

TWO RIVERS CONNECTION



October 2022

When Is the Open Enrollment Period?

Are you ready?



The Medicare annual open enrollment period is just around the corner and now is a good time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan or a Medicare Advantage plan? The plans' premiums, deductibles, and co-pays can change each year. That means even if your healthcare needs or medications haven't changed, the amount you pay for your premiums may change in 2023!

What can people do about this? Anyone with a Medicare Part D Plan or Medicare Advantage plan should check their coverage each year during Medicare's annual open enrollment period, which runs **October 15th through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other plans in 2023. If it is no longer the best plan for your health care needs or medications, this is the time to make a switch to a Part D or Advantage plan that will suit you better.

Make sure you will have a prescription drug plan or Advantage plan in the new year that best meets your needs. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Pepin and Buffalo Counties can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the **Aging & Disability Resource Center of Buffalo & Pepin Counties**. The ADRC website also has helpful resources available to help assist beneficiaries through this process at <https://www.adrc-bcp.com/medicare-resources>.

Don't let this opportunity pass you by! Go to **Medicare.gov** to find and compare plans online or for local assistance call the ADRC at 1-866-578-2372



Dementia Care Calendar

Oct. 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|-----------|
| 3 <u>Questions with Katrina</u> Alma Library 2:30 - 4:30pm | 4 | 5 | 6 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm | 7 |
| 10 | 11 <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am <u>Health Rhythms Drumming w/Cheri Bunker</u> 10:00 - 11:30am Hurlburt's Haven-Durand 1227 E Prospect St. <u>Powerful Tools for Caregivers (see page 6)</u> Durand: 3:00 - 4:30 | 12 | 13 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm | 14 |
| 17 <u>Questions with Katrina</u> Alma Library 2:30 - 4:30pm | 18 <u>Powerful Tools for Caregivers (see page 6)</u> Durand: 3:00 - 4:30pm | 19 <u>Pepin Exchange Memory Café</u> Pepin Library, Pepin 10:30am - 12:00pm | 20 <u>Lunch Bunch</u> Support Group for Caregivers - on Zoom 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm | 21 |
| 24 | 25 <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am <u>Powerful Tools for Caregivers (see page 6)</u> Durand: 3:00 - 4:30pm | 26 | 27 <u>Powerful Tools for Caregivers</u> Durand: 3:00 - 4:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm | 28 |



Why Drums, Drumming and Drum Circles?

We are drawn to drums. They are like a magnet, and few can pass a drum without touching it. But, more than that, people with little or no musical background can participate in group percussion activities. Drumming events can bring the benefits of drumming to a broad segment of the population, and these experiences tend to be enjoyable and positive for all involved. Participation in such events promotes relaxation, communication, and a sense of belonging to the community.

Join Cheri Bunker at Hurlburt's Haven, 1227 E Prospect St., Durand on October 11, 2022 from 10:00am - 11:30am.

We're here to help!

Check out our weekly Dementia Care posts on our website and Facebook page!

Website: www.adrc-bcp.com

Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

WHEAP Energy Assistance

The Wisconsin Home Energy Assistance Program (WHEAP) provides eligible households with assistance for heating costs, electric costs, and energy crisis situations.

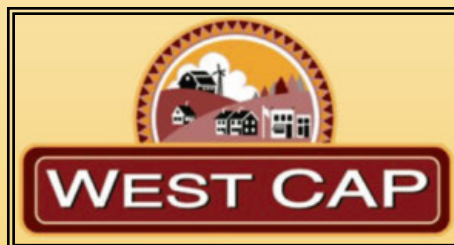
When you apply for WHEAP Energy Assistance, you may qualify for multiple programs:

- **Heating Assistance** is a one-time payment during the heating season which runs from **October 1 to May 15**. The funding pays a portion of the heating cost but is not intended to cover the entire cost of heating. Follow the application instructions below to apply for Heating Assistance.
- **Electric Assistance** (Non-Heating) is a one-time benefit during the heating season intended to pay a portion of the household's non-heating electrical costs. Follow the application instructions below to apply for Electric Assistance.

