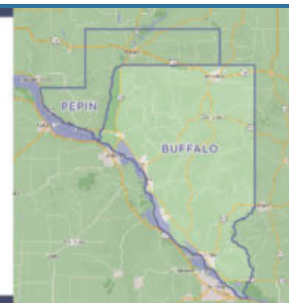


TWO RIVERS CONNECTION



September 2024

UPCOMING EVENTS 2024

Are you on Medicare, curious about your Medicare plan options, and interested in learning about useful tools available on the Medicare.Gov website? If so, please sign up and join us at one of the following community classes. Classes will review Medicare coverage basics and how to use the Medicare Plan Finder tool available on the Medicare website. ****Note: There is a date change for the Central Lutheran Church event, from our previous newsletter.**



Durand Library
604 7th Ave. E
Durand, WI 54736
Thursday, September 12th
Time: 10:00AM - Noon

Central Lutheran Church
221 W Main St.
Mondovi, WI 54755
Wednesday, September 18th
Time: 1:00PM - 3:00PM

Riverview Senior Center
606 W Madison St.
Durand, WI 54736
Thursday, September 26th
Time: 10:00AM - Noon

To sign up to attend: Go to: [ps://www.signupgenius.com/findasignup](https://www.signupgenius.com/findasignup) and in the search box, enter: Adrc-bp@co.pepin.wi.us to search for class date, and register, OR call the ADRC toll free at 1-866-578-2372. Feel free to bring a personal laptop, if available, but not a requirement to attend.

We hope to see you there!



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.
- ♦ To get back on your feet the right way if you fall.



Classes begin in Pepin on Wednesday, September 18th. 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 the Aging and Disability Resource Center of Buffalo and Pepin Counties.

The Dementia Care Corner

The DICE Approach

Describe * Investigate * Create * Evaluate

While dementia is generally thought of as a “memory” disorder, it is commonly accompanied by behavioral changes such as depression, agitation, aggression, hallucinations, wandering, and more. Often, medications are used in an effort to mitigate challenges associated with behavioral changes. Unfortunately, however, studies have shown that the efficacy of such medication use is minimal.

If you are caregiving for a loved one with dementia and seeking resources to better understand associated behavioral changes, the DICE Approach may help. The DICE Approach offers a simple but systematic method for understanding, assessing, and managing behavioral and psychological symptoms of dementia. It takes into consideration not only the person living with dementia, but also their caregiver(s) and environment.

Visit diceapproach.com for FREE access to this helpful, educational resource!

* September Happenings! *

BRAIN HEALTH CHECK-UPS

Tuesday September 3rd, 10:00am – 1:00pm
@ Riverview Community Center
606 W Madison St., Durand

COFFEE AND CONVERSATION MEMORY CAFÉ

Thursday September 12th, 11:00am – 12:00pm
@ Wings Over Alma Art & Nature Center
110 N Main St., Alma

SECRET WISCONSIN BOOK TALK

Thursday, September 12th, 7:00pm – 8:30pm
@ Pepin Public Library
510 Second St., Pepin

NEW DEMENTIA CAREGIVER SUPPORT GATHERING

Thursday September 26th, 10:00am – 11:30am
@ Mondovi Public Library
147 W Hudson St., Mondovi

For more information, contact Chelsey/Dementia Care Specialist at **715-279-7870**.

*Looking for ways to relieve caregiver burnout?
Here are a few self-care suggestions!*

- Participate in a support group with other caregivers who understand your experiences.
- Consult with your primary care provider regarding counseling options.
- Maintain your health by eating well and exercising regularly.
- Take time for reading, journaling, or meditating.
- Remain involved in hobbies and activities that you enjoy.

Unable to participate in self-care activities because of your caregiving duties? Please contact the ADRC of Buffalo and Pepin Counties to learn more about respite care and funding!

