

TWO RIVERS CONNECTION



October 2024

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 2025!

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 2025. 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.

The ADRC website has helpful resources available to help assist beneficiaries through this process at www.adrcbcp.com. 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.
- 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.

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

The Dementia Care Corner

Asking for a Loved One Who Has Passed Away...

A person with dementia (PWD) may repeatedly ask for a relative or friend who has passed away, not remembering that they have passed. Reminding a PWD of their loved one's passing can cause great distress and grief, as if they're learning about the death for the first time all over again. It can also cause strong feelings of denial or anger. If you are caregiving for a PWD who frequently asks for a loved one who has passed away, start by considering why the PWD might be searching for their loved one. *Is a man asking for his wife because he's hungry and seeking an afternoon snack as his wife always prepared for him? Is a woman asking for her husband because she's looking to read the morning newspaper which her husband always brought indoors for her?* There's commonly a reason why a PWD is asking or searching for someone. As a caregiver, understanding this and knowing how to respond in these situations can be most helpful. Consider trying the following approaches.

- ♦ Validate the PWD's search for their loved one but rather than remind them of their loved one's passing, ask if there is a way you can help. You might say: "Dad, I know that you're looking for Mom. Is there something that I can help you with right now?" This approach may help determine an unmet need as described above.
- ♦ Without reminding the PWD of their loved one's passing, encourage the PWD to share conversation about their loved one. You might say: "Dad, I know that you're looking for Mom. Say, how long have you and Mom been married? How did you meet? What do you love most about Mom?" This approach allows the PWD to enjoy memories of their loved one, without being reminded of their passing.
- ♦ Without reminding the PWD of their loved one's passing, encourage the PWD to enjoy photos and other memorabilia of their loved one. You might say: "Dad, I know that you're looking for Mom. She's not here right now but we have photos of her in our photo album. Let's take a look at the photos for the time being. You can tell me about Mom."
- ♦ If it seems best to remove the PWD's attention away from their deceased loved one, consider bringing up another topic or activity. You might say: "Dad, I know you're looking for Mom. I could really use your help though. Would you mind helping me fold this laundry?" You may substitute laundry for any safe task or activity that the PWD would enjoy. This may include another household task, preparing a snack, or taking a walk.



October Happenings!

COFFEE AND CONVERSATION MEMORY CAFE

Thursday October 10th, 11:00am – 12:00pm
@ Wings Over Alma Art & Nature Center
110 N Main St, Alma

NEW DEMENTIA CAREGIVER GATHERING

Thursday October 24th, 10:00am – 11:30am
@ Mondovi Public Library
147 W Hudson St, Mondovi

BRAIN HEALTH CHECK-UPS

Tuesday October 29th, 10:00am – 1:00pm
@ Riverview Community Center
606 W Madison St, Durand

HALLOWEEN WORD SEARCH

BATS
GHOSTS
SKELETON
SPOOKY
HAUNTED
CREEPY
SPIDERS
WITCHES
TREATS
HALLOWEEN
PUMPKIN
CANDYAPPLE
HOCUS-POCUS

Answers— Page 8



**Wednesday, October 16, 2024
9:30 am - 3:30 pm
American Legion
501 N. Main Street, Alma, WI**



Lunch and refreshments served
at noon.

PROGRAM BENEFITS:

- Obtain knowledge of end-of-life issues.
- Learn communication skills to use with family members and health care providers.
- Obtain valuable information and practical advice from local professionals.
- Clarify misconceptions surrounding end-of-life.
- Connect with community resources.

REGISTRATION

This is a free, no-cost event.
Registration is required as space
will be limited.

Call 866-578-2372 or email
adrc-bp@co.pepin.wi.us
to register.

