

TWO RIVERS CONNECTION



March 2024

What's Important to You, Is Important to Us!

The Aging & Disability Resource Center of Buffalo & Pepin Counties, also known as the ADRC, provides information on a wide variety of programs and services. If you have questions about aging or living with a disability, your local ADRC can help.

The ADRC is responsible for creating a 2025-2027 Aging Plan. This plan provides us with an opportunity to set local goals, based on the current and future needs of our own communities. Please share your ideas with us and return the completed survey to the Buffalo or Pepin County Courthouse by 3/28/2024. If you'd rather connect via phone, please contact us at 866-578-2372, or you can find our survey online at <https://www.surveymonkey.com/r/V6FZL5V>

1. What areas would you like to learn more about?

- ◇ Use of technology
- ◇ Understanding advocacy
- ◇ Caregiving and Dementia
- ◇ Healthy aging
- ◇ Medicare
- ◇ Social Security Disability
- ◇ Local Resources
- ◇ Supportive Home Health Care
- ◇ Transitioning to Assisted Living or Nursing Home
- ◇ Consumer Fraud/Scams
- ◇ ADRC programs and services (nutrition, Transportation, etc.)
- ◇ Other (please list):

2. How do you prefer to learn more about the above mentioned ideas?

- ◇ ADRC newsletter article in the (Two Rivers Connection)
- ◇ Local Newspaper article (Courier Wedge and Buffalo County News)
- ◇ ADRC Facebook post
- ◇ In-Person seminar
- ◇ Virtual seminar
- ◇ Local Radio Station (Reel Country WRDN)
- ◇ Other (please list):

Please complete the survey on the next page.

What's Important to You, Is Important to Us! (continued)

3. What do you see as the two (2) main issues facing older adults in our community today?

4. Are there services or events you have heard of in other communities that you think would be helpful to offer in Buffalo and Pepin Counties?

5. The ADRC is in need of volunteers in the Nutrition and Transportation Programs. Volunteers can deliver home-delivered meals and/or transport individuals to and from appointments. Volunteers choose how, where, and how often they want to serve in their community. Mileage reimbursement is provided when using your own vehicle. Would you be interested in learning more about the volunteer opportunities available in Buffalo and Pepin Counties? If so, please provide your contact information and include if you'd prefer to deliver meals or drive individuals to appointments. You may also contact the ADRC directly at 866-578-2372.

6. Where did you receive this survey?

7. If you'd like a follow-up call about the survey in general, please provide your contact information.

Please submit completed survey to the Buffalo or Pepin County Courthouse

Homestead Tax Credit



The ADRC of Buffalo & Pepin Counties will once again this year assist residents with the preparation of Homestead Tax Credit, for those who are eligible.

If you meet the qualifications, you may 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 2023 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: Please call the ADRC at 715-672-8945 or **Toll Free at** 1-866-578-2372 to schedule an appointment.

Buffalo County residents: Please call the ADRC at 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 listed below for dates, times, and locations.

Location	Date	Time
Cochrane Senior Apartments	March 5, 2024	9:15 - 10:00am
Alma Senior Apartments	March 5, 2024	10:30 - 11:15am
Nelson Senior Apartments	March 5, 2024	11:30 - 12:30pm
Highland Apartments, Mondovi	March 5, 2024	1:00 - 1:45pm
Vine St. Apartments, Mondovi	March 5, 2024	2:00 - 2:45pm
Lincoln St. Apartments, Mondovi	March 5, 2024	3:00 - 3:45pm
Washington St. Apts., Mondovi	March 5, 2024	4:00 - 4:45pm

Site dates will be cancelled and rescheduled if weather conditions delay or close schools in your area.

For more information about the ADRC, you can visit us on the web at: www.adrc-bcp.com or follow us on Facebook, at www.facebook.com/ADRCBuffaloAndPepinCounties

Commodity Foods —Food for Seniors



Who is eligible?

