

TWO RIVERS CONNECTION



May 2023

ALL SHOOK UP!



Take a picture with Elvis in our photo booth!

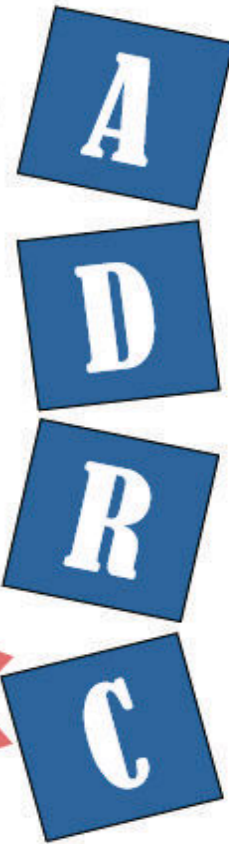
May 5, 2023

11:30am-1:45pm

At the Gilmanton American Legion

W738 Cty Rd B, Gilmanton

LIVE MUSIC with ELVIS!
1pm-1:45pm



GAMES and Raffle Prizes
(must be present to win)

BINGO
12:15-1:00pm

Check out our services and meet the



Beverages available for purchase. Light refreshments provided.
Need a ride? Call 866-578-2372 by May 1 to set up transportation!

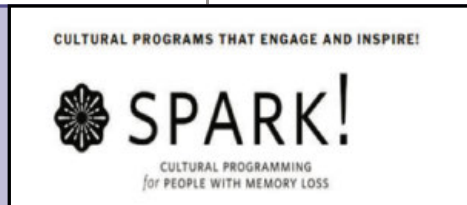


Dementia Care Calendar				May 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Meet the Author of "Other Me's" Jim Adams Wings Over Alma 2:00 - 3:00pm	4 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	5
8	9 <u>Coffee & Conversation Memory Café</u> Hurlburt's Haven, Durand 10:00am - 11:30am	10	11 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	12
15	16	17	18 <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	19
22	23	24 <u>REGISTER by TODAY</u> for CAREGIVER BOOK CLUB! "The 36 Hour Day" by Peter V. Rabins & Nancy L. Mace	25 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	26
29 CLOSED Memorial Day	30	31		

SPARK! is a cultural program for people with early to mid stage memory loss, and their care partners. SPARK! is located in museums, galleries, nature centers and cultural venues across the United States and continues to expand into new communities.

SPARK! programs welcome care partners to stay actively engaged in their communities while joining peers to experience art, culture, the arts and nature in a comfortable environment with specially trained staff and volunteers.



SPARK! programs typically last 60-90 minutes and group sizes average 10-25 participants. Attending a SPARK! program provides care partners an opportunity to be together IN THE MOMENT. The programs are not reminiscent nor do they rely on recalling memories, but rather focus on observations, conversations and creative experiences. There are a variety of programs to fit every interest and comfort level. From art-making, singing and drama to museum discussions, performances and cooking – SPARK! offers something for everyone.



If you are interested in attending a local SPARK! program at the Minnesota Marine Art Museum, please call Katrina Longmire, Dementia Care Specialist, at the Aging and Disability Resource Center at 715-279-7870 or email Katrina at klongmire@co.pepin.wi.us, OR adrc-bp@co.pepin.wi.us. You can also call us toll free: 1-866-578-2372.

Call Katrina at 715-279-7870 for information in signing up for the group Zoom links!!

Follow Numbers 1 through 55

		4	9	6	18	17	16	35	34	32
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40	41	42	43	46	47	53	54	55		

SEASONTIMES.COM

*Find the path from 1 to 55, with the next number touching the last number.
Answer key is on page 9.*

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - Information & Assistance Specialist

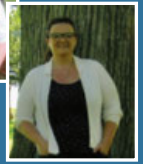
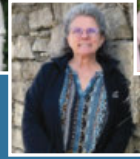
Michelle Brown - Information & Assistance Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Katrina Longmire - Dementia Care Specialist



Medicare Minutes- April 2023: Speaking to Your Doctor

Article By: 2023 Medicare Rights Center; Submitted by Melissa Hovland, Disability Benefit Specialist

It is important to work with your doctor to ensure you get the best health care possible. Today we will talk about how you can build an effective relationship with your doctor and make the most of your visits.

