

TWO RIVERS CONNECTION



October 2023

MEDICARE OPEN ENROLLMENT IS HERE!

The annual Open Enrollment Period for Medicare Part D and Medicare Advantage Plans is from October 15th through December 7th. During this time, Medicare beneficiaries can re-examine their current Medicare Part D drug plan coverage and/or Medicare Advantage Plan coverage.

Beneficiaries already enrolled in one of these plans will receive an Annual Notice of Change in the mail from the plan. This notice should have been mailed to you during the month of September, and should be reviewed for any changes to plan deductibles, co-pays, and drug coverage.

OPEN ENROLLMENT IS HERE.

This is your chance to look at all of your Medicare plan choices like prescription drug plans and Medicare Advantage plans from private insurers.



BE OPEN-MINDED

Plans change every year; so can your health needs. Don't assume your current plan is still your best choice. Compare and see.



OPEN YOUR EYES TO THE POSSIBILITIES.

You could find better coverage, extra benefits or lower costs. It's worth taking a few minutes to explore your options.



Since these plans renew an annual contract with Medicare, it is recommended that all Medicare beneficiaries review which plan may best suit your needs for the following year.

The Medicare website, www.medicare.gov has a very helpful plan finder tool to use for this purpose.

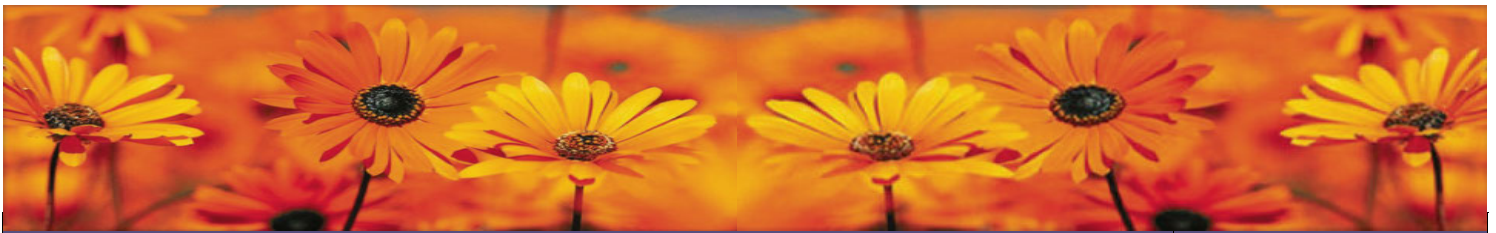
Unfortunately, research shows that fewer than 10% of Medicare beneficiaries are enrolled in the most cost-effective Part D plan. Just because your neighbor or a friend has a certain plan, or one plan's premium is lower than another plan, these are not good ways to choose a plan.

There are several ways to get help choosing a Medicare Part D or Medicare Advantage Plan:

- Use Medicare's Plan Finder tool via www.medicare.gov website. See page 4 for instructions on how to use this tool and how to create an account.
- Contact the Board on Aging and Long-Term Care Part D helpline (ages 60+) at (855) 677-2783
- Contact the Board on Aging and Long-Term Care Medigap helpline at (800) 242-1060
- Contact Disability Rights Wisconsin Part D helpline (ages 18-59) at (800) 926-4862

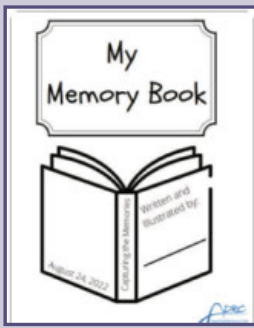
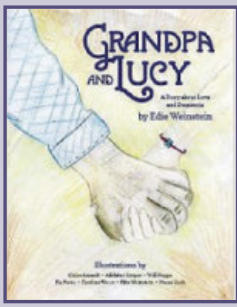
Benefit Specialists with the Aging & Disability Resource Center are also available to assist with this review process. Contact the Buffalo & Pepin Counties Aging & Disability Resource Center for more information or to schedule an appointment.

