

TWO RIVERS CONNECTION



November 2022



CELEBRATE FAMILY CAREGIVERS

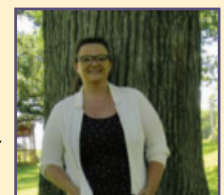
November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the Aging and Disability Resource Center to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open them up to this valuable resource.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them. Sometimes hearing of someone else's life gives them a break.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

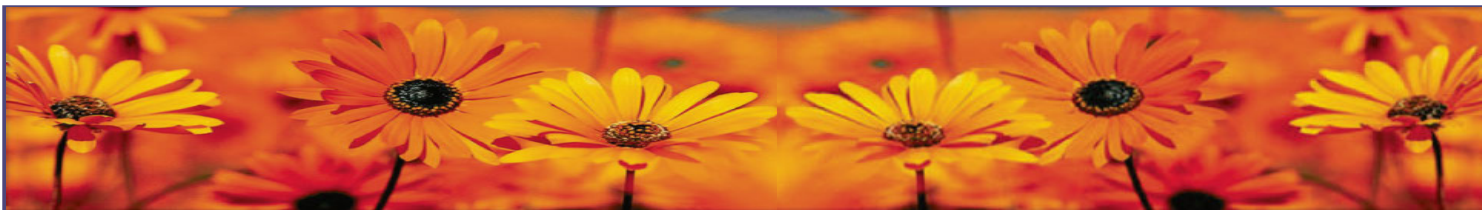
Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!



Katrina Longmire

Article Source: Greater Wisconsin Agency on Aging Resources

Article Submitted by Katrina Longmire, Dementia Care Specialist for Buffalo & Pepin Counties



Dementia Care Calendar				Nov. 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Family Caregivers Month!!	1 <u>Powerful Tools for Caregivers</u> 3:00pm - 4:30pm Riverview Senior Center Durand	2 <u>Silver Linings</u> 2:30 - 4:00pm Wings Over Alma Alma	3 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	4
	7	8 <u>Coffee and Conversation Memory Café</u> 10:00am - 11:30am Hurlburt's Haven, Durand <u>Powerful Tools for Caregivers</u> Durand: 3:00pm - 4:30pm Riverview Senior Center Durand	9	10 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm
14	15 <u>Powerful Tools for Caregivers</u> Durand: 3:00pm - 4:30pm Riverview Senior Center Durand	16	17 <u>Lunch Bunch</u> Support Group for Caregivers - on Zoom 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	18
21	22	23	24 Happy Thanksgiving!	25
27	28	29	30	

New to the Caregiver Calendar!

Silver Linings- Caregiver Support Group held the first Wednesday of the month, 2:00pm to 3:30pm at Wings Over Alma, starting November 2nd!

Lunch Bunch- Grab your lunch and join us for a virtual support and resource group where family caregivers of loved ones living with Dementia can learn, grow and support each other through their caregiver journey. We will have topics relevant to caregiving, with the focus on conversation to support each other's caregiver roles. For more information, and to register for the Zoom link and get the passcode, call 715-279-7870. Lunch Bunch is held the third Thursday of each month, 11:30am - 12:30pm.

We're here to help!

Check out our weekly Dementia Care posts on our website and Facebook page!

Website: www.adrc-bcp.com

Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

Updates for Caregivers and Dementia Care

Memory Café's

- Pepin Library, Durand Library, Central Lutheran Church in Mondovi, Alma Library are cancelled due to nonattendance.
- Hurlburt's Haven will continue to host Coffee and Conversation at Hurlburt's Haven, 1227 E Prospect St. in Durand, from 10:00am-11:30am, second Tuesday of each month.

Memory Cafes are a great way for caregivers and their loved one with dementia to socialize and support other caregivers and people with dementia. Café's are great places to engage with others in a warm and welcoming environment. Call the ADRC for more information.

Questions with Katrina is discontinued due to nonattendance at Durand and Alma Public Libraries.

What's New? See page 2 for Silver Linings and Lunch Bunch!

