# TWO RIVERS CONNECTION

ADRC Aging and Disability Resource Center of Buffalo and Pepin Counties


*January* 2026

## HAPPY NEW YEAR!

**As we enter a new year, people around the world begin setting their New Year's resolutions. According to the article *"The Psychology Behind New Year's Resolutions,"* a common reason people fail to achieve these goals is a phenomenon known as false hope syndrome. This occurs when individuals set unrealistic objectives, which often leads to frustration and, ultimately, abandonment of their resolutions. Here are three recommendations to help get your resolution off to a great start:**

1. **Focus on one behavior at a time: Trying to change everything at once can be overwhelming and lead to discouragement. Instead, it's better to focus on changing one habit at a time, allowing for gradual progress and a greater chance of success in the long run. Taking small steps can lead to creating long-lasting positive changes.**
2. **Share your experiences: Talk about your goals with family and friends. Finding support can provide encouragement and understanding. Discussing your struggles and successes with others makes the journey less intimidating.**
3. **Expect setbacks: Perfection is unattainable. Minor setbacks are expected when working towards goals, so don't give up entirely due to minor mistakes. Resolve to learn from your missteps and get back on track.**

**If you're considering a health and wellness resolution, the Aging and Disability Resource Center (ADRC) team has put together a variety of opportunities to help you get started!**

**These opportunities can be accessed by calling 866-578-2372, or they can be found on the ADRC website at: https://www.co.pepin.wi.us/services-we-provide under Resources & Links, then scroll down to 'Miscellaneous.'**

**If you are aware of additional health and wellness resources that we missed on our list, please let us know. We'd be happy to get them added. We hope these opportunities provide some new ideas to support your New Year's Resolution and also anytime you are looking to try something new for your health journey!**

# The Dementia Care Corner

## January Events

**No registration required. With questions, please contact Chelsey/ Dementia Care Specialist, PH: 715.279.7870.**

**Meaningful Connections Memory Café**
***CANCELED FOR HOLIDAY***
***SEE YOU IN FEBRUARY!***
Riverview Community Center
(606 W Madison St., Durand)

**Coffee & Conversation Memory Café**
Thursday, January 8th
11:00am-12:00pm
Wings Over Alma
(110 N Main St., Alma)

**Dementia Caregiver Support Gathering**
Wednesday, January 14th
10:00-11:30am
Mondovi Public Library
(147 W Hudson St., Mondovi)

## Better Brain Health in the New year!

With the New Year upon us, there's no better time to prioritize your brain health! Here are some healthy New Year's resolutions to consider implementing!

**Increase Physical Activity**

The benefits of physical activity are endless! Improved mood, reduced stress and anxiety, and improved sleep can all result from an increase in physical activity. Physical activity doesn't have to include a costly gym membership. Take daily walks, try balance exercises such as single leg stands, practice chair yoga, or lift light weights. When done regularly, physical exercise is known to improve strength, balance, and flexibility. Best of all - what's good for the body is good for the brain!

**Increase Mental Activity**

Just as it's good to exercise your body, it's good to exercise your brain! What better way to do this than by learning something new! Learn a new language or how to play an instrument. If you enjoy strategic activity, play a board game or tackle a puzzle. These activities are proven to enhance cognitive function and neuroplasticity.

**Practice Mindfulness**

Improve your physical and brain health by practicing meditation, breathing exercises, or yoga. These activities relax the body and brain to help reduce stress. Learn new practices by borrowing a book from your local library, or by accessing free guided podcasts.

**Prioritize Your Wellness and Manage your Health**

There are countless ways to prioritize your wellness, but start with getting a good night's rest, eating a balanced diet, and refraining from alcohol and drug use. Create a predictable and relaxing bedtime routine, to help your body learn a healthy sleep pattern. Getting enough physical activity in your day will also help promote restful sleep. Ensure that your diet includes fruits, vegetables, and other nutrient-rich foods. Also, be sure to see your medical provider for routine care and blood pressure monitoring. Maintaining a healthy blood pressure is necessary to help protect against cognitive decline.

**Limit Screen Time and Stay Socially Connected**

Set aside a portion of the day to scroll your phone or watch your favorite show. Turn screens off at other times, to ensure a healthy balance of activity. Be sure to stay socially connected with family and friends, as this can reduce feelings of isolation and loneliness. Be sure to visit your local memory café if you're looking to meet new friends!