If the gross income for your household is less than the amount shown on this chart, you might be eligible to receive WHEAP assistance.

Income Guidelines for 2022-2023 Program Year

| Household Size | 1 Month Income | Annual Income |
|----------------|----------------|---------------|
| 1 | \$2,675.25 | \$32,103 |
| 2 | \$3,498.42 | \$41,981 |
| 3 | \$4,321.58 | \$51,859 |
| 4 | \$5,144.83 | \$61,738 |
| 5 | \$5,968.00 | \$71,616 |
| 6 | \$6,791.17 | \$81,494 |
| 7 | \$6,945.50 | \$83,346 |
| 8 | \$7,099.83 | \$85,198 |



West CAP will be administering WHEAP for Pepin County for the 2022-2023 heating season. If you are a **Pepin County resident**, you can apply in the following ways:

- **On-line at:** <https://energybenefit.wi.gov/>
- **Call West CAP's office at 800-606-9227 or 715-265-4271 to receive a paper application or to complete a phone application.**

Home Energy Plus will be administering WHEAP for Buffalo County for the 2022-2023 heating season. If you are a **Buffalo County resident**, you can apply in the following ways:

- **On-line at:** <https://energybenefit.wi.gov/>
- **Call the Energy Assistance Coordinator at 608-685-4412 to receive a paper application or to schedule your phone application.**

At a minimum, the following verifications are required to apply:

1. Photo ID, Social Security numbers, Alien Status card or Immigration papers, and proof of residency.
2. Proof of all earned and unearned income, including self-employment for the previous one month prior to application date. (Example: If you apply in October, you need income documentation for September.)
3. If you rent, please provide your lease showing the landlord and who provides heat and electricity.
4. If you pay child support, provide evidence of support paid for the one month prior to application for energy assistance.

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 for 2022:

| Size | Income |
|------|---------|
| 1 | \$1,473 |
| 2 | \$1,984 |
| 3 | \$2,495 |

For each additional household member, add \$511.

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



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



Social Security: Fraud Prevention and Reporting

A message from Social Security (For Reprint) and submitted by Melissa Hovland, Disability Benefit Specialist

What is Social Security fraud? Fraud involves obtaining something of value through willful misrepresentation. In the context of our programs, fraud exists when a person fails to disclose a material fact for use in getting benefits and payments. Information is “material” when it influences our determination on entitlement and eligibility to benefits under the Social Security Act.

Examples of fraud include: • Making false statements on claims; • Bribing our employees; • Misusing benefits (by a representative payee); • Buying or selling Social Security cards; • Scamming people by impersonating our employees; • Concealing facts and events that affect eligibility for benefits; • Filing claims under another person’s Social Security number (SSN); • Misusing grant or contract funds; • Failing to notify the agency of the death of a beneficiary and continuing to receive the deceased person’s benefits

Scammers Commit Fraud - Be alert! It is important to beware of scammers pretending to be from Social Security. Reports about fraudulent phone calls from people claiming to be from our agency continue to increase. To learn more about scams, visit [Protect Yourself from Social Security Scams](#).

Measures you can take to prevent identity theft:

Identity theft happens when a person illegally uses your personal information to commit fraud. Someone illegally using your SSN and assuming your identity can cause a lot of problems. But there are several things you should do to prevent identity theft:

- Do not routinely carry your SSN.
- Beware of phishing scams (emails, internet links, phone calls) tricking you into revealing personal information.
- Create a personal [my Social Security](#) account to keep track of your records and identify suspicious activity.
- Consider adding these blocks to your account with us:
 - The eServices block — This prevents anyone, including you, from seeing or changing your personal information on the internet. Once we add the block, you or your representative will need to contact your local office to request removal of the block.
 - The Direct Deposit Fraud Prevention block — This prevents anyone, including you, from enrolling direct deposit or changing your address/direct deposit information through [my Social Security](#) or a financial institution (via auto-enrollment). Once we add the block, you or your representative will need to contact your local office to request removal of the block. You will need to do the same to make any future changes to direct deposit or contact information.
- Visit [If You Want Extra Security](#) to get information regarding extra security.

