

# TWO RIVERS CONNECTION



May 2024

## HOOTENANNY HOEDOWN!



Tuesday May 7th, 2024

11:30 am - 2:30 pm

At the Gilmanton American Legion  
W738 Cty Rd B, Gilmanton

**JOIN US FOR AN  
AFTERNOON OF FUN!**

11:30 AM - 12:30 PM

LIGHT APPETIZERS & MINGLING

12:30 PM - 1:30 PM

ADRC 101 PRESENTATION & BINGO

1:30 PM - 2:30 PM

MUSIC BY RICH SCHROEDER



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**Questions, or Need  
a Ride to the Event?  
Call 866-578-2372 by  
May 2nd to sign up.**

**LIGHT  
REFRESHMENTS  
PROVIDED.  
BEVERAGES  
AVAILABLE FOR  
PURCHASE.**

# The Dementia Care Corner

Exercises such as trivia, puzzles, and board games are shown to promote brain health by stimulating brain cell growth to protect against neurodegenerative disease. Enjoy a little **\*SPRING TRIVIA\*** to boost your brain today!

1. What month does spring begin in the Northern Hemisphere?
2. During spring, birds migrate in which direction?
3. If you were born on the first day of Spring, what Zodiac sign would you have?
4. In North America, which animal is said to be the first sign of spring?
5. Spring is when many animals wake from hibernation. Which animal does not hibernate?
  - A. Turtle
  - B. Chipmunk
  - C. Raccoon
  - D. Bat
6. Which of the following flower is not grown from a bulb?
  - A. Lily
  - B. Sweet pea
  - C. Crocus
  - D. Tulip
7. Which of the following animals gives birth in the spring?
  - A. Skunk
  - B. Hedgehog
  - C. Squirrel
  - D. All of the above
8. Which TWO states do not participate in Daylight Savings Time?
  - A. Hawaii
  - B. Texas
  - C. Rhode Island
  - D. Arizona



## 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

## Lunch Bunch

Caregiving for a loved one experiencing memory loss can be challenging and lonely at times. Lunch Bunch is a virtual support and resources 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**



*For a complete list of Dementia Care Resources, visit our website or contact Chelsey!*

## Find Trivia Answers Here!

1: March, 2: North, 3: Pisces, 4: Robin, 5: Raccoon, 6: Sweet pea, 7: Skunk, 8: Hawaii & Arizona

## Why is it important to take care of our mental health as we age?

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.



Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

## What are symptoms of mental disorders in older adults?

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

## Help is available

If you are unsure where to go for help, ask a health care provider or visit NIMH's Help for Mental Illnesses webpage at <https://www.nimh.nih.gov/health/find-help>. Communicating well with your health care provider can improve your care and help you come up with a treatment plan that works for you. Read about tips to help prepare and get the most out of your visit at <https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider>.

Source: National Institute of Mental Health

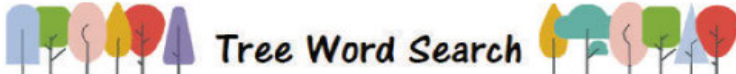


**PEPIN COUNTY VETERANS  
OUTREACH EVENT**

May 3, 2024  
9:00am—2:30pm Resource Fair  
3:00pm Vietnam Pin Ceremony














At  
Corral Bar & Riverside Grill - Orton Room  
318 Main Street, Durand, WI 54736

Contact the Pepin County Veterans Service Officer at 715-672-8887 for more information and to reserve your pin.

W	A	T	F	O	L	I	A	G	E	S	H	O	T	E
P	C	B	R	A	N	C	H	S	O	N	E	P	V	L
T	A	H	A	B	Y	L	A	J	G	I	S	E	G	U
I	N	L	E	S	M	E	T	F	A	N	R	K	R	T
R	O	D	M	R	C	A	W	E	L	G	I	M	O	I
B	M	I	L	O	R	F	R	O	R	O	D	R	V	U
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O	H	M	P	A	H	N	K	B	U	D	I	H	R	M
D	T	U	N	L	A	W	J	S	E	T	R	W	T	I

Look for the following words related to trees. They may be spelled forward, backward, downward, upward, or diagonally.

