

TWO RIVERS CONNECTION



March 2025

One in four people age 65 or older has a fall each year.



Don't be one of them!

Take a Stepping On Workshop!

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 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 you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org

Stepping
On

**Stepping On has been
researched and proven to
reduce falls by 31%!**

**Classes meet weekly for 7 weeks and
start April 9th in Durand.**

**Call 866-578-2372 or email
adrc-bp@co.pepin.wi.us to sign up
or learn more about this program.**

This is a FREE workshop sponsored by

ADRC
Aging and Disability Resource Center
of Buffalo and Pepin Counties

The Dementia Care Corner

The MIND Diet

With March being National Nutrition Month, let's celebrate nutritional health by deep-diving into the MIND diet! The MIND diet is a brain-healthy diet which combines aspects from both the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. The MIND diet is recommended for overall health as it's associated with healthier blood pressure and decreased risk of cardiovascular disease and type 2 diabetes. It is also recommended for promoting brain function and protecting against age-related concerns such as Alzheimer's disease. Foods emphasized on the MIND diet include whole grains, berries, vegetables (particularly leafy greens), olive oil, poultry, and fish. Here are the guidelines!

Every Day:

- 3 servings of whole grains (oatmeal, quinoa, brown rice)
- 1 serving of dark, leafy green vegetables (spinach, kale, cooked greens, other salad green) + 1 other non-starchy vegetable
- 1 glass red wine (5 oz. serving size)

Most Days:

- Leafy, green vegetables (6x/week)
- At least ¼ c. serving of nuts (5x/week)
- Olive oil (integrate into salad dressings and use for cooking)

Every Other Day:

Beans, lentils, soybeans (3x/week)

Twice a Week:

- Berries (1 c. serving size)
- Poultry (chicken or turkey)

Once a Week:

- Fish (select a fattier fish such as salmon, tuna, sardines, trout, and mackerel for the best source of Omega-3 fatty acids)

Foods to Limit or Avoid:

- Butter/margarine (less than 1 tbsp/day)
- Pastries/sweets (less than 5x/week)
- Red meat including all beef, pork, and lamb (less than 4x/week)
- Fried food and whole-fat cheese (less than 1x/week)

One of the theories behind its health benefits is that foods emphasized on the MIND diet are rich in antioxidants, which can reduce oxidative stress. Oxidative stress is defined as an imbalance between the production of free radicals and antioxidant defenses, and prolonged exposure can cause cell damage – particularly, the brain.

Out of 460 MIND diet participants who were followed for 4+ years, those who more strictly followed the MIND diet showed “substantially [slowed] cognitive decline with age”. In a study following 923 participants for 4+ years, those who more strictly adhered to the MIND diet had a reduced risk of Alzheimer's disease by 53%.

(Source: Barrow Neurological Institute)

Coffee & Conversation

Memory Café

March 13th

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 café! Cafés are hosted on the second Thursday of each month, from 11:00am to 12:00pm, at Wings Over Alma (110 North Main Street, Alma).

Dementia Caregiver Support Gathering

March 27th

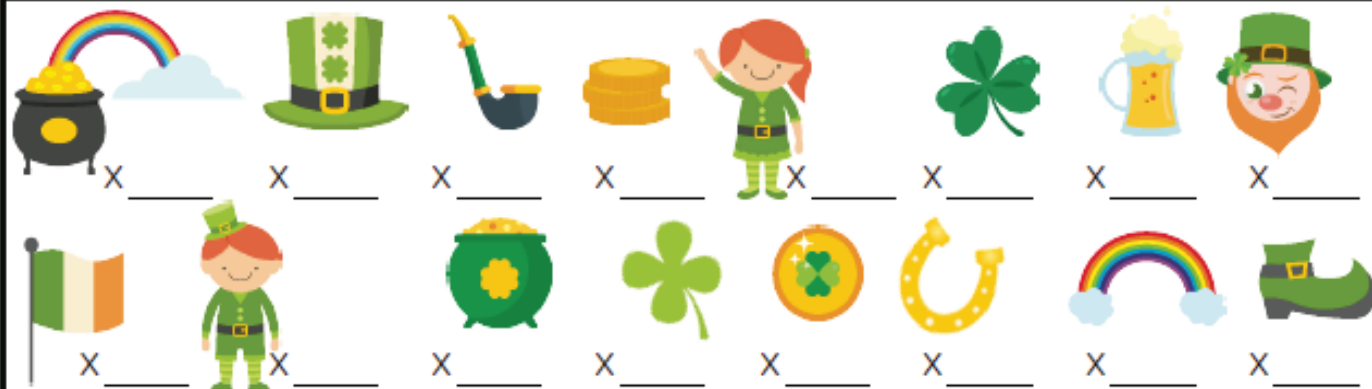
Support Gatherings are for caregivers of persons living with dementia. Join others in your caregiving journey and learn about local dementia care resources. Gatherings are hosted on the fourth Thursday of each month, from 10:00am to 11:30am, at the Mondovi Public Library (147 W Hudson St, Mondovi).



