

# TWO RIVERS CONNECTION



February 2024

## Homestead Tax Credit

The **Homestead Tax Credit** is a state of Wisconsin tax benefit for renters and homeowners with low or moderate incomes. It is designed to lessen the impact of rent and property taxes. People who do not file Wisconsin state income taxes may still be eligible to claim a Homestead Credit.



### Am I Eligible for the Wisconsin Homestead Tax Credit?

You may be able to claim the homestead credit if:

- You occupied and owned or rented a home, apartment, or other dwelling that is subject to Wisconsin property taxes during 2023; and
- You were a legal resident of Wisconsin for all of 2023; and
- You were 18 years of age or older on December 31, 2023; and
- Your household income was less than \$24,680 for 2023; and
- You meet one of the following conditions:
  - ◆ You (or your spouse, if married) had earned income during 2023; or
  - ◆ You (or your spouse, if married) are disabled; or
  - ◆ You (or your spouse, if married) are 62 years of age or older at the end of 2023.

### What Counts as Household Income?

Household income includes all income reportable for tax purposes, plus certain nontaxable income. If you were married and lived with your spouse during all of 2023, you must combine your income and that of your spouse to determine your total household income. Examples of nontaxable income that are included for this purpose include: Social Security, Unemployment Compensation, child support, IRA contributions, and nontaxable scholarships.

### How Much Can Individuals and Families Get Back from the Homestead Tax Credit?

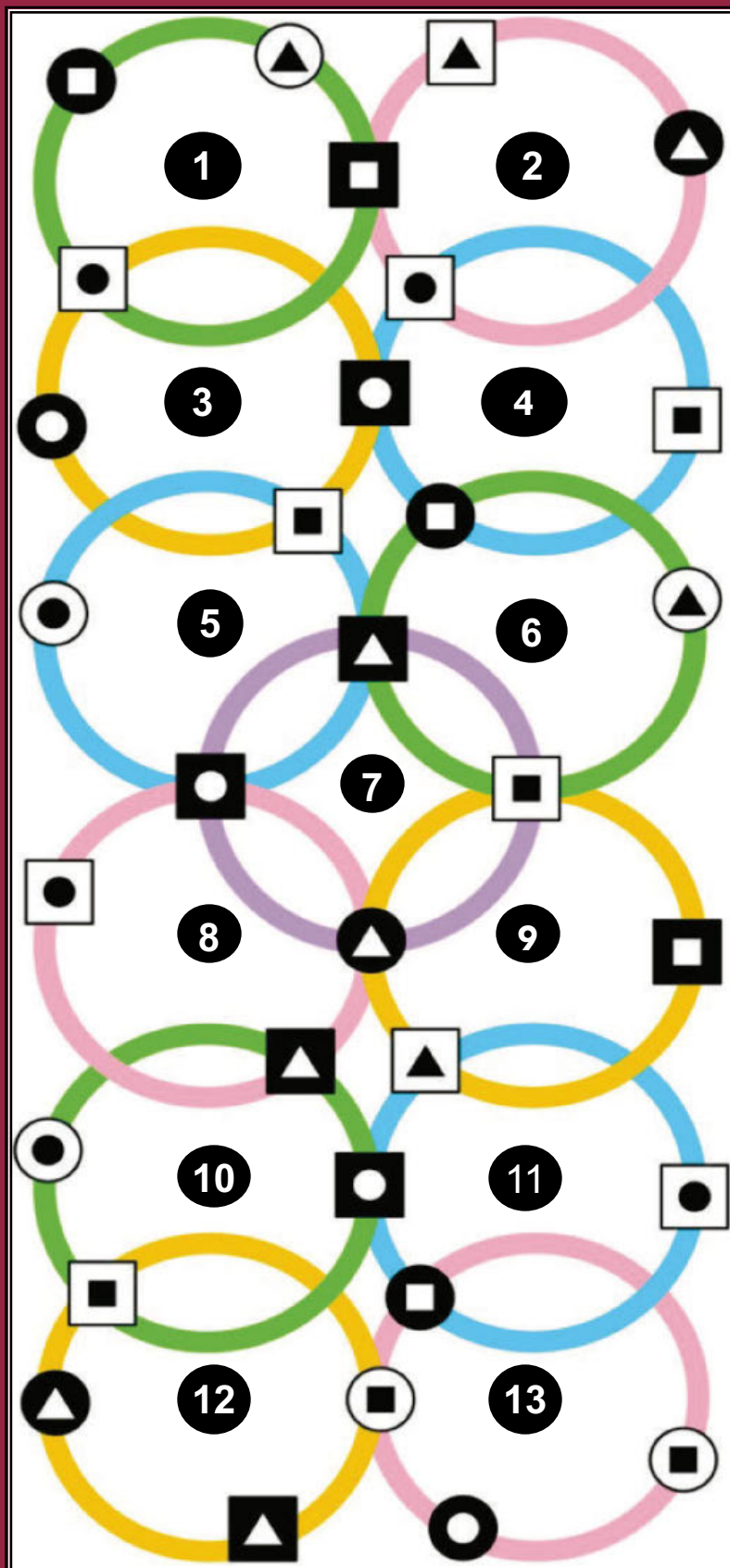
The amount of the credit depends on income and on the amount of rent or property taxes. The maximum Homestead Credit is \$1,168.

