

GOLDEN AGE NEWS

MAY 2021

Older Americans Month: Communities of Strength

In tough times, communities find strength in people, and people find strength in their communities. This past year, we've seen this time and again as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through experiences, successes, and difficulties, they have built resilience that helps them face new challenges. When communities tap into this, they become stronger.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. When we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, the **Aging and Disability Resource Center of Buffalo and Pepin Counties** (ADRC) will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future. Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. That's something to celebrate!

Look for more information about the ADRC at www.adrc-bcp.com or find us on Facebook! For more resources about OAM, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation via #OlderAmericansMonth.



Community Memory Cafés

<p><u>The Gathering Café</u> Held the 2nd Tuesday of each odd month Next Meeting is May 11th 10:00am-11:00am</p>	<p><u>Coffee and Conversation Café</u> Held the 3rd Tuesday of each odd month Next meeting is May 18th 10:00am-11:00am</p>
<p><u>Food for Thought Café</u> Held the 2nd Tuesday of each even month Next meeting is June 8th 10:00am-11:00am</p>	<p><u>The Morning Crew Café</u> Held the 3rd Tuesday of each even month Next meeting is June 15th 10:00am-11:00am</p>

The importance of keeping our community members safe during this pandemic means being creative in how we are offering our Community Memory Cafés. For the foreseeable future, the cafés will be held via conference calling in order to provide support and socialization while maintaining health and safety. Currently we are utilizing conference calling and can accommodate up to 10 participants. Please call 1-800-273-2001 for more information or to register for a café!

Use each hint to write a word that is only one letter different than the word above it! (Answers on page 10)

- Here's your starting word B A L L
- The opposite of short -----
- The hind part of an animal -----
- Put to sea -----
- Dirt -----
- Spiral -----
- Dark mineral used for fuel -----
- Infant horse -----
- Cushion material -----
- Wonder around -----
- Package of paper R E A M

Riverview Helping Hands



Riverview Helping Hands invites you to join Skull Cap making on the second Tuesday of each month, from 11:30am to 2:30pm. The group has shipped out 21,532 skull caps through the month of March. Nice job ladies!

With some of the different yarn they receive, they are also making lap quilts for Veterans!

Please donate any yarn you may have to Riverview Helping Hands. Call Joyce at 715-495-0268 or drop off at the Riverview Senior Center.

The Buffalo and Pepin Counties Senior Nutrition Program is looking for a volunteer meal site manager at the Gilmanton meal site.



- ◆ Flexible scheduling is available. You can volunteer as little or as much as you like.
- ◆ Currently our need is Monday-Friday from 11:00am-12:00pm.
- ◆ Receive free lunch on every day you volunteer!

If you are interested in learning more about volunteering as a meal site manager, please call Mylessa, our Nutrition Program Coordinator at 715-672-8941, Ext 163.

- May 1: May Day
- May 4: National Teacher Day
- May 5: Cinco De Mayo
- May 9: Mother's Day
- May 15: Armed Forces Day
- May 24: National Brother Day
- May 31: Memorial Day

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

Facebook: 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.



Home Safety Tips for Caregivers

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc. across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf Or you can call the **Aging and Disability Resource Center of Buffalo and Pepin Counties** at 866-578-2372 for more information.

Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

Commodity Foods —Food for Seniors

Who is eligible?

You may qualify if you:

- Live in Pepin County
- Are 60 years old or over
- Have an income (before tax deductions) that is less or equal to CSFP income guidelines listed here.



Household Monthly:

<u>Size</u>	<u>Income</u>
1	\$1,383
2	\$1,868
3	\$2,353

For each additional household member, add \$486.

Commodity Supplemental Food Program

CSFP works to improve the health of low-income adults age 60 years and older by supplementing their diets with nutritious foods.

How CSFP Works:

CSFP provides a monthly supplemental food package that includes:

- Canned fruits & vegetables
- Juice
- Dry or canned milk
- Cheese
- Canned meat
- Peanut butter or dried beans
- Cereal and grains
- Rice, instant potatoes or pasta

Contact Mylessa at **715-672-8941, Ext. #163** for more information.

MAY IS AGING AND DISABILITY RESOURCE CENTER (ADRC) MONTH!

