

TWO RIVERS CONNECTION



March 2023

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

Pepin County Residents - Call 715-672-8945 or toll free at 1-866-578-2372 to schedule an appointment. Home visits can be requested, if needed.

You are eligible to apply for the Wisconsin Homestead Tax Credit if: you are at least 18 years old, a Wisconsin resident all 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 (a copy to mail with your credit request) or a 2022 landlord completed rent certificate.
- ♦ Verification of ALL 2022 income, (1099 forms) including interest, dividends, wages, SSI and Social Security.
- ♦ Verification of 2022 health insurance premiums paid if you claim interest income.

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





Dementia Care Calendar

Mar. 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Call Katrina at 715-279-7870 for information in signing up for the group Zoom links!!</i></p>		<p>1</p> <p>Silver Linings Virtual Book Club for Caregivers "Other Me's" by Jim Adams 2:00 - 3:00pm</p>	<p>2</p> <p><u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm</p>	<p>3</p>
<p>6</p> <p>"My Two Elaines" Book Club Virtual 3:00- 4:30pm</p>	<p>7</p> <p>Wisconsin's 2023 Alzheimer's Assoc. Advocacy Day (See page 7 for more information)</p>	<p>8</p> <p>Silver Linings Virtual Book Club for Caregivers "Other Me's" by Jim Adams 2:00 - 3:00pm</p>	<p>9</p> <p><u>Thursday Evening Conversations</u> Virtual Meeting- Zoom 7:30 - 8:30pm</p>	<p>10</p>
<p>13</p> <p>"My Two Elaines" Book Club Virtual 3:00- 4:30pm</p>	<p>14</p> <p><u>Coffee and Conversation Memory Café</u> Hurlburt's Haven, Durand 10:00am - 11:30am Nutrition Activity w/ Nutrition Program Coordinator Matthew Bertelson</p>	<p>15</p> <p>Silver Linings Virtual Book Club for Caregivers "Other Me's" by Jim Adams 2:00 - 3:00pm</p>	<p>16</p> <p><u>Lunch Bunch</u> Virtual Support for Caregivers via Zoom, 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm</p>	<p>17</p>
<p>20</p> <p>"My Two Elaines" Book Club Virtual 3:00- 4:30pm</p>	<p>21</p>	<p>22</p> <p>Silver Linings Virtual Book Club for Caregivers "Other Me's" by Jim Adams 2:00 - 3:00pm</p>	<p>23</p> <p><u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>Silver Linings Virtual Book Club for Caregivers "Other Me's" by Jim Adams 2:00 - 3:00pm</p>	<p>30</p> <p><u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm</p>	

Join us on Wednesdays, from March 1st - May 3rd from 2:00 - 3:00pm for our Virtual Book Club for Caregivers. This session, we will be reading "Other Me's" by Jim Adams, who is a Wisconsin native. "Other Me's" is a detailed, personal account of how one man and his family dealt with the effects of Lewy Body Dementia with Parkinson's Disease during the last two years of his wife Diane's life. Using reflective daily journals and memory care facility notes, Jim Adams chronicles the progression of Diane's physical and mental symptoms, including Capgras Syndrome, which caused Diane to believe there were multiple versions of her husband of 52 years, including several malevolent imposters.

This book club will host Jim Adams in person on May 3rd at Wings Over Alma in Alma from 2:00 to 3:30pm for an author's talk and book signing to wrap up the club! Jim is an extraordinary man with amazing insight into the world of dementia. Please contact Katrina at 715-279-7870 to register. Spaces are limited. Each participant will receive "Other Me's" for FREE from the ADRC of Buffalo and Pepin Counties.



ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

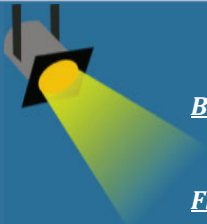
Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

(Answer Key on Page 11 - No Peeking!)

Word Choices

Green	Shamrock	Pinch	Blarney	Clover	Potato	Jig
March	Leprechaun	Ireland	Dublin	Seventeenth	Luck	Irish



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



Medicare Advantage Plan Open Enrollment Period Ends March 31, 2023

Submitted by Bernie Rogers, Elder Benefit Specialist with permission by the GWAAR Legal Services Team

Just a reminder that the Medicare Advantage Plan open enrollment ends March 31, 2023! *This only applies to those who already have a Medicare Advantage plan.*

During this time, you can:

- Switch to another Medicare Advantage Plan (with or without drug coverage) if you're already a Medicare Advantage Plan (with or without drug coverage).
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare drug plan.
- If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period (IEP), you can change to another Medicare Advantage Plan (with or without a Medicare drug plan) within the first three months you have Medicare.

