

TWO RIVERS CONNECTION



JANUARY 2022

Looking for something rewarding and enjoyable, and to make money while doing it? The ADRC is recruiting for two new citizens to serve on the ADRC Governing Board!

The Aging and Disability Resource Center (ADRC) of Buffalo and Pepin Counties is looking for **TWO** citizens to serve on the ADRC Governing Board. The 8-person ADRC Governing Board is responsible for the oversight of the ADRC. It consists of 6 citizen members and 2 County Board members. The Board meets at least quarterly in either Alma or Durand to conduct business, with the option to attend meetings virtually. These meetings last about 1-2 hours. Board members attending meetings receive a per diem and are reimbursed mileage for traveling to the meeting location. Board members are also given the opportunity to attend trainings to assist them in performing their duties. Citizen members will serve a three-year term on the Board.

Qualifications:

- One individual at least 60 years of age and resides in Buffalo County (or be a family member of an individual age 60+).
- One individual at least 60 years of age and resides in Pepin County (or be a family member of an individual age 60+).
- Shall not be employed by either Buffalo or Pepin County.
- Shall not be employed by any managed care organization or an agency providing services through such an organization.
- Be willing and able to attend scheduled Board meetings (either in person or via zoom).

Interested individuals should contact the ADRC for an application by calling toll free 866-578-2373 or emailing adrc-bp@co.pepin.wi.us. All applications will be reviewed by the ADRC Governing Board at an upcoming meeting. The ADRC Governing Board will recommend two candidates to the Chairperson of the Board of Supervisors, who will make the official appointments.

The ADRC Governing Board will give equal consideration to all applicants. The submission of an application does not guarantee appointment to the ADRC Governing Board.

For more information about the ADRC Governing Board, including past agendas and minutes, visit our website at <https://www.adrc-bcp.com/adrc-governing-board>.

Community Memory Cafés

The Gathering Café

Held the 2nd Tuesday of each odd month

See you in March!

10:00am - 11:30am

Wings Over Alma

118 N Main St., Alma

Food for Thought Café

Held the 3rd Tuesday of each odd month

See you in March!

