TWO RIVERS CONNECTION





February 2023





Mileage reimbursement & free meal provided

Home Delivered Meals Volunteer Drivers Needed!

Interested in making a difference in the lives of others? Give us a call to learn about the volunteer opportunities available in your community!

Call Matt/Nutrition Program Coordinator of Buffalo & Pepin Counties at 715-672-8941, Ext. 163 for more details!



Dementia Care Calendar				Feb. 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Call Katrina at 715-279-7870 for information in signing up for the group Zoom links!!		Silver Linings 2:00pm - 3:30pm Wings Over Alma Alma	Powerful Tools for Caregivers 12:00pm - 2:00pm, Virtual 2:30pm - 4:30pm, Virtual Thursday Evening Conversations Virtual Meeting-Zoom, 7:30 - 8:30pm	3	
6	Powerful Tools for Caregivers 2:00 - 4:00pm Pepin County Courthouse	8	Powerful Tools for Caregivers 12:00pm - 2:00pm, Virtual 2:30pm - 4:30pm, Virtual Thursday Evening Conversations Virtual Meeting- Zoom, 7:30 - 8:30pm	10	
Book Club My Two Elaines 3:00 - 4:30pm Virtual	Coffee and Conversation Memory Café Hurlburts Haven, Durand 10:00am - 11:30am Powerful Tools for Caregivers 2:00 - 4:00pm	15	Lunch Bunch via Zoom, 11:30am - 12:30pm Powerful Tools for Caregivers 12:00pm - 2:00pm, Virtual 2:30pm - 4:30pm, Virtual Thursday Evening Conversations Virtual Meeting-Zoom, 7:30 - 8:30pm	17	
Book Club My Two Elaines 3:00 - 4:30pm Virtual	Pepin County Courthouse 21 Powerful Tools for Caregivers 2:00 - 4:00pm Pepin County Courthouse	22	Powerful Tools for Caregivers 12:00pm - 2:00pm, Virtual 2:30pm - 4:30pm, Virtual Thursday Evening Conversations Virtual Meeting-Zoom, 7:30 - 8:30pm	24	
Book Club My Two Elaines 3:00 - 4:30pm Virtual	Powerful Tools for Caregivers 2:00 - 4:00pm Pepin County Courthouse	29	30		

New to the Caregiver Calendar - Book Club! - "My Two Elaines" Learning, Coping, and Surviving as an Alzheimer's Caregiver. In collaboration with Chippewa and Dunn County Dementia Care Specialist, Carla Berscheit ,we will discuss the topics covered by author and former Wisconsin Governor, Martin Shreiber, as he discusses his own caregiver journey caring for his wife, Elaine. Marty covers topics like isolation, reaching for a lifeline, "therapeutic fibbing" and living in the now. Join us for Book Club! We will meet Mondays from 3pm-4pm via Zoom, February 13th through March 20th. Call Katrina for the link to join us at 715-279-7870 or email klongmire@co.pepin.wi.us.



Mondays February 13 -March 20 3:00 - 4:30 pm

Homestead Tax Credit

The ADRC of Buffalo & Pepin Counties can direct you to resources to help complete your yearly taxes and assist residents with the preparation of Homestead Tax Credit, for those eligible.



If you meet the qualifications stated below, you must complete a Wisconsin Homestead Tax Credit Claim, by filing a Schedule H or Schedule H-EZ to determine the amount of any benefit available. Please note that you may meet all the qualifications but still not receive a credit because the credit is based on the relationship of your household income to the amount of your allowable property taxes and/or rent.

If you do qualify for a credit, you must submit proof of all household income and a copy of your 2022 property tax bill (if you owned and occupied your home) or an original rent certificate signed by your landlord (if you rented your home) along with your Schedule H or H-EZ.

Pepin County residents: Call 715-672-8945 or Toll Free at 1-866-578-2372 to schedule an appointment.

