

TWO RIVERS CONNECTION



April 2024



Aging & Disability Resource Center of
Buffalo and Pepin Counties

The Dementia Care Corner



STOP!

What is a Dementia Care Specialist?

Stop here to find out!

A Dementia Care Specialist (DCS) is a team member within the Aging and Disability Resource Center who offers support, education, and resources to persons with dementia, their caregivers, and community members. You may find a DCS visiting with a family during a home or office visit, offering a fun social event for community members, or providing a presentation to an organization to boost dementia awareness. If you or a loved one is living with dementia and seeking more information, call Chelsey today! **PH: 715.279.7870**



For a complete list of Dementia Care Resources, visit our website or contact Chelsey!

Coffee & Conversation Memory Café

A social gathering for persons experiencing memory loss, as well as those interested in maintaining brain health through fun, interactive activities. No registration required. Just stop in!

When: Second Thursday of each month
11:00am-12:00pm

Where: Wings Over Alma Art & Nature Center
110 N Main St., Alma

Lunch Bunch

Caregiving for a loved one experiencing memory loss can be challenging and lonely at times. Lunch Bunch is a virtual support and resources group which allows caregivers to come together and share experiences, challenges, and success.

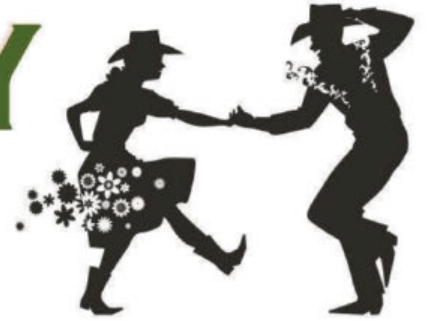
When: Last Monday of each month,
11:30am-12:30pm

Participants may participate by computer or telephone. Contact Chelsey for more information.
PH: 715-279-7870

Purple Tube Project

The Purple Tube Project (PTP) is a collaborative effort between the ADRC and local law enforcement to support community members living with dementia. The purpose of the program is to improve a potential crisis/ emergency response by first responders. Person-centered information is gathered and stored in a Purple Tube within a participant's home. This information is then readily available to first responders if ever needed. To learn more, or to enroll in this program, contact Chelsey at 715.279.7870.

HOOTENANNY HOEDOWN!



Tuesday May 7th, 2024

11:30 am - 2:30 pm

At the Gilmanton American Legion
W738 Cty Rd B, Gilmanton

JOIN US FOR AN AFTERNOON OF FUN!

11:30 AM - 12:30 PM:

LIGHT APPETIZERS & MINGLING

12:30 PM - 1:30 PM:

ADRC 101 PRESENTATION & BINGO

1:30 PM - 2:30 PM:

MUSIC BY RICH SCHROEDER



LEARN ABOUT OUR SERVICES AND MEET THE ADRC TEAM!



Aging and Disability Resource Center
Of Buffalo and Pepin Counties



Questions, or Need
a Ride to the Event?
Call 866-578-2372 by
May 2nd to sign up.

LIGHT
REFRESHMENTS
PROVIDED.
BEVERAGES
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PURCHASE.

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

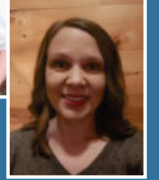
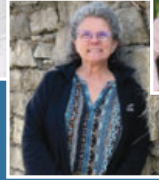
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Chelsey Herold - Dementia Care Specialist



Divestments

What are they and why are they important?

Submitted by: Julie Fick, Elder Benefit Specialist with permission from the GWAAR Legal Services Team



What is a Divestment?

Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving someone money, or unintentionally by not doing something that the person should have done.

Here are some examples of divestments:

- selling one's home at a discounted price;
- adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- giving away a life estate or remainder interest in a home property without being paid for it;
- agreeing to waive a debt that is owed by another person;
- adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- paying off debts or loans that the person is not legally obligated to pay for;
- donating more than 15% of a household's annual income to a religious or charitable organization;
- refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to.

Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days—that's almost a full year!

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs such as QMB, SLMB, and SLMB+.

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local [Income Maintenance Consortium](#) to discuss the situation. They can also file an appeal with the [Division of Hearings and Appeals](#), a state agency that decides Medicaid appeals in Wisconsin. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals.

Where can more information on divestments be found?

For more information, online you can review the [Medicaid Eligibility Handbook](#), section 17 at <http://www.emhandbooks.wisconsin.gov/meh-ebd/meh.htm#t=home.htm>, review the [WI DHS website](#) at dhs.wisconsin.gov/Medicaid/divestment/htm or call the ADRC and ask to speak to a Benefit Specialist.



