

TWO RIVERS CONNECTION



MAY 2022

Know us before you need us!



ADRC Appreciation Day!

Wednesday, May 25th 1-3pm

Durand- Pepin County Courthouse Parking Lot

Mondovi- Mirror Lake Pavilion

The Aging and Disability Resource Center (ADRC) of Buffalo and Pepin Counties will be hosting a Meet and Greet to get to know who we are and what services we offer. Stop by at either of our meet-and-greet events to learn more information about our programs and what they can offer you or your family and friends! This event will be held outside and is a casual “drop by” event for anyone who wants to learn more about the ADRC! Questions prior to the event? Call 866-578-2372. Light snacks, water, and ADRC swag will be provided!



The Aging and Disability Resource Center (ADRC) will be doing a BINGO game for Buffalo and Pepin County Residents May 1st- May 25th! 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, or by calling or emailing us at 715-672-8941, Ext. 131 or adrc-bp@co.pepin.wi.us.

BONUS- Bring your BINGO card to ADRC Appreciation Day for a prize!

Community Memory Cafés

The Gathering Café

Monday, May 16th, 2022
2:30pm - 4:00pm
Alma Public Library
312 N Main St., Alma

Food for Thought Café – Pepin

Information to come in the June newsletter!!

The Morning Crew Café

Tuesday, May 17th, 2022
10:00am – 11:30am
Central Lutheran Church
221 W Main St., Mondovi

Coffee & Conversation Café

Tuesday, June 14th
10:00am – 11:30am
Hurlburt's Haven
1227 E Prospect St., Durand

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.

Riverview

Helping Hands



Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30pm to 2:00pm**. The group has shipped out 23,598 skull caps through the month of April. *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.

We're here to help!

Check out our weekly Dementia Care posts on our website and Facebook page!

Website: www.adrc-bcp.com

Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

Free Memory Screens!

Just call Katrina at 715-279-7870 to schedule a screening appointment.

Questions with Katrina Durand Public Library
Mondays - May 9th and 23rd
2:00 - 4:00pm

Meet Katrina and get information and resources on questions you have regarding dementia & memory care!

Power of Attorney for Health Care

Do you have a Power of Attorney for Health Care? Do you have a legal document indicating who you would like to make decisions for you if you were ever to become unable to make decisions for yourself? A stroke, car accident, or other medical event that could take away your ability to make decisions for yourself could happen tomorrow. A power of attorney names a person who can act on your behalf; this person is called your "agent" or "attorney-in-fact." Before you create a power of attorney, you should know your options:

Specific powers of attorney limit your agent to handling only certain tasks, like paying bills or selling a house, and generally on a temporary basis.

General powers of attorney give your agent broad authority. They can step into your shoes and handle all your legal and financial affairs.

Durable powers of attorney may be limited or give your agent broad authority to handle all your legal and **financial affairs**, but your agent keeps the authority even if you become physically or mentally incapacitated. This means that your family may not have to ask for a court to intervene if you have a medical crisis or have severe cognitive decline such as late stage dementia.

(Continued on page 3)



Power of Attorney for Health Care *(continued)*

Sometimes, medical decision-making is included in a durable power of attorney for health care. This may be addressed in a separate document that is solely for health care, like a [health care surrogate](#) designation. Some states recognize "springing" durable powers of attorney, which means the agent can start using it only once you are incapacitated. Some states don't, which means the day you sign the durable power of attorney, your agent can use the document.

A well-drafted power of attorney helps your caregiver help you. It can keep the gears of your life turning if you cannot. This means everything from applying for financial assistance or a public benefit such as [Medicaid](#) to making sure your utilities stay on and your taxes are paid. Trying to do any of those tasks without the proper document is almost impossible. According to a [2020 Merrill Lynch report](#), 43 percent of Americans age 55 and older worry that they don't have an advocate to look out for their interests as they age. Yet only a third of this age group has a durable power of attorney, the study found.

Although a dementia or cognitive impairment diagnosis alone does not prevent a person from signing legal documents, we cannot ethically let a person sign if they are not "competent." Basically, this means that they are not able to understand the implications of the document. The only recourse if a person is not competent to sign legal documents may be a court procedure known as a [guardianship or conservatorship](#). These can be expensive, time-consuming and contested by [family members](#) who don't agree. Assets can be depleted quickly, and relationships strained. The biggest risk as the care recipient is that you may not have a say in who will be the person the court appoints to make decisions for you.

So, please, don't delay. All adults, from the age of 18, should have a power of attorney in place.