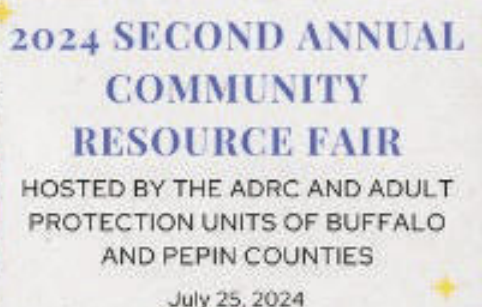
*Are you a lover of all things Wisconsin,
looking to learn something new at a fun and
interactive event?!*

Tom Manus and Kristi Flick Manus are freelance travel writers who have explored the great state of Wisconsin and written a book with their findings of all things secret, hidden, and quirky. **Join us as Tom and Kristi offer an interactive book talk and share stories from ‘Secret Wisconsin: A Guide to the Weird, Wonderful and Obscure’.**

This FREE event will be hosted at the Pepin Library on Thursday, September 12th at 7:00pm.

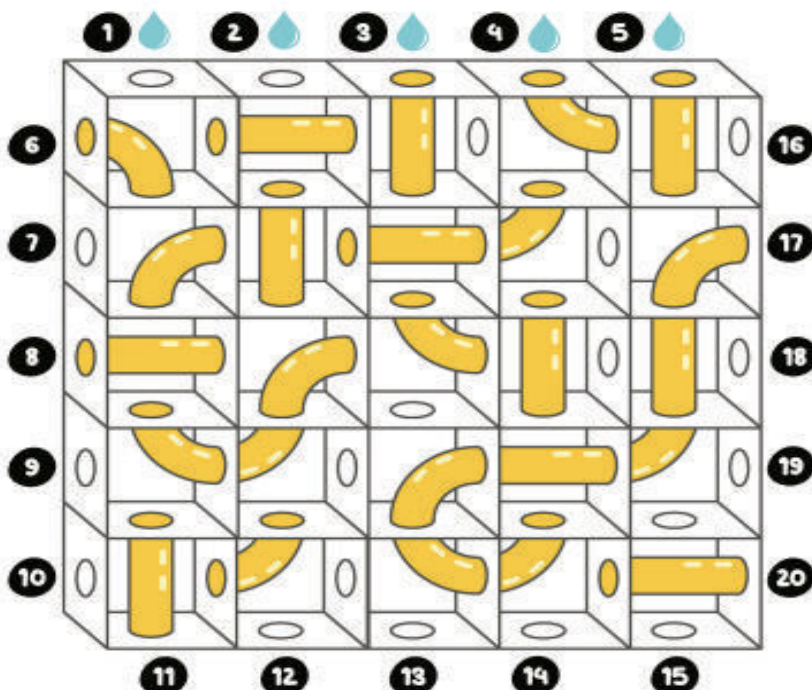
On Thursday, July 25th the ADRC and Adult Protective Services unit of Buffalo and Pepin Counties hosted our Second Annual Community Resource Fair at the Mondovi High School. Attendees had the opportunity to meet face to face with area businesses and gather valuable resources. Attendees also enjoyed presentations throughout the day, put on by three area speakers. Bob Pecor shared about "The Nine Boxes of Happiness", Aveanna Homecare provided education on "Understanding Different Homecare Services", and Jean Jirovec spoke about "Managing Change and Difficult Conversations".

A big THANK YOU to all of the vendors, presenters and attendees who took time out of their day to participate! We would also like to recognize Bauer Tax Service, C. Bauer's Repairs LLC, Marten Transport, and Riverland Energy Cooperative who sponsored this year's event. We look forward to growing this event each year and hope you will join us next time!



WATER WAZE

Where will the liquid come out if poured in HOLE 1, HOLE 2, HOLE 3, HOLE 4, OR HOLE 5?



Answer Key on page 11.

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DELIVERING HOME-DELIVERED MEALS, PLEASE CALL
MATTHEW/NUTRITION PROGRAM COORDINATOR AT
715-672-8941 EXT 163.



Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

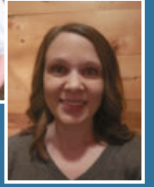
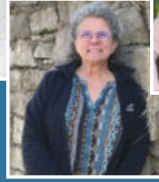
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Chelsey Herold - Dementia Care Specialist



The **National Elections** will be held on **Tuesday, November 5th**. It is not too early to make preparations for this historic vote! Any registered voter in Wisconsin can request an absentee ballot. No reason is required to vote absentee.



HOW DO I REQUEST AN ABSENTEE BALLOT? You can request an absentee ballot online, by mail, or in person.

Online. You may request an absentee ballot online by visiting myvote.wi.gov and clicking "Vote Absentee by Mail." This request must be made no later than 5pm on the Thursday before the election.

By Mail. Download the [application](#), complete the form, and mail it to your municipal clerk's office. The application must be received no later than 5pm on the Thursday before the election.

In Person. You may vote early in person – at the clerk's office or another site designated by the clerk. Dates and hours for early voting may vary, though it can begin no earlier than 14 days before the election and end no later than the Sunday before the election. Please contact your [municipal clerk](#) for absentee voting hours. If you have not previously provided a copy of your photo ID, your photo ID must accompany your application.

WHAT IS THE DEADLINE TO REQUEST AN ABSENTEE BALLOT BY MAIL? The last day to request an absentee ballot is 5 days before the election.

WHAT IS THE DEADLINE FOR SUBMITTING AN ABSENTEE BALLOT BY MAIL? Your marked absentee ballot must be delivered no later than 8pm on Election Day. The US Postal Service recommends you mail your absentee ballot one week before Election Day to ensure it arrives in time. You may also hand-deliver your absentee ballot to your polling place or clerk's office by 8pm on Election Day.

WHEN ARE ABSENTEE BALLOTS MAILED OUT TO VOTERS WHO HAVE REQUESTED THEM? Absentee ballots are mailed 3 weeks before local (spring) elections and 47 days before national (fall) elections.

HOW DO I COMPLETE MY MAIL BALLOT? Before you begin, line up a witness who can verify that you filled out your own ballot. Choose an adult US citizen who is not a candidate in the upcoming election. Next, fill out your ballot carefully with a blue or black pen. Once your ballot is complete, place it in the certified envelope. Then seal, sign, and date the certificate envelope, and make sure your witness adds their address and signature. If you make a mistake or change your mind about a selection, contact [your municipal clerk's office](#) for help.

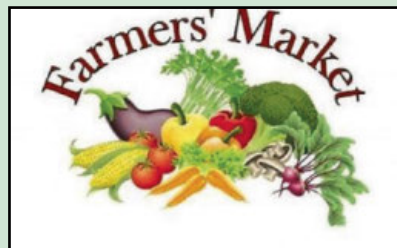
HOW DO I RETURN MY ABSENTEE BALLOT? You can return your absentee ballot by mail or in-person at your municipal clerk's office or polling site. It must be received by 8pm on Election Day. Here are more details:

- **Mail it back** using the pre-addressed, postage paid envelope included with your ballot packet. USPS recommends mailing your ballot back at least 7 days before Election Day. Once your ballot is in the mail, you may not vote in person at the polls.
- **Go to your clerk's office** to drop off your ballot or vote in-person absentee. Your clerk might require an appointment or offer other in-person absentee voting locations, like your local library.
- **Take it** to your assigned polling place or absentee counting location on Election Day.
- **Designate another person to deliver it for you.** If it is too close to the election to mail your completed ballot, and you are not able to deliver your ballot because of a disability, you have the right to have someone else deliver your completed ballot. Any voter who requires assistance with mailing or delivering their absentee ballot to the municipal clerk, or with any other part of the voting process because of a disability, must be permitted to receive such assistance. Voters are entitled to receive assistance from a person of the voter's choice, other than the voter's employer or agent of that employer or officer or agent of the voter's union.