You can only make one change during this period. Changes will take effect the first of the month after the plan gets your request.

You can't:

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare Prescription Drug Plan to another if you're in Original Medicare.

For more information or if you have questions, contact:

Aging and Disability Resource Center of Buffalo and Pepin Counties

Phone: 866-578-2372

Email: adrc-bp@co.pepin.wi.us



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.



Bridges Health clinic sites are back open! Bridges Health offers FREE health, wellness, and social services from Winona State University students supervised by licensed clinical faculty. Check out the dates for the clinic site at Milton Townhall in Buffalo County. Call (507) 457-289, or go to www.bridgeshealthwinona.com to schedule an appointment or visit for more information.

◆ FREE Services ◆

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

◆ **Location** ◆
Milton Town Hall
 52794 State Road 88
 Fountain City, WI 54629

Dates & Times

Select Thursdays
9:30am-2:30pm
 February 2, 16,
 March 2, 16,
 April 6, 20

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

Wisconsin Talking Book and Braille Library (WTBBL)



WISCONSIN TALKING BOOK AND BRAILLE LIBRARY

WTBBL is a full-service public library and provides talking books and players free of charge, along with free postage, to anyone with any type of vision or physical limitation that prevents them from reading normal print or comfortably holding a book. In addition, they provide audio-described DVD's, audio and braille magazines and newspapers from across the nation.

The ADRC of Buffalo and Pepin Counties has brochures and applications on hand for anyone that is interested in learning more about this program. You can also contact WTBBL by calling toll-free within Wisconsin (800) 242-8822 or visiting their website <https://dpi.wi.gov/talkingbooks>

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

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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

*March
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Dates Salad Option</u> 1st-3rd - Chef 6th-10th - Grilled Chicken 13th-17th - Crispy Chicken 20th-24th - Taco 27th-31st - Chef	<u>Served with each meal: Milk</u>	1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Fruit Cocktail, Cake	2 Philly Beef Sandwich, Baby Red Potatoes, Carrots, Applesauce, Cake	3 Cod, Potato Salad, Beans, Coleslaw <i>Pepin HDM: Chicken instead of Cod</i>
6 Ham Steak, Cheesy Potatoes, Carrots, Bread, Tropical Fruit, Cake	7 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	8 Lasagna, Lettuce Salad, Garlic Bread, Peaches, Cake	9 Beef Tips over Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake	10 Cod, Mashed Potatoes, Beans, Bread, Coleslaw, Cake
13 Barbecue Pork Chop, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	14 Parmesan Chicken, Dirty Mashed Potatoes, Corn, Bread, Banana, Cake	15 Pizza Hotdish, Broccoli Salad, Bread, Fruit Cocktail, Cake	16 Corn Beef Cabbage/Potatoes/Carrots, Rutabaga, Bread, Applesauce, Cake	17 Cod, Baked Potato, Beans, Bread, Coleslaw, Cake <i>Pepin HDM: Chicken instead of Cod</i>
20 Brat w/Sauerkraut on Bun, Mashed Potatoes, Carrots, Tropical Fruit, Cake	21 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	22 Boiled Dinner (Ham, Potatoes, Carrots, Rutabaga, Cabbage), Bread, Peaches, Cake	23 Hamburger Hotdish, Broccoli, Bread, Fruit Salad, Mandarin Oranges, Cake	24 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
27 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	28 Baked Chicken, Stuffing, Corn, Cranberries, Bread, Banana, Cake	29 Hamburger Gravy over Mashed Potatoes, Broccoli, Bread, Fruit Cocktail, Cake	30 Meatloaf, Squash, Green Beans, Bread, Applesauce, Cake	31 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>

BUS TRIPS



Join us for your shopping needs to Eau Claire & Winona!

Eau Claire Trips:

1st Monday of each month

Winona Trips:

1st Wednesday of each month

Call to register at least 2 days ahead of time:

715-672-8941 Ext 152 or 187
<https://www.adrc-bcp.com/>



Aging & Disability Resource Center of Buffalo & Pepin Counties

March Bus Trips

Eau Claire:

Monday, March 6th

Winona:

Wednesday, March 8th



March 20: Let Spring Begin!

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 24,419 skull caps through the month of December. *Nice job ladies!*

With some of the different yarn they receive, they are also making lap quilts for Veterans!


Please donate any yarn you may have to Riverview Helping Hands. Call Joyce at 715-495-0268 or drop off at the Riverview Senior Center.