**The ADRC of Buffalo and Pepin Counties can assist residents with the preparation of Homestead Tax Credit.**

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

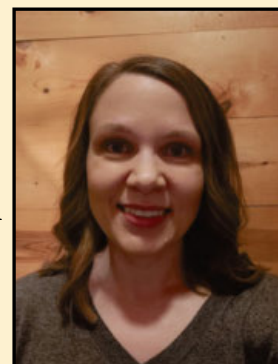
**Buffalo County residents:** Call 608-685-6310 to schedule an appointment. Buffalo County residents will have the opportunity to attend one of several community-based sites where ADRC staff will be available to assist in completing the Tax Credit forms. Watch the March newsletter for more details.

**Twin sets!** Find the two rings that have the identical signs on them. The signs may be in a different order from each other. (Answer key on page 11.)



## Meet our NEW DEMENTIA CARE SPECIALIST: Chelsey!

Chelsey has spent the last five years working in the Buffalo/Pepin County Adult Protective Services Unit. She enjoys working with aging adults and their caregivers – helping to see that they have necessary support and resources. If she looks familiar, it's because she previously worked within our ADRC, hosting memory cafés in Buffalo and Pepin Counties.



Chelsey is a life-long resident of Buffalo County and currently resides with her husband and daughter in the southern portion of the county. She enjoys spending time with family, scrapbooking, and completing home-improvement projects.

In her role as the Dementia Care Specialist, Chelsey intends to create a number of opportunities to aid persons with dementia, and for their caregivers. She also intends to provide a number of educational opportunities to community members, service providers, and business owners – to help spread dementia awareness.

If you're looking to speak with Chelsey regarding dementia-related services, please contact her by phone at 715-279-7870.

### Did you know:

Teachers receive the most Valentine's Day cards annually, followed by children, mothers and wives. Needless to say, we've come a long way from 1913, which was when Hallmark Cards produced their first Valentine's card!

Happy Valentine's Day Everyone!

Dear *Two Rivers Connection* Reader:

As a reader of our newsletter, we want to thank 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 2024 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](http://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](mailto:adrc-bp@co.pepin.wi.us)

## WANTED ADRC GOVERNING BOARD MEMBER

The Aging and Disability Resource Center (ADRC) of Buffalo and Pepin Counties is looking for a citizen to serve on the ADRC Governing Board starting in April 2024.

### Qualifications:

- Individual must be at least 60 years of age and reside in Buffalo County (or be a family member of an individual age 60+)
- Shall not be employed by either Buffalo or Pepin County
- Shall not be employed by any managed care organization or an agency providing services through such an organization
- Be willing to attend scheduled Board meetings (either in-person or via zoom)

Board members receive a per diem for attending meetings and mileage reimbursement. Learn more about the ADRC by visiting [www.adrc-bcp.com](http://www.adrc-bcp.com). Interested individuals should call toll free 866-578-2373 or email [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us) to obtain an application.

