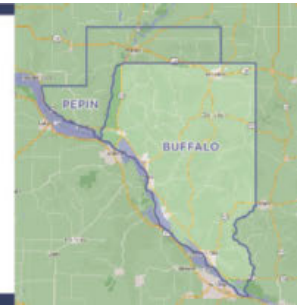


TWO RIVERS CONNECTION



APRIL 2022

GIVING BACK!

Hello Carolyn! I'm feeling great these days, but I'm already quite busy. How would I have time to volunteer?



You're right, volunteering is so rewarding and those are all really great options! I love the idea of supporting the residents of Buffalo and Pepin Counties. These services help people stay living at home for as long as possible, which is important to all of us!

Hi Sam, I hope you are doing well. I'm wondering if you'd like to volunteer with me right here in Pepin and Buffalo Counties?

Volunteering is a great way to give back! You can volunteer as little or as much as you'd like, and there are lots of great options! We could:

- Deliver home-delivered meals for the **Buffalo City meal** route,
- Become a trained leader for the **Stepping On** (fall prevention) workshop, or
- Drive individuals to appointments through the **Transportation Program**.

Let's contact the **Aging and Disability Resource Center of Buffalo and Pepin Counties** today at 866-578-2372 or adrc-bp@co.pepin.wi.us to learn more about how we can give back to our communities!

Community Memory Cafés

The Gathering Café

Held the 2nd Tuesday of each odd month

More to come...

10:00am - 11:30am

Wings Over Alma

118 N Main St., Alma

Food for Thought Café

Held the 3rd Tuesday of each odd month

More to come...

10:00am - 11:30am

Immanuel Lutheran Church

205 Pine St., Pepin

Coffee & Conversation Café

Held the 2nd Tuesday of each even month

April 12th, 2022

10:00am-11:30am

Hurlburt's Haven

1227 E Prospect St., Durand

The Morning Crew Café

Held the 3rd Tuesday of each even month

April 19th, 2022

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 1:00pm 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.



Virtual Support Groups:

Join two Dementia Care Specialists along with other caregivers virtually for relaxed open conversations about caring for someone living with dementia. We share stories, struggles, and successes during our scheduled time. We respect your valuable time and will stick to the one hour time slot.

-Circle of Support: First and Third Monday of every month from 10:00am-11:00am, meetings will be held on Zoom.

-Thursday Evening Conversations: Every Thursday from 7:30pm-8:30pm, meetings will be held on Zoom.

If interested, please call Katrina Longmire, Dementia Care Specialist at 715-279-7870 to register.

PREVENTION AND WELLNESS

SEARCH WORD ANSWERS

(Words are underlined below or to the left of the word.)

N	P	J	N	A	M	Q	C	L	C	N	P	K	P	E	S
O	X	R	U	Z	I	Y	F	R	O	P	H	U	R	S	R
I	S	D	E	D	K	L	G	G	R	E	Y	U	E	E	E
T	O	G	N	V	U	I	N	J	A	V	S	A	S	K	P
I	E	I	N	S	E	I	V	L	K	S	I	X	C	E	U
R	N	C	H	I	P	N	T	F	E	X	C	Q	R	R	K
T	Z	O	M	P	N	H	T	R	T	E	A	Z	I	C	C
U	T	Q	E	B	Y	E	P	I	F	M	L	P	P	I	E
N	Y	T	T	A	R	D	E	Y	O	F	A	W	T	S	H
D	S	O	G	U	O	Q	Y	R	J	N	C	K	I	E	C
O	B	I	I	O	Z	W	O	M	C	W	T	P	O	H	R
O	N	G	L	R	P	G	J	F	V	S	I	L	N	N	Z
G	A	B	W	E	L	L	N	E	S	S	V	I	S	I	T
L	O	R	E	T	S	E	L	O	H	C	I	I	L	Q	Z
L	I	V	I	N	G	W	E	L	L	A	T	W	V	G	C
E	C	N	A	L	A	B	J	S	U	A	Y	F	R	E	E