Toll Free: 1-866-578-2372 or Email: adrc-bp@co.pepin.wi.us



Dementia Care Calendar October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 <u>Powerful Tools for Caregivers</u> Virtual	5 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	6 <u>Powerful Tools for Caregivers</u> Virtual
9	10 <u>Coffee & Conversation Memory Café</u> Pumpkin Painting! Hurlburt's Haven, Durand 10:00am - 11:30am 	11 <u>Powerful Tools for Caregivers</u> Virtual	12 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm Dementia Care Specialist State Collaboration Day - Madison	13 <u>Powerful Tools for Caregivers</u> Virtual Dementia Care Specialist State Collaboration Day - Madison
16	17	18 <u>Powerful Tools for Caregivers</u> Virtual	19 <u>Lunch Bunch Support for Caregivers</u> Virtual Meeting - Zoom 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	20 <u>Powerful Tools for Caregivers</u> Virtual
23	24	25	26 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30pm - 8:30pm	27
30	31 Halloween! 			



Edie Weinstein is a ninth grader at Visitation High School in Saint Paul, Minnesota. Edie wrote "Grandpa and Lucy" for a Girl Scout Silver Award Project to help more people, particularly youth, learn about dementia. She wanted to make it more enjoyable for young people to talk to their relatives or other older friends who have dementia. Because dementia can make someone's world shrink, Edie hopes "Grandpa and Lucy" can help some families become closer and broaden their world.

The ADRC is offering book bundles to families affected by dementia. A book bundle includes one "Grandpa and Lucy" book per family, and one memory book per child. Call Katrina at 715-279-7870 to reserve your book bundle today!

WHEAP Energy Assistance Benefits

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across our service area to help lower the burden of monthly energy costs.



WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs, and the payment is not intended to cover the entire annual energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.

To qualify for Energy Assistance for the 2023-2024 heating season, you must meet these eligibility guidelines.

INCOME GUIDELINES FOR 2023-2024 HOME ENERGY PLUS PROGRAM		
October 1, 2023 through September 30, 2024		
Household Size	One Month Income	Annual Income
1	\$2,820.67	\$33,848.00
2	\$3,688.58	\$44,263.00
3	\$4,556.50	\$54,678.00
4	\$5,424.50	\$65,094.00



PEPIN COUNTY RESIDENTS:

To apply for Energy Assistance, you can book a phone appointment to set up a time to speak to a West CAP representative to guide you through the programs, services, and application process, or complete a fillable form on your own and return it to West CAP.

West CAP website: <https://westcap.org/services/energy-assistance/>

Email: info@wcap.org if you have any questions or call them directly at (715) 598-4750.

West CAP provides Energy Assistance for Barron, Burnett, Chippewa, Dunn, **Pepin**, Pierce, Polk, St Croix, and Washburn Counties.

Pepin County Human Services will have in-person appointments available to assist residents with applying for Energy Assistance starting on Monday, October 16th. Please contact Pepin County Human Services at 715-672-8941 for more details.

BUFFALO COUNTY RESIDENTS:

Apply by Phone: Call the Energy Assistance Coordinator at (608) 685-4412 to schedule your phone appointment.

Apply by Mail. Completed applications can be mailed to:

** Buffalo County DHHS, Attn: Energy Assistance, P.O. Box 517, Alma, WI 54610**

Applications can also be faxed to (608) 685-3342.

Apply In Person: Walk In appointments are taken at the Buffalo County Department of Health & Human Services as time permits. Appointments are recommended. Buffalo County Courthouse, 3rd Floor 407 S. Second Street, Alma, WI 54610

Home Visits: If you are over the age of 60 and are disabled, homebound or otherwise unable to apply in person, a home visit may be arranged by calling (608) 685-4412.

You can apply online: www.energybenefit.wi.gov. You will be redirected to the Wisconsin Home Energy website to complete your application.

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

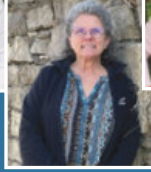
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