*The ADRC Governing Board will give equal consideration to all applicants. The submission of an application does not guarantee appointment to the ADRC Governing Board.*



# Specialist Spotlight

*Your ADRC Specialist Team: (left to right)*

*Jennifer Nelson - ADRC Specialist*

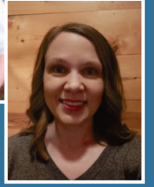
*Michelle Brown - ADRC Specialist*

*Melissa Hovland - Disability Benefit Specialist*

*Bernie Rogers - Elder Benefit Specialist*

*Julie Fick - Elder Benefit Specialist*

*Chelsey Herold - Dementia Care Specialist*



## Combating Loneliness

Around the globe, about 1 in 4 adults say they're lonely. The consequences of long-term social disconnection can be dire—everything from an increased risk of heart attacks to dementia and premature death. How people respond to loneliness, though, has a significant impact on how those feelings of loneliness impact a person's spirit, as well as their physical health. Dr. Jeremy Nobel recently released a book, *Project UnLonely*, that looks at the effects of loneliness and offers a road map to making important connections that can help mitigate the effects of loneliness.



Research shows making art or even viewing the work of other people reduces levels of the stress hormone cortisol. It also increases levels of the feel-good hormones, including dopamine, endorphins and oxytocin. "So what the arts do is they relax you and put you in a good mood," Nobel says, which can help create an inviting vibe to connect. One of the goals of Project UnLonely is to encourage people to get started on their own. Here are some tips to get going.

### 1. Be curious

It's easier to connect with people if you have shared interests or experiences, so start paying attention to what's on your mind. What are you thinking about? What motivates you? What excites you? If you know what's meaningful or fun for you, it may lead you to an activity or creative outlet that connects you to people who share your interests.

### 2. Make something

This doesn't need to be anything fancy. Look for something that has meaning for you, such as planting an herb garden or making an old favorite from your mother's recipe book.

### 3. Take a risk by having conversations

Even if you're nervous about being judged or dismissed, putting yourself out there requires a bit of a risk, and it's the first step to authentic connection. So reach out to that new neighbor or stop for coffee after church service.

### 4. Find a group that matches your interests

Whether it's volunteering for a local cause or playing a board game, try to find others who share your interests. Participation in these activities can also boost your brain health while combatting loneliness.

### 5. Other people's loneliness matters too

Loneliness can spiral. Be kind to yourself and others. Be willing to share something about your own experiences of loneliness and encourage others to share theirs. Working toward a common goal of alleviating loneliness can benefit everyone.

*Article submitted by Michelle Brown, ADRC Specialist of Buffalo County. Article is reprinted in part with permission from NPR. To read the entire article go to ['Project UnLonely' offers a road map to create connections and combat loneliness : Shots - Health News : NPR](#)*

## ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM



The Alzheimer's Family Caregiver Support Program is help for those whose loved one has Alzheimer's or another form of dementia. The ADRC has funding to help support caregivers who are caring for a loved one with some type of dementia. Funds can be used to purchase services such as respite, day program-

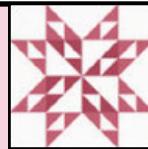
ming, housekeeping products such as Life Alert or specialized equipment. The goal of the program is to support the caregiver. Caregiving is rewarding and tiring; our goal is to provide support to the caregiver, helping them maintain their health and enjoyment of life.

Income limit is \$48,000 per year, and some deductions are allowed for dementia related goods and services that are being paid for.

For more information on the Alzheimer's Family Caregiver Support Program, please call the ADRC at 866-578-2372.



## 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.

## February Memory Café Hurlburt's Haven



As our new Dementia Care Specialist gets settled in her new role (shown on page 2), and the typical bitter cold weather we experience during February, we will continue the break for our Memory Café. If you have any questions, don't hesitate to call us.

