

TWO RIVERS CONNECTION



FEBRUARY 2022

Buffalo and Pepin Counties Senior Nutrition Program conducted their annual satisfaction survey during September 2021. The survey results were compiled and put into the following infographics. There is an infographic for each meal type (Carry Out, Home Delivered & Congregate). If you have questions about the survey results, feel free to contact the ADRC of Buffalo and Pepin Counties at 866-578-2372. Thank you to those that completed the survey!

Carry Out or Grab 'n Go Satisfaction Survey Results

RISK FACTORS

100% of participants live alone
 100% state they often feel they lack companionship
 50% feel left out and 50% feel isolated even at our dining sites
 0% said in the past week they have had NO visits from family, friends, or relatives

FOOD SECURITY

The hot, balanced meal our program provides accounts for half or more of the total daily food intake for 50% of our participants.

HIGH QUALITY

100% said the food usually or always tastes and looks good.

WELCOME!

50% said that when it is safe to dine with others they would attend an in-person Senior Dining Site.

SOLUTIONS

100% said having the ability to pick up a meal provides:
 Someone to talk to (50%)
 Something to look forward to (50%)

BARRIERS TO PICKING UP A MEAL

Transportation
 Illness or health condition

Home Delivered Meal Satisfaction Survey Results

RISK FACTORS

66% of participants live alone
 12% state they often feel they lack companionship
 7% feel left out and 8% feel isolated even at our dining sites.
 7% said in the past week they have had NO visits from family, friends, or relatives.

SOLUTIONS

Having the meal delivered by a person provided:
 Someone to talk to (17%)
 A sense of Safety & Security (24%)
 A Link to get information (19%)
 Something to look forward to (26%)

FOOD SECURITY

The hot, balanced meal our program provides accounts for half or more of the total daily food intake for 71% of our participants.

HIGH QUALITY

95% of participants would recommend the program to others.
 99% said the food usually or always tastes and looks good.
 91% said the hot food arrives hot and the cold food arrives cold.

Senior Dining Satisfaction Survey Results

RISK FACTORS

5% state they often feel they lack companionship
 5% feel left out and
 5% feel isolated even at our dining sites.

BARRIERS TO ATTENDING

0% Need Transportation
 0% Don't want to attend alone
 0% Need a Special Diet that is not available.
 0% Have a health condition that limits their attendance.
 6% Advanced Reservations

FOOD SECURITY

The hot, balanced meal our program provides accounts for half or more of the total daily food intake for 64% of our participants.

WELCOME!

84% of our diners said they Always feel welcomed.
 79% feel like they Always fit in.
 83% Always feel accepted for who they are!
 52% attend 3-4 times a week.

Community Memory Cafés

The Gathering Café

Held the 2nd Tuesday of each odd month

Next Meeting To Be Determined

10:00am - 11:30am

Wings Over Alma

118 N Main St., Alma

Food for Thought Café

Held the 3rd Tuesday of each odd month

Next Meeting To Be Determined

10:00am - 11:30am

Immanuel Lutheran Church

205 Pine St., Pepin

Coffee & Conversation Café

Held the 2nd Tuesday of each even month

Next Meeting To Be Determined

10:00am-11:30am

Hurlburt's Haven

1227 E Prospect St., Durand

The Morning Crew Café

Held the 3rd Tuesday of each even month

Next Meeting To Be Determined

10:00am-11:30am

Central Lutheran Church

221 W Main St., Mondovi

Riverview Quilters

Come join Riverview Quilters of Durand. They meet every Monday from 1:00 to 4:00pm at the Riverview Community Center, 606 W Madison St., Durand. Bring crocheting, knitting or any crafts you're working on. Generally, everyone works on their own projects. Occasionally, there is a group project for anyone who wants to work together. There is no instructor, but everyone is willing to share their knowledge if there are any questions. We meet to share hobbies and camaraderie. Please feel free to drop in with any questions you may have.



The Buffalo and Pepin County Senior Nutrition Program wishes to send a HUGE thank you to Waumandee State Bank for their donation to the individuals on the Gilmanton home-delivered route. Each individual received a goodie bag that included snacks, food, and 4 meal tickets for a free meal.