Point 1: Communicate well with your healthcare provider. Communication is very important when building relationships with your healthcare providers and getting the best possible care. To help you communicate with your providers, take the following steps:

- **Be prepared.** Arrive at your doctor's office prepared with your health insurance cards, a copy of your health history if you're a new patient, and a list of questions you want to ask your doctor. Bring something to take notes on what your doctor tells you. Consider bringing another person, like a family member, friend, or caregiver, if you think it can help.
- **Share information.** Tell your doctor about symptoms you're having and any trouble you're having with activities of daily living. Share about other providers you've seen and any treatments they recommend.
- **Ask questions.** If you don't understand something your doctor says, ask them to explain it.
- **Get it in writing.** Ask your doctor to write down what you should do between now and your next visit, including instructions for how to take medicines, specialists you should see, or lifestyle modifications.
- **Follow up.** If you experience any issues after your appointment, call your doctor's office to schedule a follow-up. Ask your doctor's office if they use email or an online portal to communicate with patients.

Point 2: Know your rights if a provider does not think your care will be covered. If you have Original Medicare and your provider believes that Medicare will not pay for a service, they may ask you to sign an Advance Beneficiary Notice, or ABN, before you receive that service. The ABN allows you to decide whether to get the care—and pay out of pocket for it—if Medicare denies payment. The notice must list the specific reason why the provider believes Medicare may deny payment. Providers are not required to give you an ABN for services or items that are never covered by Medicare, such as hearing aids or dental care. Medicare requires providers to only use ABNs on a case-by-case basis. Providers cannot have a blanket ABN policy where they provide an ABN for all services.

If you have a Medicare Advantage Plan, you or your provider should contact your plan in advance and ask for a formal decision about whether a service will be covered. This is called asking for a determination. If the plan denies coverage before you receive the service, you should get a Notice of Denial of Medical Coverage. Follow the appeal instructions on the notice and ask your plan to reconsider its decision not to cover your service or item. Ask your doctor to submit evidence to the plan, that you meet the coverage criteria for the item or service, and that it is medically necessary. Contact your State Health Insurance Assistance Program, or SHIP, if you want individualized information and counseling about the process.

Point 3: Seek a second and third opinion if needed. A second opinion is when you ask a doctor other than your regular doctor for their view on your symptoms, injury, or illness to better help you make an informed decision about treatment options. Original Medicare covers second opinions if a doctor recommends that you have surgery or a major diagnostic or therapeutic procedure, such as something that would require general anesthetic. Medicare will cover a third opinion if the first and second opinions are different from each other. The second and third opinions will be covered even if Medicare will not ultimately cover your procedure. Note that Medicare does not cover second and third opinions for excluded services, such as cosmetic surgery. If you are in a Medicare Advantage Plan, your plan may have different cost and coverage rules for second and third opinions. Contact your plan for more information about costs and restrictions.

Point 4: Identify billing errors. Doctors and their billing departments can make errors or honest mistakes when billing. You can spot these errors by reading your Medicare statements and comparing them to your own records. The Senior Medicare Patrol, or SMP, offers My Health Care Trackers for this purpose. If something doesn't seem right, call your provider. For example, you may see that your provider billed Medicare for an office visit on a day when you did not see them. Or you may see that your provider billed you for a service that seems different than what you actually received. If they made a billing error, they should correct it. If your provider does not fix the error, or if you notice a pattern of errors, contact your local SMP at **1-888-818-2611**. Your SMP can help you identify Medicare fraud, errors, or abuse, and help you report it to the correct authorities.

Hi, my name is Michelle Brown and I am the new ADRC Information and Assistance Specialist. I will be working out of the Alma office, and covering Buffalo County.

I moved to Mondovi about 5 years ago to be closer to family, and am very happy I made that decision. I am that person who loves snow, no matter what! My fiancé and I enjoy being outdoors, riding horse, camping, and any activities that include our grand-kids.



I look forward to serving the communities of Buffalo County!



May 12th



MEMORIAL DAY
REMEMBER AND HONOR

May 29th

SAVE THE DATE!