You may qualify if you:

Live in **Pepin or Buffalo County**

- Are 60 years old or over
- Have an income (before tax deductions) that is less or equal to CSFP income guidelines listed here.

Household Monthly Income-2024:

Size Income

1 \$1,632

2 \$2,215

3 \$2,798

For each additional household member, add \$583.

Commodity Supplemental Food Program

CSFP works to improve the health of low-income adults age 60 years and older by supplementing their diets with nutritious foods.

How CSFP Works:

CSFP provides a monthly supplemental food package that includes:

- * Canned fruits & vegetables
- * Juice
- * Dry or canned milk
- * Cheese
- * Canned meat
- * Peanut butter or dried beans
- * Cereal and grains
- * Rice, instant potatoes or pasta

Contact Matthew at **715-672-8941**, Ext. #163 for more information.

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

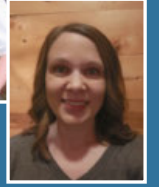
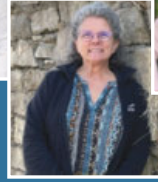
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Chelsey Herold - Dementia Care Specialist



How to Become an Organ Donor in Wisconsin

By the GWAAR Legal Services Team (for reprint)

Submitted by Bernadette Rogers, Elder Benefit Specialist



Did you know that there are currently more than 120,000 people in the U.S. waiting for an organ transplant and that a new name is added to the waiting list every 9 minutes? Every day, an average of 17 people die in the U.S. waiting for transplants that cannot happen, due to a shortage of donated organs. By donating your organs after you die, you can save up to eight lives. In addition, being an organ donor can help your family cope with your loss by knowing that your organ(s) live on in other people and are helping save lives.

Sometimes, people want to become organ donors, but they think they are too old to do it. Age does not matter, however; all that matters is the condition of the organs at the time of death. In fact, 1 out of 3 deceased donors is over the age of 50.

If you would like to become an organ donor in Wisconsin, here are the steps you should follow:

- Complete a Wisconsin Driver License Application, Form [MV3001](#), or Wisconsin Identification Card (ID) Application, Form [MV3004](#), and check the box indicating you wish to be a donor. You can check the box when renewing or first obtaining a license.
- Register your name with the [Wisconsin Donor Registry](#).
- Sign and keep a Donor Card in your wallet.
- Designate someone you trust to be your healthcare power of attorney (POA), and make sure that they are aware of your wishes. When filling out the [healthcare POA](#) form, be sure to check the relevant box under “Anatomical Gifts.”

As an organ donor, you can make a difference through transplantation, therapy, education, or research. If you are 18 years of age or older, your decision cannot be overridden by your family or any other person, so be sure to share your decision with your family. Registering to be a donor allows you to authorize the donation of your organs, tissues and/or eyes upon your death. You can change your mind at any time prior to your death, as well.



Aging and Disability Resource Center
of Buffalo and Pepin Counties

COMMUNITY OUTREACH

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 27,262 skull caps through the month of February. *Nice job ladies!*

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

New members are welcome!



TRANSPORTATION PROGRAM

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 t

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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