Dementia Friendly Communities

Dementia Friends- Informational session on recognizing signs of dementia and how to approach people who may have dementia and need assistance. (Good for organizations, classrooms, Town/Village Boards, Community Groups, etc.)

Dementia Friendly Businesses- Businesses receive training on recognizing signs of dementia, how to approach a person who may have dementia, and a basic knowledge of where Dementia resources can be located. This training may also include:

- How to support working adult family caregivers who are employed at your business.
- What is a dementia-friendly physical environment?
- Situational consultation in the business setting.
- The viewpoint of the individual with dementia.

Dementia LIVE!- Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

Workshops

Powerful Tools for Caregivers- In six weekly classes, caregivers develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family and healthcare or service providers, communicate effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. This will be offered based on interest.

COMING 2023!!

The Savvy Caregiver- designed to provide the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia. Savvy Caregiver programs have been proven to decrease family caregiver distress, burden, and depression, while increasing caregivers' sense of competence and confidence in their care role. This will be offered based on interest.

TimeSlips- The TimeSlips Friends & Family Training is designed for friends and family caregivers, or anyone looking to learn new ways to connect with a loved one. Created in collaboration with family caregivers, this training takes approximately 45 minutes to complete and will provide you with an introduction to TimeSlips and creative engagement, and show you how to weave creativity into your daily life to create meaningful moments of connection. This will be offered based on interest.

Don't Forget...

Anyone with a Medicare Part D Plan or Medicare Advantage plan should check their coverage each year during Medicare's annual open enrollment period, which runs **October 15th through December 7th**. Find out if your current plan will cost you more or less than other plans in 2023.

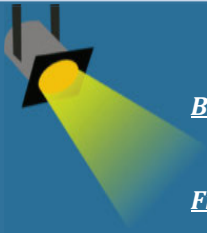
You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Pepin and Buffalo Counties can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the **Aging & Disability Resource Center of Buffalo & Pepin Counties**. The ADRC website also has helpful resources available to help assist beneficiaries through this process at <https://www.adrc-bcp.com/medicare-resources>.

Don't let this opportunity pass you by! Go to **Medicare.gov** to find and compare plans online or for **local assistance call the ADRC at 1-866-578-2372 to schedule an appointment**.

When Is the Open Enrollment Period?

Are you ready?





Specialist Spotlight

Back Row: Jennifer Nelson (left) and Susan Henry (right) -
Information & Assistance Specialists;
Katrina Longmire (center) - Dementia Care Specialist
Front Row: Melissa Hovland (left) - Disability Benefit Specialist;
Bernie Rogers (center) and Julie Fick (right) - Elder Benefit Specialists



Holiday Depression and Stress

Article written by: WebMD Editorial Contributors.

Article Submitted by: Jennifer Nelson, I&A Specialist

The holiday season for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. For many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.

What causes holiday blues?

Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Typical sources of holiday sadness include: •Stress •Fatigue •Unrealistic expectations •Over-commercialization •Financial stress •The inability to be with one's family and friends.

Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension. People who do not view themselves as depressed may develop stress responses, such as: •Headaches •Excessive drinking •Over-eating •Insomnia

Others may experience post-holiday sadness after New Year's Day. This can result from built-up expectations and disappointments from the previous year, coupled with stress and fatigue.

19 tips for coping with holiday stress and depression:

1. Make realistic expectations for the holiday season.
2. Set realistic goals for yourself.
3. Pace yourself. Do not take on more responsibilities than you can handle.
4. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
5. Be realistic about what you can and cannot do.
6. Do not put all your energy into just one day (i.e., Thanksgiving Day, New Year's Eve). The holiday cheer can be spread from one holiday event to the next.
7. Live and enjoy the present.
8. Look to the future with optimism.
9. Don't set yourself up for disappointment and sadness by comparing today with the good old days of the past.
10. If you are lonely, try volunteering some time to help others.
11. Find holiday activities that are free, such as looking at holiday decorations, going window shopping without buying, and watching the winter weather, whether it's a snowflake or a raindrop.
12. Limit your drinking, since excessive drinking will only increase your feelings of depression.
13. Try something new. Celebrate the holidays in a new way.
14. Spend time with supportive and caring people.
15. Reach out and make new friends.
16. Make time to contact a long-lost friend or relative and spread some holiday cheer.
17. Make time for yourself!
18. Let others share the responsibilities of holiday tasks.
19. Keep track of your holiday spending. Overspending can lead to depression when the bills arrive after the holidays are over. Extra bills with little budget to pay them can lead to further stress and depression.