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## Hurlburt's Haven Adult Day Center

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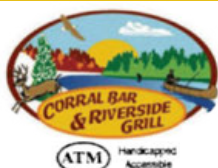
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Pepin County Human Services - Aging Unit, Durand, WI

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

February  
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dates Salad Option</b> 1st - 2nd Grilled Chicken 5th - 9th Crispy Chicken 12th - 16th Taco 20th - 23rd Chef 26th - 29th Grilled Chicken	<b>Served with each meal:</b>  <b>Milk</b>		<b>1</b> Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Pears, Cake	<b>2</b> Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
<b>5</b> Ham Steak, Cheesy Potatoes, Carrots, Bread, Mandarin Oranges, Cake	<b>6</b> Baked Chicken, Stuffing, Cranberries, Corn, Bread, Peaches, Cake	<b>7</b> Meatballs, Mashed Potatoes, Broccoli, Bread, Pineapple, Cake	<b>8</b> Cheeseburger on Bun, Baby Red Potatoes, Carrots, Banana, Cake	<b>9</b> Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake  <i>Pepin HDM: Chicken instead of Cod</i>
<b>12</b> Pulled Pork Sandwich, Baked American Fries, Carrots, Fruit Cocktail, Cake	<b>13</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	<b>14</b> Tater Tot Hotdish, Peas/Corn, Bread, Tropical Fruit, Banana, Cake	<b>15</b> Meatloaf, Mashed Potatoes, Carrots, Bread, Pears, Cake	<b>16</b> Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
<b>19</b> <b>CLOSED</b> 	<b>20</b> Creamed Chicken on Biscuits, Peas, Corn, Mandarin Oranges, Cake	<b>21</b> Salisbury Steak, Mashed Potatoes, Broccoli Salad, Bread, Peaches, Cake	<b>22</b> Boiled Dinner (Ham, Potatoes, Carrots, Rutabaga), Bread, Pineapple, Cake	<b>23</b> Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake  <i>Pepin HDM: Chicken instead of Cod</i>
<b>26</b> Country Fried Steak, Mashed Potatoes, Carrots, Bread, Banana, Cake	<b>27</b> Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake	<b>28</b> Philly Beef Sandwich, Baby Red Potatoes, Lettuce Salad, Applesauce, Cake	<b>29</b> Scallop Potatoes w/Ham, Carrots, Bread, Tropical Fruit, Cake	



**February 7, 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 800-379-2372. If information is needed in another language, contact 800-379-2372.

**DID YOU KNOW...**

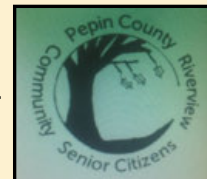
The ADRC of Buffalo and Pepin Counties has a Resource Guide FILLED with lots of great information to address your aging and disability needs? Stop by your local ADRC office in Buffalo or Pepin county to pick up your **FREE** copy today! You can also find an electronic version of the guide on our website: [www.adrc-bcp.com](http://www.adrc-bcp.com)

**Resource Booklet**



DISCLAIMER: This list is provided to you for informational purposes only. You are solely responsible to verify the credentials of a provider/resources. The ADRC does not assume any responsibility for these providers/resources and does not guarantee the quality or availability of services. This is not an all-inclusive list.

Wasn't it strange not to have snow until well into January? It was an advantage for those traveling during holidays to be with family. Also, we did not have a bill for plowing our driveway or shoveling our sidewalk at Riverview Center and that is a good thing. By the time you read this article, we will have settled down for a long winter's nap. Not so at Riverview Community and Senior Center.



Our Fundraisers last year were well attended and successful, and we appreciate all of you who made this possible. However, due to the increase in cost of, maintaining the Center, we found it necessary to reach out and ask for donations from businesses in Durand to assist with repairs and expenses that we are facing. Our automatic door opener and our television broke down and needed to be replaced. For the safety of our seniors and those who lease our space, we are having a professional evaluation of the premises for needed repairs.

Thankfully, there was an almost immediate response reaching out to businesses, from Jerry and Sue Bauer, as well as Eau Galle Cheese. Through the Eau Claire Community Foundation, Jerry and Sue Bauer have generously set up quarterly donations to the Pepin County Council of Seniors Citizens. Responses from several others including NTEC, Security Financial Bank, Komro's Sales and Service and Rock Falls Area Sportsmen's Club arrived at an opportune time. Bless all those willing to help our community center.

Remember to renew your membership before April 1, 2024, to become eligible for the discounted member rate for leasing the Center.