10:00am - 11:30am

Immanuel Lutheran Church

205 Pine St., Pepin

Coffee & Conversation Café

Held the 2nd Tuesday of each even month

See you in April

10:00am-11:30am

Hurlburt's Haven

1227 E Prospect St., Durand

The Morning Crew Café

Held the 3rd Tuesday of each even month

See you in April

10:00am-11:30am

Central Lutheran Church

221 W Main St., Mondovi

New Virtual Caregiver Support Group

1st Monday of the Month, 10:00am-11:00am

January 3rd

Facilitated by two Dementia Care Specialists

~~~~~

### New Virtual Caregiver Support Group

Thursday Evening Conversations

7:30-8:30pm

Every Thursday via Zoom

***For more information about the Virtual Caregiver Support Group, please contact Becky at 715-538-1930.***

## Riverview Helping Hands



Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30am to 2:00pm.** The group has shipped out 22,466 skull caps through the month of November. *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.



### January Holidays

- Jan. 1: New Year's Day
- Jan. 17: Martin Luther King Day
- Jan. 23: Nat'l Pie Day
- Jan. 24: Nat'l Compliment Day

I am excited to announce that the Aging and Disability Resource Center of Buffalo and Pepin Counties is in the process of hiring a full time Dementia Care Specialist (DCS). This change stems from the Governor's budget and his support of the expansion of Dementia Care Specialists to each county. With that being said, I will be the full time DCS for Trempealeau County as of January 1, 2022 and will no longer work with Buffalo and Pepin Counties. I have enjoyed getting to know those of you I have had the pleasure working with during these past six months. I feel like the months have flown by and I just started. Please know you are still able to join any support groups, book clubs, and Powerful Tools for Caregiver classes that I am facilitating while your new DCS is being hired. The Wisconsin Alzheimer's Association offers monthly support groups as well as educational offerings. You can find them at [www.alz.org/crf](http://www.alz.org/crf), and to register as well. Trualta is a great online portal that you can sign up for as a caregiver, where you can explore all the great resources that the site offers.

The four Memory Café's (information above) will be put on hold while the hiring process is underway. Please contact the ADRC of Buffalo and Pepin Counties at 866-578-2372 with any questions during the interim. Your new DCS will be a wonderful addition to the ADRC and your communities.

Take Care and Happy New Year!

Becky Woodke [Rebecca.woodke@co.trempealeau.wi.us](mailto:Rebecca.woodke@co.trempealeau.wi.us) or call 715-538-2001



# Prepare for 3G Network Shutdowns

By the GWAAR Legal Services Team



If you have an older mobile phone, you may need to upgrade it soon. Mobile providers will be shutting down their 3G networks in 2022, which means that older phones may be unable to make or receive text messages and phone calls, including calls to 911, or use data services. In addition to phones, this may affect some medical devices, tablets, smartwatches, home security systems, and other products that use 3G network services. The 3G network retirement is being done in order to free up infrastructure to support new technology, like 5G.

For more information on your mobile provider's plans to phase out 3G, contact your provider directly. Timing will vary by company. AT&T announced that it will shut down its 3G network by February 2022. Verizon plans to shut down its 3G network by December 31, 2022. T-Mobile will shut down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. The company also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022. Other mobile providers will be affected, too. Many carriers, like Cricket, Boost, and several Lifeline mobile service providers use AT&T's, Verizon's, and T-Mobile's networks.

It's important to plan ahead so that you don't lose the ability to use your phone or other devices. Some providers' websites have lists of devices that will no longer be supported after 3G networks are shut down. You can also check your phone or other device's settings or user manual to determine whether it is 4G LTE enabled. If your device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

Some devices may need to be upgraded while others will just require a software update. Many mobile service providers are offering discounted or free upgrades for people who need to purchase a new device. In addition, some people may be eligible for assistance through two Federal Communications Commission programs. The Lifeline Program provides discounted phone service to qualifying low-income consumers. You can learn more about the Lifeline Program here: <https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>. The Emergency Broadband Benefit Program provides a temporary discount towards broadband service to eligible households during the COVID-19 public health emergency. You can learn more about the Emergency Broadband Benefit Program here: <https://www.fcc.gov/broadbandbenefit>.

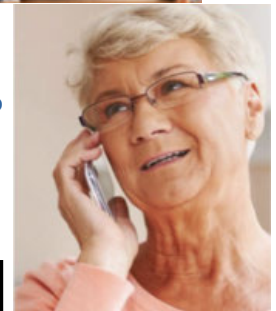
## Caring ... from far away

### **Uncertainty. Worry. Frustration. Guilt.**

When someone you love needs care but doesn't live near you, finding help can be time-consuming, stressful and overwhelming.

### **Good news! Help is right at your fingertips.**

Contact the Aging and Disability Resource Center of Buffalo and Pepin Counties to learn more about the resources and support available to families and caregivers by calling toll free 866-578-2372 or emailing [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us).