Do you have a question for one of our specialists? Contact the ADRC, and it may be featured in a future newsletter! See the back page for contact information.

ASK ME HOW YOU CAN
VOLUNTEER!



1-866-578-2372

Buffalo & Pepin Counties
Transportation Program

Election Day
November 8, 2022

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Counties Transportation
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Pepin County Human Services - Aging Unit, Durand, WI

A 4C 02-1035

DONNA MAE'S PANTHER CAFÉ

GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139

NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

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

*November
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	2 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Pears, Cake	3 Pizza Hotdish, Carrots, Bread, Fruit Salad, Peaches, Cake	4 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
7 Ham Steak, Cheesy Potatoes, Carrots, Bread, Peaches, Cake	8 Creamed Chicken on Biscuit, Peas, Lettuce Salad, Mandarin Oranges, Cake	9 Beef Barley Soup w/Vegetables, Egg Salad Sandwich, Banana, Cake w/ Strawberries	10 Beef Stew, Bread, Pineapple, Cake	11 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
14 Chili w/Stewed Tomatoes, Ham Salad Sandwich, Fruit Salad, Applesauce, Cake	15 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	16 Tator Tot Hotdish, Peas/Corn, Carrots, Bread, Pears, Cake	17 Thanksgiving meal 11:00am - 1:00pm <i>At time of newsletter printing, exact menu was being determined.</i>	18 Cod, Baked Potato, Beans, Bread, Coleslaw, Cake <i>Pepin HDM: Chicken instead of Cod</i>
21 Brat w/ Sauerkraut on Bun, Mashed Potatoes, Carrots, Peaches, Cake	22 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Mandarin Oranges, Cake	23 Philly Sandwich, Baby Red Potatoes, Broccoli, Banana, Cake	24 CLOSED	25 CLOSED
28 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	29 Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	30 Hamburger w/ Gravy over Mashed Potatoes, Broccoli Salad, Bread, Tropical Fruit, Cake		
			Dates Salad Option 1st - 4th Chef 7th - 11th Grilled Chicken 14th - 18th Crispy Chicken 21st - 23rd Taco 28 - 30th Chef	Served with each meal: Milk

BUS TRIPS



Join us for your shopping needs to Eau Claire & Winona!

Eau Claire Trips:
1st Monday of each month

Winona Trips:
1st Wednesday of each month

\$5

per person

Call to register at least 2 days ahead of time:

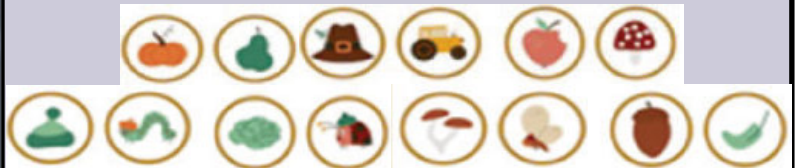
715-672-8941 Ext 152 or 187

<https://www.adrc-bcp.com/>



Aging & Disability Resource Center of Buffalo & Pepin Counties

Find 14 objects in the Thanksgiving scene. Answers: pg. 11



The Holiday Season is Fast Approaching!

Do you need a gift idea for your grandparents, parents, and/or other relatives or neighbors? Consider a MEAL TICKET from the Buffalo & Pepin Counties Senior Nutrition Program! Meal Tickets are just like gift certificates and each ticket is good for one meal from the Nutrition Program. They can be used at any of the Buffalo or Pepin County dining sites and they do not expire. Tickets can also be purchased for home-delivered meals. Contact Matt/Nutrition Program Coordinator at 715-672-8941 Ext 163 to learn more!