Lets have some fun! Join us on February 8th from 1:00pm - 3:00pm for Valentine Bingo. Call the Center at 715-672-4101 for more details.

Looking forward to Spring, improvements at Riverview, new Senior activities, growth in memberships, and Easter lilies. *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

*February  
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Served with each meal:</u></b> <b>Milk</b>			<b>1</b> Chicken Drummies, Tater Tots, Baked Beans, Wheat Bread, Apple	<b>2</b> Swedish Meatballs, Mashed Potatoes w/Gravy, Sliced Carrots, Wheat Bread, Pears
	<b>6</b> Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Wheat Bread, Fruit Cocktail	<b>7</b> Tator Tot Hotdish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	<b>8</b> Chicken Alfredo, Lettuce Salad w/ French Dressing, Garlic Bread, Applesauce	<b>9</b> Baked Cod w/ Tarter Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Pineapple
<b>Call previous day by 1:00pm to order lunch.</b>	<b>13</b> Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	<b>14</b> Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Glazed Carrots, Wheat Bread, Peaches	<b>15</b> Beef Roast, Mashed Potatoes w/ Gravy, Corn, Wheat Bread, Tropical Fruit	<b>16</b> Fish Sandwich on Bun, Tarter Sauce, Split Pea Soup, Tomato Juice, Fruit Cocktail
<b><u>Salad Options:</u></b> <b>Chef Salad</b> <b>Chicken Fiesta</b> <b>Seafood Salad</b> <b>Taco Salad</b>	<b>20</b> Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple	<b>21</b> Lasagna, Mixed Vegetables, Lettuce Salad w/French Dressing, Garlic Bread, Strawberries	<b>22</b> Salisbury Steak, Mashed Potatoes w/Gravy, Cauliflower w/ Cheese Sauce, Wheat Bread, Pineapple	<b>23</b> Stuffed Shells, Squash, Tomato Juice, Wheat Bread, Pears
	<b>27</b> Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	<b>28</b> Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	<b>29</b> Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/Ranch Dressing, Garlic Bread, Applesauce	

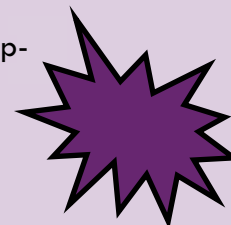
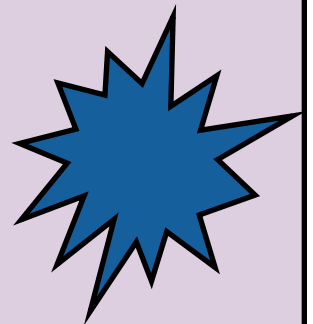
### INTERESTED IN MAKING A DIFFERENCE IN THE LIVES OF OTHERS? Then we need you!

Buffalo and Pepin Counties Senior Nutrition Program is looking for volunteers to join the Nutrition Advisory Council.

- For just a couple of hours every 3 months, you can let your voice be heard.
- Provide recommendations regarding the food preference of participants.
- Provide recommendations regarding days, hours, and locations of meal site operations.
- Represent and speak on behalf of nutrition participants.
- Provide recommendations regarding meal site environment furnishings with regard to disabled and handicapped participants.
- As an organized group, give support and assistance to the on-going development of the nutrition program.
- Promote advocacy.

Contact Matt/Nutrition Program Coordinator for more information.

Phone: 715-672-8941, Ext 172



**Matt  
Bertelson**





## MEET TOM P. VOLUNTEER MEAL DRIVER

How long have you delivered meals?

**1 year**

What is one thing you love about volunteering?

**Meeting the people and checking on them.**

What is one of your hobbies?

**I enjoy tinkering.**

What kind of movies do you enjoy?

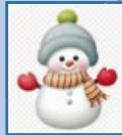
**I enjoy westerns.**

What was your first job?