<u>Buffalo County residents</u>: Call 608-685-4412 or **Toll Free at** 1-866-578-2372 to schedule an appointment. Buffalo County will also be hosting Homestead Tax Clinics in March, please see the schedule below for dates, times and locations.



2023 Buffalo County Homestead Tax Clinic Schedule

Bernadette Rogers, Elder Benefit Specialist Melissa Hovland, Disability Benefit Specialist Questions? Call: 608-685-6310 or 866-578-2372

Nelson Senior Apartments	Tuesday, March 7th, 2023	10:00am - 11:30am
Cochrane Senior Apartments	Tuesday, March 7th, 2023	12:30pm - 2:00pm
Fountain City Eagle Bluffs Apartments	Tuesday, March 7th, 2023	2:30pm - 4:00pm
Mondovi Lincoln Street Apartments	Tuesday, March 14, 2023	10:00am - 12:00pm
Mondovi Washington Street Apartments	Tuesday, March 14, 2023	1:00 - 2:00pm
Highland Apartments	Tuesday, March 14, 2023	2:30-4:00pm

You are eligible to apply for the Wisconsin Homestead Tax Credit if: you are at least 18 years old, a Wisconsin resident <u>all</u> of 2022, your total household income was less than \$24,680, and you paid property taxes or rent in 2022.

If you are under age 62 and disabled, documentation must be provided to verify disability status, such as: *a physicians document verifying the date the disability started, *a statement from the Veterans Administration certifying the total and permanent disability, *a Social Security document stating the date the disability began.

***** You must bring with you: *****

2022 property tax bill <u>copy to mail with your credit request</u> or 2022 landlord completed rent certificate.

Verification of <u>ALL</u> 2022 income: 1099 forms including interest, dividends, wages, SSI, Social Security.

Verification of 2022 health insurance premiums paid if you claim interest income.

Site dates will be cancelled and rescheduled if weather conditions <u>delay</u> or <u>close</u> schools in your area! No appointments/reservations are necessary for the above mentioned clinics.



Specialist Spotlight

Back Row: Jennifer Nelson (left) and Susan Henry (right) Information & Assistance Specialists;
Katrina Longmire (center) - Dementia Care Specialist
Front Row: Melissa Hovland (left) - Disability Benefit Specialist;
Bernie Rogers (center) and Julie Fick (right) - Elder Benefit Specialists



Six Ways A Pet Can Change Your Life Forever

Article from: https://paradisepetresorts.com/how-pets-make-our-lives-better/
Submitted by Susan Henry CSW, Information and Assistance Specialist

1. Pets Save You Right Back.

Maybe not in the Lassie kind of way, but in the emotional kind. As someone who struggles with anxiety, I can tell you first hand that my cat Sphinx is my personal therapist. While I strongly suggest going to a real doctor for help, animals



seem to almost have healing powers when it comes to making you feel a little bit human again. The internet is full of viral videos and stories of pets who support their owners through Asperger's attacks, breakdowns and depression. Sometimes just having someone there who can't talk to you through words but who will be there for you can be very healing.

2. Pets Provide Unconditional Love.

Love comes in different forms and the love you receive from your pet is unconditional. They do not care if you are having a bad hair day or showing signs of aging. They might not be there for the rest of your life, but they will forever leave a mark on your heart.

3. Pets Are Furry, Hairy, Feathery Teachers.

Pets teach us many lessons, including responsibility and compassion. They can also show us how to live in the moment, how to overcome anger, how to play, how to be loyal, and how to love openly and fully. Ultimately, these lessons help us to be better people.

4. Pets Help Us Meet New People.

Walking your dog, or taking them to a park is a great way to strike up conversations with other people. I walk shelter dogs sometimes and when I take them to the dog park, I often end up chatting with the other dog owners. Plus, I get to play with their dogs too, which is always a bonus! Even 'stay at home' pets can help your social life. Having a pet is a great ice-breaker and who doesn't love looking at animal photos!

5. Pets Encourage Us To Go Boldly Into Adventure.

Pets are magnets for adventures, big and small. Imagine all the fun things you can do with your new furry friend from the shelter. Camping, hiking, dog beaches, or simply going to your local café can be exciting.