Did You Know?!

There are 34.7 million U.S. residents with Irish ancestry. That's nearly SEVEN times the population of Ireland itself! Irish is the third most common ancestry in the United States, after German and Mexican.

A dense, colorful collage of St. Patrick's Day-themed illustrations. The collage includes leprechauns in green suits and hats, rainbows, pots of gold, shamrocks, horseshoes, and the Irish flag. The text "SAINT PATRICK'S DAY 1-SPY" is written in a playful, rounded font at the top.



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



Why Everyone Should Plan for Long-Term Care

Research suggests that most Americans turning age 65 will need some form of assistance with everyday activities, known as long-term care, as they grow older. The amount of care needed will depend on many variables, including overall health, cognitive functioning, and home environment.



Age is a strong predictor of the need for help, and because women live longer on average, they are more likely than men to require long-term care. Regardless of gender, factors such as a disability, injury, or chronic illness also increase the chance that long-term care will be needed. For some people, the need for long-term care may occur suddenly as the result of illness or accident. For others, the need may grow slowly.

Make your decisions about long-term care before you have the need. These three simple steps can help start your planning.

Know what to expect

Most people know they should save for retirement, but many don't know exactly what expenses to expect for help with everyday tasks such as bathing, dressing, or eating. While most of this care is provided by family members and friends, sometimes older adults and their families get these services from providers like home health agencies or area agencies on aging. Long-term care insurance can help to cover the cost of professional services provided in the home.

Understanding long-term care is the first step in creating a plan. Key things to know include:

- Most people prefer to receive long-term care at home; their odds of doing so may be improved by making home modifications to reduce the risk of falls.
- A person who lives alone is more likely to require long-term care than one who can rely on a spouse or partner for help with daily tasks.
- Long-term care is expensive and represents a major risk to your retirement savings.
- Medicare does not pay for long-term care services or supports (with some minor exceptions) and neither does your employer-based health insurance or Medigap.
- Many Americans say they do not want to rely on their children for care, but a lack of planning for paid care often leads to exactly that result.

Make your preferences known

A choice to plan or not plan will likely have a big impact on family and friends who may also be informal caregivers. Statistics show that most long-term care is provided by family members or other loved ones. Research has also shown that caregivers can experience significant stress when they have caregiving responsibilities.

Take the time to make clear your preferences for what kind of help you value most and where you want to receive it. Family and friends will feel better knowing that you are thinking about your needs – and theirs – by planning for long-term care.

Get a plan in place


Be proactive. Staying at home is great, especially if it has been modified to help you avoid an injury and continue to care for yourself. However, it won't happen without taking steps to ensure you can get the supports you need.

Start thinking about ways to maintain your independence and safety as long as possible within your home and community.

For more information and resources to develop a care plan, visit longtermcare.gov.