Aging and Disability Resource Center
of Buffalo and Pepin Counties

COMMUNITY OUTREACH

We are planning 2 events in 2024 for anyone that would like more information on our **Transportation Program.**

Please reach out with your ideas on where and when to hold these events.

To be held in each county (Buffalo & Pepin)

Contact Angie at

715-672-8941 ext 187 with any questions or comments

The ADRC of Buffalo & Pepin Counties does not discriminate on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP). For more information and on the procedures to file a complaint, contact 866-578-2372, (for hearing impaired, please use Wisconsin Relay 711 service) If information is needed in another language, contact 866-578-2372

TRANSPORTATION PROGRAM

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.



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

DHS Approved 4/22/2021



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Pepin County Human Services - Aging Unit, Durand, WI

A 4C 02-1035

DONNA MAE'S PANTHER CAFÉ

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

April
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham, Cheesy Potatoes, Carrots, Bread, Pears, Cake	2 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Peaches, Cake	3 Charcoal Chicken, Baked Potato, Corn, Bread, Mandarin Oranges, Cake	4 Beef Stew w/ Potatoes, Carrots, & Onions, Summer Salad, Bread, Pineapple, Cake	5 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
8 Pulled Pork Sandwich, Cheesy Potatoes, Carrots, Banana, Cake	9 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	10 Hamburger Gravy over Mashed Potatoes, Broccoli, Bread, Applesauce, Cake	11 Beef Barley Soup, Cold Cut Sandwich, Fruit Salad, Fruit Cocktail, Cake	12 Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
15 Brats w/ Sauerkraut, Baby Red Potatoes, Carrots, Bread, Pears, Cake	16 Creamed Chicken w/Biscuits, Peas, Corn, Mandarin Oranges, Cake	17 Pulled Beef Sandwich, Baked Potato, Cowboy Beans, Peaches, Cake	18 Pizza Hotdish, Broccoli Salad, Bread, Pineapple, Cake	19 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
22 Hamburger w/ Mushrooms & Onions, Baked American Fries, Carrots, Bread, Tropical Fruit, Cake	23 Broasted Chicken, Mashed Potatoes, Corn, Bread, Banana, Cake	24 Barbeque on Bun, Baby Red Potatoes, Carrots, Applesauce, Cake	25 Chicken Alfredo, Lettuce Salad, Green Beans, Bread, Fruit Cocktail, Cake	26 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
29 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pears, Cake	30 Baked Chicken, Stuffing, Bread, Corn, Cranberries, Cake		<u>Dates Salad Option</u> 1st—5th Crispy Chicken 8th - 12th Taco Chicken 15th - 19th Chef 22nd - 26th Grilled Chicken 29th - 30th Crispy Chicken	<u>Served with each meal:</u> Milk

April 10, 2024

WINONA BUS TRIP

JOIN US THE FIRST WEDNESDAY OF EACH MONTH ON A SHOPPING TRIP TO WINONA MN

715-672-8941 EXT 152

CALL TO REGISTER AT LEAST 2 BUSINESS DAYS IN ADVANCE

Aging and Disability Resource Center
of Buffalo and Pepin Counties

COST: \$5.00
PER PERSON

The ADRC of Buffalo & Pepin Counties does not discriminate on the basis of race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP).
 For more information and on the procedures to file a complaint, contact 800-878-2372. For hearing impaired, please use Wisconsin Relay 711 service. If information is needed in another language, contact 800-878-2372.

THE ADRC

OF BUFFALO AND PEPIN COUNTIES

WHERE **EVERYONE** IS WELCOME!

Really looking forward to Spring, although there have been some weeks over the past months that seemed like a harbinger. Shrubs and trees are starting to bud and the Iris plants are shooting up. While things are looking brighter outdoors, things are looking brighter inside Riverview Center, too. Thanks to some generous contributions from our sponsors, we have been able to replace the automatic door opener system and install new LED fixtures.



Bingo came back to the center, thanks to Char Byington, Brenda Cole, and Mary Kaufman. This will be an occasional event, and information will be available on WRDN and the community site at NTEC. Watch for further dates.