Wisconsin's  
**FamilyCaregiver**  
Support Programs



## Specialist Spotlight

*Back Row: Jennifer Nelson and Susan Henry (Information & Assistance Specialists);  
Front Row: Melissa Hovland (Disability Benefit Specialist);  
Bernie Rogers and Julie Fick (Elder Benefit Specialists)*



### Resilient Wisconsin: Understanding Resilience

#### **What is resilience?**

We all experience ups and downs in life. Feelings of loss or uncertainty, a serious health or relationship problem, stress at work or harmful substance use in the home, even natural disasters and large-scale emergencies like the COVID-19 pandemic are just a few examples. Trauma and adversity can make it difficult to take care of yourself and the people around you. Learning ways to cope with, and recover from tough times in healthy ways is the heart of building resilience. Without it, we can become overwhelmed by toxic stress, trauma, or other mental and behavioral health challenges like chronic disease or harmful substance use.

While adverse childhood experiences, or the risk and protective factors in a person's life may contribute to making them more or less resilient than someone else, our ability to manage physical, mental, and emotional health in the face of difficulties isn't set in stone. Like a muscle, resilience is a skill we can strengthen over time and at any age. That's important, because people who learn to bounce back from hardships help make their loved ones and their community more resilient, too.

#### **Try these seven strategies for building resilience.**

These resilience-building practices can help you learn to adapt and recover in the face of adversity.

- **Prioritize healthy relationships:** Build a supportive network of people who care about you and spend quality time (even if virtually) with them.
- **Take care of your body:** It's easier to maintain mental and emotional balance when you feel healthy. Make an effort to eat well, get enough sleep, and exercise three or more times a week.
- **Avoid negative outlets:** Look for healthy ways to process difficult emotions. Trying to escape these emotions through harmful substance use will create more stress.
- **Be proactive:** We can't always control our circumstances, but we can take charge of our response. Break problems into manageable tasks and move forward.
- **Practice self-awareness:** When stressful events occur, it's important to take a step back and reflect before we react. It helps to understand where your emotions are coming from before you share them.
- **Learn from the past:** Recognize who or what was helpful (or unhelpful) the last time you were in a stressful situation. Remembering other challenges you've overcome can help.
- **Ask for help when you need it:** Reaching out to family or friends, a health care professional, or a community resource isn't easy, but knowing how to accept help is a sign of strength.

#### **Take a closer look at resilience**

Get to know the influential elements of mental, physical, and behavioral health that help public health professionals and others understand and promote resilience in our communities and organizations, in our relationships, and within ourselves.

*Article from Wisconsin Department of Health Services, edited for space*

#### *Ask a Specialist:*

**Q:** Can the ADRC make recommendations toward specific companies or professionals?

**A:** As an ADRC, we provide unbiased information on programs and services in your area. We have a resource guide that is available on our website at [www.adrc-bcp.com](http://www.adrc-bcp.com) or you can call to request a copy at 1-866-578-2372.

*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.*

**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.



**Winter Crossword  
Puzzle Answers**



- |              |                |
|--------------|----------------|
| <b>Down:</b> | <b>Across:</b> |
| 1. Blanket   | 4. Gloves      |
| 2. December  | 5. Chimney     |
| 3. Fire      | 6. Iceberg     |
| 7. Blizzard  | 8. Hibernate   |
| 9. Shiver    | 11. Jacket     |
| 10. Melt     | 12. Firewood   |

**ADRC of Buffalo and Pepin Counties has a website and Facebook page!**

You'll find great information and tools to help find the assistance you're looking for.

Website: [www.adrc-bcp.com](http://www.adrc-bcp.com)

Facebook: [www.facebook.com/ADRCBuffaloAndPepinCounties](https://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.

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**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

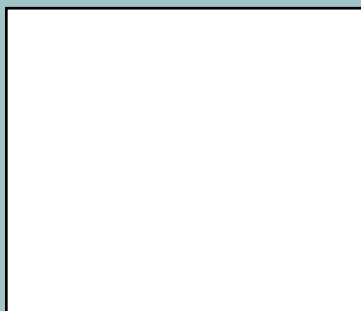
DHS Approved 4/22/2021

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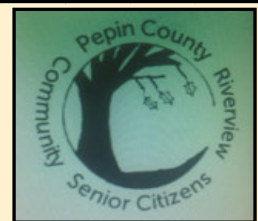
# DONNA MAE'S PANTHER CAFÉ

**PEPIN:** FRIDAY ONLY (11:00AM-12:00PM) 715-442-2289  
**GILMANTON:** MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139  
**NELSON:** MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

## January 2022

| MONDAY                                                                                      | TUESDAY                                                                                         | WEDNESDAY                                                                                         | THURSDAY                                                                                    | FRIDAY                                                                                   |