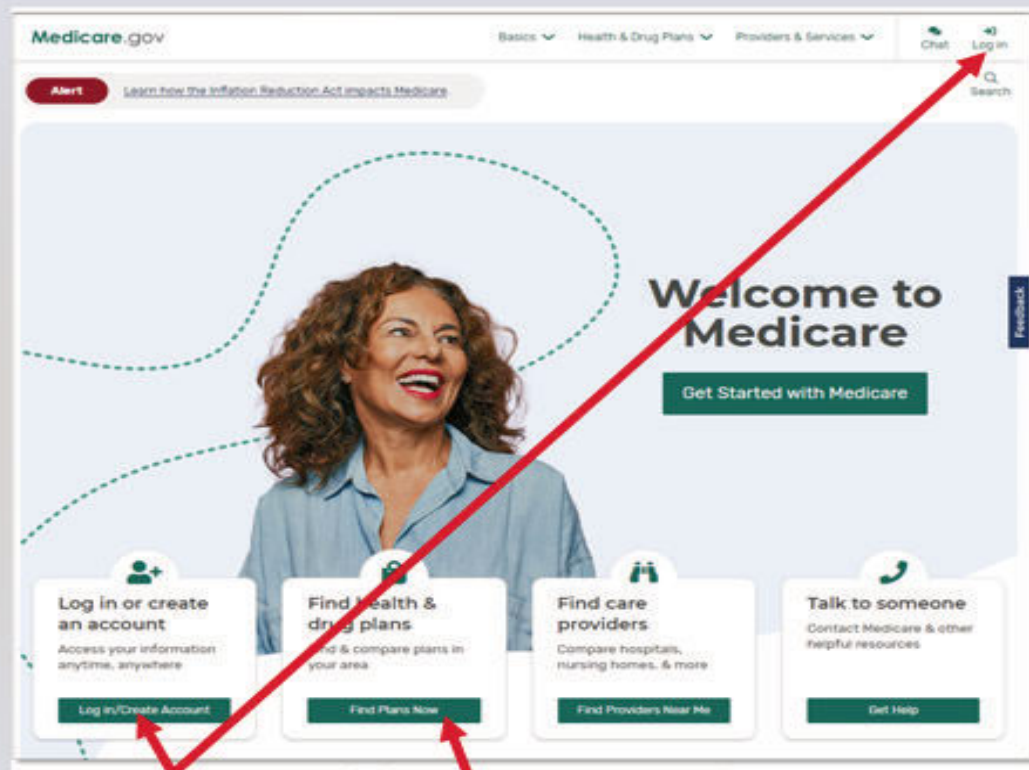
Julie Fick - Elder Benefit Specialist

Katrina Longmire - Dementia Care Specialist



CREATING A MEDICARE ACCOUNT & HOW TO USE THE MEDICARE PLAN FINDER (continued from page 1)

Type www.medicare.gov into your web address bar and the Medicare homepage will open as follows (see below)



Click on Log in/Create Account.

If you currently do not have a Medicare log in and need help creating one, watch this helpful video "Creating a Medicare Account". The link to the video is provided here: <https://www.youtube.com/watch?v=99dEvWHA0zQ>

Once you have created a Medicare account you can search for health and drug plans. The Center for Medicare Services (CMS) has created a helpful video to show you how to use the Medicare Plan Finder. It provides easy to follow, step-by-step instructions on how to use this tool to find and compare plans in your area that meet your needs. Link to the video provided here: <https://www.youtube.com/watch?v=WWouFwlsf64>

Article by Medicare.gov; Submitted by Julie Fick, Elder Benefit Specialist



The ADRC of Buffalo & Pepin Counties is starting a new tradition called "Stocking Stuffers". Similar to the Christmas is for Kids program through the Pepin County Sheriff's Office, "Stocking Stuffers" will be for ADRC consumers (individuals 60+ and adults with disabilities) that have expressed a need with making ends meet. Our goal is to help brighten their holidays and we hope you'll consider joining us! All you need to do is stop by one of the ADRC offices October 1st - November 30th to pick out an ornament from the Christmas tree. For each ornament you choose, you are asked to purchase a \$25.00 VISA gift card, which can be returned to one of the ADRC offices. The ADRC team will deliver all the gift cards in time for the holidays. Everyone who purchases a gift card will be entered to win a prize! With your help, we hope to reach 100 individuals this holiday season.

If you know an ADRC consumer that needs help making ends meet, please contact our office to receive an application. We hope to serve every individual that completes an application. However, our ability to do this is based on the generosity of the community.

Please help us brighten the holidays for individuals in Buffalo and Pepin Counties!