Come Get
"All Shook Up"
 with Elvis
 and the
 ADRC Team!

Games,
 Raffle prizes,
 BINGO, and
 Live music!

Save the date:
Friday May 5th
11:30am-1:45pm
Gilmanton Legion
W736 Co. Rd. B, Mondovi



Alzheimer's Association
Wisconsin Advocacy Day

Tuesday, March 7th, 2023 - 9:00am - 3:00pm

Join Alzheimer's advocates from across Wisconsin to make sure that Alzheimer's and all related dementias remain a legislative priority in 2023 and beyond.

During the opening program at the Best Western Premier Park Hotel in Madison, you will hear from key state policymakers and take away tools to empower your advocacy efforts on behalf of all who are impacted by Alzheimer's and dementia. Then, you will head across the street to the Wisconsin State Capitol in the afternoon, where you will meet with your state lawmakers and ask them to support our policies.

To register: <https://p2a.co/wdgttaf>

Information from Alzheimer's Association, Wisconsin Chapter (online)



Submitted by Katrina Longmire, Dementia Care Specialist

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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

*March
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk		1 Country Fried Steak, Mashed Potatoes w/Gravy, Baked Beans, Wheat Bread, Fruit Cocktail	2 Beef Stew, Broccoli Salad, Whole Grain Muffin, Pears	3 Baked Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Tropical Fruit
	7 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail	8 Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	9 Cheeseburger on Bun, Baked Beans, Applesauce, Tomato Juice	10 Egg Salad on Croissant, Creamy Cauliflower & Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple
Call previous day by 1:00pm to order lunch.	14 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	15 Creamed Chicken & Biscuit, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert	16 Corned Beef, Cabbage, Red Potatoes, Wheat Bread, Tropical Fruit 	17 Fish Sandwich on Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	21 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple	22 Salisbury Steak, Mashed Potatoes w/ Gravy, Carrots, Wheat Bread, Pineapple	23 Lasagna, Mixed Vegetables, Lettuce Salad w/ French Dressing, Garlic Bread, Strawberries	24 Tuna Salad on Croissant, Potato Soup, Baked Beans, Pears
	28 Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	29 Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	30 Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/ Ranch Dressing, Garlic Bread, Applesauce	31 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges

Spring General Elections

(by Lori Miller, League of Women Voters - Greater Chippewa Valley)



On April 4, 2023, Wisconsin voters will go to the polls for the spring general election. Depending on where you live, your ballot could include candidates for municipal or county offices, school board positions, or resolutions. However, candidates for one state-level position – a Wisconsin Supreme Court justice – and two amendments (one constitutional and one advisory) will appear on every ballot across the state.

Make sure you are registered to vote in Wisconsin, either by contacting your municipal clerk or by checking on MyVote.wi.gov. If you aren't registered, you can register now, either on-line at MyVote.wi.gov or by mail (through March 15) or in-person at your municipal clerk's office (through March 31). You must provide a proof of residence. You can also register at the polls on election day; in that case, be sure to bring a proof of residence and a proof of identification.

Other deadlines for the April 4 election:

Requesting an absentee ballot by mail, online, email, fax: Now through March 31st. However, the League of Women Voters-Greater Chippewa Valley (LWV-GCV) recommends making your request as early as possible and no later than March 21st. You must submit a photo ID, if one is not already on file at your municipal clerk's office. Your municipal clerk will mail absentee ballots starting on March 14th to voters who have valid requests on file.

Voting your absentee ballot: In-person at your municipal clerk's office between March 21st-March 31st; contact your municipal clerk to verify times and dates. **Mail:** Return your completed ballot as soon as possible, so that your municipal clerk receives your ballot by 8:00pm on April 4, 2023. Or return your ballot in-person at the polls on election day.

Sample ballots: Start checking MyVote.wi.gov on March 14 to see your sample ballot. In Wisconsin, sample ballots are posted three weeks before an election that includes only state and local offices and seven weeks before elections that include federal offices.

For more information about voting in Wisconsin, please contact your municipal clerk or visit the websites for LWV-GCV (www.lwv-gcv.org) or MyVote.wi.gov

Let me start off by introducing myself - my name is Matthew Bertelson and I am the Nutrition Program Coordinator for Buffalo & Pepin Counties. I have deep roots in Durand and the surrounding areas and am passionate about this work as a way to give back to my community.

