



NOVEMBER
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A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country—Richland Center Office

November is National Caregiver Month “Caregiving Around the Clock”

National Caregiver month highlights the contributions that family caregivers make to their loved ones. Caregivers support their infirmed spouses, aging parents, and loved one’s with a disability or complex health issue.

Family caregivers rarely get the recognition they deserve and many do not identify as caregivers. It is “just what they do.” Many hold down a full time job, are raising families and caregiving for loved ones all at the same time. There generally are not many breaks for caregivers.

National Caregiver today, reveals some reasons why caregiving is hard:

- Over half of family caregivers are women.
- One out of every four caregivers reports diminished family relationships because of caregiving for a loved one.
- Most caregivers also work outside of their home in addition to caregiving responsibilities.
- Over a million young people (8 yo-18yo) care for an adult relative daily.
- It’s hard to care for yourself. Almost 70% of caregivers don’t seek regular medical attention.

National Caregiver Month is meant to remind people that there are resources available to help caregivers cope with the demands of caregiving. The Aging and Disability Resource Center has numerous resources available through the National Family Caregiver Support Program and the Alzheimer Family Caregiver Support Program. Resources include, but are not limited to: funding for respite services, support groups, educational opportunities, a Dementia Care Specialist, and a lending library which has many books available related to caregiving.

For more information contact the ADRC at 608-647-4616.



Inside this Issue

Resilience Article	Pg 2
Spotlight On	Pg 4
Menu	Pg 6
Senior Center Calendar	Pg 7
Powerful Tools	Pg 8
National Caregiver’s Month	Pg 10



RESILIENCE: A HELPFUL TOOL FOR CAREGIVERS

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and optimism? A resilient person remains strong even in the midst of unpleasant situations.

Caring for a spouse or aging parent can lead you down a road with hard decisions, unpleasant tasks, unplanned life changes and increased stress. It is easy to become overwhelmed and feel helpless and hopeless. A resilient person will look at difficulty as a challenge, not a roadblock. They continue to feel in control of their lives even in the face of adversity. How? There are specific skills that can be learned to help you become more resilient and increase your ability to cope during hard times. Try these steps to becoming a resilient caregiver.

1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. There is more than one way to solve a problem. If your first solution isn't working don't give up, just try something else.

2.) Find meaningful activities. As a caregiver, much of your day is filled with doing things for someone else. It is easy to lose your own individuality in the hubbub of what needs to get done. It is vital to carve out time to do something you love; something that gives you energy and recharges your battery.

3.) Get connected. Resilient people tend to be connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Attending a support group can link you to community resources and connect you with others who are in a similar situation. This will ease your stress and help you feel more positive and hopeful about your situation.

4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on—both long-term and everyday goals. Find a success in each day to keep you feeling positive and capable. Expect good results.

5.) Learn from experience. Reflect back on how



you faced hardships in the past. Steer clear of tactics that didn't work and build on the strategies that were successful. When you do make a mistake—like losing your temper—don't dwell on it. Figure out what led to the error—like a lack of sleep—and fix it. Resilient people tend to find practical and correctable reasons for mistakes rather than focus the blame inward to themselves as a “bad” person.

6.) Accept and anticipate change. Learning to expect change helps you to remain more positive when it does inevitably happen. You can learn to be flexible and adapt to changes more easily and not view them with anxiety and uncertainty.

7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties. Being a resilient caregiver will help you adapt to the tough times and not only survive these challenges, but become a stronger and more confident person in doing so.

If you have questions about your caregiving experience, please call the Aging and Disability Resource Center at 608-647-4616.

By Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

NOVEMBER FAMILY & FRIENDS RECIPE TO TRY



Spicy Sausage Soup with Tortellini

Prep Time: 30 min Cook Time: 30 min Yield: 8 servings



Ingredients:

- 2 cartons (32 ounces each) chicken broth
- 1 pound bulk hot or mild Italian sausage
- 1 package (9 ounces) refrigerated cheese tortellini
- 1 can (14-1/2 ounces) fire-roasted or Italian diced tomatoes
- 1 teaspoon Italian seasoning
- 3 cups fresh spinach, thinly sliced

Directions

1. In a 6-qt. stockpot, bring broth to a boil. Carefully drop sausage by heaping teaspoonful's into boiling broth. Add tortellini, tomatoes and Italian seasoning; return to a boil.
2. Reduce heat; simmer, uncovered, 8-10 minutes

or until sausage is cooked through and pasta is tender. Stir in spinach until wilted. **Freeze option:** Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add a little broth if necessary.



(Courtesy of Taste of Home <https://www.tasteofhome.com/recipes/spicy-sausage-soup-with-tortellini/>)

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We provide activities and care based on the needs of your loved one. Whether you need an hour here or there, one day a week or even a more structured regular program, it doesn't matter, we are here for your support.

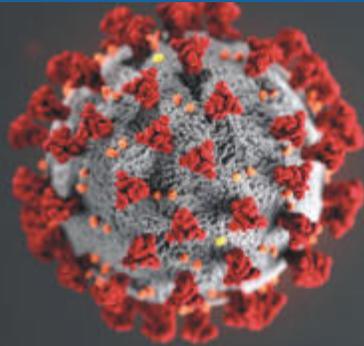


Call Ellen Alvin at 647-8931 for more information.
1400 W Seminary St
Richland Center, WI 53581

ad90-187108



SPOTLIGHT ON... COVID PRECAUTIONS CONTINUE AT RICHLAND COUNTY HEALTH AND HUMAN SERVICES



Coronavirus

Information - What you need to know...

County Officials have been diligently working for the last 19 months to stop the spread of COVID-19. Public Health Officer, Rose Kohout encourages all of us to focus on prevention activities. We can all do our part to keep our community safer and slow the spread of COVID-19 by adhering to these prevention activities:

- Practice social distancing by staying at least 6 feet away from other people
- Wear a mask
- Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Get vaccinated
- Avoid touching your face, eyes, and mouth in public
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
- Clean frequently touched surfaces and objects daily (for example, tables, countertops, light switches, doorknobs, and cabinet handles)
- Stay home if sick, except for medical care
- Avoid close contact with people who are sick

This is a critical time for Richland County to minimize the spread of COVID-19. Richland County Health and Human Services continues to be open to the public. There continues to be a **mask requirement for all staff and visitors**. The Community Services Building has been modified to allow for social distancing, many chairs have been removed from the lobby and conference rooms, sanitizing and safeguards continue to be in place, and staff are either behind plexi-glass, or wearing masks when interacting with the public. Many of our services will continue to be provided via telephone, video-chat, telehealth, and in-person meetings in the community when appropriate. Clients and members of the public may continue to call 608-647-8821 for assistance and inquiries.

Along with all of the precautions listed above Public Health highly recommends people get vaccinated and get a booster shot if they qualify. To help provide for this need a weekly COVID vaccination clinic is being offered at Health and Human Services. Individuals interested in making an appointment can call Richland County Health and Human Services at **608-649-5795**.

Health and Human Services continues to recommend social distancing, masking, and practicing excellent personal hygiene to minimize the exposure and spread of the COVID-19 virus in order to keep our staff, clients, and members of the community safe.

VETERANS DAY



Veterans Day is observed each year on November 11th. It is a day to recognize military veterans who have served in the U.S. Armed Forces. Many people confuse Memorial Day and Veterans Day.

Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle. While those who died are also remembered, Veterans Day is the day set aside to thank and

honor ALL those who served honorably in the military — in wartime or peacetime. In fact, Veterans Day is largely intended to thank LIVING veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served — not only those who died — have sacrificed and done their duty.

-courtesy of the Washington Post

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Richland County Nutrition Program
November 2021

Occasionally, it is necessary to make changes in the menus. All meals are served with milk. Please call the meal site for reservations by 1pm at least one day in advance.