HOW CAN I TRACK MY MAILED ABSENTEE BALLOT? You can sign up to track your absentee ballot on [the My Vote Wisconsin website](#). Submitted by Bernadette Rogers, Elder Benefit Specialist

2024 Senior Farmers Market Nutrition Program Vouchers are now available!

The Farmers Market vouchers are available again in Pepin & Buffalo Counties. The vouchers help individuals **60 years of age or older** (Native Americans may participate at age 55 or older) to obtain fresh, nutritious, locally grown fruits and vegetables. The vouchers will be issued on a first come, first serve basis.



Income guidelines are as follows: *Effective June 1, 2024, based on 185% of the US Dept. of 2024 Health and Human Services Poverty Guidelines*

Household size	Monthly income
1	\$2,322
2	\$3,152

(For each additional household member, add \$830 monthly)



If you meet the age & income guidelines listed above, you will be issued voucher(s) to be used as cash at authorized area farmers markets. Vouchers are issued per person and NOT per household. This means that each eligible individual in the household is welcome to a \$45 voucher. Each eligible household can receive up to \$90 total. Vouchers can be used now through October 31st at participating vendors; look for the bright yellow sign.

Please call the Aging & Disability Resource Center of Buffalo and Pepin Counties at 866-578-2372 for more information or to set up an individual appointment to obtain a voucher, if preferred.

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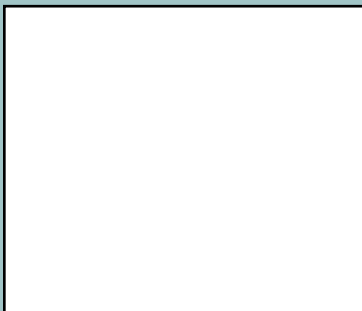


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Saturday 9am - 1pm

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Sunday & Monday



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Saturday - Prime Rib/Steaks
Sundays - Broasted Chicken

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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



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				September 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY RESAURANT OPEN MEAL SITE CLOSED	3 Charcoal Chicken, Baked Potato, Cowboy Beans, Bread, Pears, Cake	4 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Applesauce, Cake	5 Pulled Pork Sandwich, Baby Red Potatoes, Carrots, Peaches, Cake	6 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
9 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pineapple, Cake	10 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	11 Meatloaf, Squash, Mixed Vegetables, Bread, Mandarin Oranges, Cake	12 Hamburger Hotdish, Broccoli, Bread, Fruit Salad, Banana, Cake	13 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
16 Philly Sandwich, Baby Red Potatoes, Fruit Cocktail, Cake	17 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Pears, Cake	18 Scallop Potatoes w/Ham, Broccoli, Bread, Applesauce, Cake	19 Chicken Strips over Wild Rice w/ Hollandaise Sauce, Carrots, Bread, Peaches, Cake	20 Cod, Baked Potato, Beans, Bread, Coleslaw, Cake
23 Cheeseburger w/ Bun, Baby Red Potatoes, Carrots, Pineapple, Cake	24 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	25 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Cake	26 Cold Cut Sandwich, Chili, Fruit Salad, Banana, Cake	27 Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
30 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake			Dates Salad Option 2nd - 6th Chef Chicken 9th - 13th Grilled Chicken 16th - 20th Crispy Chicken 23rd - 27th Taco Chicken 30th Chef Salad	Served with each meal: Milk

DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Buffalo and Pepin Counties continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: _____ or In Honor of: _____

I want my donation to go to the following program(s):

- | | |
|--|---|
| <input type="checkbox"/> Information & Assistance | <input type="checkbox"/> Caregiver Support Program |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Two Rivers Connection Newsletter |
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Elder Benefit Specialist |
| <input type="checkbox"/> Senior Dining Services | <input type="checkbox"/> Dementia Services |
| <input type="checkbox"/> Transportation Services | |

My donation is for:

_____ **Pepin County** _____ **Buffalo County**

It is ok to acknowledge my donation in the *Two Rivers Connection* Newsletter: Yes No

Please send receipt to -

Name & Address: _____

Please make checks payable to: ADRC, 740 7th Ave. W, PO Box 39, Durand, WI 54736

Your gift is deductible to the extent provided by law.