ADRC Locations:

Pepin Co. Government Center
2nd Floor
740 7th Ave. W, Durand, WI 54736

Buffalo Co. Courthouse
3rd Floor
402 2nd St., Alma, WI 54610

Any questions, reach out to us at 866-578-2372 or adrc-bp@co.pepin.wi.us



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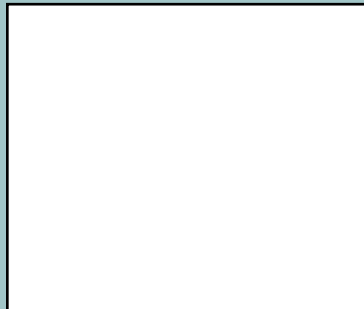
inclusa.org | 877-376-6113

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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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

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham Steak, Cheesy Potatoes, Carrots, Bread, Applesauce, Cake	3 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	4 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Pears, Cake	5 Beef Stew w/ Potatoes, Carrots, Onions, Bread, Mandarin Oranges, Cake	6 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
9 Polish Sausage w/ Sauerkraut, Mashed Potatoes, Carrots, Bread, Peaches, Cake	10 Baked Chicken, Stuffing, Corn, Cranberries, Bread, Pineapple, Cake	11 Hot Beef on Bread, Mashed Potatoes, Broccoli, Banana, Cake	12 Chili w/Stewed Tomatoes, Cold Cut Sandwich, Fruit Cocktail, Strawberry Dessert, Cake	13 Cod, Baked Potato, Beans, Bread, Coleslaw, Cake <i>Pepin HDM: Chicken instead of Cod</i>
16 Cheeseburger on Bun, Baby Red Potatoes, Carrots, Applesauce, Cake	17 CLOSED TRAINING	18 Pulled Pork Sandwich, Cheesy Potatoes, Carrots, Pears, Cake	19 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Mandarin Oranges, Cake	20 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
23 Barbeque Pork Chop, Baby Red Potatoes, Carrots, Bread, Peaches, Cake	24 Creamed Chicken on Biscuits, Peas, Corn, Pineapple, Cake	25 Meatballs, Mashed Potatoes, Broccoli, Bread, Banana, Cake	26 Boiled Dinner w/ Potatoes, Carrots, Onions, Bread, Fruit Cocktail, Cake	27 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
30 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Applesauce, Cake	31 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake 	Dates Salad Option 2nd - 6th Chef 9th-13th - Grilled Chicken 16th - 20th - Crispy Chicken 23rd- 27th - Taco 30th - 31st - Chef		Served with each meal: Milk

Pepin and Buffalo Counties Senior Nutrition Program

is looking for volunteers to deliver home-delivered meals. Meal Sites are located in Durand, Pepin, Nelson, Buffalo City, Gilmanton, and Mondovi. The need for drivers varies based on the location.



- ◆ Flexible scheduling is available. You can deliver meals as little or as much as you'd like.
- ◆ Mileage reimbursement of \$.58 cents a mile is offered if you drive your own vehicle. If you drive a county vehicle, there is no mileage reimbursement.
- ◆ You receive a free lunch every day that you volunteer.

If you are interested in learning more about delivering home-delivered meals, please call Matt/Nutrition Program Coordinator at 715-672-8941, Ext 163.

October Bus Trips

Winona
**Wednesday,
October 4th**

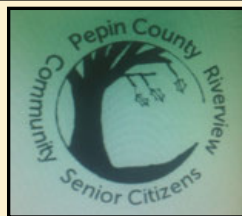


Riverview Quilters

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



Happy Fall Y'all, from the Pepin County Council of Senior Citizens. It has been a hot, dry summer and the gentle fall breezes will be a welcome gift from above. Looking forward to the bright colors of pumpkins, squash, mum plants and the gradual change of leaf colors.



Membership has grown slowly but we now have 93 members for 2023 and hope to expand on this in 2024. Riverview Center belongs to the seniors of Pepin County and we love to see them utilize the facility for family get togethers, parties and other social events. Don't forget that as a member, you are entitled to a discount on the rental fee.

We are excited about the upcoming Quilt Show on October 6th and 7th to start our season off with a bang. Charlotte Byington will be hosting the luncheon to be served utilizing the Dairy Wagon on the patio. Tickets for the 2024 Quilt Raffle will also be available at that time.

Again, a reminder that we would appreciate participation for the December Craft and Bake Sale. Everyone is invited to share their talents whether it be in the kitchen or the craft room, you are welcome.