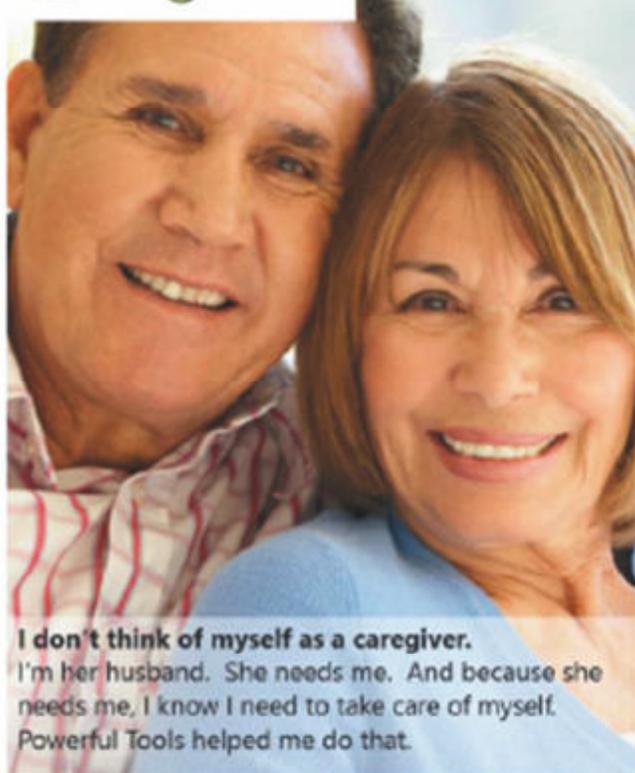
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti with Chicken Meatballs Steamed Broccoli & Cauliflower Peaches, Garlic Bread, Carrot cake	2 Cheeseburger Soup Pickle Spear Ham & Swiss on Rye Fruited Jell-O w/Topping	3 <i>Rockbridge 15th Anniversary Germantown 42nd Anniversary</i> Meatloaf Garlic Mashed Potatoes Tossed Salad w/Drsg. Mixed Fruit German Chocolate w/Peanut Butter Frosting	4 Oven Baked Fish Dill Potatoes Seasoned Beets Cinnamon Pears Lemon Bar Dinner Roll	5 Baked Ham Squash California Blend Vegetables Pineapple Cake with Whipped topping
8 Beef Tips in Gravy Over Mashed Potatoes Mixed Vegetables Coleslaw Fruit Crisp	9 Beef & Barley Soup Turkey & Cheese Sandwich Cranberry Whip Chef's Choice Dessert	10 Scalloped Potatoes/Ham Brussel Sprouts Vegetable Macaroni Salad Pineapple/Mandarin Oranges, Oatmeal Cookie	11 <i>Veterans Day</i> Sloppy Joes on Bun Cowboy Beans Mixed Carrots/Peas/Com Peaches Blonde Brownie	12 Chicken Pot Pie Stew Over a Biscuit Tossed Salad w/Drsg. Mixed Fruit Cookie
15 Salisbury Steak Sandwich Mashed Potatoes & Gravy Salad w/Dressing Mixed Fruit Brownie	16 Calico Bean Soup Ham/Swiss Sub w/Tomato, Lettuce & Onion Pickle Spear Tropical Fruit Rocky Road Pudding	17 <i>Thanksgiving Dinner</i> Roast Turkey Mashed Potatoes & Gravy Green Beans Dressing, Cranberry Sauce, Dinner Roll, & Frosted Pumpkin Bar	18 Lasagna Green & Gold Beans Tossed Salad Fresh Fruit Garlic Bread Oatmeal Raisin Cookie	19 Roast Pork Mashed Potatoes w/Gravy Steamed Carrots Dinner Roll Apple Crisp w/Topping
22 Beef Rigatoni w/Parmesan Cheese Italian Vegetables Garlic Bread Snickers Doodle	23 Chicken & Dumpling Soup WG Italian Beef Sandwich Mandarin Orange Salad Blueberry Streusel Coffee Cake	24 Baked Chicken Au Gratin Potatoes Broccoli Cinnamon Apple Slices Frosted Birthday Cake	25  Meal Sites Closed	26  Meal Sites Closed
29 Swiss Steak Mashed Potatoes w/Gravy Coleslaw Mixed Vegetables Pumpkin Torte	30 Cheesy Potato Soup 2 Sloppy Joe Sliders w/Cheese Mandarin Oranges Banana Split Dessert	Richland Center Meal Site Mon.- Fri. Call Tina/Sandi 647-2323; Grab N Go at Richland Center Meal Site available M-W-F Only; Germantown Meal Site – Monday, Wednesday and Thursday(Home Delivered) Congregate (Wednesday Only) – Rita Connors (608) 983-2798; Rockbridge Dining Center - M-W-F –Norma Pyfferoen 647-3900 or the meal site 649-3269		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item.