Wow, this summer is flying by. Gardens are starting to produce some long-awaited vegetables (of course if you have as many deer as we do, it is a matter of who gets to them first). I'm sure that many of you have taken advantage of the Farmer's Market vouchers from ADRC, and getting in a little canning on the side. Looking forward to apple season. The trees are loaded, thank goodness.

The Pepin County Council of Senior Citizens met on July 23rd and election of officers to the Board of Directors took place. We had extended an invitation to all members to attend an open house for this meeting but unfortunately, we didn't get the turnout we expected. Thankfully, the positions which were expired this year, were again filled by the previous members. Zita Stewart agreed to continue as Vice President and Bonnie Bock and Carole Orne agreed to serve for another 3 years. We prepared and enjoyed a great lunch.

Zita Stewart and I represented the Council at the monthly Birthday Bash at Plum City Care Center. We enjoyed visiting with folks and listening to the music provided by Jim Sexton. Cindy Mason provided her fantastic cupcakes.

Chelsey Herold, the Dementia Care Specialist from the ADRC of Buffalo and Pepin Counties was our guest speaker and gave a presentation about the Brain Health Checkups she has been conducting at the Center. Future dates for these FREE events are listed in the Two Rivers Connection newsletter.

Bingo parties are still being planned and dates and times will be available on the NTEC channel as they proceed.

Randy and Cheri Weiss are still working on the landscaping around the building and have been reaching out to providers for rock, etc. Lima church donated some rock for replacement. We are getting bids for the paving and repair of the parking lot, and will be adding more handicapped spaces for members and guests.

We have received a donation of some lovely, collectible Christmas Deco for the Holiday Bazaar and looking forward to displaying it at the Center on November 16th. Another future event to look forward to is the De-Stash Sale that the Riverview Quilters will be having on April 12, 2025.

Enjoy your transition to Fall. Remember, the Riverview Center will accommodate any large gatherings you may be planning in the future. We are here for the Community. 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

**September
2024**

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

Riverview Helping Hands

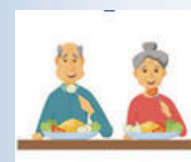
Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30pm to 2:00pm**. The group has shipped out 28,126 skull caps through the month of August. *Nice job ladies!*

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!



**We do accept EBT
benefits for senior meals!**



You Can Reduce Your Risk of a Fall – Falls Free® Wisconsin can help!

Falls are more common as you get older – that's true. But there are steps you can take to reduce your risk. It starts with believing you can, and finding the resources you need to make changes that keep you safe. Created by the Wisconsin Institute for Healthy Aging (WIHA), Falls Free Wisconsin can help by putting the information and tools right at your fingertips.

- ♦ **Prevent Falls:** You can prevent falls. Learn how with Falls Free Wisconsin.
- ♦ **Reduce Your Falls Risk:** An interactive home safety challenge to spot fall risks in a home.
- ♦ **Spot the Hazard:** Learn your falls risk and test your knowledge about falls.
- ♦ **Take the Falls Free Check Up:** Learn more about falls programs and find a class near you.

Find out more by visiting: <https://fallsfreewi.org/>

Your Input is Needed!

The *Aging and Disability Resource Center of Buffalo and Pepin Counties* needs your help!

We have developed a 2025-2027 Buffalo & Pepin Counties Aging Plan, which is our opportunity to set local goals based on the current and future needs of our older adults.

We invite you to look at the plan and give us your feedback. The Aging Plan can be viewed on our website <https://www.adrc-bcp.com/aging-plan> or you may contact us to request a copy of the plan by calling toll free at 866-578-2372. Please consider attending one of the public hearing sessions to learn more and provide feedback.

Feedback will be accepted until September 13, 2024.

Public Hearings:

Tuesday September 10th
12:00 - 12:30pm
Central Lutheran Church
221 West Main Street
Mondovi, WI

AND

Thursday September 12th
9:00 - 9:30am
Durand Library
604 7th Avenue E
Durand, WI

Any person wishing to attend the public hearing who requires special accommodation because of a disability should contact the Pepin County Clerk's Office at 715-672-8857 at least 48 hours before the public hearing begins so that appropriate accommodations can be made. Hearing impaired may call Wisconsin Relay at 7-1-1.