6. Pets Help Us Get a Beach Body Without a Gym.

Pets keep you active. Whether it's a morning or an afternoon walk, or simply getting up to feed them, groom them or clean their habitat, having a pet can improve your health. Even Goldie the goldfish can encourage you to get off the couch to feed him!

While we can't save all the animals, I'd really encourage you to save one. That one animal is going to experience all the love you can give, and it will give it back a hundred times. You can change their life and they can change yours as well.

Of course, before you adopt your new friend, you must be in this for the remainder of their life. Pets are not just there for when they are young and cute, or when they are healthy and easy to deal with. They are family, and you stick by your family no matter what.

https://paradisepetresorts.com/how-pets-make-our-lives-better/

Interested in helping a pet in need? To Donate, Foster or Adopt, consider your local community:

- Alma Tails of Hope, Animal Control Service in Buffalo County, Phone: 651-398-1242
- Buffalo County Humane Association, Mondovi, Phone: 715-760-6150
- Pepin County Humane Society, Durand, Phone: 715-672-8389

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.

ADRC of Buffalo and Pepin Counties has a website and Facebook page!

You'll find great information and tools to help you find the assistance you may be looking for.

Website: www.adrc-bcp.com Facebook: www.facebook.com/

ADRCBuffaloAndPepinCounties

The Aging and Disability Resource Center of Buffalo & Pepin Counties, also known as the ADRC, is the first place to go with aging and disability questions. We are a warm and friendly "information station" where you can obtain accurate, unbiased information related to aging or living with a disability.

No internet? No problem!

You can also reach us by calling 866-578-2372.



Hi!

My name is Camille Plagge and I am an intern at the ADRC of Buffalo and Pepin counties. I am a Bachelor of Social Work student at Winona State University and plan on graduating in May 2023.

Currently, I live in Lake City, Minnesota but grew up in the "Ice Cream Capital of the World", otherwise known as Le Mars, Iowa. I recently got engaged to my long-time boyfriend, Aaron, and we have a dog named Snoopy. In my free time I like being outdoors, especially boating on Lake Pepin, spending time with family and friends, and watch-

ing hockey (Go Chicago Blackhawks!).

I have wanted to be a social worker for a long time, and I look forward to learning a lot over the next few months at Buffalo and Pepin Counties. I am also excited to meet new people and be a helping hand!





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Hurlburt's Haven Adult Day Center



715-672-4049 hulburts-haven@hotmail.com



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

> Visit us today: 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



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

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Banana, Cake	2 Salisbury Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake	3 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake Pepin HDM: Chicken instead of Cod
6 Ham Steak, Cheesy Potatoes, Carrots, Bread, Applesauce, Cake	7 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	8 Meatloaf, Mashed Potatoes, Broccoli, Bread, Pears, Cake	9 Grilled Chicken Sandwich, Baby Red Potatoes, Cowboy Beans, Bread, Peaches, Cake	10 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
13 Hamburger w/ Mushrooms & Onions, Baby Red Potatoes, Carrots, Bread, Man- darin Oranges, Cake	14 Baked Chicken, Corn, Cranberries, Bread, Banana, Cake	15 Pulled Pork Sandwich, Baked American Fries, Broccoli, Fruit Cocktail, Cake	16 Chili, Cold Cut Sandwich, Apple- sauce, Blueberry Dessert	17 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake Pepin HDM: Chicken instead of Cod
20 CLOSED Presidents' Day	21 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	22 Tator Tot Hotdish, Corn/Peas, Carrots, Bread, Pears, Cake	23 Scallop Potatoes w/Ham, Broccoli, Bread, Peaches, Cake	24 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
27 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake	28 Creamed Chicken over Biscuits, Peas/Carrots, Cranberries, Banana, Cake		Dates Salad Option 1st-3rd Chef 6th-10th Grilled Chicken 13th-17th Crispy Chicken 21st-24th Taco 27th-28th Chef	Served with each meal: Milk



February Bus Trips

- The Eau Claire bus trip will take place on Monday, February 6th.
- The Winona bus trip is moved to Wednesday, February 8th.