## After the Holidays...

For many people, the end of the calendar year is a departure from their normal routine. There's Christmas, Hanukkah, the New Year, and other holiday celebrations. Students have a break from school, adults take time off from work, and people spend time with friends and family members. Despite all the festivities, you might feel a sense of post-holiday depression.

Once the holidays are over, it can be difficult to transition back to your usual schedules and routines. Shorter, cold winter days can make people feel sad and anxious.

**Why do people feel sad after the holiday season is over?**

The post-holiday blues are normal. You might feel sadness, disappointment, depression, or anxiety. The cause of these feelings can vary. For some people, the holidays are a happy time they look forward to all year. The weeks that follow, therefore, can feel dull and unexciting.

For others, the holidays can be more challenging. Family gatherings can be stressful and might feel emotionally draining. Those who have lost a loved one might find themselves feeling particularly sad or lonely during this time of year.

Whether you felt positive or negative about this time of year, the emotional highs and lows can make your body produce adrenaline and cortisol. Once the holidays are over, the withdrawal of these stress hormones can affect your mood.

**Signs and symptoms of post-holiday depression**

During the first few weeks of the New Year, a person might experience the following symptoms:

- Difficulty concentrating
- Lack of Motivation
- Irritability or mood swings
- Insomnia
- Stress or anxiety

The signs of post-holiday blues are similar to those of clinical depression and other mood disorders. Fortunately, holiday depression is usually short-lived.

**Strategies for managing the post-holiday blues**

Feelings of post-holiday depression usually resolve in a few weeks. In the meantime, these strategies can help you feel better and get out of the January slump:

- **Go outside.** Sunlight and physical activity can help boost energy levels. Try to get outside for a few minutes each day, even if it's just a quick walk around the block during lunchtime.
- **Stay connected.** It's normal to feel lonely after all the parties and gatherings of the holiday season. Keep in touch with loved ones, talking on the phone, sending a card, or meeting with friends or family in person.

**Establish a sleep routine.** Winter's shorter days and lack of sunlight can throw off a person's sleep schedule. Try to go to bed around the same time each night and get up when the sun comes up. The blue light from a mobile phone can disrupt sleep cycles, so read a book or magazine before bed instead of scrolling social media.

- **Eat a balanced diet.** It's common for some people to overindulge in lots of snacks, sugary desserts, and alcohol during the holiday season. What you eat affects how you feel, so in the new year, refocus on healthy foods. Eat plenty of nutrient-dense fruits and vegetables, choose whole grains and lean sources of protein over processed foods, and stay hydrated by drinking water throughout the day.
- **Plan your next vacation.** Having something to look forward to can make a big difference in those first weeks back at work. If you have the time and resources, plan your next getaway. It can raise your spirits, even if it's just a quick trip over a three-day weekend.

**Try a new hobby.** When it's cold and dark out, it can be tempting to crash in front of the TV. But picking up a new activity can be a good distraction from post-holiday sadness. Try a new recipe, work on a puzzle, or sign up for a class at your local library or community center.

***Submitted by Bernadette Rogers, Elder Benefit Specialist, Buffalo County***

# Specialist Spotlight

***Team:***
***(left to right)***

***Jennifer Nelson - ADRC Specialist***
***Michelle Brown - ADRC Specialist***
***Melissa Hovland - Disability Benefit Specialist***
***Bernie Rogers - Elder Benefit Specialist***
***Julie Fick - Elder Benefit Specialist***
***Chelsey Herold - Dementia Care Specialist***

## Cold Weather Safety for Older Adults

***Submitted by Jennifer Nelson, ADRC Specialist***
***Reprinted with permission from The SMP SCOOP Winter 2025 edition.***

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed can lessen risks.

**Medical Conditions and Cold Weather**

Older adults are more likely to have certain chronic medical conditions that make it harder to stay warm:

- Diabetes can prevent blood from flowing normally to provide warmth.
- Thyroid problems can affect the body's ability to maintain a normal body temperature.
- Parkinson's disease and arthritis make it challenging to put on more clothes, use a blanket, or get out of the cold.
- Memory problems cause a person to forget precautions for staying weather-safe, such as wearing warm attire.
- Some medications can affect body heat, too. These include prescription and over the counter medications, as well as some cold medicines. Ask your doctor if medications you take may affect body heat and what you can do.

**What is Hypothermia?**

Hypothermia occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures and can lead to serious health problems, such as arrythmia (irregular heartbeat), heart failure, and damage to the kidneys or liver. Hypothermia can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water.

Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help. It's important to be aware of warning signs and early symptoms, including:

- Cold feet and hands
- Pale skin
- Slowed or slurred speech
- Puffy or swollen face
- Shivering or shaking
- Feeling sleepy, angry, or confused

**Hypothermia is a medical emergency. If someone is showing signs of hypothermia, call 911 right away.** Try to move the person to a warmer place, offer them a warm drink, and wrap them in dry blankets, towels, or coats. If the exposure to cold continues, later symptoms of hypothermia can include stiff and jerky arm and leg movements, slow heartbeat or breathing, loss of consciousness, and eventually, death.

**Preventing Unsafe Exposure to Cold Outdoors**

Here are some tips for keeping warm when the temperature drops outside:

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature. Try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.

*(Continued on page 5)*

## Cold Weather Safety for Older Adults (continued from page 4)

**Preventing Unsafe Exposure to Cold Outdoors (continued)**

- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as you can.

**Staying Warm Indoors**

About 20% of injuries related to exposure to cold occur in the home. Here are some tips to help keep warm:

- Set your heat to at least 68°F. Even mildly cool homes with temperatures from 60 to 65°F can lead to hypothermia in older adults.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and if you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- When you go to sleep, use extra covers. Wear long underwear under your pajamas and consider wearing a head covering.
- Make sure you eat enough food to maintain your weight – some body fat is necessary for staying warm.
- Avoid or limit alcohol intake. Alcoholic drinks can make you lose body heat.
- Ask someone to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a portable space heater, but some space heaters are fire hazards or can increase the risk of carbon monoxide poisoning. The Consumer Product Safety Commission has more information on the use of space heaters.

# DONNA MAE'S PANTHER CAFÉ

GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139
NELSON: MONDAY-THURSDAY (CALL FOR DETAILS) 715-442-2289
PEPIN: MONDAY- FRIDAY HOME DELIVERED AND CARRY OUT ONLY (11:00AM-12:00PM) 715-442-2289

*January 2026*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Served with each meal:**<br>**Milk** | **Dates** **Salad Option**<br>1st - 2md Grilled Chicken<br>5th - 9th Crispy Chicken<br>12th - 16th Taco Salad<br>19th - 23rd Chef Salad<br>26th - 30th Grilled Chicken | | **1** MEAL SITE CLOSED<br>  | **2** Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake |
| **5** Ham Steak, Cheesy Potatoes, Carrots, Bread, Applesauce, Cake | **6** Baked Chicken, Stuffing, Cranberries, Corn, Bread, Mandarin Oranges, Cake | **7** Spaghetti w/Meat Sauce, Salad, Garlic Bread, Banana, Cake | **8** Meatballs, Mashed Potatoes, Beets, Bread, Pears, Cake | **9** Cod, Baked Potato, Beans, Coleslaw, Bread, Cake<br>*Pepin HDM: Chicken instead of Cod* |
| **12** Philly Sandwich, Baby Red Potatoes, Carrots, Peaches, Cake | **13** Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake | **14** Salisbury Steak, Mashed Potatoes, Broccoli, Bread, Fruit Cocktail, Cake | **15** Scallop Potatoes w/Ham, Mixed Vegetables, Bread, Tropical Fruit, Cake | **16** Cod, Cheesy Potatoes, Beans, Coleslaw, Bread, Cake |
| **19** Hamburger Gravy, Mashed Potatoes, Carrots, Bread, Applesauce, Cake | **20** Chicken Strips over Rice & Hollandaise Sauce, Corn, Bread, Mandarin Oranges, Cake | **21** Barbeque on Bun, Baked American Fries, Mixed Vegetables, Banana, Cake | **22** Meatloaf, Mashed Potatoes, Green Beans, Bread, Pears, Cake | **23** Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake<br>*Pepin HDM: Chicken instead of Cod* |
| **26** Country Fried Steak, Mashed Potatoes, Carrots, Fruit Cocktail, Bread, Cake | **27** Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake | **28** Beef Stroganoff, Broccoli, Bread, Banana, Cake | **29** Chili, Ham Salad Sandwich, Fruit Salad, Tropical Fruit, Cake | **30** Cod, Potato Salad, Beans, Coleslaw, Bread, Cake |

## County Businesses, Reward Our Vets Today!

The Pepin County Register of Deeds and Pepin County Veterans Service Officer have launched a new service for local veterans called "Honor Rewards", which allows local businesses to offer discounts and incentives to veterans in appreciation for their service.