**Roettiger's for 10 years**



**Thank you!**



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## 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](http://www.adrc-bcp.com)

Facebook: [www.facebook.com/ADRCBuffaloAndPepinCounties](https://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!**

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Buffalo and Pepin  
Counties



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Wisconsin Senior Medicare Patrol



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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

## THE LOST PIRATE

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

*February  
2024*

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



### ◆ FREE Services ◆

- ☐ Foot & Nail Care
- ☐ Blood Pressure Check
- ☐ Health Screening & Education
- ☐ Social Interaction
- ☐ Mental Health Referrals
- ☐ Vision/Hearing Screening
- ☐ Community Resources
- ☐ Neck & Shoulder Massage

### ◆ Contact Us ◆

(507)-457-2891

[www.bridgeshealthwinona.com](http://www.bridgeshealthwinona.com)

## FREE HEALTH SERVICES



### Need A Ride?

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

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

Call 715-672-8941 ext 152 to get an application or schedule a ride



### ◆ Location ◆ Milton Town Hall

S2794 State Road 88  
Fountain City, WI 54629

### ◆ Dates & Times ◆

**Select Thursdays**

**10am-4pm**

Jan. 18, 25

Feb. 1, 15, 22, 29


Mar. 14, 21



## AMERICAN LUTHERAN HOME

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

February  
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Split Pea Soup w/ Ham, Veggie Blend, Cottage Cheese, Bread, Fruit	<b>Served with each meal:</b> <b>Milk</b>
<b>5</b> Bratwurst on Bun, Baked Beans, Sauerkraut, Fruit Cocktail	<b>6</b> Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli, Bread, Pears	<b>7</b> Creamy Spinach Chicken, Carrots, Butter Peas, Bread, Apple Crisp	<b>8</b> Beef Roast w/ Gravy, Baked Potato, Squash, Bread, Mango & Blueberry Mixed Fruit	
<b>12</b> Polish Sausage, Sauerkraut, Baked Beans, Bread, Mandarin Oranges	<b>13</b> Beef Stew, Coleslaw, Carrots, Bread, Blueberries	<b>14</b> Turkey w/Gravy, Stuffing, Broccoli, Whole Wheat Dinner Roll, Cherry Delight	<b>15</b> Hamburger Steak w/Gravy over Mashed Potatoes, Corn, Pumpkin Blondie	<b>Call previous day by 1:00pm to order lunch.</b>
<b>19</b> <b>CLOSED</b> 	<b>20</b> Fish, Seasoned Red Potatoes, Brussel Sprouts, Whole Wheat Dinner Roll, Grapes	<b>21</b> Cheeseburger on Bun, Broccoli Ranch Salad, Diced Tomatoes w/Italian Dressing, Carrot Cake	<b>22</b> Chili, Crackers, Celery w/Dip, Bread, Fruit Pie	<b>Salad Options:</b> <b>Taco</b> <b>Chef (Turkey, Ham)</b> <b>Chicken Tender</b>
<b>26</b> Lasagna, Broccoli, Salad w/ Dressing, Bread, Mandarin Oranges	<b>27</b> Baked Ham, Sweet Potatoes, Country Trio, Whole Wheat Dinner Roll, Peaches	<b>28</b> Swiss Steak w/ Tomatoes, Stewed Tomatoes, Garlic Parmesan Mashed Potatoes, Cherry Crunch	<b>29</b> Split Pea Soup w/Ham, Veggie Blend, Cottage Cheese, Bread, Fruit	

**TWIN SETS**  
**ANSWER KEY**

THE TWO CIRCLES THAT HAVE THE SAME SYMBOLS ARE CIRCLES 5 & 10.

Did you know we accept EBT benefits for senior meals?  
Call us today to learn more, at 866-578-2372.



Records kept by the Punxsutawney Groundhog Club show Phil has predicted 107 continued winters, and only 20 early springs as of 2023. According to the Stormfax Almanac, that works out to a 39% accuracy rate for Phil.



*Thank You!*

*Thank you from the Riverview Community Center!*

### Donations:

Erv & Donna Lauer, Farkle Players,  
Eau Galle Cheese Factory,  
Durand Women's Club, Judy Reetz,  
Rock Falls Sportsman Club, Ntec,  
Bauer Built, Inc., Pamela A. Baier,  
Komro Sales & Service



**TWO RIVERS CONNECTION**  
ADRC of Buffalo and Pepin Counties  
740 7<sup>th</sup> Ave. West  
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](mailto: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 7<sup>th</sup> Ave. West  
PO Box 39  
Durand, WI 54736