Mark your calendars!

Riverview Quilters

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

Thank you to our Advertisers!

The Aging and Disability Resource Center of Buffalo and Pepin Counties (ADRC) would like to thank the area businesses that advertise in the Two Rivers Connection newsletter. These advertisements allow us to create and distribute an amazing newsletter each month. We ask that you take a moment to also thank our advertisers (noted on the bottom of pages 5, 7, and 9). We are looking for more advertisers, so please contact the ADRC if you are interested in learning more about the opportunities.

> Phone: 866-578-2372 Email: adrc-bp@co.pepin.wi.us.

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CORRAL BAR & RIVERSIDE GRILL

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

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Served with eac meal: Milk	<u>ch</u>	1 Tater Tot Hotdish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	2 Cheeseburger on Bun, Baked Beans, Applesauce, Tomato Juice	3 Egg Salad on Croissant, Creamy Cauliflower & Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple	
	7 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	& Biscuit, Peas &	9 Beef Roast, Mashed Potatoes w/ Gravy, Creamy Coleslaw, Wheat Bread, Tropical Fruit	10 Fish Sandwich w/Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple	
Call previous day 1:00pm to orde lunch.		15 Salisbury Steak, Mashed Potatoes w/ Gravy, Carrots, Wheat Bread, Pineapple	16 Lasagna, Mixed Vegetables, Lettuce Salad w/ French Dressing, Garlic Bread, Strawberries	17 Tuna Salad on Croissant, Potato Soup, Baked Beans, Pears	
Salad Options Chef Salad Chicken Fiesta Seafood Salad Taco Salad	Tots, Grapes, Dessert	Broasted Cod w/Tartar Sauce, Baked Potato w/Sour Cream, Glazed Car- rots, Wheat Bread, Peaches	23 Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/Ranch, Garlic Bread, Applesauce	24 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges	
	28 Chicken Parmesan over Pasta, Cauliflower, Lettuce Salad w/French, Wheat Bread, Banana				

DONATION DESIGNATION FORM

		Counties continue its effective community			
service to individuals with disabilities a		Please designate this donation:			
In Memory of:	n Memory of: or In Honor of:				
I want my donation to go to the following	ng program(s):				
Information & AssistanceElderly & Adults at Risk of AbuseCaregiver Support ProgramDisability Benefit SpecialistSupport GroupsTwo Rivers ConnectionTwo Rivers ConnectionTransportation ServicesSenior Dining ServicesDementia Services					
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P	Pepin County	Buffalo County			
It is ok to acknowledge my donation in	the Two Rivers Connection Newsle	etter: Yes No			
Please send receipt to - Name & Address:					
Please make checks pa	ayable to: ADRC, 740 7th Ave. W, P	PO Box 39, Durand, WI 54736			
Your gi	ift is deductible to the extent provided	ed by law.			

Get Cupid to the heart! The Key to the "Love" maze is on page 11.







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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.



118 East Madison Street Durand, WI 54736

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www.goodrichfh.com

Other Services Per Client Requests Rhonda Sweeney, Accountant & Daily Money Manage Contact us at 715-672-8093 or Rhonda@numb3rsrus.com

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Toll-free Helpline:

888-818-2611

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Sun & Mon: CLOSED, Tue - Fri: 10am - 5pm • Saturday: 10am - 4pm 825 E Prospect St, Durand, WI Store Line: 715-672-8975 Help Line: 715-672-8617



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THE LOST PIRATE

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

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	2 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
6 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	7 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	8 Cheeseburger, Potato Salad, Coleslaw, Fruit	9 Baked Fish, Baked Potato, Side Salad, Fruit	
13 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	14 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	15 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	16 Baked Chicken, Mashed Sweet Potato, Baked Beans, Fruit	Call previous day by 1:00pm to order lunch.
20 CLOSED PRESIDENTS DAY	21 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	22 Pork Roast, Baked Beans, Marinated Tomato, Salad, Fruit	23 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	Salad Options: Taco Ham Chicken
27 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	28 Beef Stroganoff, Mashed Sweet Potato, Corn, Fruit			

Dear Two Rivers Connection Reader:

you for your continued support of Two Rivers Connection. We strive to provide content that is relevant, useful, and informative.