New Virtual Caregiver Support Group

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

February 7th

Facilitated by two Dementia Care Specialists

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### New Virtual Caregiver Support Group

Thursday Evening Conversations

7:30-8:30pm

Every Thursday via Zoom

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

Find the 7 differences in the pictures to the right. Answers are on page 8. No peeking!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



# Tips to Help with Seasonal Affective Disorder (SAD)

*By the GWAAR Legal Services Team (for reprint)*

If you start feeling down during this time of year, you are not alone. Also known as the “winter blues” Seasonal Affective Disorder or SAD affects millions of people during the winter months in the northern hemisphere. This year may be especially difficult for people with SAD when added to the social isolation of COVID-19.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Having low energy
- Having problems with sleep
- Feeling sluggish or agitated
- Having frequent thoughts of death or suicide
- Feeling hopeless or worthless
- Losing interest in activities you once enjoyed,
- Experiencing changes in your appetite or weight
- Having difficulty concentrating

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Weight gain
- Hypersomnia
- Craving for carbohydrates
- Overeating
- Social withdrawal (feel like “hibernating”)

So, if you’re feeling this way around this time every year and if it’s especially difficult this year, what can you do to feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

## Medication

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

## Light Therapy

Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light.

Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called “happy lights” or “happy lamps” can be purchased at many retailers. For more information and help selecting the light therapy box, visit the Mayo Clinic website and read the article “Seasonal Affective Disorder Treatment: Choosing a Light Therapy Box.

## Psychotherapy

Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD (CBT-SAD). CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

## Vitamin D

Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect.

For more information visit: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml> ☐



## 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)



### Types of medical equipment Medicare covers for home use

(Submitted by Susan Henry, I & A Specialist and Darcy Wall, ADRC Intern)

Durable medical equipment (DME) is equipment that helps you complete your daily activities. It includes a variety of items, such as walkers, wheelchairs, and oxygen tanks. Medicare usually covers DME if the equipment:

- ◆ Is durable, meaning it is able to withstand repeated use
- ◆ Serves a medical purpose
- ◆ Is appropriate for use in the home, although you can also use it outside the home
- ◆ Is likely to last for three years or more
- ◆ To be covered by Part B, DME must be prescribed by your primary care provider (PCP). If you are in a skilled nursing facility (SNF) or are a hospital inpatient, DME is covered by Part A.

Whether you have Original Medicare or a Medicare Advantage Plan, the types of Medicare-covered equipment should be the same. Examples of DME include:

- ◆ Wheelchairs
- ◆ Walkers
- ◆ Hospital Beds
- ◆ Power Scooters
- ◆ Portable Oxygen Equipment

Under the durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS) category, Medicare Part B also covers:

- ◆ Prosthetic devices that replace all or part of an internal bodily organ
- ◆ Prosthetics, like artificial legs, arms, and eyes
- ◆ Orthotics, like rigid or semi-rigid leg, arm, back, and neck braces
- ◆ Certain medical supplies

Medicare also covers certain prescription medications and supplies that you use with your DME, even if they are disposable or can only be used once. For example, Medicare covers medications used with nebulizers. Medicare also covers lancets and test strips used with diabetes self-testing equipment.

Note: There are also certain kinds of equipment and supplies that Medicare never covers.

To find out if Medicare covers the equipment or supplies you need, or to find a DME supplier in your area, call 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov). You can also learn about Medicare coverage of DME by contacting your State Health Insurance Assistance Program (SHIP).

#### Ask a Specialist:

Q: What if I don't have a personal health care agent, for example, no children or spouse?

A: If you are single, and have not named a health care representative or indicated your wishes in a Medical Power of Attorney or a Health Care Directive, you have no control over who will represent you if you become temporarily, or permanently incapacitated.

If the state cannot find a family member to represent you and decisions need to be made regarding your physical health, they will look for an heir to act on your behalf. This means that someone who may not understand or share your personal preferences will be making decisions such as whether or not you should receive artificial sustenance or become an organ donor.

That's why it's important to choose someone, even a close friend or a professional representative such as a lawyer or family doctor, if they're willing, to make decisions on your behalf. This is especially relevant for people who have strong feelings about resuscitation or other procedures, or for people who have minor children.

Submitted by Susan Henry (Ref: *LawDepot, Estate Planning for Singles, Widowed, Divorced, Never Married*)

*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.*



The Aging and Disability Resource Center of Buffalo and Pepin Counties (ADRC) is recruiting a **Stepping On** leader. This individual will be trained by the Wisconsin Institute for Healthy Aging (WIHA) to lead **Stepping On** workshops for Buffalo and Pepin Counties.