The Aging and Disability Resource Center of Buffalo & Pepin Counties, also known as the ADRC, offers a welcoming and accessible place where aging and older adults, people with disabilities, and their families can be connected to reliable information, unbiased advice about options, and access to a wide variety of resources and services.



ADRC help individuals and families make informed choices, conserve their personal resources, and maintain self-sufficiency. The ADRC offers a multitude of services to residents of our counties.

- ◆ Information and Assistance (I & A) Specialists are available to link you to resources in the community and help discuss options to meet your long-term care needs. Resource guides are available upon request.
- ◆ Elder and Disability Benefit Specialists are available in both counties to help with public and private benefit programs, including Medicare and Medicaid. A Disability Benefit Specialist (DBS) serves age groups 18 to 59 and the Elder Benefit Specialists (EBS) serve age groups 60 and over.
- ◆ Transportation services are available seven days a week, based on driver availability. Non-emergency transportation for both medical and non-medical rides is available. Transportation is a cost share program.
- ◆ The Senior Nutrition Program is available to all seniors 60+ and their domestic partners. The program promotes a healthy lifestyle through good nutrition and social opportunities. Participant donations are requested to help cover the costs. There are meal sites located throughout Buffalo and Pepin Counties.
- ◆ Memory Cafes are gatherings where adults can join to share thoughts and experiences. It is for persons who are concerned about memory loss, as well as for those who are interested in life-long learning and engaging in brain-healthy activities.
- ◆ The National Family Caregiver Support Program and the Alzheimer's Family Caregiver Support Program were created to enhance lives of informal and family caregivers by offering respite, information, support and other resources for family caregivers in the form of reimbursement for services.

ADRC offices are located on the 3rd floor of Buffalo County Courthouse at 407 S. 2nd Street, Alma, WI and on the 2nd floor of the Pepin County Government Center at 740 7th Avenue West, Durand, WI. Please call ahead to let us know you are stopping by, so we can best meet your needs. Office hours are Monday thru Friday, 8:30AM to 4:30PM. Upon request, appointments are available after hours and on weekends. For information on these programs, contact the ADRC at 1-866-578-2372. You can also find us at www.adrc-bcp.com or on Facebook.

Cammi



Cammi Catt-DeWyre, Aging and Disability Resource Center Manager

Memorial Day

By Judy Thorne

*We ask ourselves why did they die,
As we wipe a tear from our eye.
Why did they have to go away,
When we all wanted them to stay?*

*For every time we shed a tear,
And wish that they were still here,
The warm memories we have to keep,
Now help us when we need to weep.*

*They went to heaven and a better home,
Where they will never be alone.
Where there is only peace and love,
With the angels singing up above.*

*But have they really gone away,
If in our hearts they will always stay?
While we remember them with love,
Their spirits are watching us from above.*

*He was waiting for them there,
With his unending love to share,
And now He waits for me and you,
As all of our loved ones do too.*



*For He is mercy and He is love,
And we know He's waiting up above.
Then we will truly know his boundless love,
When he welcomes us from up above.*

Learn how you can get the COVID-19 vaccine!

The Pepin County Health Department is offering appointments for COVID-19 vaccines to people aged 16+.

- To schedule, visit:
<https://COVID19VACCINEPepinCounty.as.me>
- For help scheduling or with questions about the vaccine, call the Health Department at 715-672-5961.

**** Residents from other counties are welcome to sign up!**



DONNA MAE'S PANTHER CAFÉ

PEPIN: HOME DELIVERED MEALS ONLY (M - F) 715-442-2289
GILMANTON: HOME DELIVERED & CARRYOUT MEALS (M-F) 715-946-3139
NELSON: HOME DELIVERED & CARRYOUT MEALS (M-TH) 715-673-4070