	BRANCH	FOLIAGE		PALM	
	BUD	FRUIT		RINGS	
	CHERRY	GROVE		WALNUT	
	ELM	LEAF		WILLOW	
	EVERGREEN	LIMB		WOOD	
	FLOWER	MOSS			

**Answers on page 11.**

SEASONSINTIMES.COM



## Specialist Spotlight

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

*Jennifer Nelson - ADRC Specialist*

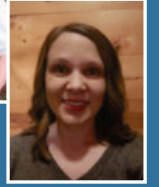
*Michelle Brown - ADRC Specialist*

*Melissa Hovland - Disability Benefit Specialist*

*Bernie Rogers - Elder Benefit Specialist*

*Julie Fick - Elder Benefit Specialist*

*Chelsey Herold - Dementia Care Specialist*



## Don't Hand Off Cash to "Agents"

*Real SSA OIG agents will never ask you to give them cash or gift cards.*

The Social Security Administration (SSA) Office of the Inspector General (OIG) is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand off cash. SSA OIG agents will never pick up money at your door or in any type of exchange. This is a SCAM! NEVER exchange money or funds of any kind with any individual stating they are an SSA OIG agent. This new scam trend introduces an element of physical danger to scams that never existed before.



This recent method of handing cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA OIG and official government agencies do NOT conduct business in this manner.

"This is the latest example of how scammers are constantly evolving their tactics to intimidate or pressure people into making hasty decisions that usually involve stealing their target's hard-earned money," said Inspector General Gail S. Ennis. "While our agents are out in the field, they will not ask you for money. I urge you not to respond to these kinds of requests."

## What to do if you've been scammed

- ◆ Stop talking to the scammer
- ◆ Notify financial institutions and safeguard accounts
- ◆ Call the police and file a police report
- ◆ File a complaint with the FBI Internet Crime Complaint Center ([ic3.gov](http://ic3.gov))
- ◆ Report Social Security-related scams to SSA OIG ([oig.ssa.gov](http://oig.ssa.gov))
- ◆ Report other scams to the Federal Trade Commission ([ftc.gov](http://ftc.gov))
- ◆ Keep financial transaction information and the record of all communications with the scammer

*Article submitted by Melissa Hovland, Disability Benefit Specialist*

*Article is reprinted with permission from Social Security Administration Office of the Inspector General*



Aging and Disability Resource Center  
of Buffalo and Pepin Counties

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**QUESTIONS: CONTACT ANGIE SCHLOSSER  
715-672-8941 EXT 187 OR EMAIL  
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

*Save the Date*

**Second Annual ADRC  
Community Resource Fair**

Thursday, July 25, 2024  
9:30 am to 3:00 pm  
Mondovi High School, Mondovi, WI

Speakers, Vendor Booths, Door Prizes, & More

Sponsored by the Aging & Disability Resource Center and Adult Protective Services of Buffalo & Pepin Counties



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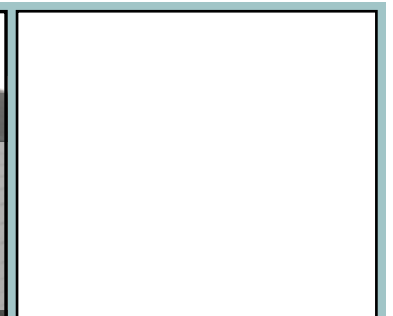


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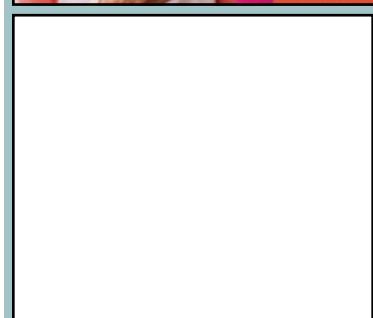


My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:  
mychoicewi.org/LPI  
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**



Friday Fish Fry (Broasted Cod)  
Saturday - Prime Rib/Steaks  
Sundays - Broasted Chicken