Protect Yourself from Identity Theft- The OIG provides 10 tips on [Protecting Personal Information](#) and details several actions to take if you suspect identity theft.

If someone uses your SSN to obtain credit, loans, telephone accounts, or other goods and services, contact the Federal Trade Commission (FTC). The FTC collects complaints about identity theft from those whose identities have been stolen. You may reach the FTC’s identity theft hotline toll free at **1-877-IDTHEFT (1-877-438-4338)** or visit their website at www.ftc.gov/idtheft.

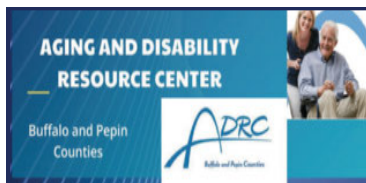
How to report fraud - Do you suspect someone of committing fraud, waste, or abuse against Social Security? You can contact the OIG’s fraud hotline at **1-800-269-0271** or submit a report online at <https://oig.ssa.gov/>

Ask a Specialist Q&A

Q: I applied for Social Security Benefits but haven’t heard any updates. Where can I check the status of my application?

A: [my Social Security | SSA](#) A free and secure [my Social Security](#) account provides personalized tools for everyone, whether you receive benefits or not. You can use your account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits you already receive.

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.



The ADRC Governing Board is looking for a citizen (or advocate) to represent the intellectual disability population of Pepin County. The Board meets at least quarterly in either Alma or Durand to conduct business, with the option to attend meetings virtually. These meetings last about 1-2 hours.

Board members attending meetings receive a per diem and are reimbursed mileage for traveling to the meeting location. Board members are also given the opportunity to attend trainings to assist them in performing their duties.

Citizen members will serve a three-year term on the Board. Contact the ADRC to learn more today at 866-578-2372 or adrc-bp@co.pepin.wi.us.

Did you know...?

- *October is associated with Autumn in the Northern hemisphere, but which season does the Southern hemisphere experience during this month? Spring*
- *In common years, October begins on the same day of the week as January, and ends on the same day of the week as February.*
- *National Fire Prevention Week, October 9th - 15th, 2022, commemorates which disaster of the United States? The Great Chicago Fire.*
- *The first working TV was tested in October of 1925.*

HALLOWEEN WORDS ANSWER KEY

- | | |
|------------|--------------|
| 1. Costume | 7. Ghost |
| 2. Mummy | 8. Scare |
| 3. Zombie | 9. Trick |
| 4. Afraid | 10. Witch |
| 5. Treat | 11. Skeleton |
| 6. Vampire | 12. Candy |



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1-800-963-0035

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

DHS Approved 4/22/2021

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PEPIN: MONDAY- FRIDAY HOME DELIVERED AND CARRY OUT ONLY (11:00AM-12:00PM) 715-442-2289

**October
2022**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 3 Ham Steak, Cheesy Potatoes, Carrots, Bread, Applesauce, Cake | 4 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake | 5 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Pears, Cake | 6 Salisbury Steak, Mashed Potatoes, Green Beans, Bread, Fruit Cocktail, Cake | 7 Cod, Baked Potato, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i> |
| 10 Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Peaches, Cake | 11 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Mandarin Oranges, Cake | 12 Chili, Hotdish w/ Diced Tomatoes, Broccoli, Bread, Banana, Cake | 13 Meatloaf, Squash, Fruit Salad, Bread, Pineapple, Cake | 14 Cod, Potato Salad, Beans, Cole-slaw, Bread, Cake |
| 17 Chili w/Stewed Tomatoes, Cold Cut Sandwich, Fruit Salad, Applesauce, Cake | 18 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake | 19 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Pears, Cake | 20 Ham Salad Sandwich, Cowboy Beans, Carrots, Fruit Cocktail, Cake | 21 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i> |
| 24 Cheeseburger, Baby Red Potatoes, Carrots, Bread, Peaches, Cake | 25 Parmesan Chicken, Mashed Potatoes, Broccoli, Bread, Tropical Fruit, Cake | 26 Turkey on Bread w/Gravy, Mashed Potatoes, Lettuce Salad, Banana, Cake | 27 Pulled Pork Sandwich, Cheesy Potatoes, Tomatoes, Pineapple, Cake | 28 Cod, Baked Potato, Beans, Cole-slaw, Bread, Cake |
| 31 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Applesauce, Cake |  |  | Dates Salad Option 3rd - 7th Chef 10th - 14th Grilled Chicken 17th - 21st Crispy Chicken 24th - 28th Taco 31st - 4th Chef | Served with each meal: Milk |