Article submitted by Bernadette Rogers, Elder Benefit Specialist;

Article reprint from the Administration for Community Living. [Home Page](#) | [ACL Administration for Community Living](#)



ALOHA

IT'S TIME TO LUAU

THURSDAY MAY 1, 2025
11:30AM - 2:30PM

At Gilmanton American Legion
 W738 County Road B Gilmanton WI

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 & DRESS UP in Hawaiian Theme!**

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

DHS Approved 4/22/2021



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

March
2025

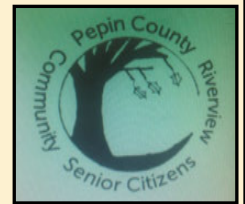
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 3 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pineapple, Cake | 4 Baked Chicken, Stuffing, Corn, Bread, Cranberries, Tropical Fruit, Cake | 5 Spaghetti w/Meat Sauce, Salad, Garlic Bread, Banana, Cake | 6 Pulled Pork Sandwich, Baby Red Potatoes, Carrots, Bread, Mandarin Oranges, Cake | 7 Cod, Mashed Potatoes, Bean, Coleslaw, Bread, Cake |
| 10 Hamburger Gravy, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake | 11 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake | 12 Pizza Hotdish, Broccoli Salad, Bread, Peaches, Cake | 13 Hot Beef on Bun, Baby Red Potatoes, Beets, Applesauce, Cake | 14 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i> |
| 17 Corn Beef & Cabbage, Bread, Potatoes & Carrots, Pineapple, Cake  | 18 Creamed Chicken w/Biscuits, Peas, Corn, Tropical Fruit, Cake | 19 Hamburger on Bun, Mashed Potatoes, Creamed Peas, Fruit Salad, Banana, Cake | 20 Chicken Alfredo, Salad, Green Beans, Bread, Mandarin Oranges, Cake | 21 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake |
| 24 Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake | 25 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake | 26 Tator Tot Hotdish, Peas, Carrots, Bread, Peaches, Cake | 27 Roast Beef (French dip), Cheese, Baby Red Potatoes, Broccoli, Applesauce, Cake | 28 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i> |
| 31 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake | |  | Served with each meal: Milk | Dates Salad Option 3rd - 7th Crispy Chicken 10th - 14th Taco 17th - 21st Chef 24th - 28th Grilled Salad 31st Crispy Chicken |

May every petal on the shamrock bring you joy and good luck!

~From your friends at the ADRC of Buffalo and Pepin Counties
(Bernie, Julie N., Angie, Michelle, Jen, Julie F., Mel, Matt, Cammi, Chelsey)



Well, it sure seems like it has been a long winter so far, and it isn't over yet, my friends. Hope you are all keeping warm and safe on those frigid days. Just think of all those people vacationing in Florida and Texas who are going right into snow and ice. Brrrr.



There have been some fun days at the Senior Center like Bingo, card parties, Farkle and even Marbles. The quilters have been pretty busy putting the finishing touches on our Raffle Quilt for the 2025 Raffle to be held on June 2, 2025 and the Crochet group have been continuing their efforts for the armed services' caps.

On April 5th, the Quilters will be having another fantastic De-Stash sale with a great variety of fabric and crafting items. Be sure to keep that on your calendar as the Seniors will also be serving lunch. Tickets for the Quilt Raffle will be available at that time.

ADRC will be holding their Memory Cafes starting on April 3rd from 11:00am-12:00pm, with a schedule to follow. They are also going to be starting a Stepping On class on April 9th from 12:30pm-2:30pm, with more to follow. Information on the Memory Cafes is on page 2, and information on the Stepping Up class is on page 1, both in this newsletter.

Bingo will again be held on April 24th so be ready to meet with old friends and take home a prize.

The year of 2024 was a busy one for Riverview Center with all the improvements and events.

Remember that renewal of your membership at the Center entitles you to a discount, if you renew before April.

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

March
2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Served with each meal: Milk | 4 Chicken Parmesan over Pasta, Carrots, Lettuce Salad w/French Dressing, Wheat Bread, Banana, Dessert | 5 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Glazed Carrots, Wheat Bread, Peaches | 6 Beef Stew, Brussel Sprouts, Whole Grain Muffin, Pears | 7 Vegetable Lasagna, Coleslaw, Garlic Bread, Tropical Fruit |
|  | 11 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Corn, Wheat Bread, Fruit Cocktail | 12 Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges | 13 Chicken Alfredo, Broccoli, Lettuce Salad w/French Dressing, Garlic Bread, Applesauce | 14 Baked Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Pineapple |
| Call previous day by 1:00pm to order lunch. | 18 Corned Beef, Cabbage, Red Potatoes, Wheat Bread, Banana  | 19 Beef Roast, Mashed Potatoes w/ Gravy, Corn, Wheat Bread, Tropical Fruit | 20 Creamed Chicken & Biscuits, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert | 21 Fish Sandwich on Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Fruit Cocktail |
| Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad | 25 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple | 26 Lasagna, Mixed Vegetables, Lettuce Salad w/French Dressing, Garlic Bread, Strawberries | 27 Salisbury Steak, Mashed Potatoes w/ Gravy, Cauliflower w/ Cheese Sauce, Wheat Bread, Pineapple | 28 Stuffed Shells, Squash, Tomato Juice Wheat Bread, Pears |