**Stepping On** is an evidenced-based workshop that focuses on fall prevention. **Stepping On** can help avoid a dangerous and costly fall so individuals can keep doing the things they love to do. In just seven weeks, individuals learn:

- ◆ To identify and remove or avoid fall hazards both inside and outside of the home.
- ◆ How vision, hearing, medication, and footwear affect the risk of falling.
- ◆ Strength and balance exercises that can be adapted to each individual.
- ◆ To get back on your feet the right way if you do fall.

Being a **Stepping On** leader allows you to make a difference in the lives of others! There will be a peer leader so you'll co-lead all workshops with this individual.

- All of the materials and handouts are provided.
- ADRC staff will help to market the workshop and recruit participants.
- This is a volunteer position however the ADRC will reimburse the costs for training.
- Our goal is to hold two workshops each year, one in Buffalo County and one in Pepin County. Mileage to and from the workshops is provided.
- The next leader training is in May 2022 (held virtually).

If you are interested in learning more about this opportunity, please contact the ADRC at 866-578-2372 or Email us at [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us).

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**1-800-963-0035**

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

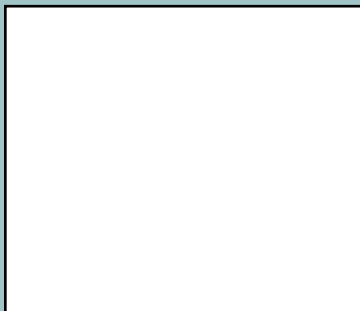
DHS Approved 4/22/2021

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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

## February 2022

| MONDAY                                                                                                 | TUESDAY                                                                                         | WEDNESDAY                                                                                     | THURSDAY                                                                            | FRIDAY                                                                            |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Salad Options:</b><br><b>Grilled Chicken</b><br><b>Crispy Chicken</b><br><b>Taco</b><br><b>Chef</b> | <b>1</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Fruit Salad, Fruit Cocktail, Cake | <b>2</b> Chili w/Stewed Tomatoes, Ham Salad Sandwich, Cottage Cheese, Peaches, Cake           | <b>3</b> Turkey on Bread w/Gravy, Mashed Potatoes, Broccoli, Mandarin Oranges, Cake | <b>4</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake                          |
| <b>7</b> Cheeseburger, Baked American Fries, Carrots, Pears, Cake                                      | <b>8</b> Baked Chicken, Mashed Potatoes, Corn, Bread, Banana, Cake                              | <b>9</b> Polish Sausage w/ Sauerkraut, Mashed Potatoes, Broccoli, Bread, Tropical Fruit, Cake | <b>10</b> Creamed Chicken on Biscuit, Carrots, Pineapple, Cake                      | <b>11</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake                      |
| <b>14</b> Brats w/ Sauerkraut, Baby Red Potatoes, Carrots, Bread, Fruit Cocktail, Cake                 | <b>15</b> Parmesan Chicken, Dirty Mashed Potatoes, Corn, Bread, Peaches, Cake                   | <b>16</b> Tater Tot Hotdish, Corn, Peas, Carrots, Bread, Mandarin Oranges, Cake               | <b>17</b> Ham Steak, Cheesy Potatoes, Broccoli, Bread, Pears, Cake                  | <b>18</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake                         |
| <b>21 CLOSED</b><br>  | <b>22</b> Baked Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake                     | <b>23</b> Barbeque Pork Chop, Cheesy Potatoes, Broccoli, Bread, Pineapple, Cake               | <b>24</b> Beef Vegetable Soup, Cold Cut Sandwich, Fruit Cocktail, Cake              | <b>25</b> Cod, Potato Salad, Beans, Bread, Coleslaw, Cake                         |
| <b>28</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Peaches, Cake                          |                                                                                                 |           |                                                                                     | <b>Served with each meal: Milk</b><br>Call previous day by 1:00pm to order lunch. |

## LET'S PLAY PFEIFFER!

Second Thursday of the Month  
 Riverview Community Center.

Time: 10:00 a.m.  
 Everyone welcome.

\$1 entry-with all given back to players. Bring a snack or drink if you desire.

|               |          |
|---------------|----------|
| Jan 13        | Feb 10   |
| March 10      | April 14 |
| May 12        | June 9   |
| July 14, etc. |          |

The new year has begun and we are wishing all of you the best for 2022. Since we did not have a Council meeting in December (we had the Christmas Bazaar instead), there is not much to tell you regarding any changes or new programs. We have remained open for rental and there were some families who gathered at the center for their meal, fun and games.

Remember, if you are a member, new or old, if you sign up for membership for 2022 before February 15<sup>th</sup>, you are eligible for a 25% discount on rental for any event. Please contact the office for any further information at 715-672-4101.