WOODMAN SENIOR CENTER
1050 N. ORANGE ST., RICHLAND CENTER, WI 53581 PH. 647-8108 EXT. 3
HOURS: MONDAY THRU FRIDAY 8:00-5:00
NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	2 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	3 8:30-Haase and <u>Cribbage</u> 9:45-Chair Yoga 10:00-Any Game 1:00-Pinochle	4 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 10:00-Rummikub 1:00-Knitting Group	5 1:00-Haase and <u>Cribbage</u>	6 CLOSED
7	8 9:30-11:30-Play <u>Bingo for Prizes</u> 11:30-Riverdale Health Care Pres 1:00-Play "500"	9 9:30-Sheepshead 10:00-Your Choice Game 1:00-Euchre	10 8:30-Haase and <u>Cribbage</u> 9:45-Chair Yoga 10:00-Rummikub 1:00-Pinochle	11 10:00-Your <u>Choice Game</u> 1:00-Knitting Group	12 1:00-Haase and <u>Cribbage</u>	13 CLOSED
14	15 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	16 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	17 8:30-Haase and <u>Cribbage</u> 9:45-Chair Yoga 10:00-Rummikub 1:00-Pinochle	18 10:00-RC Area <u>Senior Citizen</u> Potluck 1:00-Knitting Group 2:00-Rummikub	19 1:00-Haase and <u>Cribbage</u>	20 CLOSED
21	22 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	23 9:30-Sheepshead 10:00-Rummikub 1:00-Euchre	24 8:30-Haase and <u>Cribbage</u> 9:45-Chair Yoga 10:00-Rummikub 1:00-Pinochle	25 CLOSED HAPPY THANKSGIVING	26 CLOSED THANKSGIVING HOLIDAY	27 CLOSED
28	29 9:30-11:30-Play <u>Bingo for Prizes</u> 1:00-Play "500"	30 9:30-Sheepshead 10:00-Rummikub or any game 1:00-Euchre	Any game can be played anytime from the game closet.	Stop in and enjoy a cup of coffee while you visit with a friend.	Play a game of pool or work on the Puzzle.	Let us know of what activity you would like to have at the Senior Center.

Powerful Tools FOR Caregivers



I don't think of myself as a caregiver.
I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

Date: November 23, 2021- December 28th 2021.
Classes will be held every Tuesday for 6 consecutive weeks.

Time: 1:00-2:30 p.m.

Registration: Please contact the ADRC of Eagle Country Juneau County Office to register at 608-847-9371. This class is free and open to the communities of Crawford, Juneau and Richland Counties. Registration is required.

Classes will be held virtually. A session "0" will be offered on November 16th from 1:00-2:30 to allow users to become familiar with the virtual platform ZOOM.

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources





Happy Thanksgiving



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NATIONAL CAREGIVER'S MONTH

November is National Caregiver's Month "Caregiving Around the Clock"



The ADRC of Eagle Country's Richland Center office is proud to support Caregiver's. If you are a caregiver and are looking for resources, we can help. Resources available include and are not limited to:

- Support Groups
- Respite Care Funding
- Educational Materials
- Dementia Care Specialist
- Education event opportunities such as Dementia Live, Book Clubs, Boost Your Brain and Memory, Savvy Caregiver, and Powerful Tools for Caregivers.