We have lost another long-time member of the Council, Myrna Buchholz, and express our sympathies to her family. May her spirit rest in peace. *Marge Briggs*



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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

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

*October
2023*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk	3 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	4 Barbeque on Bun, Bean Soup, Creamy Coleslaw, Tropical Fruit	5 Spaghetti w/Meat Sauce, Broccoli, Garden Salad w/ Dressing, Garlic Bread, Mandarin Oranges	6 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
	10 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	11 Beef Stew, Broccoli Salad, Biscuit, Plums	12 Country Fried Steak, Mashed Potatoes w/Gravy, Garden Salad w/French Dressing, Wheat Bread, Pineapple	13 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.	17 CLOSED TRAINING	18 Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries	19 Chicken Drumsticks, Tater Tots, Baked Beans, Wheat Bread, Apple	20 Swedish Meatballs, Mashed Potatoes w/Gravy, Sliced Carrots, Wheat Bread, Pears
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	24 Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes	25 Chili, Creamy Coleslaw, Veggies w/ Dip, Cornbread, Applesauce	26 Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Plums, Dessert	27 Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit
	31 Egg Salad on Croissant, Red Potatoes, Baked Beans, Peaches 			

Dear Dorri:

Since I am a caregiver for my husband, my friend mentioned I should sign up for the Purple Tube Project. What is the Purple Tube Project and how do I know if it's right for me? Sincerely, Wondering Wanda

Dear Wondering Wanda,

It sounds like you and your husband would be great candidates for the Purple Tube Project! Let me tell you a bit more about the Purple Tube Project (PTP). It is an emergency preparedness tool for people with dementia and their loved ones. PTP uses information about an individual to intervene during a crisis and fills gaps in first responder's knowledge. It's a very simple process. Important documents are put in a purple tube, provided at no cost. In an emergency, dispatch will notify first responders there is a person with dementia in the home and there is a Purple Tube that has important documents. The tube is placed in the refrigerator where the first responders are trained to look. Small purple stickers are also placed on the inside of each entry door to confirm. Participating clients sign a confidentiality agreement allowing dispatch to enter their information into their system. Any information provided is 100% confidential and limited to dispatch in emergency situations only.

The ADRC of Buffalo and Pepin Counties has all of the information that you'll need to get started. All you have to do is reach out to them at (866) 578-2372 or adrc-bp@co.pepin.wi.us.



DRIVER SPOTLIGHT

GET TO KNOW: **KEITH**

How long have you been a driver?
I started in 2013 with Buffalo County

What is one thing you love about Volunteering?
Meeting new people, even seeing people I haven't seen in years.

Fun fact about yourself:
I like to rebuild old tractors and cars

What is your favorite food?
Pizza & Malts





Interested in driving: Call Angie at 715-672-8941 ext 187 or email aschlosser@co.pepin.wi.us

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Meet Thomas L. Volunteer Meal driver!



How Long have you delivered meals?
Around one year.

What kind of hobbies do you have?
Learning History and spending time with my kids.

What was your first Job.?
US Army.

What is your favorite Movie?
Lord of The Rings

What is your Favorite food?
German & Italian Cuisine

Thank you!

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Senior Medicare Patrol
Preventing Medicare Fraud



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Sun & Mon: CLOSED, Tue - Fri: 10am - 5pm • Saturday: 10am - 4pm
825 E Prospect St, Durand, WI
Store Line: 715-672-8975
Help Line: 715-672-8617

THE LOST PIRATE

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

*October
2023*

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

HALLOWEEN RIDDLES



- ___ Wrap Music
- ___ Lazy Bones
- ___ The Dead End
- ___ Sandwich
- ___ Boo-Berries
- ___ Sherlock Bones
- ___ How Do You Boo?
- ___ In Your Claws-It
- ___ Mas-scare-a
- ___ The Living Room
- ___ Witch-Hikers
- ___ With a Pumpkin Patch
- ___ Broom Service
- ___ Rhythm and Boos
- ___ He Took Batting Lessons
- ___ The Trombone
- ___ I-Scream
- ___ When You're a Mouse
- ___ Puts on His Sheet Belt
- ___ He Wanted a Light Snack

1. What room do ghosts avoid?
2. What's a little ghost's favorite dessert?
3. What do witches call for in a hotel room?
4. Why did the vampire eat a light bulb?
5. How did the bat learn to fly?
6. What does a ghost do to stay safe in a car?
7. What is a mummy's favorite type of music?
8. How do you fix a Jack-o-Lantern?
9. Which part of a road do ghosts love to travel the most?
10. Who was the most famous skeleton detective?
11. When is it bad luck to see a black cat?
12. Where does a werewolf like to hide?
13. What instrument does a skeleton play?
14. What kind of make up is a ghost's favorite to wear?
15. What is a ghost's favorite fruit?
16. What do goblins sing in the shower?
17. What do you say when you meet a ghost?
18. What do you call a skeleton who doesn't work?
19. Who do witches stop for on the highway?
20. What do you call a witch that lives on the beach?