You're Invited to Participate in a FREE Workshop!

"Powerful Tools for Caregivers!"

In the six weekly classes, caregivers develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family and healthcare or service providers, communicate effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Helpbook*.

Class participant evaluations indicates the PTC program significantly improves:

- Self-Care Behaviors (increased exercise, relaxation techniques and medical check ups)
- Management of Emotions (reduced guilt, anger, and depression)
- Self-efficacy (increased confidence in coping with caregiving demands)
- Use of Community Resources (increased utilization of community services)

Join Katrina Longmire, CSW Dementia Care Specialist and Mary Wood, UW Extension Educator to learn more about taking care of yourself while caregiving, and tools you can use to prevent burnout and provide the care your loved one needs. **Please RSVP by calling 866-578-2372.**

Each Tuesday
October 11th-November 17th
3:00PM - 4:30PM
Please RSVP at 866-578-2372.
Location based on interest.



HALLOWEEN WORDS

Add the first and last letter of each line below, to make a familiar Halloween word. Answers on page 5.

- | | |
|------------------|--------------------|
| 1. ____ostum____ | 7. ____hos____ |
| 2. ____umm____ | 8. ____car____ |
| 3. ____ombI____ | 9. ____ric____ |
| 4. ____fraI____ | 10. ____itc____ |
| 5. ____rea____ | 11. ____keleto____ |
| 6. ____ampir____ | 12. ____and____ |



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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

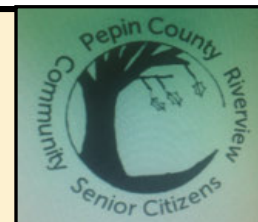
CORRAL BAR & RIVERSIDE GRILL

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

*October
2022*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <u>Served with each meal:</u> Milk | 4 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana | 5 Barbeque on Kaiser Roll, Bean Soup, Creamy Coleslaw, Tropical Fruit | 6 Spaghetti w/Meat Sauce, Broccoli, Garden Salad w/ French Dressing, Garlic Bread, Mandarin Oranges | 7 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears |
| | 11 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert | 12 Beef Stew, Broccoli Salad, Biscuit, Plums | 13 Country Fried Steak, Mashed Potatoes w/Gravy, Garden Salad w/Ranch Dressing, Wheat Bread, Pineapple | 14 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/Peaches |
| Call previous day by 1:00pm to order lunch. | 18 Hot Beef on Kaiser Roll, Corn, Tomato Juice, Mandarin Oranges | 19 Creamed Chicken w/Biscuit, Mixed Vegetables, creamy Coleslaw, Strawberries | 20 Chicken Drummies, Tater Tots, Baked Beans, Wheat Bread, Apple | 21 Swedish Meatballs, Mashed Potatoes w/Gravy, Sliced Carrots, Wheat Bread, Pears |
| <u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad | 25 Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes | 26 Chili, Creamy Coleslaw, Veggies w/ Dip, Cornbread, Applesauce | 27 Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/Gravy, Squash, Wheat Bread, Plums, Dessert | 28 Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit |

Well, as you've noticed, Fall is here in all it's glory. Leaves are turning into a blast of orange, yellow and red and slowly falling from the trees which have shaded our homes throughout the summer. Acorns from our oak trees have provided a healthy menu for the many deer, which come up in our yard to eat several times a day. Unfortunately, they also like to have dessert in our raspberry patch and a light salad with our kale and cucumbers. The fawns have lost their spots and don't seem to mind the flock of turkeys that join them for lunch either. It gives us so much enjoyment to watch them every day and see the cycle of life that occurs among our furry friends.