Did you know? Did you know the ADRC of Pepin and Buffalo Counties have a Dementia Care Specialist (DCS)? The Dementia Care Specialist position is designed to assist individuals and their families affected by Dementia. DCS's are specially trained on Dementia Care and provide free information and assistance to adults with memory concerns or have a Dementia diagnosis. The DCS also provides support and information to family members and friends who are caregivers. Dementia Care Specialists help develop dementia-friendly communities where people with dementia can remain active and safe, and caregivers can feel supported through memory cafes and public presentations. They also train the ADRC staff and other county and municipal offices to be dementia capable. If you or someone you know could benefit from speaking with a Dementia Care Specialist, please contact the **ADRC of Buffalo and Pepin Counties** at **1-866-578-2372** or at **adrc-bp@co.pepin.wi.us**.

My name is Katrina Longmire and I am the new Dementia Care Specialist for the ADRC of Buffalo and Pepin Counties. I have almost twenty years of experience working in Human Services, and have worked in Adult Protective Services, Family Caregiver Support, Dementia Care, Case management, Supportive and Personal Care, and with children with disabilities at Chileda. I am excited to start my work in Buffalo and Pepin Counties! My family and I call Trempealeau our home. Our four boys keep me busy and we are very proud of them. I enjoy audiobooks, being by the river, and spending time with my boys.



Prevention & Wellness



N P J N A M Q C L C N P K P E S
 O X R U Z I Y F R O P H U R S R
 I S D E D K L G G R E Y U E E E
 T O G N V U I N J A V S A S X P
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 L I V I N G W E L L A T W V G C
 E C N A L A B J S U A Y F R E E

Word Bank:

BALANCE
 BLOOD PRESSURE
 CHECK UP
 CHOLESTEROL
 EXERCISE
 FLU SHOT
 GOOD NUTRITION
 HEALTHY AGING
 PHYSICAL ACTIVITY
 PRESCRIPTIONS
 PREVENTION
 SCREENINGS
 STEPPING ON
 WELLNESS VISIT
 FREE
 LIVING WELL

DRIVERS NEEDED IN BUFFALO & PEPIN COUNTIES!



We need your help to assist those within the community who are isolated, vulnerable or elderly, to keep their independence. We have openings for Volunteer drivers or a Handicap Van driver position.

Day time flexible scheduling, easy going atmosphere, help out as much or as little as you are able.

Volunteer drivers use their own vehicles and are reimbursed \$0.55 per mile. Handicap Van Drivers are paid an hourly wage and employed through Pepin County.

**If you would like more information, please reach out to set up a time to talk!
Contact: Angie at 715-672-8941, Ext. 187, or email aschlosser@co.pepin.wi.us.**

www.adrc-bpc.com



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)*



Practice Preventive Care this Season

Submitted by: Julie Fick, Elder Benefit Specialist with permission by the GWAAR Medicare Outreach Team

Spring brings a welcome breath of fresh air, along with longer hours of daylight and a promise of warmer weather. Now is a good time to focus on your health so you can enjoy all that this season has to offer.

Preventive services can help keep you from getting sick and find health problems early when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history, as well as education and counseling about preventive services. These include certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2022* handbook or on the Medicare website at www.medicare.gov. A list is also included below.