|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <b>3</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Banana, Cake                           | <b>4</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Fruit Salad, Tropical Fruit, Cake | <b>5</b> Meatloaf, Mashed Potatoes, Mixed Vegetables, Bread, Pineapple, Cake                      | <b>6</b> Beef Vegetable Soup, Egg Salad Sandwich, Fruit Salad, Fruit Cocktail, Cake         | <b>7</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake                                 |
| <b>10</b> Cheeseburger, Baby Red Potatoes, Carrots, Peaches, Cake                           | <b>11</b> Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake                         | <b>12</b> Meatballs, Mashed Potatoes, Broccoli, Bread, Pears, Cake                                | <b>13</b> Grilled Chicken Sandwich, Cheesy Potatoes, Carrots, Banana, Cake                  | <b>14</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake                                |
| <b>17</b> Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Tropical Fruit, Cake | <b>18</b> Chili w/Stewed Tomatoes, Cold Cut Sandwich, Pineapple, Cake                           | <b>19</b> Boiled Dinner (Ham, Potatoes, Carrots, Rutabagas, Cabbage), Bread, Fruit Cocktail, Cake | <b>20</b> Parmesan Chicken, Dirty Mased Potatoes, Lettuce Salad, Corn, Bread, Peaches, Cake | <b>21</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake                             |
| <b>24</b> Pulled Pork Sandwich, Baked American Fries, Carrots, Mandarin Oranges, Cake       | <b>25</b> Chicken, Mashed Potatoes, Corn, Pears, Bread, Cake                                    | <b>26</b> Pizza Hotdish, Breen Beans, Bread, Fruit Salad, Banana, Cake                            | <b>27</b> Salisbury Steak, Mashed Potatoes, Carrots, Bread, Tropical Fruit, Cake            | <b>28</b> Cod, Baked Potatoes, Beans, Coleslaw, Bread, Cake                              |
| <b>31</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake             |              |                                                                                                   | <b><u>Salad Options:</u></b><br>Chef<br>Grilled Chicken<br>Crispy Chicken<br>Taco           | <b><u>Served with each meal:</u></b> Milk<br>Call previous day by 1:00pm to order lunch. |

We hope that everyone had a great Christmas and Happy New Year. Riverview Center was filled with holiday spirits at our annual Christmas Bazaar held on December 4<sup>th</sup>, 2021. We had tables filled with Christmas items, crocheted household items, baked goods and a wonderful lunch. It was a successful event and contributed to our budget for the year. It was a lot of fun seeing old friends, children, and members we haven't visited with for a long time.



Many thanks to those who donated items for our Christmas Bazaar and who came to help out. Included in the thanks are members of the Riverview Quilters, Riverview Helping Hands, and other talented members who created our porch pots for the entry, and also some for the sale. Baking talents were appreciated with the fine array of breads, cookies, candies and numerous other items, which flew out the doors with shoppers.

Our theme this year was "It's nice to be Gnome for the Holidays" and gnomes in all sizes and shapes adorned the trees. Loved ones were remembered with the Love Lights on the trees, displayed in the Golden Room.

Thanks to everyone who came to shop, have lunch, and stay to visit. It made the day for the Seniors of Pepin County. God be with you in this New Year, and stay healthy and safe. *Marge Briggs*

# Winter Crossword Puzzle



**Across:**

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
8. (Of an animal or plant) spend the winter in a dormant state.
11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
12. Wood that is burned as fuel.

**Down:**

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere, usually considered the first month of winter.
3. Burning

**Down (continued):**

7. A severe snowstorm with high winds
9. Shake slightly and uncontrollably as a result of being cold.
10. Make or become liquefied by heat.

*(Answers on page 5)*

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## CORRAL BAR & RIVERSIDE GRILL

DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

*January  
2022*

| MONDAY                                                                       | TUESDAY                                                                                                   | WEDNESDAY                                                                                              | THURSDAY                                                                                                      | FRIDAY                                                                                                             |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Served with each meal:</b><br><b>Milk</b>                                 | <b>4</b> Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes                             | <b>5</b> Chili, Creamy Coleslaw, Veggies & Dip, Cornbread, Applesauce                                  | <b>6</b> Open Face Hot Turkey Sandwich on Wheat Bread, Mashed Potatoes w/Gravy, Squash, Plums, Dessert        | <b>7</b> Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit             |