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. We have a limited supply of newsletters, so it's imperative that we keep our mailing list as updated as possible. 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 2023 for the newsletter, please disregard. Your contribution can be sent to:

> ADRC of Pepin County Attention: Two Rivers Connection 740 7th Avenue West **Durand, WI 54736**

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

- 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.
- Pick Up We place copies of the newsletter at various locations around Buffalo and Pepin County each month.
- Our newsletters are posted monthly on the ADRC website www.adrc-bcp.com and on our Facebook page https://www.facebook.com/ADRCBuffaloAndPepinCounties/

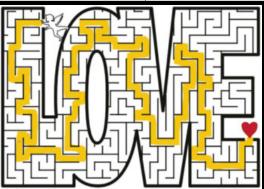
Our office can be reached by calling us toll free at 866-578-2372 or emailing adrc-bp@co.pepin.wi.us

AMERICAN LUTHERAN HOME

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

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Ham, Sweet Potatoes, Green Beans, Whole Wheat Dinner Roll, Fruit Pie	2 Ritzy Chicken Divan Hot Dish, Au Gratin Potatoes, Chuckwagon Corn, Bread, Pears	Served with each meal: Milk
6 Country Fried Steak w/Gravy, Mashed Potatoes, Roasted Beets, Bread, Mandarin Oranges	7 Beef Stew over Biscuit, Crackers, Broccoli, Pumpkin Crisp	8 Polish Sausage on Bun, Sauerkraut, Baked Beans, Mixed Fruit	9 Meatballs w/Gravy over Mashed Potatoes, Carrots, Bread, Pears	
13 Hamburger Gravy over Mashed Potatoes Sunshine Carrots, Bread, Applesauce	14 Ham & Bean Chowder, Sweet Potato Wedges, Whole Wheat Dinner Roll, Fruit Crisp	15 Roast Beef w/ Gravy, Mini Baker Potatoes Broccoli, Bread, Fruit Pie	16 Chicken Parmesan Pasta Bake, Italian Blend Veggies, Salad, Breadstick, Strawberries	Call previous day by 1:00pm to order lunch.
20 CLOSED PRESIDENTS' DAY	21 Chicken Alfredo over Pasta, Baked Tomato Half, Salad w/Dressing, Bread, Mandarin Oranges	22 Homemade Chili, Crackers, Cornbread, Cascade Blend Veggies, Caramel Apple Crisp	23 Turkey w/Gravy, Stuffing, Cranberry Sauce, Green Beans, Bread, Pumpkin Pie	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
27 Split Pea Soup w/Ham, Parslied Carrots, Whole Wheat Dinner Roll, Fruit Cocktail	28 Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Broccoli, Bread, Pumpkin Bar	Carlotte Andrew The		



Be informed of your Aging and Disability Resource Center!

Ever wonder what the ADRC team is up to?

You can find all of the current and upcoming events we are hosting by visiting: https://www.adrc-bcp.com/upcomingevents <u>Nail</u> <u>Care</u> Clinics!



Clinics will be held in Durand and Pepin each month.

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

Our regular quilting and card playing groups are reconvening and having a good time, and it's nice to see everyone again. If you have an event coming up, please consider the Riverview Senior & Community Center! Call us at 715-672-4101. Marge Briggs



Pepin County Wishes to Thank Our Recent Donors!

<u>Donations</u>:

Carmen Wichlacz



Thank you from the Riverview Community Center!

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TWO RIVERS CONNECTION

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

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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)

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Please return to: ADRC of Buffalo and Pepin Counties

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