*May
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti w/Meat Sauce, Salad, Garlic Bread, Fruit Salad, Peaches, Cake	4 Broasted Chicken, Mashed Potatoes, Corn, Tropical Fruit, Cake	5 Ham Salad Sandwich, Au Gratin Potatoes, Carrots, Pears, Cake	6 Meatloaf, Baby Red Potatoes, Peas, Applesauce, Cake	7 Cod, Mashed Potatoes, Beans, Coleslaw, Cake
10 Cheeseburger, Baby Red Potatoes, Carrots, Fruit Cocktail, Cake	11 Hot Beef Sandwich, Baked American Fries, Mixed Vegetables, Pineapple, Cake	12 Salisbury Steak, Mashed Potatoes, Lettuce Salad, Green Beans, Banana, Cake	13 Grilled Chicken Sandwich, Dirty Mashed Potatoes, Summer Salad, Mandarin Oranges, Cake	14 Cod, Baked Potatoes, Beans, Coleslaw, Cake
17 Tater Tot Hot Dish, Peas, Carrots, Peaches, Cake	18 Broasted Chicken, Mashed Potatoes, Corn, Tropical Fruit, Cake	19 Hamburger w/ Mushroom & Onions, Baby Red Potatoes, Broccoli Salad, Pears, Cake	20 Chicken Salad Sandwich, Carrots, Pea Salad, Applesauce, Cake	21 Cod, Potato Salad, Beans, Coleslaw, Cake
24 Charcoal Chicken, Cheesy Potatoes, Tuna Salad, Corn, Pineapple, Cake	25 Country Fried Steak, Mashed Potatoes, Carrots, Fruit Cocktail, Cake	26 Barbeque on Bun, Baby Red Potatoes, Cowboy Beans, Italian Salad, Fresh Fruit, Cake	27 Homemade Mac & Cheese, Ham Salad Sandwich, Cucumber Salad, Carrots, Cake	28 Cod, Mashed Potatoes, Beans, Coleslaw, Cake
31 CLOSED 		Call previous day by 1:00pm to order lunch.	Served with each meal: Milk	

These few cold weeks of April have certainly put a crimp in gardening plans. As long as the jonquils are blooming and the rhubarb is coming up well, my chance in the garden will come soon.

A chance is what Riverview Center is looking for in 2021. After a year of missing the friendly seniors and guests coming in for get-togethers, classes, events and lunches, we are long overdue for a new beginning in this upcoming year. We will be starting with participating in the 100-Mile Small Town Thrift Sale on April 23-24th. Thank you so much for the donations you have made. Hope to see you there.

In May, we will be selling tickets for the Quilt Raffle to be held on June 7th with the drawing at 2:00 pm. Posters will be up announcing this event in local sites, and tickets will be available at the Senior Center Monday-Friday between 10:00am and 2:00pm. The beautiful quilt designed by Riverview Quilters will be on display. Second prize will be a free 4-hour rental of Riverview Center for any event, and third prize will be \$50 cash. Many of the local merchants and seniors will be donating several other prizes to be used for the event also. This Raffle will be our major fundraiser of the year and we appreciate your cooperation in making it a great success.

Many of you remember Bernie Brantner from his close affiliation with the Senior Center and many other local groups he worked with. Recently, we were contacted by his daughter, Ruth Benson. Ruth told me her dad had such fond memories of his time spent at the Senior Center, and wanted a donation made in his memory. The woodworking skills and crafts he produced were always welcome at all of our events. His generosity continues on.

Pepin County Council will be meeting again on April 27th at Riverview Center and your attendance as members is always welcome. The terms of all officers of the Board expire on April 30th and nominations for these offices will be open. We welcome your participation in these elections and will be looking forward to seeing you there. Unfortunately, we are unable to provide pot luck until a further date. *Marge Briggs*



DID YOU KNOW...

The ADRC of Buffalo and Pepin Counties has a Resource Guide FILLED with lots of great information to address your aging and disability needs? Call us toll free at 866-578-2372 to request your FREE copy today!

Resource Booklet



DISCLAIMER:

This list is provided to you for informational purposes only. You are solely responsible to verify the credentials of a provider/resources. The ADRC does not assume any responsibility for these providers/resources and does not guarantee the quality or availability of services. This is not an all-inclusive list.