At our monthly meeting on August 23, it was reported by our treasurer, Lois Laehn, that the Center has shown a substantial financial loss over the last nine months and that is due mainly to the lack of rentals during this year. Hopefully, the rentals will increase with the upcoming holidays. In an effort to recover, we will be participating in the Small Town 100 mile sale in September, and holding our annual Christmas Bazaar to be held on December 3rd. Anything you donate to either of these events is greatly appreciated. Please plan on attending these events and bring friends and family to shop and enjoy looking for that "little something" that you can't live without.

Riverview Quilters will be having another "De-Stash" sale on the first Saturday in April, 2023. This event was a huge success this year with stitching fans from all over bringing ideas, fabric, crafting supplies and sewing accessories for sale. They also made a donation of fabrics to be sold at the thrift sale to be held in September. We appreciate all this group have donated to the Center over the years.

It was decided to change the time of our monthly meetings from 10:00am to 10:30am on the 4th Tuesday of the month. We provide a pot luck lunch to guests, and also the Farkle group, which meet there on Tuesdays.

Keep in mind that Riverview Center accommodates large groups and has a fully equipped kitchen, handicapped facilities and parking at a reasonable rate. There are several dates open at this time and reservations can be made at the office anytime between 10:00am-2:00pm by calling 715-672-4101. *Marge Briggs*

DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Buffalo and Pepin Counties continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: _____ or In Honor of: _____

I want my donation to go to the following program(s):

- | | | |
|--|--|--|
| <input type="checkbox"/> Information & Assistance | <input type="checkbox"/> Elderly & Adults at Risk of Abuse | <input type="checkbox"/> Caregiver Support Program |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Support Groups | <input type="checkbox"/> Two Rivers Connection |
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Elder Benefit Specialist | <input type="checkbox"/> Transportation Services |
| <input type="checkbox"/> Senior Dining Services | <input type="checkbox"/> Dementia Services | |

My donation is for:

_____ **Pepin County** _____ **Buffalo County**

It is ok to acknowledge my donation in the *Two Rivers Connection* Newsletter: Yes No

Please send receipt to -

Name & Address: _____

Please make checks payable to: ADRC, 740 7th Ave. W, PO Box 39, Durand, WI 54736

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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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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

*October
2022*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 3 Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit | 4 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit | 5 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit | 6 Chicken Alfredo, Garlic Toast, Side Salad, Fruit | <u>Served with each meal:</u> 1% Milk Whole Wheat Bread |
| 10 Sloppy Joe, French Fries, Baked Beans, Carrots, Fruit | 11 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit | 12 Chicken & Gravy over Mashed Potatoes, Mixed Vegetables, Fruit | 13 Spaghetti & Garlic Toast, Corn, Side Salad, Fruit | |
| 17 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit | 18 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice | 19 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit | 20 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit | Call previous day by 1:00pm to order lunch. |
| 24 Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit | 25 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit | 26 Cheeseburger, Potato Salad, Coleslaw, Fruit | 27 Baked Fish, Baked Potato, Side Salad, Fruit | <u>Salad Options:</u> Taco Ham Chicken |
| 31 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit |  |  | | |

Buffalo City Meal Delivery Driver Volunteers Still Needed!

We are recruiting for 1-2 volunteers to deliver home-delivered meals for the Buffalo City senior meal site.

- ♦ The route takes about 2 hours to complete.
- ♦ The meal route is Monday – Thursday, but we split the days between drivers. Volunteering 1 day a week would make a huge difference!
- ♦ A good driving record and a clean background check are required.
- ♦ Training is provided.
- ♦ Mileage reimbursement and a free meal are provided.

Interested individuals can call the ADRC at 866-578-2372 for more information.