AMERICAN LUTHERAN HOME

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

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Country Fried Steak, Mashed Potatoes w/Country Gravy, Carrots, Whole Wheat Dinner Roll, Pears	3 Brown Sugar Barbeque Pork Sandwich, Sweet Pepper Slaw, Sweet Potato Tots, Fruit Pie	4 Meatballs w/ Gravy, Mashed Potatoes, Broccoli, Bread, Strawberry Cobbler	5 Homemade Chili, Crackers, Corn, Bread, Blueberries	Served with each meal: Milk
9 Hamburger on a Bun, Potato Salad, Balsamic Green Bean & Tomato Salad, Peaches	10 Turkey w/ Gravy, Scallop Potatoes, Broccoli, Whole Wheat Dinner Roll, Pumpkin Pie	11 Cornbread Taco Bake, Lettuce/ Tomato, Pinto Beans, Bread, Cantaloupe	12 Hawaiian Chicken, Mini Baker Potatoes, Malibu Blend Veggies, Bread, Mango Cobbler	
16 Brat on a Bun, Baked Beans, Sauerkraut, Watermelon	17 CLOSED TRAINING	18 Roast Beef w/ Gravy, Baked Potatoes, Honey Dill Carrots, Whole Wheat Dinner Roll, Strawberries	19 Sesame Chicken, Rice, Broccoli, Bread, Blueberry Mango Cup	Call previous day by 1:00pm to order lunch.
23 Hot Dog on a Bun, Pork & Beans, Peas, Pears	24 Baked Ham, Baked Sweet Potatoes, Broccoli, Whole Wheat Dinner Roll, Mixed Fruit	25 Ritzy Chicken Divan Hot Dish, Green Beans, Salad w/Dressing, Bread, Melon	26 Hamburger Steak w/Gravy over Mashed Potatoes, Carrots, Bread, Peaches	
30 Country Fried Steak, Mashed Potatoes w/Country Gravy, Carrots, Whole Wheat Dinner Roll, Pears	31 Brown Sugar Barbeque Pork Sandwich, Sweet Pepper Slaw, Sweet Potato Tots, Fruit Pie			Salad Options: Taco Chef (Turkey, Ham) Chicken Tender

HALLOWEEN RIDDLES—Answer Key

Wrap Music = 7	Witch-Hikers-19
Lazy Bones = 18	With a Pumpkin Patch-8
The Dead End-9	Broom Service-3
Sandwich-20	Rhythm & Boos-16
Boo-Berries-15	He Took Batting Lessons-5
Sherlock Bones-10	The Trombone-13
How Do You Boo-17	I-Scream-2
In Your Claws-It-12	When You're a Mouse-11
Mas-scare-a-14	Puts on His Sheet Belt-6
The Living Room-1	He Wanted a Light Snack-4

Did you know you can pay for senior meals with your Wisconsin Quest card?

Home delivered, carry out, and congregate meals can be paid for with your Wisconsin Quest (also known as Foodshare/SNAP card). This is available for both Buffalo & Pepin County residents. It's a simple process and allows you to pay for just one or an entire month worth of senior meals!

Call Matt, Nutrition Program Coordinator to use it to pay for your meals today!
715-672-8941, ext. 163.



Nail Care Clinics!

Clinics will be held in Durand & Pepin each month.

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



Did You Know:

Mount Rushmore was completed in October of 1941. George Washington was selected for being our country's first president & represented our country's birth. Thomas Jefferson, who almost doubled our country's size with the purchase of the Louisiana Territory, stood for our westward expansion. Theodore Roosevelt oversaw the construction of the Panama Canal & symbolized economic growth. Abraham Lincoln was selected for having fought to preserve the nation in the Civil War. *(Source from National Geographic)*



Thank you from the Riverview Community Center!

Thank You!



Donations:
Mary Kauffman,
Brenda Cole

Memorials:
Myrna Buchholtz

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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Donation Amount: \$ _____

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