To sign-up, just go to www.honorrewards.com, click on the Business Sign-Up link and fill out the form. Once submitted, your business will be listed on Pepin County's Honor Rewards page, and we will also provide materials to promote your participation in this valuable program.

For more information, contact:
Register of Deeds Office: 715-672-8856,
Veterans Service Officer: 715-672-8887, or
Visit: www.honorrewards.com


***In November, we celebrated the drivers & volunteers in the Transportation & Nutrition Programs, with our annual training & banquet, held at Club Ten in Durand.***

***We are very thankful for each of them.***

***Did You Know…***

***- The Tournament of Roses Parade, held in Pasadena, California, started in 1890!***
***- The parade wasn't nationally broadcast until 1954.***
***- Every float must by entirely covered with natural materials (leaves, seeds, bark, etc. and of course, flowers.***
***- The parade is always held on January 1st, unless it falls on a Sunday, in which it's held on January 2nd.***
***- The route covers $5^{1/2}$ miles in Pasadena.***
***- Each year, a new theme is chosen. The theme for 2026 is 'The Magic of Teamwork'.***

# CORRAL BAR & RIVERSIDE GRILL

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

*January 2026*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Served with each meal:**<br>**Milk** | | | **1** MEAL SITE CLOSED<br>  | **2** Baked Ham, Scalloped Potatoes, Green Beans, Bread, Apple |
| | **6** Barbeque Riblets, Au Gratin Potatoes, Carrots, Bread, Tropical Fruit | **7** Chicken Patty on Bun, Baked Beans, Potato Salad, Pears w/ Jello | **8** Pork Chops in Mushroom Gravy, Mashed Potatoes, Lettuce Salad, Bread, Apple Sauce | **9** Salisbury Steak, Mashed Potatoes w/ Gravy, California Blend, Bread, Peaches |
| **Call previous day by 1:00pm to order lunch.** | **13** Lasagna, Broccoli, Garlic Bread, Fruit Cocktail | **14** Chicken Gravy over Biscuits, Coleslaw, Pears, Dessert | **15** Stuffed Green Pepper Pasta, Lettuce Salad, Bread, Pears | **16** Stroganoff over Potatoes, Corn, Bread, Pineapple |
| **Salad Options:**<br>**Chef Salad**<br>**Chicken Fiesta**<br>**Taco Salad** | **20** Baked Chicken, Baked Potato, Carrots, Bread, Pineapple | **21** Meat Loaf, Mashed Potatoes w/ Gravy, Green Beans, Bread, Pears | **22** Philly Cheese Steak Pasta, Lettuce Salad, Bread, Applesauce | **23** Pulled pork on Bun, Baked Beans, Potato Salad, Peaches |
| | **27** Swedish Meatballs, Mashed Potatoes w/Gravy, Cauliflower, Bread, Grapes | **28** Chicken Parmesan Pasta, Coleslaw, Beets, Garlic Bread, Fruit Cocktail | **29** Cheeseburger on Bun, Tater Tots, Baked Beans, Apple, Dessert | **30** Country Fried Steak, Mashed Potatoes w/Gravy, Lettuce Salad, Bread, Tropical Fruit |


The ADRC of Buffalo and Pepin Counties would like to extend our sincere thanks to the local businesses sponsoring ads in this newsletter. Their generous support allows us to print 700 full-color copies each month, which we mail and distribute throughout both counties.

Thanks to these sponsorships, we can continue sharing important information with our readers, including programs, services, upcoming events, Senior Nutrition Program menus, and more. Please join us in thanking these businesses for their continued support!

**Bauer Built** **Advent Health** **Vicky Peterson, Johnson Monuments**

**K & K Lawn Services** **My Choice Wisconsin** **Reel Country WRDN**

**Security Financial Bank** **Heike Pharmacy**

**Rhiel Funeral Home** **Goodrich Funeral Home** **Senior Medicare Patrol**

**St. Vincent de Paul** **Workforce Connections** **Talbot Funeral Home**

**Inclusa** **Ntec** **Area Thrift Shop**

**Buffalo County Senior Nutrition Program is looking for volunteers to deliver home-delivered meals in the Mondovi area.**

**Flexible scheduling is available. You can deliver meals as little or as much as you'd like.**

**Use your own vehicle & be Reimbursed a mileage rate of $0.70 per mile.**

**If you are interested in learning more about delivering home-delivered meals, please call Matthew/Nutrition Program Coordinator at 715-672-8941, ext. 163.**

Pepin County Riverview Community Senior Citizens

Christmas has sped by, and we are starting a whole New Year in 2026. However, the memories of the precious time you were able to spend with friends and family during the holiday month will linger a lot longer.