And if you have one, consider whether now is the time to update it. A qualified individual such as an Intake worker or Dementia Care Specialist at the Aging and Disability Resource Center can explain the importance and purpose of a Power of Attorney for Health Care. A bank officer or a lawyer can explain how to create your Power of Attorney for Finance documents to limit possible exploitation and which additional documents complement your power of attorney. With thoughtful planning and an understanding of your [agent's authority](#), a power of attorney will give you peace of mind that your wishes will be followed and your best interests protected in times of crisis.

If you have questions please feel free to reach out at the Aging and Disability Resource Center of Buffalo and Pepin Counties toll free at 866-578-2372.



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 mileage. 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)*



The Top 5 Things You Need to Know About Respite Care

Article by Respite Care Association of Wisconsin

What is Respite Care? According to [ARCH National Respite Network](#), respite care is “planned or emergency care provided to a child or adult with special needs, in order to provide temporary relief to family caregivers who are caring for that child or adult.” Respite care allows family caregivers an opportunity to rest, refresh, and recharge; as caregivers report, they often feel fatigued, burned out, and exhausted.

Who Needs Respite Care? In Wisconsin, 580,000 family caregivers care for their loved one(s) living with intellectual/developmental disabilities (I/DD), brain injuries, emotional/behavioral disorders, physical disabilities, neurological disorders, memory impairments, and mental health disorders. Care recipients’ ages are across the lifespan (child, adult, older adult) and have varying care needs. The backbone of the healthcare system in Wisconsin is the 580,000 family caregivers. Unlike personal care workers, certified nursing assistants, nurses, and doctors, caregivers cannot go home after their shift. Instead, their shifts are 24 hours a day with no paid breaks.

Things Caregivers Can Do During Respite Care: Now that you know what respite care is and who it benefits, let’s talk about what respite care might look like for people. Caregivers may choose to rest and take a nap, go for a walk, read a book, run errands, spend time with family or friends, watch TV, exercise, attend support groups, or attend their own medical and health appointments.

Respite Care Can Be Planned or Emergency Care: Respite care can look different for every family and situation. A family caregiver can plan for respite care as a one-time occurrence, a few days each week, or consecutive days in a row. Sometimes family caregivers hire in-home respite providers or choose a facility-based environment for the care recipient. Respite care also happens on an emergency basis. For example, family caregivers may have a medical emergency or may require respite to avoid a mental health crisis. A family caregiver may need to attend to another sick family member or attend a funeral. Ultimately, emergency respite care can prevent neglect or abuse if there is an urgent situation that needs to pull a family caregiver away from their normal caregiving responsibilities.

Respite Care is Just as Beneficial for Care Recipients: Respite care doesn’t only benefit the caregiver; care recipients benefit just as much! Depending on the care recipient’s age (child, adult, older adult), respite care gives them time away from their family caregivers, too, who are often burned out and exhausted. When people are in the space of being fatigued and overwhelmed, they might be short, agitated, and start to resent their role as a caregiver. Care recipients may pick up on this vibe, and they need a break, too! Time away allows them to do meaningful and person-centered activities with the respite care provider.

Ask a Specialist:

Q: How is respite care paid for?

A: Respite care is generally paid out of pocket by the recipient or their family. There are also several programs that an individual may qualify for that can help cover a portion or all of the cost for respite services. Contact the ADRC of Buffalo and Pepin Counties at 866-578-2372 to see if you qualify for financial assistance!

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.

Submitted by: Jennifer Nelson,
Information and Assistance Specialist



May is Older Americans Month!

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

For more information about planning, engagement, access, and connection options in Buffalo and Pepin Counties, contact the [Aging and Disability Resource Center of Buffalo and Pepin Counties](#) toll free at **866-578-2372** or adrc-bp@co.pepin.wi.us. You can also find more information at www.adrc-bcp.com or find us on Facebook!