Care/Screening	Service and Frequency
Welcome to Medicare Exam	One time within first 12 months on Medicare B
Yearly Wellness Visit	Every 12 months after first year on Medicare B (Not a physical)
Abdominal Aortic Aneurism	Once, if referred by doctor/practitioner due to risk factors
Alcohol Misuse Screening	Once a year, if do not have dependence on alcohol
Bone Mass Measurement	Once every 24 months for people who meet certain criteria
Cardiovascular (Heart) Disease Screenings	Blood test (Cholesterol, Lipids, & Triglycerides) every 5 years One doctor visit per year (May pay 20% co-insurance for office visit)
Colon Cancer Screening (One or more may be covered)	Colonoscopy: Every 120 months (or 24 months if high risk) *
	Fecal Occult Blood Test: Every 12 months if age 50+
	Flex Sigmoidoscopy: Every 48 mo if 50+ (or 120 after previous if not high risk)
	Multi-target stool DNA test: Every 3 years if criteria met
Depression Screening	Once a year, if done in primary care setting
Diabetes Screening	Up to 2 tests per year if at high risk
Hep C Screening Test	Covered if meet at-risk criteria
HIV Screening	Once a year between age 15 – 65 or if at risk
Lung Cancer Screening	Annual CT scan for those who meet criteria
Mammogram	Once a year after age 40
Nutrition Therapy (Medical)	With referral if criteria met (diabetes, kidney disease or transplant)
Obesity Screening	1:1 Counseling sessions may be covered if BMI ≥ 30
Pap Test/Pelvic Exam	Every 24 months (12 months if high risk)
Prostate Cancer Screening	PSA test every 12 months for men > 50
Sexually transmitted infections	Screening every 12 months for those at increased risk or pregnant
Smoking Cessation	Up to 8 visits in 12 month period
Vaccinations	Flu Shot: Once per flu season
	Hepatitis B Shot: Covered if at high or medium risk
	Pneumonia Shot: Check with Dr. if need 1 or 2 shots. Both Covered.
	Shingles Shot Not Covered by Medicare A or B. Check with Part D plan

*If Polyp is found or removed, you may have to pay 20% of doctor's services and a copay in hospital outpatient setting.

10 Tips to Manage Caregiver Role Strain

(article provided by <https://www.caringbridge.org/resources/caregiver-role-strain/>, edited for space)

There's no way around it. Caregiving is one of the most rewarding responsibilities and a true act of love and devotion to a loved one. But it is also one of the most challenging and stressful responsibilities a family member or friend can take on. Below are 10 insightful tips to help you manage and overcome caregiver strain.

- ◇ Stay Organized
- ◇ Focus on What You Are Able to Provide
- ◇ Build a Caregiver Support Team
- ◇ Seek Respite Care
- ◇ Apply For a Leave From Your Out-of-Home Job
- ◇ Find Caregiving Teachers and Support Groups
- ◇ Reach Out to Your Spiritual or Faith Community
- ◇ Take Care of Your Own Health
- ◇ Make Time For Yourself
- ◇ Get Out of The House



It was Nancy Kriseman, author of *The Mindful Caregiver: Finding Ease in the Caregiving Journey*, who wrote "My caregiver mantra is to remember: The only control you have is over the changes you choose to make." It's easy to feel out of control when you're responsible for your loved one's health and well-being. But there is a lot you can do to honor and thank yourself for all the selfless work you are doing. Deep breaths.

For more information about caregiving or caregiving resources, contact the [Aging and Disability Resource Center of Buffalo and Pepin Counties](#) at 866-578-2372 or adrc-bp@co.pepin.wi.us. We'd love to hear from you!

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My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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

*April
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Options: Grilled Chicken Crispy Chicken Taco Chef	Served with each meal: Milk Call previous day by 1:00pm to order lunch.			1 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
4 Cheeseburger, Baked American Fries, Carrots, Mandarin Oranges, Cake	5 Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	6 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Fruit Salad, Banana, Cake	7 Easter Dinner Turkey/Ham, Potatoes, Carrots, Buns, Fruit Salad, Dessert	8 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
11 Brats, Sauerkraut, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	12 Parmesan Chicken, Mashed Potatoes, Broccoli, Bread, Fruit Cocktail, Cake	13 Salisbury Steak, Mashed Potatoes, Carrots, Bread, Peaches, Cake	14 Chicken Breast over Rice & Vegetables, Bread, Mandarin Oranges, Cake	15 Closed 
18 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pears, Cake	19 Chicken, Mashed Potatoes, Corn, Bread, Banana, Cake	20 Meatloaf, Mashed Potatoes, Tomatoes, Bread, Tropical Fruit, Cake	21 Chicken Alfredo, Lettuce Salad, Peas, Bread, Pineapple, Cake	22 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
25 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Cake	26 Creamed Chicken over Biscuit, Green Beans, Bread, Peaches, Cake	27 Meatballs, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake	28 Barbeque, Baby Red Potatoes, Broccoli Salad, Pears, Cake	29 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake

We are planning for events this Spring that we hope all of you will participate in and enjoy. On April 2nd from 10:00am-3:00pm, quilters will be holding a new event called "De-Stash". They will present fabrics and other sewing items that they have for sale. If you have ever attended one of their Quilt Shows or purchased tickets for our Quilt Raffle each year, you are well aware of the quality of items they will be displaying. The Pepin County Senior Council will also be serving a luncheon of croissants filled with chicken or egg salad along with pickles, chips and cookies.



On April 22nd from 8:00am - 4:00pm and April 23rd from 8:00am - 12:00pm, the Riverview Seniors will be participating in the "100 Miles of Little Town Thrift Sales" event. Starting on April 1st through April 20th we will be accepting donations for this event between 10:00am and 2:00pm, Monday-Friday. PLEASE - clean and useful items only - No Clothing. It is not necessary to mark any items as this will be a free will donation event. Seniors will also be serving a lunch of Brats or Sauerkraut Casserole with a bun, beverage and dessert. If you do not have any items to donate, please bring an item for the Baked Goods Table, as this is also a great treat for shoppers. Plants or bulbs are always welcome. Everyone is thinking about gardens and flowers at this time of year.

On June 6th we'll have the Annual Quilt Raffle drawing. Tickets are currently available from members or at the Riverview Office. Flyers showing the quilt, crafted by Riverview Quilters, will be available soon. There will be many other prizes donated by members and local merchants. Cost of the tickets is \$1.00 each or 6 for \$5.00.

Rentals for Riverview Center have started to pick up, but there are openings for any family event or special parties. Please consider this site, which has a fully equipped kitchen, handicap accessibility, off street parking, and plenty of chairs and tables, along with a great view of the Chippewa River. It's a great spot to utilize at a reasonable cost. Call the office between 10am - 2pm any day with questions, at 715-672-4101.

COME ONE, COME ALL TO OUR FUNDRAISING EVENTS FOR PEPIN COUNTY SENIORS. *Marge Briggs*



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- ❑ Mental Health Referrals
- ❑ Vision Screening
- ❑ Community Resources

Contact Us

(507)-457-2891

www.bridgeshealthwinona.com

Location

Milton Town Hall
S2794 State Road 88
Fountain City, WI 54629

Dates & Times

Thursdays 11am- 3pm
01/20/2022 - 04/14/2022
EXCEPT: 03/10/2022

Need A Ride?

The ADRC of Buffalo and Pepin Counties may be able to help.

Transportation program for anyone 60 years and older or any age with a disability who needs help with Transportation.

Call 715-672-8941, Ext. 152 to get an application or schedule a ride.



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CORRAL BAR & RIVERSIDE GRILL

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

*April
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Served with each meal:</u> Milk</p>				<p>1 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges</p>
	<p>5 Chicken Parmesan over Pasta, Cauliflower, Lettuce Salad w/French Dressing, Wheat Bread, Banana</p>	<p>6 Country Fried Steak, Mashed Potatoes w/Gravy, Baked Beans, Wheat Bread, Fruit Cocktail</p>	<p>7 Beef Stew, Broccoli Salad, Whole Grain Muffin, Pears</p>	<p>8 Tuna Noodle Casserole, Whole Kernel Corn, Baby Carrots w/Ranch, Wheat Bread, Tropical Fruit</p>
<p>Call previous day by 1:00pm to order lunch.</p>	<p>12 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail</p>	<p>13 Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges</p>	<p>14 Baked Ham, Scalloped Potatoes, Whole Kernel Corn, Wheat Bread, Applesauce, Pie</p>	<p>15 Closed</p>
<p><u>Salad Options:</u> Taco, Chef, Seafood Chicken Fiesta</p>	<p>19 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana</p>	<p>20 Creamed Chicken & Biscuit, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert</p>	<p>21 Beef Roast, Mashed Potatoes w/Gravy, Creamy Coleslaw, Wheat Bread, Tropical Fruit</p>	<p>22 Fish Sandwich w/Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple</p>
	<p>26 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple</p>	<p>27 Ham & Cheese on Wheat Bun, Baked Beans, Baby Carrots w/Ranch, Pineapple</p>	<p>28 Lasagna, Mixed Vegetables, Lettuce Salad w/ French Dressing, Garlic Bread, Strawberries</p>	<p>29 Tuna Salad on Croissant, Potato Soup, Marinated Vegetable Salad, Pears</p>