March 12, 2025

WINONA BUS TRIP

JOIN US THE **SECOND 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

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

**COST: \$5.00
PER PERSON**

The ADRC of Buffalo & Pepin Counties does not discriminate on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP).
For more information and on the procedures to file a complaint, contact 866-578-2372. (for hearing impaired, please use Wisconsin Relay 711 service).
If information is needed in another language, contact 866-578-2372.

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The Wisconsin Homestead Credit is designed to soften the impact of property taxes and rent on persons with lower income.



Qualifications:

- Your household income is \$24,680 or less.
- You occupied, owned, or rented a home, apartment, or dwelling that is subject to Wisconsin property taxes.
- You are a legal resident of Wisconsin.
- For more information on the Wisconsin Homestead Credit, visit the Wisconsin Department of Revenue website at the link provided below for full program qualifications.

<https://www.revenue.wi.gov/Pages/Individuals/homestead.aspx>

Benefit Specialists at the ADRC are available to help Buffalo and Pepin County residents with completing Homestead Tax Credit Forms.

Call **1-886-578-2372** or email adrc-bp@co.pepin.wi.us for more information.

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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

March
2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 3 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit | 4 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit | 5 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit | 6 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit | Served with each meal: 1% Milk Whole Wheat Bread |
| 10 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit | 11 Pork Chop, Baby Red Potatoes, Broccoli, V8 Juice | 12 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit | 13 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit | |
| 17 Meatloaf, Mashed Potatoes w/Gravy, Carrots, Fruit  | 18 Creamed Chicken over Biscuits, Mixed Vegetables, Fruit | 19 Cheeseburger, Potato Salad, Coleslaw, Fruit | 20 Baked Fish, Baked Potato, Side Salad, Fruit | Call previous day by 1:00pm to order lunch. |
| 24 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit | 25 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit | 26 Barbecue Pork Sandwich, French Fries, Mixed Vegetables, Fruit | 27 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit | Salad Options: Taco, Ham, Chicken |
| 31 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit | | | |  |

Words may be horizontal, vertical, diagonal, or backwards

| | | | | | | | | | | | | | |
|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Acorn Squash | A | C | O | R | N | S | Q | U | A | S | H | C | E |
| Bulgur | S | A | P | K | E | A | D | L | I | N | E | W | I |
| Chard | N | M | E | D | R | M | P | O | P | C | O | R | N |
| Chicken | O | R | P | S | U | A | E | S | B | L | Y | U | D |
| Edamame | O | Y | A | I | N | T | C | A | S | D | E | G | B |
| Honeydew | T | A | R | O | R | O | O | T | N | K | N | L | S |
| Kiwi | E | D | M | D | K | M | H | R | I | A | U | U | R |
| Lychee | R | B | E | E | Y | C | B | W | O | C | R | B | R |
| Okra | W | I | S | A | R | D | I | N | E | S | B | Y | E |
| Parmesan Cheese | N | R | A | N | O | M | W | H | R | N | T | S | N |
| Popcorn | E | L | N | A | L | E | E | M | A | M | A | D | E |
| Sardines | K | U | C | S | A | T | S | G | S | T | P | E | C |
| Sesame Seeds | C | T | H | D | E | C | U | B | O | R | W | E | H |
| Tamarind | I | G | E | L | Y | H | R | A | O | M | H | S | I |
| Taro Root | H | Q | E | H | O | L | Q | D | M | W | C | E | L |
| Yogurt | C | H | S | P | G | R | N | L | G | E | D | M | A |
| | O | P | E | C | U | I | P | R | E | D | R | A | T |
| | P | W | G | B | R | P | K | H | N | Y | Q | S | D |
| | L | I | O | A | T | U | C | P | A | E | N | E | W |
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| | R | A | E | K | L | G | I | N | O | O | R | I | F |
| | T | O | L | B | A | D | W | E | C | H | A | R | D |

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 29,099 skull caps through the month of February. *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 - March 2025 is National Nutrition Month! Enjoy the word search to the left for healthy food choices! Answers on page 11.

