Baby Baker Potatoes, Carrots, Fresh Strawberries	5 Roast Pork, French Onion Rice, Buttered Peas, Kit Kat Cake	<u>Served with each meal:</u> Milk
9 Bratwurst on Bun, Sauerkraut, Baked Beans, Mixed Fruit	10 French Onion Roast Beef, Sweet Potatoes, Buttered Peas, Roll, Pie	11 Chicken Ravioli w/ Alfredo Sauce, Broccoli, Buttered Bread, Pineapple	12 Turkey Medallions in Gravy, Mashed Potatoes, Carrots, Strawberry Shortcake	
16 Hotdog on Bun, Potato Salad, Bacon Ranch Green Beans, Fresh Berries	17 Creamy Beef Tips, Garlic Mashed Potatoes, Sunshine Carrots, Cherry Crisp	18 Turkey Burger on Bun, Sweet Potato Fries, Buttered Peas, Fresh Strawberries	19 Lasagna, Romaine Lettuce Salad, Buttered Bread, Banana Pudding, Dessert	Call previous day by 1:00pm to order lunch.
23 Cheeseburger on Bun, Coleslaw, Baked Beans, Pears	24 Country Fried Steak, Mashed Potatoes, Country Gravy, Vegetable Blend, Cantaloupe	25 Meatloaf, Baby Baker Potatoes, Beets, Stewed Tomatoes, Dreamsicle Dessert	26 Baked Ham, Sweet Potato, Green Beans, Roll, Blueberries	<u>Salad Options:</u> Taco Chef (Turkey, Ham) Chicken Tender
30 Cheddarwurst on Bun, Diced Potato w/ Peppers & Onion, Coleslaw, Fruit Cocktail				



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.



Pepin County Dairy Breakfast

Brunner's Hillside Dairy
N6037 County Rd. V, Durand, WI
Saturday, June 21 ~ 6:30am - 11:00am

Buffalo County Dairy Breakfast

Rotering Ridge Beef & Dairy, LLC
W669 Rotering Ridge Rd., Cochrane, WI
Sunday, June 22 ~ 7:00am - 11:00am



Thank You!

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

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Russell Jacobsen

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

Donations

Carole Orne

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**Blues on the Chippewa
- In Memory of Jackie Schaal**

**Mary Kauffman
- In Memory of Jackie & Rick Schaal**

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COMMUNITY CONTACTS

ADRC of Buffalo & Pepin Counties: 1-866-578-2372 or adrc-bp@co.pepin.wi.us

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