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

DHS Approved 4/22/2021

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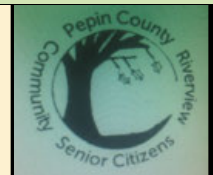
GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139

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

PEPIN: MONDAY- FRIDAY HOME DELIVERED AND CARRY OUT ONLY (11:00AM-12:00PM) 715-442-2289

*May
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Polish Sausage, Dirty Mashed Potatoes, Carrots, Bread, Banana, Cake	3 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake	4 Ham Salad Sandwich, Au Gratin Potatoes, Broccoli Salad, Fruit Cocktail, Cake	5 Meatloaf, Baby Red Potatoes, Carrots, Bread, Peaches, Cake	6 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
9 Hamburger, Mushrooms & Onions, Baby Reds, Carrots, Bread, Mandarin Oranges, Cake	10 Hot Beef Sandwich, Baked American Fries, Mixed Vegetables, Pears, Cake	11 Spaghetti w/ Meat Sauce, Lettuce Salad, Garlic Bread, Banana, Cake	12 Grilled Chicken Sandwich, Dirty Mashed Potatoes, Summer Salad, Tropical Fruit, Cake	13 Cod, Baked Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
16 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pineapple, Cake	17 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake	18 Pulled Pork Sandwich, Baked American Fries, Pea Salad, Peaches, Cake	19 Pizza Hotdish, Lettuce Salad, Tomatoes, Bread, Mandarin Oranges, Cake	20 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
23 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pears, Cake	24 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Banana, Cake	25 Cold Cut Sandwich, Baby Red Potatoes, Tomatoes, Tuna Salad, Tropical Fruit, Cake	26 Barbeque Pork Chop, Cheesy Potatoes, Broccoli, Bread, Pineapple, Cake	27 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
30 Closed	31 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake		Dates Salad Option 2nd-6th Crispy Chicken 9nd-13th Taco 16th-20th Chef 23rd-27th Grilled Chicken 31st Crispy Chicken	Served with each meal: Milk Call previous day by 1:00pm to order lunch.



At the March 22nd meeting of the Pepin County Council of Senior Citizens, an election was held for three positions on the Board of Directors. Linda DeLong, Lois Laehn and Carol K. Bauer were elected to serve another three-year term on the Board of Directors. Membership was discussed and we currently have 69 members, but are always recruiting for more. If you are interested in becoming a member, please call our office for further information at 715-672-4101.

The Quilters De-Stash Sale was a success and we owe thanks to Jackie Schaal for coordinating this event. There were several tables of colorful and interesting fabrics, patterns, samples of quilting items and related craft items for sale. We did notice that a lot of the people selling were also buying from other participants.

Riverview Community Center will be participating in the "100 Mile Little Town Sales" on April 22nd and 23rd. We are relying on our members and others in the community for donations, which can be left at the Center until April 20th. Please - clean, useful items and no clothing. There has been a change to the menu for this event and we will not be serving bratwurst or hot dog luncheons with the usual accompaniments.

Our major fundraiser, the Quilt Raffle, will be held on June 6th and tickets are now on sale at the center or from members. Please let us know if you would be willing to sell tickets for this event as we would appreciate your efforts in this regard. There will be several other prizes offered with the purchase of a ticket, so don't miss this opportunity to be a winner and support your local senior center.

Just a reminder that Ruth Potter continues to hold Nail Care Clinics at Riverview Center each month. You can schedule your appointment by calling her at 715-308-1334. We are fortunate to be able to provide this service to Seniors in a convenient location for them.

Rentals of the center are still available for this year so be sure to consider our site for any parties or family events you may have coming up. Hope that you have a very Blessed Easter with family and friends. *Marge Briggs*



Aging Advocacy Day 2022: Make a Difference. Let Your Voice Be Heard!

Join advocates from around the state to help educate state legislators about issues affecting older adults and caregivers in Wisconsin! No experience is necessary; online training is provided prior to your phone calls to your state lawmakers.

Agenda, Wednesday May 11th 1:00-4:00pm

1:00—2:30 pm: Advocacy training
2:30 p.m.—4:00 pm: Make calls to state legislators

Register at: <https://gwaar.wufoo.com/forms/wisconsin-aging-advocacy-day-2022/>

Memorial Day TRIVIA

ANSWER KEY

1. ORIGINAL NAME WAS DECORATION DAY
2. JOHN LOGAN WAS THE ORINATOR, WITH JAMES GARFIELD SPEAKING.
3. NATIONAL CEMETERIES
4. NEW YORK WAS THE FIRST STATE TO DESIGNATE IT AS A LEGAL HOLIDAY
5. 1971
6. WREATHS
7. SMALL FLAGS
8. 400,000 GRAVES WITH UP TO 30 MORE EACH DAY
9. WASHINGTON DC AND ORLANDO, FL ARE POPULAR HOLIDAY DESINATIONS

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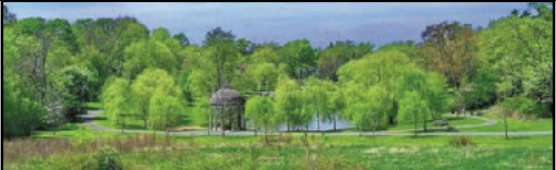
Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