|                                                                              | <b>11</b> Egg Salad on Croissant, Red Potatoes, Baked Beans, Peaches                                      | <b>12</b> Lasagna, Broccoli, Garden Salad w/Ranch Dressing, Garlic Bread, Red Jell-O w/ Fruit Cocktail | <b>13</b> Beef Roast, Mashed Potatoes & Gravy, Tomato Juice, Wheat Bread, Pineapple                           | <b>14</b> Baked Fish w/ Tartar Sauce, Potato Salad, French Style Green Beans, Apple, Whole Grain Banana Muffin     |
| <b>Call previous day by 1:00pm to order lunch.</b>                           | <b>18</b> Salisbury Steak w/Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana | <b>19</b> Barbeque on Kaiser Roll, Bean Soup, Creamy Coleslaw, Tropical Fruit                          | <b>20</b> Spaghetti w/ Meat Sauce, Broccoli, Garden Salad w/French Dressing, Garlic Bread, Mandarin Oranges   | <b>21</b> Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears                                        |
| <b>Salad Options:</b><br><b>Taco, Chef, Seafood</b><br><b>Chicken Fiesta</b> | <b>25</b> Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert      | <b>26</b> Beef Stew, Broccoli Salad, Biscuit, Plums                                                    | <b>27</b> Country Fried Steak, Mashed Potatoes w/Gravy, Garden Salad w/Ranch Dressing, Wheat Bread, Pineapple | <b>28</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jell-O w/ Peaches |

### AGING & DISABILITY RESOURCE CENTER OF BUFFALO & PEPIN COUNTIES

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### Dealing With Winter Weather

By the Wisconsin SMP Team



For your safety, walk like a penguin on snow and ice!

- Position center of gravity over your front leg.
- Have a slight bend in your knees.
- Walk flat-footed
- Point feet a bit outward
- Extend arms for balance
- Take small steps

Remember to walk slowly so you can react to changes in iciness or ground conditions, keep your momentum at a minimum, and don't put your hands in your pockets.

Stay safe and upright!



## 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):

- |                                                        |                                                            |                                                                  |
|--------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------|
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| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Support Groups                    | <input type="checkbox"/> <i>Two Rivers Connection</i> Newsletter |
| <input type="checkbox"/> Home Delivered Meals          | <input type="checkbox"/> Elder Benefit Specialist          | <input type="checkbox"/> Transportation Services                 |
| <input type="checkbox"/> Senior Dining Services        | <input type="checkbox"/> Dementia Care Services            |                                                                  |

**My donation is for:**

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Facebook: [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)




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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# THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683

*January  
2022*

| MONDAY                                                         | TUESDAY                                                              | WEDNESDAY                                                                | THURSDAY                                                           | FRIDAY                                                                      |
|----------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>3</b> Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit | <b>4</b> Beef Stroganoff, Mashed Sweet Potato, Corn, Fruit           | <b>5</b> Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit   | <b>6</b> Spaghetti & Garlic Toast, Corn, Side Salad, Fruit         | <b>Served with each meal:</b><br><b>1% Milk</b><br><b>Whole Wheat Bread</b> |
| <b>10</b> Lemon Baked Fish, Baked Potato, Coleslaw, Fruit      | <b>11</b> Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice          | <b>12</b> Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit | <b>13</b> Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit   |                                                                             |
| <b>17</b> Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit    | <b>18</b> Creamed Chicken over Biscuit, Mixed Vegetables, Fruit      | <b>19</b> Cheeseburger, Potato Salad, Coleslaw, Fruit                    | <b>20</b> Baked Fish, Baked Potato, Side Salad, Fruit              | <b>Call previous day by 1:00pm to order lunch.</b>                          |
| <b>24</b> Chicken Stir Fry w/Rice, Cucumber Salad, Fruit       | <b>25</b> Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit | <b>26</b> Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit  | <b>27</b> Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit | <b>Salad Options:</b><br><b>Taco</b><br><b>Ham</b><br><b>Chicken</b>        |

**31** Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit



### New Year's Eve Trivia

*Get out your party hats and sparklers! New Year's Eve is the night when young and old stay up past midnight to ring in the new year. Fireworks blast off around the globe, and bottles of champagne pour a bubbly sea of mirth.*

*\*Chicken & lobster are considered bad luck if consumed on New Years.*

*\*Ancient Babylonians celebrated New Years in March.*

*\*Robert Burns wrote the famous song "Auld Lang Syne".*