Caregiver Resource Fair

Friday July 14, 2023
10:00am – 3:00pm
C-FC High School
Fountain City, WI

Speakers, Vendor Booths, Memory Café, Door Prizes
Sponsored by the ADRC and Buffalo County DHHS

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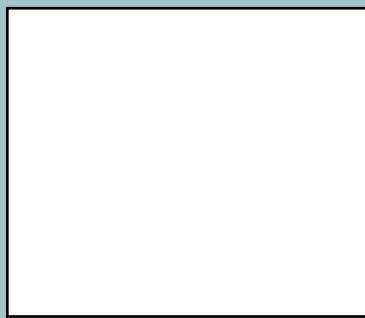
my choice WISCONSIN

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



DAILY BREAKFAST, LUNCH & DINNER SPECIALS

Friday Fish Fry (Broasted Cod)
Saturday - Prime Rib/Steaks
Sundays - Broasted Chicken

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May
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Pineapple	2 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	3 Pulled Beef on Bun, Baked American Fries, Tuna Salad w/Peas, Pears, Cake	4 Salisbury Steak, Mashed Potatoes, Broccoli, Bread, Peaches, Cake	5 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
8 Ham Steak, Cheese Potatoes, Carrots, Bread, Mandarin Oranges, Cake	9 Crispy Chicken Sandwich, Baby Red Potatoes, Broccoli Salad, Banana, Cake	10 Beef Stroganoff over Noodles, Green Beans, Bread, Fruit Cocktail, Strawberry Cheesecake	11 Creamed Chicken over Biscuits, Pease/ Carrots, Fruit Salad, Applesauce, Cake	12 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
15 Grilled Hamburger on Bun, Baby Red Potatoes, Carrots, Tropical Fruit, Cake	16 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	17 Ham Salad Sandwich, Potatoes Cubed w/Mushrooms & Onions, Bread, Fruit Salad, Peaches, Cake	18 Barbeque Pork Chop, Mashed Potatoes, Lettuce Salad, Bread, Mandarin Oranges, Cake	19 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
22 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Pineapple, Cake	23 Baked Chicken, Stuffing, Corn, Cranberries, Bread, Banana, Cake	24 Pulled Pork Sandwich, Red Potatoes, Lettuce Salad, Fruit Cocktail, Cake	25 Grilled Brat on Bun, Sauerkraut, Summer Salad, Tomatoes, Applesauce, Cake	26 Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
29 CLOSED 	30 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	31 Barbeque on Bun, Baby Red Potatoes, Tomatoes, Bread, Pears, Cake	Dates Salad Option 1st-5th - Grilled Chicken 8th-12th - Crispy Chicken 15th-19th- Taco 22nd-25th- Chef 30th-31st - Grilled Chicken	Served with each meal: Milk



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/>

ADRC
Aging & Disability Resource Center of Buffalo & Pepin Counties

May Bus Trips

Winona: Wednesday, May 3rd

Coming in June: Dementia and Brain Health Awareness Month!


Look for the June Newsletter to see what YOU can do to raise awareness of Dementia and Brain Health in our community!

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 24,814 skull caps through the month of April. *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.



The 36-Hour Day

A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss

by Nancy L. Mace, Peter V. Rabins

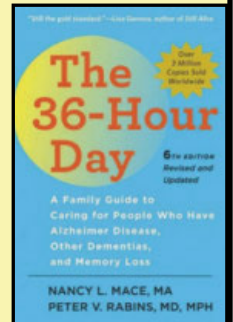
After 35 years, still the indispensable guide for countless families and professionals caring for someone with dementia.

Through five editions, The 36-Hour Day has been the "bible" for families who love and care for people with Alzheimer disease. This book offers much-needed information and support to millions of people throughout the world. Whether a person has Alzheimer disease, vascular dementia, or another form of dementia, he or she will struggle with independent living and most likely face medical, behavioral, mood, and legal and financial problems. This essential resource will help family members and caregivers address all of these challenges and simultaneously cope with their own emotions and needs.