I am enclosing a poster for a group that is meeting for cards and are welcoming anyone who wishes to join them. They have been having a good time and would like to share this opportunity with you.

Stay warm, healthy and safe until we meet again. *Marge Briggs*



**The ADRC is recruiting two new 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. 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+) and 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 and shall not be employed by any managed care organization or an agency providing services through such an organization.

Interested individuals should contact the ADRC for an application @ 866-578-2373 or [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us). All applications will be reviewed by the ADRC Governing Board at the February 17th 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>.

**Nail Care Clinics!**

Clinics will be held in Durand and Pepin each month.

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



**February Holidays**

- Feb. 2: Groundhog Day
- Feb. 9: Nat'l Pizza Day
- Feb. 13: Super Bowl
- Feb. 14: Valentine's Day
- Feb. 21: Presidents Day

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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

# CORRAL BAR & RIVERSIDE GRILL

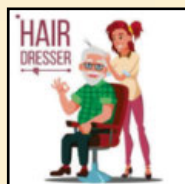
DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

*February  
2022*

| MONDAY                                                                            | TUESDAY                                                                                                      | WEDNESDAY                                                                                                           | THURSDAY                                                                                                        | FRIDAY                                                                                                                     |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <p><b><u>Served with each meal:</u></b><br/><b>Milk</b></p>                       | <p><b>1</b> Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail</p> | <p><b>2</b> Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges</p>                           | <p><b>3</b> Cheeseburger on Bun, Baked Beans, Tomato Juice, Applesauce</p>                                      | <p><b>4</b> Egg Salad on Croissant, Creamy Cauliflower &amp; Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple</p> |
|                                                                                   | <p><b>8</b> Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana</p>                     | <p><b>9</b> Creamed Chicken &amp; Biscuit, Peas &amp; Carrots, Lettuce Salad w/Ranch Dressing, Peaches, Dessert</p> | <p><b>10</b> Beef Roast, Mashed Potatoes w/Gravy, Creamy Coleslaw, Wheat Bread, Tropical Fruit</p>              | <p><b>11</b> Fish Sandwich on Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple</p>                               |
| <p><b>Call previous day by 1:00pm to order lunch.</b></p>                         | <p><b>15</b> Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple</p>                 | <p><b>16</b> Ham and Cheese on Wheat Bun, Baked Beans, Baby Carrots w/ Ranch, Pineapple</p>                         | <p><b>17</b> Lasagna, Mixed Vegetables, Lettuce Salad w/ French Dressing, Garlic Bread, Strawberries</p>        | <p><b>18</b> Tuna Salad on Croissant, Potato Soup, Marinated Vegetables, Salad, Pears</p>                                  |
| <p><b><u>Salad Options:</u></b><br/><b>Taco, Chef, Seafood Chicken Fiesta</b></p> | <p><b>22</b> Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert</p>                                     | <p><b>23</b> Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches</p>                       | <p><b>24</b> Spaghetti &amp; Meat Sauce, Broccoli, Lettuce Salad w/Ranch Dressing, Garlic Bread, Applesauce</p> | <p><b>25</b> Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges</p>                     |
|                                                                                   |                                                                                                              |                                                                                                                     |                             |                                                                                                                            |

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

### BUFFALO & PEPIN COUNTIES TRANSPORTATION PROGRAM



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Call 1-866-578-2372 or visit <https://www.adrc-bcp.com> for more info.

## There Has to Be an Answer

By Arnie Humphrey

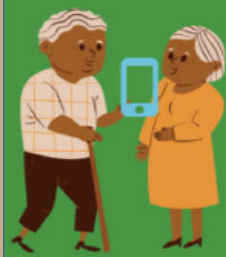
The country seems in chaos,  
With Covid cases on the rise.  
It takes no imagination,  
To see the devil in disguise.  
The virus, running rampant,  
Killing people left and right.  
We can only slow the spread,  
There's no remedy in sight.  
Facts point to separation,  
But do we want to live alone?  
By communities and companies,  
We have progressed and grown.  
There has to be an answer,  
But right now it's hard to see.  
We can only hope and pray,  
As we wait here patiently.



**Active at Home:** A free program provided by the American Parkinson Disease Association to help people with Parkinson's disease and their care partners maintain an active and healthy lifestyle at home.



1. Do you live in a rural/farming community in MN or WI?
2. Have you been diagnosed with Parkinson's disease?



**Step 1**

Contact APDA by emailing [apdawi@apdaparkinson.org](mailto:apdawi@apdaparkinson.org) or call or text at 608-345-7938

**Step 2**

Free kit delivered to your house filled with helpful tools, simple exercise equipment and more.