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

May
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk	3 Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	4 Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	5 Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/Ranch, Garlic Bread, Applesauce	6 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges
	10 Chicken Parmesan over Pasta, Cauliflower, Lettuce Salad w/French Dressing, Wheat Bread, Banana	11 Country Fried Steak, Mashed Potatoes w/Gravy, Baked Beans, Wheat Bread, Fruit Cocktail	12 Beef Stew, Broccoli Salad, Whole Grain Muffin, Pears	13 Tuna Noodle Casserole, Whole Kernel Corn, Baby Carrots w/Ranch, Wheat Bread, Tropical Fruit
Call previous day by 1:00pm to order lunch.	17 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail	18 Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	19 Cheeseburger on Bun, Baked Beans, Applesauce, Tomato Juice	20 Egg Salad on Croissant, Creamy Cauliflower & Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple
Salad Options: Taco, Chef, Seafood Chicken Fiesta	24 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	25 Creamed Chicken & Biscuits, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert	26 Beef Roast, Mashed Potatoes w/Gravy, Creamy Coleslaw, Wheat Bread, Tropical Fruit	27 Fish Sandwich on Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple
	31 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple			

Meal Site Mentions:

Question: Are there income eligibility guide lines to eat at senior meal sites?

Answer: No. Anyone age 60 or older (and their spouse, even if under 60 years of age) can dine in or carry out from any of our meal sites! There is only a suggested donation of \$3.50 per meal dining in, or \$4.00 for takeout.



We are currently looking for a fill-in volunteer meal site manager at the Gilmanton Meal Site. This position would be flexible, as we are looking for help to fill in at most 1-2 days a week.

What we need from you? Approximately two hours of your time from 10:45am-12:30pm, spent socializing with meal site participants, helping hand out registration forms, counting donations, and recording meals served.


What do you get in return? Free lunch on the days you volunteer, mileage reimbursement from your home to the meal site and back, and a satisfaction of helping give back to your community!

This position would be great for someone who enjoys socializing, as this is a VERY popular meal site! Questions or interest in signing up? Call Heather, Nutrition Program Coordinator, at 715-672-8941, Ext. 163.



The ADRC Governing Board is looking for a citizen (or advocate) to represent the intellectual disability population of Pepin County. 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. Contact the ADRC to learn more today at 866-578-2372 or adrc-bp@co.pepin.wi.us.

Dean Anderson
 Delrita Bignell
 June Bosely
 Victoria Breidung
 Randy Crank
 Sharon Johnson
 Sharon Meier
 Ron Prissel
 David Stuart
 Kathy Kosidowski
 Margaret Fiser
 Mary Dienger
 Rich Kraus
 Peggy Waldbillig
 Betty Quarberg Ga-
 Aaron Bloomdahl
 Cheryl Alme Bysong
 Renee Elberg
 Steve Heller
 Royal Ottum
 Hope Lanz
 Brenda Cole
 Elmer Myers
 Delores Hermundson



The Aging and Disability Resource Center of Buffalo and Pepin Counties would like to recognize the 2021-2022 volunteers that assisted Buffalo and Pepin Counties in the following ways: Nutrition Advisory Committee, Commodity Supplemental Food Program, ADRC Governing Board, Drivers, as well as helping with Newsletters and the Senior Nutrition Program.



**THANK YOU
VOLUNTEERS**

Arnie Humphrey
 Roselle Bee
 Randy Gluesing
 Donald Hetrick

Pamela Baier
 Richard Bignell
 Raymond Breidung
 Kathy Brunner-Egli
 Art Dahl
 Keith Mahlum
 Darlene Prissel
 Carol Richardson
 Annette Tiffany
 Ruth Leahy
 Joan Esser
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THE LOST PIRATE

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

*May
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	3 Creamed Chicken over Biscuits, Mixed Vegetables, Fruit	4 Cheeseburger, Potato Salad, Coleslaw, Fruit	5 Baked Fish, Baked Potato, Side Salad, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
9 Chicken Stir Fry w/ Rice, Cucumber Salad, Fruit	10 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	11 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	12 Baked chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	
16 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	17 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	18 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	19 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	Call previous day by 1:00pm to order lunch. Salad Options: Taco Ham Chicken
23 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	24 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	25 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	26 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	
30 Closed 	31 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice			

Memorial Day

TRIVIA



CIRCLE THE ANSWER YOU THINK IS CORRECT FOR EACH QUESTION. ANSWER KEY IS ON PAGE 9. (No peeking!)