Winter Weather

Just a reminder we are approaching the time of year when winter weather may prevent us from providing Home-Delivered, Grab N Go, and Congregate meals. This year we will follow the same plan we did last year. We cannot solely rely on school closings to alert us, as some may be virtual or on a holiday break.

The Aging and Disability Resource Center of Buffalo and Pepin Counties will be making the decision on whether meal sites will be closed. We will base this decision on input from meteorologists and local County Highway personnel, along with if there are various school closings in Buffalo and Pepin Counties. Also, be sure to fill your cupboard and freezer with your favorite "emergency" foods for the winter months in case we can't deliver meals.

Please contact our office if you have any questions at 866-578-2372.



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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

*November
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk	1 Egg Salad on Croissant, Red Potatoes, Baked Beans, Peaches	2 Lasagna, Broccoli, Salad w/Ranch Dressing, Garlic Bread, Red Jello w/Fruit Cocktail	3 Beef Roast, Mashed Potatoes w/Gravy, Tomato Juice, Wheat Bread, Pineapple	4 Baked Fish w/ Tartar Sauce, Potato Salad, French Style Green Beans, Apple, Whole Grain Banana Muffin
	8 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	9 Barbeque on Kaiser Roll, Bean Soup, Creamy Coleslaw, Tropical Fruit	10 Spaghetti w/ Meat Sauce, Broccoli, Garden Salad w/French Dressing, Garlic Bread, Mandarin Oranges	11 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
Call previous day by 1:00pm to order lunch.	15 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	16 Beef Stew, Broccoli Salad, Biscuit, Plums	17 Roast Turkey, Mashed Potatoes, Dressing, Gravy, Green Bean Casserole, Pumpkin Pie w/Topping, Pineapple	18 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/Peaches
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	22 Hot Beef on Kaiser Roll, Corn, Tomato Juice, Mandarin Oranges	23 Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries	24 CLOSED	25 CLOSED
	29 Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes	30 Chili, Creamy Coleslaw, Veggies w/ Dip, Cornbread, Applesauce		



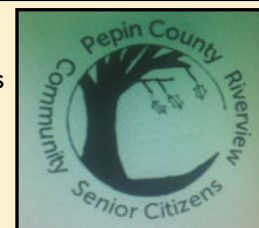
Fall has been a lovely season, but way too short. It feels like winter is pushing with all gears to make an entrance. Hope that everyone has been covering your flowers because it sure has been cold at night. I'm planning on saving some slips from the succulents but everything else has given it's best and is ready to go to a better place.

At our last meeting on September 27th, we were advised by Lois Laehn that we did pretty good on the Fall thrift sale, thanks to all your many contributions, and the generosity of the public who came to shop. We are looking forward to covering our deficit in the coming months with rentals and of course, the Christmas Bazaar to be held on Saturday, December 3rd. Be sure to put that on your calendar and stop in for lunch, a visit, and hopefully the opportunity to purchase some of our home crafted items for Christmas gifts. If you have a talent you would like to share for the sale, please let us know.

We were saddened to hear of the loss of another of our long-standing members, Larry Pichler. Larry and wife, Evelyn, were very active in all the activities which the founding members had going for several years. We extend our sympathies to Evelyn and the family on their loss.

Looking forward to seeing you in December and hope that all of you have a wonderful Thanksgiving with family and friends. Stay safe and stay warm.

Marge Briggs



HONORING ALL WHO SERVED

November 11, 2022

VETERANS DAY

Thank you to all of our Veterans who have served our country.

If you are in need of Veteran services, our Veteran Service Officers are able to assist you. Appointments are preferred, to better serve you.