*\*The time balls were invented in 1829, to help sailors coordinate their navigation equipment.*

*\*The first New Year's Eve gathering at Time Square was in 1904, with 200,000 attending. The 'ball drop' was started in 1907. The first ball dropped, weighed 700 pounds. The only years the New Year's ball drop was not followed was 1942 and 1943, because of World War II.*

*\*The confetti that falls over the crowd at midnight in Times Square is made up of people's wishes, also called 'Wishfetti'.*

*\*Hershey, PA drops a giant kiss on New Year's Eve. Ancient Romans are credited with starting the traditional New Year's Eve kiss.*

*\*Spain households follow the tradition of having twelve grapes in the first twelve seconds of the year.*

*\*Italy's New Year's Eve tradition is to wear red underwear for good luck.*

*\*Kiribati, an island nation in the Central Pacific, is the first to celebrate the new year. The last to ring in the new year is American Samoa.*

## VOLUNTEERS NEEDED!

The Buffalo and Pepin Counties Senior Nutrition Program is looking for volunteers at the **Durand** meal site.

- ◆ Flexible scheduling is available.
- ◆ Both meal site help and meal delivery help, hours/days vary, and includes mileage reimbursement.
- ◆ **Receive free lunch on every day you volunteer!**

If you are interested in learning more about volunteering, call:

Mylessa/Nutrition Program Coordinator  
715-672-8941, Ext 163.

### Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.


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



# AMERICAN LUTHERAN HOME

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

*January  
2022*

| MONDAY                                                                                               | TUESDAY                                                                                 | WEDNESDAY                                                                           | THURSDAY                                                                           | FRIDAY                                                                 |
|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>3</b> Country Fried Steak, Sweet Potatoes, Beets, Bread, Pears                                    | <b>4</b> Beef Stew, Mashed Potatoes, Corn, Pumpkin Crisp                                | <b>5</b> Ham Loaf, Mini Baked Potatoes, Broccoli, Bread, Pineapple                  | <b>6</b> Pork Loin, Mixed Vegetables, Baked Beans, Fruit Pie                       | <b>Served with each meal:</b><br><b>Milk</b>                           |
| <b>10</b> Meatball Sub, Peas, Three-Bean Salad, Mandarin Oranges                                     | <b>11</b> Turkey, Stuffing, Green Beans, Bread, Pumpkin Pie                             | <b>12</b> Ham & Bean Chowder, Carrots, Whole Wheat Dinner Roll, Mixed Berries       | <b>13</b> Chicken Alfredo, Broccoli, Salad w/ Dressing, Bread, Mixed Fruit         |                                                                        |
| <b>17</b> Crispy Chicken Sandwich, Glazed Carrots, Coleslaw, Strawberries                            | <b>18</b> Meatloaf, Mashed Potatoes, Cream Corn, Bread, Strawberry Snickerdoodle Crunch | <b>19</b> Baked Ham, Sweet Potatoes, Asparagus, Bread, Fruit Jell-O                 | <b>20</b> Chili, Salad w/ Dressing, Whole Wheat Dinner Roll, Peaches               | <b>Call previous day by 1:00pm to order lunch.</b>                     |
| <b>24</b> Split Pea Soup w/Ham, Whole Wheat Dinner Roll, Salad w/ Dressing, Cottage Cheese w/Peaches | <b>25</b> Roast Beef, Onion Roasted Potatoes, Broccoli, Bread, Caramel Apple Crisp      | <b>26</b> Swiss Steak w/ Stewed Tomatoes, Parslied Potatoes, Bread, Fruit Cup       | <b>27</b> Smothered Pork Chops, Au Gratin Potatoes, Squash, Bread, Gelatin Dessert | <b>Salad Options:</b><br><b>Taco Chef (Turkey, Ham) Chicken Tender</b> |
| <b>31</b> Country Fried Steak, Sweet Potatoes, Beets, Bread, Pears                                   |                                                                                         |  |                                                                                    |                                                                        |

## Learn how you can get the COVID-19 vaccine or booster!

The Buffalo and Pepin County Health Departments are offering appointments for COVID-19 vaccines.

- ◆ To schedule with Buffalo County, call 608-685-4412 or visit: <https://hipaa.jotform.com/210885191888066>
- ◆ To schedule with Pepin County, call 715-672-5961 or visit: <https://covid19vaccinepepincounty.as.me/schedule.php>



If you need transportation to a vaccine clinic, the Aging and Disability Resource Center of Buffalo and Pepin Counties may be able to assist. Contact us today at 866-578-2372 or [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us) to learn more.

*Pepin County Wishes to  
Thank Our Recent Donors!*

*Thank you from the  
Riverview Community Center!*

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**TWO RIVERS CONNECTION**  
ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> 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](mailto:adrc-bp@co.pepin.wi.us)

Please **add** or **remove** my name to/from the mailing list for the Two Rivers Connection newsletter (Circle One)

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Please return to: ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
PO Box 39  
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