Thoroughly revised and updated, this sixth edition features easy-to-see take-away messages about every aspect of caregiving. Informed by new research into the causes of dementia and the search for therapies to prevent or cure dementia, this edition also includes new and expanded information on dementia, brain health, caregiving, and much more!

The central idea underlying the book—that much can be done to improve the lives of people with dementia and of those caring for them—remains the same. Still very much the book readers turn to, this fresh edition of "The 36-Hour Day" is the definitive guide for those who continue to love someone even after he or she has been changed by dementia.

Join us for Virtual Caregiver Book Club on Wednesday's from 1:00pm-2:00pm, starting June 7, 2023! Participants will receive a free copy of The 36 Hour Day! Space is limited, so call now to register! Call Katrina, Dementia Care Specialist for the ADRC of Buffalo and Pepin Counties at 715-279-7870 or email klongmire@co.pepin.wi.us.



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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

*May
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk	2 Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert	3 Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches	4 Spaghetti & Meat Sauce, Broccoli, Lettuce Salad w/ Ranch, Garlic Bread, Applesauce	5 Broasted Cod w/ Tartar Sauce, Scalloped Potatoes, Peas, Wheat Bread, Mandarin Oranges
	9 Chicken Parmesan over Pasta, Cauliflower, Lettuce Salad w/French Dressing, Wheat Bread, Banana	10 Country Fried Steak, Mashed Potatoes w/Gravy, Baked Beans, Wheat Bread, Fruit Cocktail	11 Beef Stew, Broccoli Salad, Whole Grain Muffin, Pears	12 Baked Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Tropical Fruit
Call previous day by 1:00pm to order lunch.	16 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail	17 Tater Tot Hot Dish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges	18 Cheeseburger on Bun, Baked Beans, Tomato Juice, Applesauce	19 Egg Salad on Croissant, Creamy Cauliflower & Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	23 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana	24 Creamed Chicken & Biscuit, Peas & Carrots, Lettuce Salad w/ Ranch Dressing, Peaches, Dessert	25 Beef Roast, Mashed Potatoes w/ Gravy, Creamy Coleslaw, Wheat Bread, Tropical Fruit	26 Fish Sandwich on Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple
	30 Baked Meatloaf, Au Gratin Potatoes, Tomato Juice, Wheat Bread, Tropical Fruit	31 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches		

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth. Submitted by Cammi Catt-DeWyre, ADRC Manager - Buffalo and Pepin Counties



TOGETHER WE CAN MAKE A DIFFERENCE

If you're looking for a meaningful activity to fill free time, the ADRC of Buffalo and Pepin Counties has some options for you! We are in need of:

- Volunteer drivers for our transportation program (this entails taking individuals to and from medical and non-medical appointments). Roundtrip mileage reimbursement is provided.
- Volunteers to deliver home-delivered meals (we have 6 meal sites in Buffalo & Pepin Counties so you could help at the site nearest to you). Roundtrip mileage reimbursement is provided and a free lunch is included.



If you'd like to learn more about any of these opportunities, please contact us at 866-578-2372 or adrc-bp@co.pepin.wi.us. You can volunteer as little or as much as you'd like!

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		3	8	5	20	40	15	21	23	45
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10	5	26	23	10	42	41	15	39	21	33
14	6	25	24	11	12	13	14	39	22	47
8	7	14	15	16	17	18	19	20	23	46
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Preventing Medicare Fraud



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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825 E Prospect St, Durand, WI
Store Line: 715-672-8975
Help Line: 715-672-8617



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Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

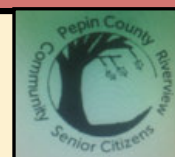
THE LOST PIRATE

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

*May
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit	2 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	3 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	4 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
8 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit	9 Beef Stroganoff, Mashed Sweet Potato, Corn, Fruit	10 Chicken & Gravy over Mashed Potato, Mixed Vegetables, Fruit	11 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit	
15 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	16 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	17 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	18 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	Call previous day by 1:00pm to order lunch.
22 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	23 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	24 Cheeseburger, Potato Salad, Coleslaw, Fruit	25 Baked Fish, Baked Potato, Side Salad, Fruit	Salad Options: Taco Ham Chicken
29 CLOSED 	30 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	31 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit		

Pepin County Council of Senior Citizens met on March 28, 2023, and there was an election to the Board of Directors held for three seats. Nominees were Floyd Briggs, Barb Winberg and Charlotte Byington, current members of the Board. There were no other nominees presenting and all of the above have agreed to serve another term of three years.