Buffalo County

Felicia Decker
Phone: 608-685-6219

Hours:
Monday - Friday
8:00am - 4:30pm

Pepin County

Sheri Peterson
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Hours:
Monday, Tuesday, and
Thursday
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Preventing Medicare Fraud

This project was supported, in part by grant number 90MPGP0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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For ad info. call 1-800-950-9952 • www.lpicommunities.com

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 & WEDNESDAY ONLY

*November
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	2 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	3 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	<u>Served with each meal:</u> 1% Milk Whole Wheat Bread
7 Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit	8 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	9 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	10 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	
14 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	15 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	16 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	17 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
21 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	22 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	23 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	24 CLOSED 	<u>Salad Options:</u> Taco Ham Chicken
28 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	29 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	30 Cheeseburger, Potato Salad, Coleslaw, Fruit		

Introducing Matt Bertelson!

Let me start off by introducing myself. Hello, my name is Matthew Bertelson, and I'm the new Nutrition Program Coordinator for Buffalo & Pepin Counties.

I'm a third generation Durand graduate, so I have deep roots in Durand and the surrounding areas. I currently live in Pepin with my two kids (Cheyenne, Leo), and my loving and caring partner Brittany. We share our home with our dog Fen and two cats, Bob and Baby Kitty.

Prior to Pepin County, I worked at the Harbor View Café in Pepin for the last 16 years. In my free time I enjoy spending time with my family, working in the garage and anything outdoors.

I can't wait to see what I can bring to the table for Buffalo and Pepin Counties.



Matt Bertelson

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 24,229 skull caps through the month of August. *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.



CHANGE IN HOURS

As with most offices in the Pepin County Government Center, the Human Services and ADRC departments will be closed for lunch each day from 12:00 - 12:30pm, starting **November 1st, 2022**. Thank you.

AMERICAN LUTHERAN HOME

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

*November
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Homemade Chili, Crackers, Cascade Blend Veggies, Peaches & Cream Fluff, Peaches	2 Pork Loin w/ Glaze, Baked Potatoes, Broccoli w/ Cheese, Bread, Blueberry Cobbler	3 Fish, Balsamic Tomato Salad, Roasted Ranch Red Potatoes, Whole Wheat Dinner Roll, Berry Cup	Served with each meal: Milk
7 Barbeque Pork on Bun, Baked Beans, Sunshine Carrots, Bread, Peaches	8 Hamburger Steak w/Gravy over Mashed Potatoes, Cream Corn, Bread, Mandarin Oranges	9 Cheesy Tortellini w/Meat Sauce, Broccoli, Bread, Honeydew Melon	10 Turkey, Stuffing, Green Beans, Salad w/Dressing, Whole Wheat Dinner Roll, Pumpkin Pie	
14 Brat Patty on Bun, Baked Beans, Coleslaw, Watermelon	15 Lasagna Roll Ups, Peas, Salad w/ Dressing, Bread, Fruit Crisp	16 Ham, Sweet Potatoes, Broccoli, Bread, Strawberry Shortcake, Strawberries	17 Caprese Chicken over Garlic & Basil Pasta, Beets, Tomato Salad, Pineapple	Call previous day by 1:00pm to order lunch.
21 Brat on Bun, Potato Wedges, Baked Beans, Strawberry Applesauce	22 Roast Beef w/ Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie	23 Breaded Fish, Mac N Cheese, Honey Dill Carrots, Salad w/Dressing, Melon	24 CLOSED 	
28 Smothered Pork Chops, Mashed Potatoes w/Gravy, Carrots, Applesauce	29 Homemade Chili, Crackers, Cascade Blend Veggies, Peaches & Cream Fluff, Peaches	30 Pork Loin w/ Glaze, Baked Potatoes, Broccoli w/ Cheese, Bread, Blueberry Cobbler		Salad Options: Taco Chef (Turkey, Ham) Chicken Tender

*Daylight Saving
Time Ends
November 6th*



*Election Day
November 8th*



*Thank you from the
Riverview Community Center!*

Donations:

*Donna Lauer Charlotte Byington,
Joyce Colstrom*

Memorials:

Mary Kauffman, for Paul Parker



Thank You!

**Nail Care
Clinics!**



Clinics will be held in Durand and Pepin each month.

Call Ruth Potter to schedule your appointment at 715-308-1334.

TWO RIVERS CONNECTION
ADRC of Buffalo and Pepin Counties
740 7th Ave. West
Durand, WI 54736

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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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