There was a full-page article in the Courier Wedge on Feb 15th in honor of one of our long time Board members, Barb Winberg. Barb attended the Pepin School as a student, since third grade. In 1963, with a new teaching degree, she taught 2nd grade and up for several years until she had the opportunity to begin an elementary library. She was instrumental in creating a new Media Center for the K-12 grades. After teaching for 39 years, Barb continued with the Pepin County Library Board and was instrumental in organizing the new Pepin County Library. She also serves her community as the organist for the Pepin Methodist Church, playing so far, for more than 30 years. Barb and her husband, Leroy continued to be active with Laura Ingalls Wilder Days and any other event in Pepin. She was inducted into the Pepin Hall of Fame, where she well deserves the honor. We are proud of her accomplishments and are very glad that she continues to serve on the Pepin County Council of Senior citizens.



Riverview Center will be participating in the 100 mile small town thrift sale on April 25-26th so if you have any articles you wish to donate to this fund raiser (no clothing or furniture please), bring them into the Center between 10:00-2:00 weekdays. Marge Briggs

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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

April
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk	2 Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	3 Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	4 Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/ Ranch Dressing, Garlic Bread, Applesauce	5 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges
	9 Chicken Parmesan over Pasta, Carrots, Lettuce Salad w/ French Dressing, Wheat Bread, Banana	10 Cheeseburger on Bun, Tater Tots, Baked Beans, Fruit Cocktail	11 Beef Stew, Brussel Sprouts, Whole Grain Muffin, Pears	12 Vegetable Lasagna, Coleslaw, Garlic Bread, Tropical Fruit
Call previous day by 1:00pm to order lunch.	16 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Corn, Wheat Bread, Fruit Cocktail	17 Tater Tot Hot Dish, Creamy Coleslaw, Corn, Whole Grain Muffin, Mandarin Oranges	18 Chicken Alfredo, Lettuce Salad w/French Dressing, Broccoli, Garlic Bread, Applesauce	19 Baked Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Pineapple
Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad	23 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	24 Creamed Chicken & Biscuits, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert	25 Beef Roast, Mashed Potatoes w/ Gravy, Corn, Wheat Bread, Tropical Fruit	26 Fish Sandwich w/Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Fruit Cocktail
	30 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple			

DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Buffalo and Pepin Counties continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: _____ or In Honor of: _____

I want my donation to go to the following program(s):

- | | |
|--|---|
| <input type="checkbox"/> Information & Assistance | <input type="checkbox"/> Caregiver Support Program |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Two Rivers Connection Newsletter |
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Elder Benefit Specialist |
| <input type="checkbox"/> Senior Dining Services | <input type="checkbox"/> Dementia Services |
| <input type="checkbox"/> Transportation Services | |

My donation is for:

_____ **Pepin County**

_____ **Buffalo County**

It is ok to acknowledge my donation in the *Two Rivers Connection* Newsletter: Yes No

Please send receipt to -
Name & Address: _____

Please make checks payable to: ADRC, 740 7th Ave. W, PO Box 39, Durand, WI 54736

Your gift is deductible to the extent provided by law.

THANK YOU!



Volunteer Spotlight
Get to know Ruth L.

How long have you been a volunteer?
8 years with Buffalo County!

What is one thing you love about Volunteering?
Interacting with the community members.

What are some of your Hobbies?
I like biking, walking and reading.

What was your first job?
working as a carhop at the A&W Root Beer stand.

What is one of your favorite TV shows?
Dancing with the Stars.

Did you know...

According to the National Park Service, on average, it takes a drop of water three months to travel from the mouth of the Mississippi to the gulf of Mexico. Water speeds can quadruple during heavy flooding and vary considerably by location. In Minnesota, the speed can be one-half mile per hour, but generally averages 1.2 miles per hour. Once the river meets with the big boys, such as the Missouri in St Louis (which is actually a bit longer than the Mississippi) and the Ohio, speeds immediately triple. In Louisiana, speeds can exceed 7 miles per hour before making their way into the Gulf. Speeds tend to be faster in the deeper sections, towards the middle and where the river narrows.