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rschlitz@lpicommunities.com

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Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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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

*September
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY RESTAURANT OPEN NO SENIOR MEALS	3 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	4 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	5 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
9 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	10 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	11 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	12 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	
16 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	17 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	18 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	19 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	Call previous day by 1:00pm to order lunch.
23 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	24 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	25 Cheeseburger, Potato Salad, Coleslaw, Fruit	26 Baked Fish, Baked Potato, Side Salad, Fruit	Salad Options: Taco Ham Chicken
30 Chicken Stir Fry w/Rice, Cucumber, Salad, Fruit				

Wednesday, October 16, 2024
Location yet to be determined.

Save
THE
Date

Final Affairs

A Guide to Arranging Your Personal
and Legal Affairs

EVENT TOPICS:

- ADRC 101
- FUNERAL PLANNING
- LEGAL CONSIDERATIONS
- WAYS TO DISCUSS END OF LIFE ISSUES BY BEING DIRECT, PRACTICAL & COMPASSIONATE

This is a free, no-cost event. A lunch will be provided.
Transportation available upon request. Registration is required
as space will be limited. Call 866-578-2373 to pre-register.

AMERICAN LUTHERAN HOME

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

*September
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY FACILITY OPEN MEAL SITE CLOSED	3 Chicken Ravioli w/Creamy Alfredo Sauce, Vegetable Blend, Broccoli, Bread, Lemon Blueberry Shortbread	4 Chili, Crackers, Corn, Salad, Pears	5 Baked Fish, Sweet Potato Tots, Green Beans, Banana Cake	<u>Served with each meal:</u> Milk
9 Smoked Sausage, Sauerkraut, Baked Beans, Fresh Blueberries	10 Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, Bread, Fruit Cup, Frosted Cake	11 Open Faced Hot Turkey Sandwich, Gravy, Au Gratin Potatoes, Carrots, Berry Cup	12 Honey Baked Ham, Baked Sweet Potatoes, Broccoli, Roll, Fresh Melon	
16 Brown Sugar Barbeque Pork on Bun, Sweet Potato Tots, Coleslaw, Fruit Cup	17 Hamburger Gravy, Mashed Potatoes, Gravy, Carrots, Bread, Fruit Crisp	18 Turkey French Dip, Potato Salad, Corn, Pineapple	19 Roast Beef, Baby Baker Potatoes, Broccoli w/Cheese, Bread, Blueberry Cobbler	Call previous day by 1:00pm to order lunch.
23 Lasagna, Green Beans, Salad w/ Dressing, Bread, Peaches	24 Open Faced Hot Beef Sandwich, Gravy, Sweet Potatoes, Corn, Maraschino Cherry Cake	25 Country Fried Steak, Mashed Potatoes w/Country Gravy, Sunshine Carrots, Fresh Melon	26 Oven Roasted Turkey, Stuffing, Beets, Broccoli, Roll, Pumpkin Pie w/ Topping	<u>Salad Options:</u> Taco Chef (Turkey, Ham) Chicken Tender
30 Brat on Bun, Potato Wedges, Creamy Coleslaw, Mixed Fruit				

Did You Know ...

Fall used to be referred to as "Harvest Season", and the full moon as Harvest Moon, as it provided essential light for harvesting back before electricity was available. America is the only country that uses 'Fall' to refer to Autumn. 'Fall' was adapted in the 1600's, based on seasonal poetry about falling leaves.



*Be informed of your
Aging and Disability
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*Ever wonder what the
ADRC team is up to?*

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



Water Waze Solution

1 - 10
2 - 8
3 - 18
4 - 16
5 - 17



Thank you !

Thank you from the Riverview Community Center!

Donations:

**Mary Ellen Brunner
Kathy Lee
Rosanne Reckin
Debbie Bien Bechel**

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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