CORRAL BAR & RIVERSIDE GRILL

DURAND: HOME DELIVERED & CARRYOUT MEALS (T-F) 715-672-8936

*May
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk	4 Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	5 Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	6 Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/Ranch, Garlic Bread, Applesauce	7 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges
	11 Chicken Parmesan over Pasta, Cauliflower, Lettuce Salad w/French, Wheat Bread, Banana	12 Pulled Pork Sandwich, Red Potatoes, Baked Beans, Fruit Cocktail	13 Beef Stew, Broccoli Salad, Whole Grain Muffin, Pears	14 Tuna Noodle Casserole, Corn, Baby Carrots w/ Ranch, Wheat Bread, Tropical Fruit
Call previous day by 1:00pm to order lunch.	18 Pork Chop w/ Mushroom Gravy, Baked potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail	19 Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	20 Cheeseburger on Bun, Baked Beans, Applesauce, Tomato Juice	21 Egg Salad on Croissant, Creamy Cauliflower & Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple
Salad Options: Taco, Chef, Seafood Chicken Fiesta	25 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	26 Creamed Chicken & Biscuit, Peas & Carrots, Lettuce Salad w/ Ranch, Peaches, Dessert	27 Beef Roast, Mashed Potatoes w/Gravy, Creamy Coleslaw, Wheat Bread, Tropical Fruit	28 Fish Sandwich w/Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple

Top 10 Consumer Complaints of 2020

Submitted by Elder Benefit Specialists:

Julie Fick and Melissa Hovland

*Reprinted with permission by the
GWAAR Legal Services Team*

Every spring, the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) releases a list of the top 10 consumer complaints of the past year. Last year, DATCP received over 11,000 consumer complaints. Telemarketing remained at the top of the list for the 18th year in a row, followed by landlord/tenant issues and telecommunications complaints.

DATCP saw more than twice as many identity theft complaints in 2020 as compared to 2019. Many of these complaints were related to false filings for unemployment benefits and other COVID-19 pandemic-related scams. The pandemic may have been the reason for some new categories in the top ten list: issues related to entertainment, recreation, and travel and tourism. Many of these complaints were related to COVID cancellations.

Here are the top 10 consumer complaints from 2020:

Rank	Product / Service	Written Complaints
1	Telemarketing (Do Not Call)	2,904
2	Landlord/Tenant	1,154
3	Telecommunications	667
4	Identity Theft	529
5	Home Improvement	490
6	Medical Services	291
7	Entertainment and Recreation	281
8	Motor Vehicle Repair	191
8	Travel and Tourism	191
10	Auto Sales (New & Used)	159

For more information on consumer issues in Wisconsin, or to learn how to file a complaint, please see:

https://datcp.wi.gov/Pages/Programs_Services/ConsumerProtection.aspx



The Veteran's Office:

The Veterans Administration (VA) is working to prevent fraud incidents. If you suspect fraud, call the VA at 1-800-827-1000. Here are some examples of fraud:

1. You receive a call about a claim you do not remember filing.
2. The VA will never charge you for processing a claim or request a fee prior to releasing benefit payments.
3. The VA will never ask for personal information via email.
4. The VA may check in with you by phone, but if you are unsure, call the VA.
5. The VA does not threaten claimants with jail or lawsuits.
6. Be cautious of phone numbers on your caller ID. Scammers can change the phone number (spoofing) to make a call appear to come from a different person or place.
7. When in doubt, hang up and call the VA.
8. If you receive an email or letter from the VA notifying you that your direct deposit information was updated or that your eBenefits account information was updated, and you do not remember doing so, immediately call the VA. Do not ignore the email or letter; it could be the first sign that your information has been compromised.

Sheri Peterson, Veteran's Service Officer

Pepin County Veterans Service Office
715-672-8887

Hours: 9:00am - 3:00pm
(Office is closed 12:00 - 12:30)

Monday, Wednesday, Thursday

THE LOST PIRATE

BUFFALO CITY: HOME DELIVERED & CARRYOUT MEALS (M-TH) 608-248-2683

*May
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	4 Beef Stroganoff, Mashed Sweet Potato, 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 Chops, 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 & Gravy, Carrots, Fruit	18 Creamed Chicken over Biscuit, 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 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	27 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	
31 CLOSED 				

Thanks Cassidy!