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THE LOST PIRATE

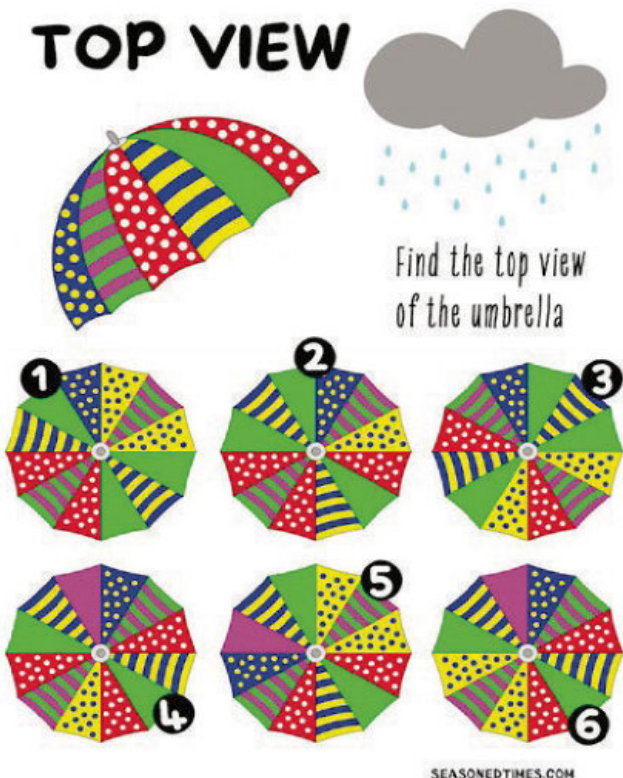
BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683
HOME-DELIVERED MONDAY, TUESDAY, WEDNESDAY ONLY

April
2024

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

Game 1

TOP VIEW



SteppingOn



Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven consecutive weeks, you'll learn:

- *To identify and remove or avoid fall hazards, both inside and outside your home.
- *How vision, hearing, medication, and footwear affect your risk of falling.
- *Strength and balance exercises, which you can adapt to your individual level.
- *Get back on your feet the right way, if you fall.

Class dates and location are to be determined based on interest.
Call 866-578-2372 or email adrc_bp@co.pepin.wi.us to sign up or learn more about this program.

This is a FREE workshop sponsored by the Aging and Disability Resource Center of Buffalo and Pepin Counties.

AMERICAN LUTHERAN HOME

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

*April
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bratwurst on Bun, Baked Beans, Sauerkraut, Fruit Cocktail	2 Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Bread, Pears	3 Creamy Spinach Chicken, Carrots, Butter Peas, Bread, Apple Crisp	4 Beef Pot Roast w/ Gravy, Baked Potato, Squash, Bread, Mango & Blueberry Mixed Fruit	Served with each meal: Milk
8 Polish Sausage, Sauerkraut, Baked Beans, Bread, Mandarin Oranges	9 Beef Stew, Coleslaw, Carrots, Bread, Blueberries	10 Turkey w/Gravy, Stuffing, Broccoli, Whole Wheat Dinner Roll, Cherry Delight	11 Hamburger Steak w/Gravy over Mashed Potatoes, Corn, Pumpkin Blondie	
15 Swedish Meatballs, Mashed Potatoes w/Gravy, Carrots, Bread, Apricots	16 Fish, Seasoned Red Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll, Grapes	17 Cheeseburger on Bun, Broccoli Ranch Salad, Diced Tomatoes w/Italian Dressing, Carrot Cake	18 Chili, Crackers, Celery w/Dip, Bread, Fruit Pie	Call previous day by 1:00pm to order lunch.
22 Lasagna, Broccoli, Salad w/ Dressing, Bread, Mandarin Oranges	23 Baked Ham, Sweet Potatoes, Country Trio, Whole Wheat Dinner Roll, Peaches	24 Swiss Steak w/ Tomatoes, Stewed Tomatoes, Garlic Parmesan Mashed Potatoes, Cherry Crunch	25 Split Pea Soup w/Ham, Veggie Blend, Cottage Cheese, Bread, Fruit	
29 Bratwurst on Bun, Baked Beans, Sauerkraut, Fruit Cocktail	30 Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Bread, Pears		29	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender

Medicaid Estate Recovery Claims

Justice in Aging is looking for families who have experienced Medicaid estate recovery, to share their stories, to educate members of Congress and seek their support in passing The Stop Unfair Medicaid Recoveries Act. If you know of any families who would be willing to share their story, please contact: info@justiceinaging.org. For more information on The Stop Unfair Medicaid Recoveries Act, go to [Medicaid Estate Claims: Perpetuating Poverty & Inequality for a Minimal Return \(justiceinaging.org\)](#)

Answer Key to game on page 10.



Rochelle Boos will be offering toenail clinics in May. Please contact Rochelle to schedule an appointment.

**Call or text at:
715-559-6077**

Pepin County Wishes to Thank Our Recent Donors!

Donations:

**Beverly Olson
Dennis Fedie**



Thank you from the Riverview Community Center!

Donations:

**Bill Hoester, Charlotte Byington,
Brenda Cole, Waumandee Bank,
Barbara Orien, Heike Pharmacy,
Linda Delong Estate**

TWO RIVERS CONNECTION
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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: _____

Address: _____

City: _____ State: _____ Zip _____

Spouse's Name: _____

Donation Amount: \$ _____

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