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

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dates Salad Option</p> <p>1st Grilled Chicken 4th - 8th Crispy Chicken 11th - 15th Taco 18th - 22nd Chef 25th - 29th Grilled Chicken</p>	<p>Served with each meal:</p> <p>Milk</p>			<p>1 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake</p>
<p>4 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pears, Cake</p>	<p>5 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Mandarin Oranges, Cake</p>	<p>6 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Peaches, Cake,</p>	<p>7 Tator Tot Hotdish, Peas/Corn, Bread, Pineapple, Cake</p>	<p>8 Cod, Baked Potatoes, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p>11 Cheeseburger on Bun, Baby Red Potatoes, Carrots, Pears, Cake</p>	<p>12 Broasted Chicken, Mashed Potatoes, Corn, Bread, Fruit Cocktail, Cake</p>	<p>13 Spaghetti w/ Meat Sauce, Lettuce Salad, Garlic Bread, Applesauce, Cake</p>	<p>14 Tomato Soup, Egg Salad on Croissant, Bread, Topical Fruit, Cake</p>	<p>15 Cod, Potato Salad, Beans, Bread, Coleslaw, Cake</p>
<p>18 Corn Beef and Cabbage w/Potatoes and Carrots, Bread, Banana, Cake</p>	<p>19 Creamed Chicken over Biscuits, Peas, Corn, Mandarin Oranges, Cake</p>	<p>20 Meatballs, Mashed Potatoes, Broccoli, Bread, Peaches, Cake</p>	<p>21 Hamburger Hotdish, Carrots, Bread, Fruit Salad, Pineapple, Cake</p>	<p>22 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i></p>
<p>25 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Banana, Cake</p>	<p>26 Broasted Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake</p>	<p>27 Chili, Ham Salad Sandwich, Bread, Fruit Salad, Peaches, Cake</p>	<p>28 Hamburger Gravy over Mashed Potatoes, Carrots, Bread, Pineapple, Cake</p>	<p>29 Good Friday Restaurant Open No Senior Meals</p>



March 6, 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

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 800-378-2372. For hearing impaired, please use Wisconsin Relay 711 service. If information is needed in another language, contact 800-378-2372.

DID YOU KNOW...

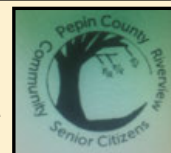
The ADRC of Buffalo and Pepin Counties has a Resource Guide FILLED with lots of great information to address your aging and disability needs? Stop by your local ADRC office in Buffalo or Pepin county to pick up your **FREE** copy today! You can also find an electronic version of the guide on our website: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

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.

Pepin County Council of Senior Citizens to Elect Members to Board of Directors



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, Brenda Cole, Lois Laehn, Zita Stewart and Barb Winberg.

Senior Citizens are reminded to pay their membership dues of \$5.00 for the year 2024, 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 welcome.

An advantage of being a member is you may participate in the Community Center activities, and your family may rent the Community Center at a 25% discounted rate for get-togethers/events, if your dues are paid by April 1st.

Those members of the Board whose terms expire this year are: Carole Orne, Zita Stewart and Bonnie Bock. 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.

This election will be during the July 23rd meeting of the Pepin County Council of Senior Citizens, at the Riverview Community/Senior Citizen Center in Durand, WI. The meeting begins at 10:30 a.m., with lunch served afterward.

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.

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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
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Served with each meal: Milk</p>				<p>1 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges</p>
	<p>5 Chicken Parmesan over Pasta, Carrots, Lettuce Salad, Wheat Bread, Banana</p>	<p>6 Cheeseburger on Bun, Tater Tots, Baked Beans, Fruit Cocktail</p>	<p>7 Beef Stew, Brussel Sprouts, Whole Grain Muffin, Pears</p>	<p>8 Vegetable Lasagna, Coleslaw, Garlic Bread, Tropical Fruit</p>
<p>Call previous day by 1:00pm to order lunch.</p>	<p>12 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Wheat Bread, Fruit Cocktail</p>	<p>13 Tater Tot Hot Dish, Creamy Coleslaw, Corn, Whole Grain Muffin, Mandarin Oranges</p>	<p>14 Chicken Alfredo, Lettuce Salad w/French Dressing, Garlic Bread, Broccoli, Applesauce</p>	<p>15 Baked Cod w/ Tarter Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Pineapple</p>
<p>Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad</p>	<p>19 Corned Beef, Cabbage, Red Potatoes, Wheat Bread, Banana </p>	<p>20 Creamed Chicken & Biscuits, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert</p>	<p>21 Beef Roast, Mashed Potatoes w/ Gravy, Corn, Wheat Bread, Topical Fruit</p>	<p>22 Fish Sandwich w/Bun, Tarter Sauce, Split Pea Soup, Tomato Juice, Fruit Cocktail</p>
	<p>26 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple</p>	<p>27 Lasagna, Mixed Vegetables, Lettuce Salad w/French Dressing, Garlic Bread, Strawberries</p>	<p>28 Baked Ham, Scal-loped Potatoes, Whole Kernel Corn, Wheat Bread, Pears, Pie</p>	<p>29 Good Friday Restaurant Open No Senior Meals</p>