Quilt Raffle tickets are available at Riverview Center for our Annual Fund Raiser to take place on June 5th.

Crystal Dow, who works for the Senior Community Service Employment Program was present to give us all an overview of the program which is funded by the U.S. Dept. of Labor. This is a training program for seniors aged 55 and over, giving them the opportunity to be compensated for services rendered in non-profit organizations. Locally, this would include driving individuals to appointments, working at St. Vincent de Paul Thrift Store and Riverview Center for Seniors. If you are interested in enrolling in this program you can contact her at 715-781-4434. She is currently searching for someone to manage event planning for the Riverview Center, but there are many opportunities for other positions.


On April 1st, the Riverview Quilters hosted a De-Stash Sale for anyone interested in quilting, sewing or other crafts with fabrics. There were several tables filled with fabrics, patterns, threads and notions of many kinds. This event was open to the public and there were several people who showed up to shop, visit, and to have lunch. *Marge Briggs*



AMERICAN LUTHERAN HOME

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

*May
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Country Fried Steak w/Gravy, Mashed Potatoes, Roasted Beets, Bread, Mandarin Oranges	2 Beef Stew over Biscuit, Crackers, Broccoli, Pumpkin Crisp	3 Polish Sausage on Bun, Sauerkraut, Baked Beans, Mixed Fruit	4 Meatballs w/Gravy over Mashed Potatoes, Carrots, Bread, Pears	Served with each meal: Milk
8 Hamburger Gravy over Mashed Potatoes, Sunshine Carrots, Bread, Applesauce	9 Ham & Bean Chowder, Sweet Potato Wedges, Whole Wheat Dinner Roll, Fruit Crisp	10 Roast Beef w/ Gravy, Mini Baker Potatoes, Broccoli, Bread, Fruit Pie	11 Chicken Parmesan Pasta Bake, Italian Blend Veggies, Salad w/ Dressing, Breadstick, Strawberries	
15 Fish Filet, Conique Potatoes, Broccoli, Bread, Peaches	16 Chicken Alfredo over Pasta, Baked Tomato Half, Salad w/Dressing, Bread, Mandarin Oranges	17 Homemade Chili, Crackers, Cornbread, Cascade Blend Veggies, Caramel Apple Crisp	18 Turkey w/Gravy, Stuffing, Cranberry Sauce, Green Beans, Bread, Pumpkin Pie	Call previous day by 1:00pm to order lunch.
22 Split Pea Soup w/Ham, Parslied Carrots, Whole Wheat Dinner Roll, Fruit Cocktail	23 Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Broccoli, Bread, Pumpkin Bar	24 Baked Ham, Sweet Potatoes, Green Beans, Whole Wheat Dinner Roll, Fruit Pie	25 Ritzy Chicken Divan Hot Dish, Au Gratin Potatoes, Chuckwagon Corn, Bread, Pears	
29 CLOSED	30 Beef Stew over Biscuit, Crackers, Broccoli, Pumpkin Crisp	31 Polish Sausage on Bun, Sauerkraut, Baked Beans, Mixed Fruit		Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
 MEMORIAL DAY				

Nail Care Clinics!

Clinics will be held in Durand and Pepin each month.

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



*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>*

Pepin County Wishes to Thank Our Recent Donors!

Donations:

Orlin & Sharyn Berg



Thank you from the Riverview Community Center!

Donations:

*Joanne Hestekin
Mary Kaufman
Donna & Erv Lauer
Charlotte Byington
Crystal Dow
Barbara Laughery*

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

Address Service Requested

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DURAND, WI**

COMMUNITY CONTACTS

ADRC of Buffalo & Pepin Counties: 1-866-578-2372 or adrc-bp@co.pepin.wi.us

Please **add** or **remove** my name to/from the mailing list for the Two Rivers Connection newsletter (Circle One)

Name: _____

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Donation Amount: \$ _____

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