**Step 3**

You will be invited via telephone or video chat to speak with a UW Occupational Therapy Graduate Student.



The program is completely **free** for participant but the number of kits are limited so it's first come, first served!



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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

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

*February  
2022*

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

### Thank you to our Advertisers!

The Aging and Disability Resource Center of Buffalo and Pepin Counties (ADRC) would like to thank the area businesses that advertise in the *Two Rivers Connection* newsletter. These advertisements allow us to create and distribute an amazing newsletter each month. We ask that you take a moment to also thank our advertisers (noted on the bottom of pages 5, 7, and 9). We are looking for more advertisers, so please contact the ADRC if you are interested in learning more about the opportunities. Call us at 866-578-2372 or email us at [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us).

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# Caring

it's not the hard part of caregiving

Caring for someone and feel exhausted?  
Overwhelmed?  
Like you can't keep it up much longer?  
**Call us.** We can help.



The Aging and Disability Resource Center of Buffalo and Pepin Counties is here to help.  
Contact us today at 866-578-2372 or [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us).

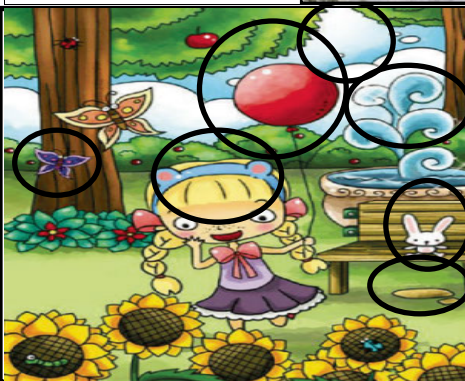


# AMERICAN LUTHERAN HOME

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

*February  
2022*

| MONDAY                                                                                                | TUESDAY                                                                                            | WEDNESDAY                                                                    | THURSDAY                                                                                  | FRIDAY                                                                |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
|                                                                                                       | <b>1</b> Beef Stew, Mashed Potatoes, Corn, Pumpkin Crisp                                           | <b>2</b> Ham Loaf, Mini Baked Potatoes, Broccoli, Bread, Pineapple           | <b>3</b> Pork Loin, Mixed Veggies, Baked Beans, Whole Wheat Dinner Roll, Fruit Pie        | <b>Served with each meal:</b><br><b>Milk</b>                          |
| <b>7</b> Meatball Subs, Peas, Three-Bean Salad, Mandarin Oranges                                      | <b>8</b> Turkey, Stuffing, Green Beans, Bread, Pumpkin Pie                                         | <b>9</b> Ham & Bean Chowder, Carrots, Whole Wheat Dinner Roll, Mixed Berries | <b>10</b> Chicken Alfredo, Broccoli, Salad w/ Dressing, Bread, Mixed Fruit                |                                                                       |
| <b>14</b> Chicken Sandwich on Bun, Glazed Carrots, Coleslaw, Strawberries                             | <b>15</b> Hamburger Gravy over Mashed Potatoes, Cream Corn, Bread, Strawberry Snickerdoodle Crunch | <b>16</b> Ham, Sweet Potatoes, Asparagus, Bread, Fruit Jell-O                | <b>17</b> Chili, Salad w/ Dressing, Whole Wheat Dinner Roll, Peaches                      | <b>Call previous day by 1:00pm to order lunch.</b>                    |
| <b>21 CLOSED</b><br> | <b>22</b> Roast Beef, Onion Roasted Potatoes, Broccoli, Bread, Caramel Apple Crisp                 | <b>23</b> Swiss Steak, Stewed Tomatoes, Mashed Potatoes, Bread, Fruit Cup    | <b>24</b> Smothered Pork Chops, Au Gratin Potatoes, Squash, Bread, Autumn Gelatin Dessert | <b>Salad Options:</b><br>Taco<br>Chef (Turkey, Ham)<br>Chicken Tender |
| <b>28</b> Country Fried Steak, Sweet Potatoes, Beets, Bread, Pears                                    |                |                                                                              |                                                                                           |                                                                       |



**Did you know we accept EBT benefits for senior meals?  
Call us today to learn more, at 866-578-2372.**






**5077 0800 1234 5678**  
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***Correction on January Memorials -  
Audrey Johnson, by Maxine Johnson***



***Thank you from the  
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## COMMUNITY CONTACTS

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