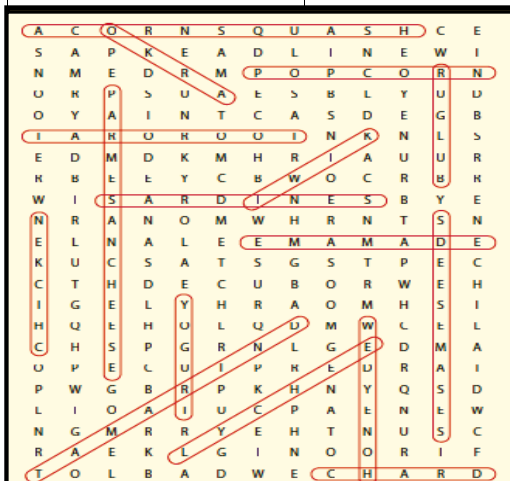


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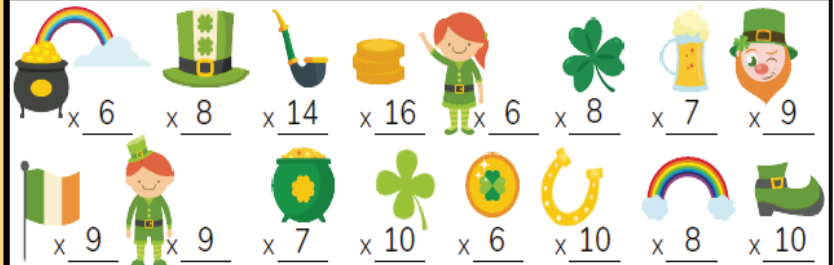
March
2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3 Hamburger Gravy over Mashed Potatoes, Peas, Apricots | 4 Open Face Hot Turkey Sandwich, Baby Baker Potatoes, Vegetable Blend, Jello w/Fruit | 5 Chili, Crackers, Corn, Romaine Salad, Frosted Pumpkin Bar | 6 Roast Pork, Roasted Sweet Potatoes, Green Beans, Strudel Stick | <u>Served with each meal:</u> Milk |
| 10 Swiss Steak, Au Gratin Potatoes, Stewed Tomatoes, Banana Cupcake w/ Cinnamon Frosting | 11 Meatloaf, Mashed Potatoes, Beets, Bread, Mixed Berries Bar | 12 Baked Swiss Chicken, Stuffing, Sunshine Carrots, Coffee Cream Dessert | 13 Lasagna, Broccoli, Bread, Mandarin Oranges | |
| 17 Pulled Pork on Bun, Potato Salad, Baked Beans, Apricots  | 18 Beef Stew, Carrots, Romaine Salad, Bread, Peaches | 19 Baked Ham, Sweet Potatoes, Green Beans, Caramel Apple Dessert | 20 Swedish Meatballs, Mashed Potatoes, Corn, Peanut Butter Tart | Call previous day by 1:00pm to order lunch. |
| 24 Bratwurst on Bun, Sauerkraut, Baked Beans, Pears | 25 Roast Turkey, Gravy, Stuffing, Candied Carrots, Roll, Pie | 26 Country Fried Steak, Mashed Potatoes, Country Gravy, Squash, Butter-scotch Apple Cake | 27 Beef Pot Roast, Baby Baker Potatoes, Beef Gravy, Broccoli w/Cheese, Banana Foster Poke Cake | <u>Salad Options:</u> Taco Chef (Turkey, Ham) Chicken Tender |
| 31 Hamburger Gravy over Mashed Potatoes, Peas, Apricots | | | |  |



Word Search
Answer Key

St. Patrick's Day I-Spy Answer Key



Buffalo & Pepin Counties Wish to
Thank Our Recent Donors!

Donations:
Sandra Larson



Thank you from the Riverview
Community Center!

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