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

May  
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Dates Salad Option</b></p> <p>1st - 3rd Crispy Chicken 6th - 10th Taco Chicken 13th - 17th Chef 20th - 24th Grilled Chicken 27th - 31st Crispy Chicken</p>	<p><b>Served with each meal:</b></p> <p><b>Milk</b></p>	<p><b>1</b> Spaghetti w/Meat Sauce, Garlic Bread, Lettuce Salad, Pineapple, Cake</p>	<p><b>2</b> Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Banana, Cake</p>	<p><b>3</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake</p>
<p><b>6</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Tropical Fruit, Cake</p>	<p><b>7</b> Broasted Chicken, Mashed Potatoes, Green Beans, Bread, Applesauce, Cake</p>	<p><b>8</b> Hamburger w/ Onions &amp; Mushrooms, Baked American Fries, Carrots, Bread, Fruit Cocktail, Cake</p>	<p><b>9</b> Lasagna, Lettuce Salad, Garlic Bread, Pears, Cake</p>	<p><b>10</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>13</b> Cheddarwurst, Baby Red Potatoes, Carrots, Bread, Mandarin Oranges, Cake</p>	<p><b>14</b> Creamed Chicken w/Biscuits, Peas, Corn, Peaches, Cake</p>	<p><b>15</b> Hot Beef on Bread, Mashed Potatoes, Broccoli, Pineapple, Cake</p>	<p><b>16</b> Hamburger Gravy over Mashed Potatoes, Carrots, Bread, Banana, Cake</p>	<p><b>17</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake</p>
<p><b>20</b> Country Fried Steak, Mashed Potatoes, Carrots, Tropical Fruit, Bread, Cake</p>	<p><b>21</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake</p>	<p><b>22</b> Beef Philly Sandwich, Baby Red Potatoes, Summer Salad, Fruit Cocktail, Cake</p>	<p><b>23</b> Charcoal Hamburger w/Bun, Baby Red Potatoes, Tuna Salad w/Peas, Pears, Cake</p>	<p><b>24</b> Cod, Potato Salad, Beans, Bread, Coleslaw, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p><b>27 Memorial Day</b></p> <p><b>No Senior Meals Restaurant Open</b></p>	<p><b>28</b> Baked Chicken, Stuffing, Cranberries, Corn, Bread, Mandarin Oranges, Cake</p>	<p><b>29</b> Salisbury Steak, Mashed Potatoes, Broccoli Salad, Bread, Peaches, Cake</p>	<p><b>30</b> Tator Tot Hotdish, Peas/Corn, Bread, Pineapple, Cake</p>	<p><b>31</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p>



**May 15, 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**

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 800-879-2372. For hearing impaired, please use Wisconsin Relay 711 service. If information is needed in another language, contact 800-879-2372.


### 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 27,462 skull caps through the month of April. *Nice job ladies!*

Please donate any yarn you may have to Riverview Helping Hands. Call Eileen Fanel 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**

Spring is finally here and you all know what happens in the Spring. You got it - Spring house and yard clean up. Patrick Wayne was kind enough to look over the Riverview Community and Senior Center and found several areas where we need to do some work.



1. We need to have cracks and potholes filled in the parking area and drive; we will be getting bids from a couple of companies to have that addressed.
2. There are cracks in the women's restroom and the utility closet that should be regouted.
3. We are getting bids for repair on the roof.
4. The window frames on the Madison Street side need to be repainted.
5. Ceiling tiles need to be replaced or painted and the grids cleaned.
6. Kitchen cabinets on the river side need to be cleaned and revarnished.
7. Our main storage shed is rotting and in need of repair or replacement.
8. The riverside storage building for mowers, blowers, etc., needs to be repainted and caulked, as well as having shingles repaired.
9. Landscaping needs a clean up and restoration.

As you are probably aware, over 90% of our members are in their 70's and 80's and are not able to assist in many of these issues. Thanks to everyone who are volunteering at the Center, but we know we can't do this alone. If you are wondering of ways to help, and can get a friend or relative to assist, we would certainly appreciate all the help we can get. Volunteering is a great way to show the center support and to meet new people, so put on your thinking caps, open your hearts and give us a call to find out how you can help us. You can contact the Center at 715-672-4101 and leave your name and what you are interested in helping with. Our coordinator will return your call as soon as possible. We will try to furnish the materials needed for these projects, as well as accommodating your volunteer time. Thank you and God Bless. 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

*May  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Served with each meal:</u></b> <b>Milk</b>		<b>1</b> Lasagna, Mixed Vegetables, Lettuce Salad w/French Dressing, Garlic Bread, Strawberries	<b>2</b> Salisbury Steak, Mashed Potatoes w/ Gravy, Cauliflower w/Cheese Sauce, Wheat Bread, Pineapple	<b>3</b> Stuffed Shells, Squash, Tomato Juice, Wheat Bread, Pears
	<b>7</b> Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	<b>8</b> Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	<b>9</b> Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/ Ranch, Garlic Bread, Applesauce	<b>10</b> Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges
<b>Call previous day by 1:00pm to order lunch.</b>	<b>14</b> Chicken Parmesan over Pasta, Carrots, Lettuce Salad w/French Dressing, Wheat Bread, Banana	<b>15</b> Cheeseburger on Bun, Tater Tots, Baked Beans, Fruit Cocktail	<b>16</b> Beef Stew, Brussel Sprouts, Whole Grain Muffin, Pears	<b>17</b> Vegetable Lasagna, Coleslaw, Garlic Bread, Tropical Fruit
<b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>21</b> Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Corn, Wheat Bread, Fruit Cocktail	<b>22</b> Tater Tot Hot Dish, Creamy Coleslaw, Corn, Whole Grain Muffin, Mandarin Oranges	<b>23</b> Chicken Alfredo, Lettuce Salad w/French Dressing, Broccoli, Garlic Bread, Applesauce	<b>24</b> Baked Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Pineapple
	<b>28</b> Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	<b>29</b> Creamed Chicken & Biscuit, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert	<b>30</b> Beef Roast, Mashed Potatoes w/ Gravy, Corn, Wheat Bread, Tropical Fruit	<b>31</b> Fish Sandwich w/Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Fruit Cocktail