Commodity Foods —Food for Seniors



Who is eligible?

You may qualify if you:

Live in **Pepin or Buffalo County**

- Are 60 years old or over
- Have an income (before tax deductions) that is less or equal to CSFP income guidelines listed here.

Household Monthly for 2022:

Size Income

1 \$1,473

2 \$1,984

3 \$2,495

For each additional household member, add \$511.

Commodity Supplemental Food Program

CSFP works to improve the health of low-income adults age 60 years and older by supplementing their diets

with nutritious foods.

How CSFP Works:

CSFP provides a monthly supplemental food package that includes:

- * Canned fruits & vegetables
- * Juice
- * Dry or canned milk
- * Cheese
- * Canned meat
- * Peanut butter or dried beans
- * Cereal and grains
- * Rice, instant potatoes or pasta

Contact Heather at **715-672-8941, Ext. #163** for more information.

MAY IS ADRC MONTH

AGING AND DISABILITY
RESOURCE CENTER

Buffalo and Pepin
Counties



KNOW US BEFORE YOU NEED US

The Aging and Disability Resource Center of Buffalo and Pepin Counties will be hosting a Meet and Greet to get to know who we are and what services we offer. Watch for details in the *May Two Rivers Connection* Newsletter.

CALLING ALL **B I N G O** FANATICS!

- Do you enjoy BINGO?
 - Do you enjoy winning?
 - Do you enjoy learning about the services the ADRC offers?
- If you answered yes, yes, and yes, YOU'RE IN LUCK!!**

The Aging and Disability Resource Center (ADRC) will be doing a BINGO game for Buffalo and Pepin County Residents!

May 1st – May 25th where you can win ADRC Swag!

Bingo cards are available by request via phone or email.

Every morning you can find our ADRC Bingo word on our Facebook page at 10:00am. You can also call us at 715-672-8941, ext. 131 or email us at adrc-bp@co.pepin.wi.us.



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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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THE LOST PIRATE

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

*April
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Chicken Stir Fry w/ Rice, Cucumber Salad, Fruit	5 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	6 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	7 Baked Chicken, Mashed Sweet Potato, Baked Beans, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
11 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	12 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	13 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	14 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	
18 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	19 Beef Stroganoff, Mashed Sweet Potato, Corn, Fruit	20 Chicken & Gravy over Mashed Potato, Mixed Vegetables, Fruit	21 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
25 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	26 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	27 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	28 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	

Dear *Two Rivers Connection* Reader:

As a reader of our newsletter, we want to thank you for your continued support of our *Two Rivers Connection* Newsletter. We hope you are enjoying the articles, information, and activities each month.

The Aging and Disability Resource Center (ADRC) would like all newsletter recipients to take a minute and verify your mailing address. If there are any changes **or if you are no longer interested in receiving the newsletter**, please contact our office. **Due to a limited supply of newsletters, we are hoping to get everyone's assistance with this.** If you want to continue to receive your newsletter through the mail and have no changes to your address, you do not have to contact us.