We have great memories of all the improvements made throughout 2025, thanks to the generosity of our donors, the work done by our volunteers who managed the landscaping, the members who assisted the Bingo parties and ADRC who conducted many helpful seminars for our seniors in the community.

Thank you to all who attended our Holiday Bazaar and the many people who contributed the crafts and baked goods sold. We were fortunate to have musicians who made their holiday magic ring through the air. This was one of the best events we have had all year.

Mark your calendars for January 20th as there will be another Bingo party to start off the new year. Remember to renew your membership for 2026, which allows you the benefit of a discount for rental of Riverview Center for your own gatherings. Please call Riverview Center if you have any questions regarding membership, rentals and planned events. The office is open 10:00am-2:00pm, Monday through Friday. Our phone number is 715-672-4101.

Ticket sales for our annual Quilt Raffle will be available after the first part of the year, and we would appreciate your help in the sale of tickets. Thank you. Happy 2026 Marge Briggs

# THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683
HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY

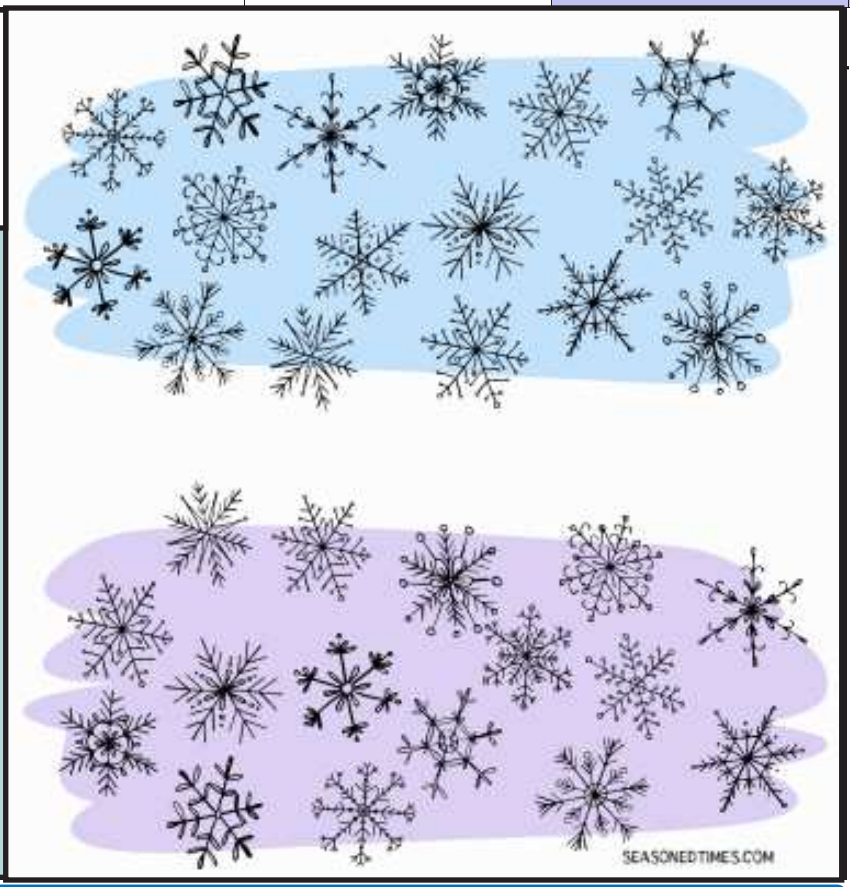
*January 2026*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|---|---|---|---|---|
| | | | **1** MEAL SITE CLOSED   | **Served with each meal:** **1% Milk Whole Wheat Bread** |
| **5** Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit | **6** Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit | **7** Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit | **8** Chicken Alfredo, Garlic Toast, Side Salad, Fruit | |
| **12** Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit | **13** Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit | **14** Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit | **15** Spaghetti & Garlic Toast, Corn, Side Salad, Fruit | **Call previous day by 1:00pm to order lunch.** |
| **19** Lemon Baked Fish, Baked Potato, Coleslaw, Fruit | **20** Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice | **21** Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit | **22** Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit | **Salad Options:** **Taco, Ham, Chicken** |
| **26** Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit | **27** Creamed Chicken over Biscuits, Mixed Vegetables, Fruit | **28** Cheeseburger, Potato Salad, Coleslaw, Fruit | **29** Baked Fish, Baked Potato, Side Salad, Fruit | |

## MISSING SNOWFLAKE

WHICH SNOWFLAKE IS MISSING FROM THE SECOND IMAGE?