The Nutrition Program (more commonly known as Meals on Wheels) is a part of the Aging and Disability Resource Center and provides nutrition services to qualifying adults aged 60 and up, as well as their spouse or domestic partner. The nutrition program's mission is to help seniors live independently by promoting better health through improved nutrition and reduced isolation. Services include not only meals but nutrition screening, nutrition education, and counseling. A common misconception is that the nutrition program only provides home delivered meals, when in fact we currently have four locations throughout Buffalo and Pepin Counties that provide the opportunity for in-person dining. These senior dining centers give older adults a place to enjoy a fresh, healthy meal with others while encouraging a sense of community and friendship. I have seen firsthand the power of conversation and laughter that gets shared throughout these dining centers.

None of this is possible without the dedication and generosity of volunteers and the meal sites who prepare the food. The drivers deliver much more than just a meal; they are a helping hand, a conversation, a way to combat isolation. With that being said, we are in need of more volunteer drivers for both Buffalo and Pepin Counties. Volunteer drivers are able to receive mileage reimbursement at a current rate of \$0.583 per mile. If you have a clean driving record and want to fill your free time with something rewarding while giving back to your community, please consider volunteering with our program.

If you are interested in learning more about the nutrition program or considering being a volunteer driver, I invite you to give me, Matthew Bertelson, a call at 715-672-8941, Ext. 163 or email mbertelson@co.pepin.wi.us. We owe it to our seniors and aging community of Pepin and Buffalo Counties.



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WisconsinSeniorMedicarePatrol



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.



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Help Line: 715-672-8617



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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 & WEDNESDAY ONLY

*March
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	2 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
6 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	7 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	8 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	9 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	
13 Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit	14 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	15 Cheeseburger, Potato Salad, Coleslaw, Fruit	16 Baked Fish, Baked Potato, Side Salad, Fruit	Call previous day by 1:00pm to order lunch.
20 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	21 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	22 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	23 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	Salad Options: Taco Ham Chicken
27 Fish Sandwich w/Cheese, Potato Salad, Green Beans, Fruit	28 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	29 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	30 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	

The Pepin County Council of Senior Citizens is planning to hold an election of members to its Board of Directors. Currently there are nine members on the Board who govern the assets and activities of the organization. They are: Floyd Briggs, Bonnie Bock, Carol K. Bauer, Charlotte Byington, Carol Orne, Linda DeLong, Lois Laehn, Zita Stewart and Barb Winberg.



Senior Citizens are reminded to pay their membership dues of \$5.00 for the year 2023, to make sure they are eligible to vote in this election. This can be done in the office at the Riverview Community/Senior Citizen Center located at 606 West Madison St. in Durand, or you may send it to the same address. New members are always welcome. One of the advantages of being a member of the group is that you may participate in activities that go on there and your family may rent the Community Center at a 25% discounted rate for get-togethers and events if you have paid your dues by February 15th.

Those members of the Board whose terms expire this year are: Floyd Briggs, Charlotte Byington and Barb Winberg. As incumbents, they have expressed that they would be willing to serve another term. They have been nominated for office. Other members can also run for office. If you are interested in running for a position on the Board of Directors, contact the office at the Riverview Community/Senior Citizen Center by calling 715-672-4101.

The Board of Directors election will take place at the March 28th meeting of the Pepin County Council of Senior Citizens to be held at the Riverview Community/Senior Citizen Center in Durand, WI. The meeting will begin at 10:30 a.m. After the meeting, a pot luck lunch will be served.

The Pepin County Council of Senior Citizens is an active group of people aged 55 and older that owns and maintains the Riverview Community Center building in Durand. Neither Pepin County nor the City of Durand fund the building. Rentals and fund raisers are held to help support the building. The building can be rented and used by members of the public for various get-togethers. People are urged to stop by and check out what goes on there. Carol K. Bauer/Marge Briggs

AMERICAN LUTHERAN HOME

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

*March
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 w/Dressing, Breadstick, Strawberries	Call previous day by 1:00pm to order lunch.
20 Fish Filet, Conique Potatoes, Broccoli, Bread, Peaches	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	29 Baked Ham, Sweet Potatoes, Green Beans, Whole Wheat Dinner Roll, Fruit Pie	30 Ritzy Chicken Divan Hot Dish, Au Gratin Potatoes, Chuckwagon Corn, Bread, Pears	

St. Patrick's Day Crossword Puzzle



Across	Down
4. Dublin	1. March
5. Jig	2. Luck
7. Pinch	3. Blarney
9. Seventeenth	6. Ireland
11. Shamrock	7. Potato
12. Green	8. Leprechaun
13. Irish	10. Clover

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/upcoming-events>



Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.

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

Pepin County Wishes to Thank Our Recent Donors!

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