SAVE THE DATE!
 Tuesday May 7th, 2024
 11:30 am - 2:30 pm
 Gilmanton American Legion
 W738 Cty Rd B, Gilmanton

HOOTENANNY HOEDOWN



Sponsored by the ADRC of Buffalo and Pepin Counties

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



Need a Ride? Call
 866-578-2372 by
 May 2nd to sign up.

THANK YOU

What's Important To You, Is Important to Us!

The ADRC is responsible for creating a 2025-2027 Aging Plan. This plan provides us with an opportunity to set local goals, based on the current and future needs of our communities. In order to create these goals, we want to hear from you!

Contact us today to set up a time for a phone appointment with Cammi/ADRC Manager at 866-578-2372 or adrc-bp@co.pepin.wi.us. You can expect an informal conversation about the main issues facing older adults in our community, and if there are services or events that the ADRC can implement to help combat these issues. Your feedback is important to us!



Meet the Driver! Aaron B.

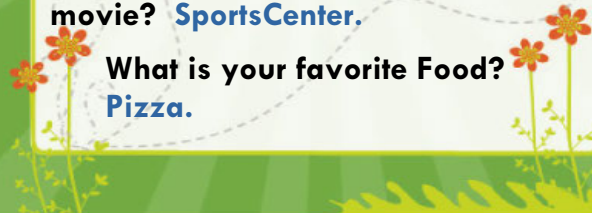
How long have you delivered meals?
8years!

What is one thing you like about volunteering? **Saying Hi to everyone!**

What is one of your Hobbies?
Following Football and basketball.

What is your Favorite TV show or movie? **SportsCenter.**

What is your favorite Food?
Pizza.



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**CONTACT ME
Ruth Schlitz**

rschlitz@lpicommunities.com

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Preventing Medicare Fraud



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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Help Line: 715-672-8617



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

Peppin 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

*March
2024*

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



FREE HEALTH SERVICES



◆ FREE Services ◆

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

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

◆ Contact Us ◆
(507)-457-2891
www.bridgeshealthwinona.com

AMERICAN LUTHERAN HOME

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

March 2024

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

Enjoy some time to color!



March Memory Café



Our new Dementia Care Specialist, Chelsey Herold, has been busy lining up new opportunities for our Memory Café, and other events. Please stay tuned to the April newsletter for new updates and Memory Café information. If you have any questions, please don't hesitate to call us.

1-866-578-2372



Rochelle Boos will be offering toe nail clinics in March.

Durand - at the Senior Center

March 15th, 19th, and 27th

Pepin - at the Lion's Club

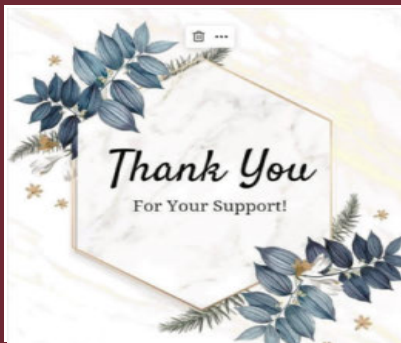
March 28th

Please contact Rochelle to schedule an appointment.

Call or text at: 715-559-6077

Pepin County Wishes to Thank Our Recent Donors!

Donations:
D. M. Servais
John Solie
Janice Weiss



Thank you from the Riverview Community Center!

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