**VOLUNTEER
DRIVERS NEEDED
CAN YOU HELP?**

Riverview Quilters

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



CHANGE IN HOURS

As with most offices in the Pepin County Government Center, the Human Services and ADRC departments will be closed for lunch each day from 12:00 - 12:30pm, starting **November 1st, 2022.**
Thank you.

AMERICAN LUTHERAN HOME

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

*October
2022*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 3 Smothered Pork Chops, Mashed Potatoes w/Gravy, Carrots, Applesauce | 4 Homemade Chili, Crackers, Cascade Blend Veggies, Peaches & Cream Fluff, Peaches | 5 Pork Loin w/ Glaze, Baked Potatoes, Broccoli w/ Cheese, Bread, Blueberry Cobbler | 6 Fish, Balsamic Tomato Salad, Roasted Ranch Red Potatoes, Whole Wheat Dinner Roll, Berry Cup | Served with each meal: Milk |
| 10 Barbecue Pork on Bun, Baked Beans, Sunshine Carrots, Bread, Peaches | 11 Hamburger Steak w/Gravy over Mashed Potatoes, Cream Corn, Bread, Mandarin Oranges | 12 Turkey, Stuffing, Green Beans, Salad w/Dressing, Whole Wheat Dinner Roll, Pumpkin Pie | 13 Cheesy Tortellini w/Meat Sauce, Broccoli, Bread, Honeydew Melon | |
| 17 Brat Patty on Bun, Baked Beans, Coleslaw, Watermelon | 18 Lasagna Roll Ups, Peas, Salad w/ Dressing, Bread, Fruit Crisp | 19 Ham, Sweet Potatoes, Broccoli, Bread, Strawberry Shortcake, Strawberries | 20 Caprese Chicken over Garlic & Basil Pasta, Beets, Tomato Salad, Pineapple | Call previous day by 1:00pm to order lunch. |
| 24 Brat on Bun, Potato Wedges, Baked Beans, Strawberry Applesauce | 25 Roast Beef w/ Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie | 26 Breaded Fish, Mac and Cheese, Honey Dill Carrots, Salad w/Dressing, Melon | 27 Ham & Cheese on Bun, Potato Salad, Broccoli Slaw, Pears | Salad Options: Taco Chef (Turkey, Ham) Chicken Tender |
| 31 Smothered Pork Chops, Mashed Potatoes w/Gravy, Carrots, Applesauce |  |  | | |

A Change of Seasons, by Arnie Humphrey

*That summer heat's behind us, and the air now has a bite.
 That frost, we know is coming, will turn green lawns completely white.
 It's time to put away the mower, prepare to shovel snow instead.
 But just because the summer's over, this is still no time to dread.
 Autumn with it's beauty, and declining temperatures,
 Brings that physical sport of football, and a temperature they can endure.
 Skiing and ice skating, now are just around the bend.
 A simple change of seasons, but recreation doesn't end.
 People in the Midwest, always find fun things to do.
 And a little breath of fresh air, is really good for you.*

Nail Care Clinics!



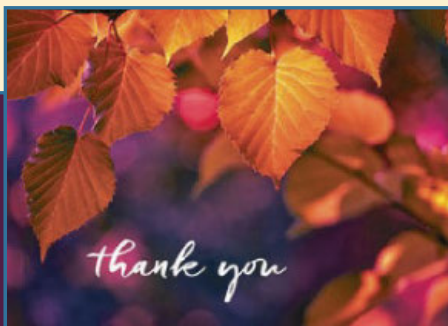
Clinics will be held in Durand and Pepin each month.

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

Pepin County Wishes to Thank Our Recent Donors!

Donations:

Allen & Ruthmary Farner



Thank you from the Riverview Community Center!

Donations: Linda Knapp, Mary Kauffman, Charlotte Byington, Zita Stewart

Memorials: Denise Weiss, by Riverview Quilters, Charlotte Byington, Floyd & Marge Briggs
 Linda Knapp, by Bonnie Bock, Charlotte Byington
 Ken Kartman, by Floyd & Marge Briggs
 Irene Schuh, by Floyd & Marge Briggs

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

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COMMUNITY CONTACTS

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

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

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