1. WHAT IS THE ORIGINAL NAME FOR MEMORIAL DAY?
 REMEMBRANCE DAY DECORATION DAY CIVIL WAR SOLDIER DAY THE DAY OF REMEMBRANCE
2. WHO STARTED MEMORIAL DAY?
 ABRAHAM LINCOLN ROBERT E. LEE JAMES GARFIELD JOHN LOGAN
3. WHAT WAS CREATED AFTER THE AMERICAN CIVIL WAR?
 NATIONAL: CEMETERIES MONUMENT GUARD SECURITY ADMINISTRATION
4. WHERE DID MEMORIAL DAY OFFICIALLY START?
 MASSACHUSETTS VIRGINIA NEW YORK PENNSYLVANIA
5. WHAT YEAR DID MEMORIAL DAY BECOME A LEGAL HOLIDAY?
 1865 1868 1942 1971
6. WHICH OF THESE IS USED TO DECORATE GRAVES ON MEMORIAL DAY?
 BALLOONS NOTES WREATHS CANDLES
7. WHICH DOES ARLINGTON CEMETERY PLACE ON GRAVES DURING MEMORIAL DAY ?
 PAPER POPPY SMALL FLAG MILITARY MEDAL A WREATH
8. HOW MANY SOLDIERS ARE BURIED IN ARLINGTON NATIONAL CEMETERY?
 50,000 10,000 400,000 1 MILLION
9. WHICH IS THE TOP MEMORIAL DAY WEEKEND DESTINATION?
 NEW YORK CITY, NY ORLANDO, FL WASHINGTON DC PHILADELPHIA, PA

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

*May
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatball Subs, Peas, Three Bean Salad, Mandarin Oranges	3 Turkey, Stuffing, Green Beans, Bread, Pumpkin Pie	4 Ham & Bean Chowder, Carrots, Whole Wheat Dinner Roll, Mixed Berries	5 Chicken Alfredo, Broccoli, Salad w/ Dressing, Bread, Mixed Fruit	Served with each meal: Milk
9 Chicken Sandwich on Bun, Glazed Carrots, Coleslaw, Strawberries	10 Hamburger Gravy over Mashed Potatoes, Cream Corn, Bread, Strawberry Snickerdoodle Crunch	11 Ham, Sweet Potatoes, Asparagus, Bread, Fruit Jello	12 Chili, Salad w/ Dressing, Whole Wheat Dinner Roll, Peaches	
16 Split Pea Soup w/ Ham, Whole Wheat Dinner Roll, Salad w/ Dressing, Cottage Cheese w/Peaches	17 Roast Beef, Onion Roasted Potatoes, Broccoli, Bread, Caramel Apple Crisp	18 Swiss Steak, Mashed Potatoes, Stewed Tomatoes, Bread, Fruit Cup	19 Smothered Pork Chops, Au Gratin Potatoes, Squash, Bread, Autumn Gelatin, Dessert	Call previous day by 1:00pm to order lunch.
23 Country Fried Steak, Sweet Potatoes, Beets, Bread, Pears	24 Beef Stew, Mashed Potatoes, Corn, Pumpkin Crisp	25 Ham Loaf, Mini Baked Potatoes, Broccoli, Bread, Pineapple	26 Pork Loin, Mixed Veggies, Baked Beans, Whole Wheat Dinner Roll, Fruit Pie	
30 Closed	31 Turkey, Stuffing, Green Beans, Bread, Pumpkin Pie			Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
				

May Celebrations

- May 1: *May Day*
- May 5: *Cinco De Mayo*
- May 6: *National Nurses Day*
- May 7: *Kentucky Derby*
- May 8: *Mother's Day*
- May 24: *National Brother Day*
- May 28: *National Burger Day*
- May 30: *Memorial Day*



Nail Care Clinics!



Clinics will be held in Durand and Pepin each month.

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

Pepin County Wishes to Thank Our Recent Donors!

Donations: Barbara Sperger Betty Myers
 Michael Kasel Rose Prissel
 Mary Lou Weiss LaNita Dorwin
 Russell & Mary Heath

Memorial Donations:
 Ginny Kallstrom, by Lorraine Komro



Thank you from the Riverview Community Center!

Donations:
 Vickie Weissinger
 Floyd & Marge Briggs

Memorial Donations:
 Julie Webb
 by Riverview Quilters

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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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: _____

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Donation Amount: \$ _____

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