For more information contact the ADRC at 608-647-4616, or stop into our office located within Richland County Health and Human Services, 221 West Seminary Street, Richland Center.



Caregiver's Pocket Guide to Self Care

1. **Take care of your health**– you can't effectively care for someone else if you don't care for yourself.
2. **Remember to rest** when you can, eat well, move when you can, and allow yourself time to take a deep breath.
3. **Don't ignore your social life**– schedule time to be social, it will help you renew your spirits and increase your energy level.
4. **Get a support team**– you don't have to do it all alone. Ask family and friends for help, join a support group, make use of community resources.
5. **Nurture your spiritual side.**

OPEN ENROLLMENT ENDS DECEMBER 7TH

Medicare open enrollment runs each year from October 15th-December 7th . This is the time to look at your Part D drug plan and Medicare Supplement plan to ensure that you have the best option to fit your needs. The ADRC will stop taking Part D review requests on November 30th to ensure that we are able to complete all requests timely. For more information please contact the ADRC at 608-647-4616.



Evening Conversations for Caregivers Every Thursday Night 7:30-8:30 PM

Join us weekly for a relaxed conversation about caregiving for someone living with dementia. Share stories, struggles, and successes. You can join by phone or online (zoom).

For more information contact the ADRC of Eagle Country's Dementia Care Specialist, Pam, at 608-548-3954



Are you taking care of someone who is living with dementia?

Do you feel overwhelmed and lost during these times of uncertainty?



NEVER MISS A NEWSLETTER!

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Richland County Health and Human Services
221 W. Seminary Street
Richland Center, WI 53581
Produced in conjunction with the Aging and
Disability Resource Center of Eagle Country
Richland Center Office

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PLEASE TAKE
ISSUE: NOVEMBER

Events:

Thursdays in November 11/4, 11/11, 11/18

Evening Conversations for Caregivers— Thursdays from 7:30-8:30 pm. Join for a weekly, relaxed, conversation regarding caring for someone with dementia. You can share stories, struggles, and successes. For more information call Pam, the Dementia Care Specialist for the ADRC, at 608-548-3954.

Saturday, November 6

Register now for the Spring Green Area Chamber of Commerce 8-Pin Bowling Tournament on **Saturday, November 6** at the Phoenix Center in Richland Center. Teams will include up to 6 people. Cost to bowl is \$25 per person. There will also be cash prizes, raffles, door prizes, meat raffles and more. To register call 588-2054 or visit springgreen.com.

Sunday, November 14

The 40&8 All You Can Eat Pancake Breakfast will be held on November 14th from 7:00 a.m.–12:30p.m. Cost is \$5.00 per person. Proceeds go towards Nurses Scholarships.

Saturday, November 20

The 40&8 Steak Feed will be November 20th from 4:00-8:00 p.m. (or until steaks are gone), at the Legion Hall. Proceeds go towards the upkeep of the locomotive.

Knights of Columbus bingo will be held Saturday, November 20, at 7:00 at the Richland Center Community Center. It will also be customer appreciation night. Progressive jackpot will be \$3,108 + 50% of net sales for a blackout in 59 calls or less.

Tuesday's November 23rd-December 28th

Powerful Tools for Caregivers— The ADRC of Eagle Country is offering Powerful Tools for Caregivers online. This class will be held weekly for 6 consecutive weeks and is free. For more information contact the ADRC at 608-647-4616.

4th Thursday of November

The Caregiver Support Group for November has been cancelled. The next date will be Thursday December 30th, and will be held at the Woodman Senior Center. For more information contact the ADRC at 608-647-4616.

Saturday, December 4

The 36th Annual River Valley Craft Bazaar will take place on Saturday, December 4 at River Valley High School. Up to 65 vendors will be on hand and a concession stand will be onsite. The event begins at 9:00 AM and continues until 3:00 PM. Anyone wishing to be a vendor should contact Brian Krey at the River Valley School District.