(THE SOLUTION IS ON PAGE 11.)




You know you're 'seasoned' if...

You flew down hills on your Flexible Flyer

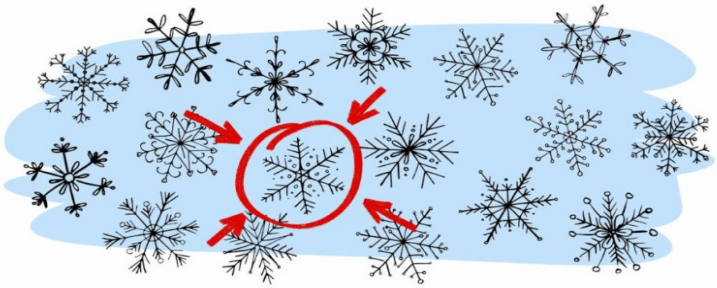
# AMERICAN LUTHERAN HOME

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

## January 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|---|---|---|---|---|
| | | | **1** MEAL SITE CLOSED   | **Served with each meal:** **Milk** |
| **5** Sliced Chicken in Pan Gravy, Mashed Potatoes, Peas & Carrots, Bread, Blueberry Buckle | **6** Beef Pot Roast w/ Roasted Vegetables, Gravy, Roll, Pie | **7** Baked Pork Chop, Caramelized Butternut Squash, Mixed Vegetables, Bread, Strawberry Marshmallow Dessert | **8** Chicken Pasta Alfred, Broccoli, Breadstick, Caramel Apple Crisp | |
| **12** Homestyle Meatloaf, Roasted Sweet Potatoes w/ Bacon, Brussel Sprouts, Bread, Pineapple Upside Down Trifle | **13** Hamburger Gravy, Mashed Potatoes, Broccoli, Iced Oatmeal Cookie Bar | **14** Sour Cream Dill Chicken Breast, Mini Baker Potatoes, Parslied Cauliflower, Bread, Cinnamon Roll Cherry Cobbler | **15** Chili, Cornbread, Sweet Pepper Slaw, Peanut Butter Cup Dessert | **Call previous day by 1:00pm to order lunch.** |
| **19** Lasagna, Tossed Salad w/Dressing, Garlic Toast, Pumpkin Earthquake Cake | **20** Oven Roasted Turkey, Potato Cheese Bake, Buttered Peas, Bread, Spice Cookie | **21** Herb Pork Loin, Stuffing, Gravy, Broccoli & Cauliflower, Cranberry Fluff | **22** Baked Chicken Drumstick, Mashed Potatoes, Cream Gravy, Maple Roasted Brussel Sprouts & Squash, Strawberry Shortcake | **Salad Options:** **Taco** **Chef (Turkey, Ham)** **Chicken Tender** |
| **26** Ravioli, Tossed Salad w/Dressing, Garlic Toast, Loaded Cookie Bar | **27** Cheeseburger on Bun, Pasta Salad, Green Beans, Pumpkin Dessert | **28** Salisbury Steak, Mashed Potatoes, Gravy, Buttered Peas, Bread, Apple Peanut Butter Cake | **29** Glazed Pork Loin, Stuffing, Gravy, Broccoli & Cauliflower, Cranberry Fluff | |

## Missing Snowflake Solution



### *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 31,207 skull caps through the month of December. *Nice job ladies!*

Please donate any yarn you may have to Riverview Helping Hands. Call Eileen Fahnel at 715-672-5853 or Linda Henry at 715-279-3027, or drop donations off at the Riverview Senior Center. New members are welcome!

### *Buffalo & Pepin Counties Wish to Thank Our Recent Donors!*

***Donations***

***Tom Risler***


### *Thank you from the Riverview Community Center!*

***Donations***

***Mary Kauffman, Carol Prissel, Melissa Weber, Linda Henry, Randy Weiss***

**TWO RIVERS CONNECTION**
**ADRC of Buffalo and Pepin Counties**
**740 7th Ave. West, PO Box 39**
**Durand, WI 54736**

Address Service Requested

**PRST STD**
**US POSTAGE**
**PAID**
**PERMIT NO. 9**
**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 email list for the Two Rivers Connection newsletter (Circle One).

Email Address: _____

OR

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