## The Health Benefits of Fishing

Submitted by Bernadette Rogers, Elder Benefit Specialist,  
Published by the GWAAR Legal Services Team



Opening day for fishing in Wisconsin is traditionally the first Saturday in May, May 4th for 2024. However, season dates can vary depending on what kind of fish you are fishing for and in which body of water you are fishing. You can refer to [The Guide to Hook and Line Fishing Season Dates, 2024-2025](#), for specifics on location and what you plan to fish for.

There are many physical and mental health benefits of fishing, not just for older adults, but for everyone. Below are just a few examples of the many benefits of fishing:

- Fishing helps reduce stress. Fishing can be very relaxing and help people connect with nature. It is shown to be an excellent stress-reliever.
- Fishing helps increase socialization and reduce isolation and loneliness. There are many social connections to be made by fish, from meeting others at the nearby fishing hole, to connecting with folks at the local bait shop. Fishing gives folks an opportunity to share and connect with others.
- Fishing helps improve balance, coordination, and lowers the risk of falling. Fishing, and the act of casting the pole, reeling in the fish, and other related activities are excellent ways to improve balance and coordination. Regular fishing has been shown to be an excellent way to help prevent falls in older adults. Fishing also helps maintain hand-eye coordination and manual dexterity through activities like tying the line to the hook, baiting the hook, and reeling in the fish.
- Fishing is great, low-impact exercise. Whether you walk to find your favorite fishing hole, row your boat in the lake, or just cast your pole, you're getting a great, low-impact, full-body workout.
- Fishing is shown to help improve mental stimulation and cognition. Enjoying a hobby is a great way to keep your mind sharp and active. Fishing, in particular, is wonderful for building patience and concentration.

*(Continued on next page)*



## The Health Benefits of Fishing (cont.)

You don't even need to have a boat to fish. There are countless shore fishing spots in Wisconsin that provide great fishing opportunities. There are also many accessible fishing spots for individuals with disabilities. These accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around, and have lower railings and fishing rod holders. For more information about accessible fishing in Wisconsin, visit: <https://dnr.wisconsin.gov/optic/OpenOutdoors?AccessFish>

For a map of these sites, visit: [https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd\\_AccessibleShoreFishingSites.pdf](https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd_AccessibleShoreFishingSites.pdf)

Finally, a reminder that a license is required to fish in Wisconsin, except for children under 16 years of age and those born before 1927. Everyone else must purchase a fishing license. An annual fishing license is \$20.00, but for adults over 65, there is a discounted license available for \$7.00. You can purchase fishing licenses at certain retailers, DNR service stations, or at [gowild.wi.gov](http://gowild.wi.gov)

For more information about fishing licenses, visit: <https://dnr.wisconsin.gov/topic/Fishing/outreach/FishingLicenses>

## Older Americans Month 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.



- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit <https://acl.gov/oam/2024/older-americans-month-2024>

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Preventing Medicare Fraud



This project was supported, in part by grant number 90MPGG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Peplin 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

*May  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	<b>2</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	<u>Served with each meal:</u> <b>1% Milk Whole Wheat Bread</b>
<b>6</b> Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	<b>7</b> Creamed Chicken & 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	
<b>27 Memorial Day</b> <i>Restaurant Open No Senior Meals</i>	<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	<u>Salad Options:</u> <b>Taco Ham Chicken</b>

### 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





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.