Cassidy Kaempf, a Social Work student from Winona State University, started with the ADRC in January 2021. She has since wrapped up her time with us and will graduate with a bachelor's degree in Social Work on May 7th. Cassidy applied and was accepted into graduate school at Winona State, and will be pursuing a master's degree in social work. During her time at the ADRC, Cassidy was instrumental in distributing a community survey throughout Buffalo and Pepin Counties, which allowed us to gain insight regarding our 2022-2024 Aging Plan and Final Affairs event. Cassidy also took the lead on coordinating and implementing the virtual Final Affairs forum, which was a huge success! We can't thank Cassidy enough for sharing her passion and enthusiasm with us over the past several months. We wish her all the best with graduate school and for many years to come!



I hope your dreams take you...
to the corners of your smiles,
to the highest of your hopes,
to the windows of your opportunities,
and to the most special places
your heart has ever known."

Answers to Word Game

Tall	Coal
Tail	Foal
Sail	Foam
Soil	Roam
Coil	

*Happy
Mother's Day*



AMERICAN LUTHERAN HOME

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

*May
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Baked Ham, Baked Sweet Potato, Broccoli, Bread, Pudding w/ Topping	4 Herb Baked Chicken w/Pasta, Vegetable Blend, Garlic Toast, Berry Cup	5 Open Face Hot Turkey Sandwich, Mashed Potatoes, Gravy, Brussel Sprouts, Brownie	6 Meatloaf, Onion Roasted Potatoes, Corn, Cheesecake	Served with each meal: Milk
10 Fried Chicken, Potato Wedges, Mixed Vegetables, Pineapple Upside Down Cake	11 Lasagna, Seasoned Green Beans, Garlic Toast, Cinnamon Baked Apples	12 Pork Loin w/ Honey Garlic Glaze, Baked Potato, Broccoli w/Cheese, Bread, Peach Cobbler Bar	13 Chicken Chow Mein, Rice, Oriental Vegetables, Lemon Brownie	
17 Barbeque Pork Chop, Baked Sweet Potato, Seasonal Vegetable, Cornbread, Fruit	18 Open Face Hot Beef Sandwich, Mashed Potatoes, Gravy, Corn, Blueberry Lemon Cake	19 BLT Spread Sandwich, Macaroni and Cheese, Creamy Cucumber Salad, Peaches	20 Sour Cream Dill Chicken Breast, Baked Potato, Vegetable Blend, Bread, Mandarin Tapioca	Call previous day by 1:00pm to order lunch.
24 Bratwurst on Bun, French Fries, Creamy Coleslaw, Seasonal Fresh Fruit	25 Smothered Pork Chop, Mashed Potatoes, Gravy, Vegetable Blend, Strawberry Shortcake	26 Lasagna Roll Up, Broccoli, Garlic Toast, Fruit Crisp	27 Southwest Chicken, Sour Cream, Corn, Spanish Rice, Ice Cream	
31 CLOSED 				

DEPENDABLE FRIENDS - A Support Group for Caregivers Of People Living with Dementia

If you are caring for a person living with dementia and would enjoy talking with other caregivers about challenges, resources, successes and joys, please join us for the Dependable Friends Caregiver Support Group. There is NO COST to participate!

The Dependable Friends support group will meet virtually the **second and fourth Tuesday**, each month from **12:00pm-1:00pm**. Due to current pandemic precautions, this will be held virtually through ZOOM.

For more information, and the ZOOM link, please call 1-800-273-2001.



*Pepin County Wishes to
Thank Our Recent Donors!*

Monetary Donations:

Mark Geiger Irma Fuller
Irma Brantner Michael Kasel
Rose Prissel Barbara Sperger
Mary Lou Weiss Myrtle Lowater
Elizabeth Myers

Memorial Donations:

Denoma Hartung, for Linda Drier
Peggy Baskin, for Fred & Melva Baskin



*Thank you from the
Riverview Community Center!*

Monetary Donations:

Bernard Brantner Estate

GOLDEN AGE NEWS

ADRC of Buffalo and Pepin Counties
740 7th 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

Pepin County Human Services:

715-672-8941 (if you do not know the
extension, simply dial "0" to get the receptionist.)

Please **add** or **remove** my name to/from the mailing list for the Golden Age
News. (Circle One)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Spouse's Name: _____

Donation Amount: \$ _____

Please return to: ADRC of Buffalo and Pepin Counties
740 7th Ave. West
PO Box 39
Durand, WI 54736