If you'd like to continue to receive the newsletter in the mail each month, please consider making a voluntary contribution to cover the cost of postage. If you have already contributed in 2022 for the newsletter, please disregard. Your contribution can be sent to:

ADRC of Buffalo and Pepin Counties
Attn: Two Rivers Connection
740 7th Avenue W
Durand, WI 54736



Please know that there are three other ways you can receive/view our newsletter:

1. Email – If you have an email address, we will send you our monthly newsletter electronically. All you need to do is provide us with your email address by contacting our office.
2. Pick Up – We place copies of the newsletter at various locations around Buffalo and Pepin County each month.
3. Our newsletters are posted monthly on the ADRC website www.adrc-bcp.com and on our Facebook page <https://www.facebook.com/ADRCBuffaloAndPepinCounties/>

Our office can be reached by: Calling us toll free at 866-578-2372
Emailing adrc-bp@co.pepin.wi.us

AMERICAN LUTHERAN HOME

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

*April
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Meatball Subs, Peas, Three-Bean Salad, Mandarin Oranges	5 Turkey, Stuffing, Green Beans, Bread, Pumpkin Pie	6 Ham & Bean Chowder, Carrots, Whole Wheat Dinner Roll, Mixed Berries	7 Chicken Alfredo, Broccoli, Salad w/ Dressing, Bread, Mixed Fruit	Served with each meal: Milk
11 Chicken Sandwich on Bun, Glazed Carrots, Coleslaw, Strawberries	12 Hamburger Gravy over Mashed Potatoes, Cream Corn, Bread, Strawberry Snickerdoodle Crunch	13 Ham, Sweet Potatoes, Asparagus, Bread, Fruit Jello	14 Chili, Salad w/ Dressing, Whole Wheat Dinner Roll, Peaches	
18 Split Pea Soup w/Ham, Whole Wheat Dinner Roll, Salad w/ Dressing, Cottage Cheese w/Peaches	19 Roast Beef, Onion Roasted Potatoes, Broccoli, Bread, Caramel Apple Crisp	20 Swiss Steak, Stewed Tomatoes, Mashed Potatoes, Bread, Fruit Cup	21 Smothered Pork Chops, Au Gratin Potatoes, Squash, Bread, Gelatin, Dessert	Call previous day by 1:00pm to order lunch.
25 Country Fried Steak, Sweet Potatoes, Beets, Bread, Pears	26 Beef Stew, Mashed Potatoes, Corn, Pumpkin Crisp	27 Ham Loaf, Mini Baked Potatoes, Broccoli, Bread, Pineapple	28 Pork Loin, Mixed Veggies, Baked Beans, Whole Wheat Dinner Roll, Fruit Pie	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender

Spring Has Sprung, By Arnie Humphrey

*As I look out the window,
I realize that Spring has sprung.
The chimes hanging on my patio,
In the bright sunshine have rung.
Some birds are gliding through the air,
The weather fairly warm.
But despite this beautiful weather,
Some keep looking for a storm.
They see stormy weather,
Even when the sky is clear.
And fail to see a sunny sky,
Even though it's here.
A shot of optimism,
This world could surely use.
And that dismal disposition,
Is all they'd really lose.*

Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.

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



April Holidays

April 1: April Fool's Day
April 10: Palm Sunday
April 11: National Pet Day
April 15: Good Friday
April 17: Easter
April 18: Tax Day
April 29: Arbor Day



*Pepin County Wishes to
Thank Our Recent Donors!*

Donations:

**Lowell & Patricia Mohn
Gary & Wanda Evans
Jannett Hinrichs
Rose Prissel**



*Thank you from the
Riverview Community Center!*

Donations:

Brenda Cole

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

Address Service Requested

**PRST STD
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DURAND, WI**

COMMUNITY CONTACTS

ADRC of Buffalo & Pepin Counties: 1-866-578-2372 or 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)

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Spouse's Name: _____

Donation Amount: \$ _____

Please return to: ADRC of Buffalo and Pepin Counties
740 7th Ave. West
PO Box 39
Durand, WI 54736