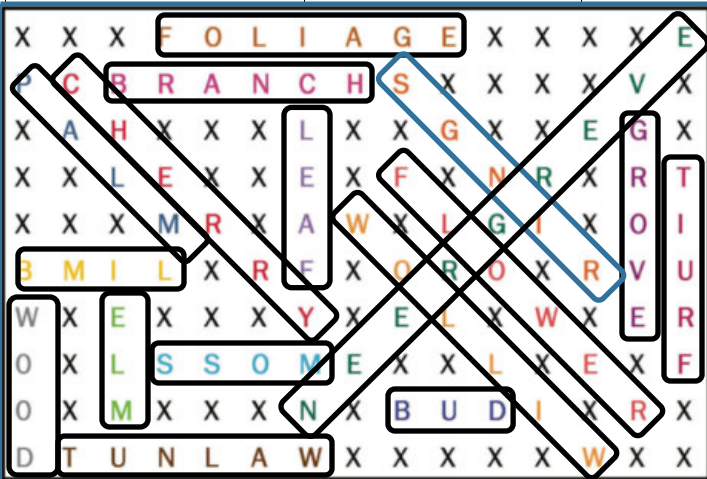
This is a FREE workshop sponsored by the Aging and Disability Resource Center of Buffalo and Pepin Counties.

# AMERICAN LUTHERAN HOME

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

May  
2024

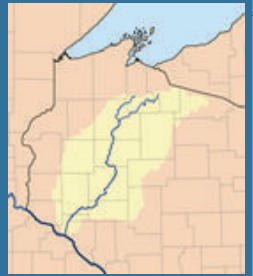
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Turkey French Dip, Potato Salad, Corn, Pineapple	<b>2</b> Roast Beef, Baby Baker Potatoes, Broccoli w/Cheese, Bred, Blueberry Cobbler	<b>Served with each meal:</b> <b>Milk</b>
<b>6</b> Lasagna, Green Beans, Bread, Salad w/Dressing, Peaches	<b>7</b> Open Faced Hot Beef Sandwich, Gravy, Corn, Sweet Potatoes, Maraschino Cherry Cake	<b>8</b> Country Fried Steak, Mashed Potatoes w/Country Gravy, Sunshine Carrots, Fresh Melon	<b>9</b> Oven Roasted Turkey, Stuffing, Beets, Broccoli, Roll, Pumpkin Pie w/ Topping,	
<b>13</b> Brat on Bun, Potato Wedges, Creamy Coleslaw, Mixed Fruit	<b>14</b> Chicken Ravioli w Alfredo Sauce, Veg. Blend, Bread, Broccoli, Lemon Blueberry Shortbread	<b>15</b> Chili, Crackers, Salad, Corn, Pears	<b>16</b> Baked Fish, Sweet Potato Tots, Green Beans, Banana Cake	<b>Call previous day by 1:00pm to order lunch.</b>
<b>20</b> Smoked Sausage, Sauerkraut, Baked Beans, Fresh Blueberries	<b>21</b> Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, Bread, Frosted Cake, Fruit Cup	<b>22</b> Open Faced Hot Turkey Sandwich, Gravy, Au Gratin Potatoes, Carrots, Berry Cup	<b>23</b> Honey Baked Ham, Baked Sweet Potatoes, Broccoli, Roll, Fresh Melon	
<b>27 Memorial Day</b>  Restaurant Open No Senior Meals	<b>28</b> Hamburger Gravy, Mashed Potatoes, Gravy, Carrots, Bread, Fruit Crisp	<b>29</b> Turkey French Dip, Potato Salad, Corn, Pineapple	<b>30</b> Roast Beef, Baby Baker Potatoes, Broccoli w/Cheese, Bread, Blueberry Cobbler	<b>Salad Options:</b> <b>Taco Chef (Turkey, Ham) Chicken Tender</b>



### Did You Know...

The Chippewa Rivers' confluence is at Lake Chippewa, a reservoir in central Sawyer County, which is the official "beginning" of the Chippewa River. The river flows from Sawyer County through Rusk, Chippewa, Eau Claire, Dunn, Pepin and Buffalo Counties, in Wisconsin, before emptying out into the Mississippi River.

The Chippewa River in Wisconsin flows approximately **183 miles**. It was once navigable for approximately 50 miles of its length, from the Mississippi River, by Durand, northeast to Eau Claire.



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

**Donations:**  
**Gary & Wanda Evans,**  
**Linda Loesel, Darlene Bauer**

**Memorials:**  
**In Memoriam for Shirley Berger**



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

**Donations:**  
**Hartung Electric, LLC**  
**Floyd & Marge Briggs, Bill Hoeser,**  
**Mary Kauffman, Chris Nazer**

**Memorials:**  
**Jim M. Bauer, by Larry/Carol Prissel**



**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