Final Affairs

A Guide to Arranging Your Personal
and Legal Affairs

EVENT AGENDA:

9:30 - 10:00: Welcome/Sign In

10:00 - 10:45: ADRC 101

10:45 - 11:00: Break

11:00 - 12:00: Ways to Discuss
End of Life Issues by Being
Direct, Practical &
Compassionate

12:00 - 12:30: Lunch

12:30 - 2:00: Legal
Considerations

2:00 - 2:15: Break

2:15 - 3:15: Funeral Planning

3:15 - 3:30: Survey/Closing

Specialist Spotlight

Your ADRC Specialist Team: (left to right)

Jennifer Nelson - ADRC Specialist

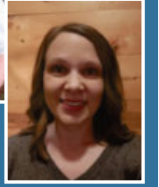
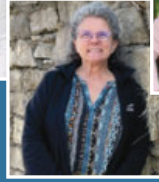
Michelle Brown - ADRC Specialist

Melissa Hovland - Disability Benefit Specialist

Bernie Rogers - Elder Benefit Specialist

Julie Fick - Elder Benefit Specialist

Chelsey Herold - Dementia Care Specialist



Are You Ready? Medicare's Open Enrollment Period is Right Around the Corner

Submitted by Julie Fick, Elder Benefit Specialist, Article by Ingrid Kunding, WI Senior Medicare Patrol Project Director

It is almost that time of year again, when the airwaves are full of Medicare commercials touting that the insurance coverage you have right now isn't good enough, and that you're missing out on all sorts of benefits that you are entitled to. You're probably familiar with these advertisements: they often feature a celebrity, a well-known figure that you can "trust." The commercials are a reminder that Medicare's Open Enrollment Period, which is October 15 – December 7, 2024, is right around the corner. This is the time of year that Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. The October 15 – December 7 period is also when people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. These ads can be confusing and can use potentially misleading marketing tactics. Mailings will have messages of urgency, telling you that you need to respond within 5-7 business days to make sure all benefits are available to you.

BE CAREFUL! If it sounds too good to be true, it probably is. Decisions don't need to be made quickly. You have until December 7, 2024, to make changes to your Medicare coverage that will take effect on January 1, 2025. Before you change plans, or sign up for Medicare when you're eligible, it's important to do some fact-finding to make sure that you understand what benefits and plans are available to you where you live. You want to have accurate and necessary information to make coverage choices that best meet your needs. Here are a few important things to know before you make the decision to call the number on the TV screen or respond to a flyer you received in the mail:

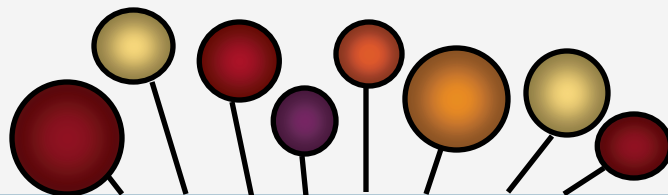
- While the commercials and mailings use the word Medicare, and perhaps the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen or mailing, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.
- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a "one size fits all" type of option. What's the bottom line? By responding to the TV commercials or mailers, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn't go into effect until January 1, 2025, you may not find out these things until it's too late. So, what can you do to make sure that you understand all your options?
- Do your homework and become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medigap. Yes, it can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost to you. See below for more information or contact the ADRC today.

Continued on page 5: See "Important Resources for Medicare Beneficiaries"

Important Resources for Wisconsin Medicare Beneficiaries

(Continued from page 4)

- Benefit Specialists at local **Aging and Disability Resource Centers (ADRCs)** and aging units in every county and tribe offer benefits counseling. For contact information, visit www.dhs.wisconsin.gov/benefit-specialists/counties.htm
- Contact **Medicare** directly by calling **1-800-633-4227** or visiting www.medicare.gov/
- The **Medigap Helpline, 1-800-242-1060** is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare Beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long-term care insurance, and related topics.
- This **Wisconsin Medigap Part D and Prescription Drug Helpline, 1-855-677-2783**, is a toll-free helpline that answers questions from Wisconsin residents aged 60 and over about Medicare Part D and other prescription drug coverage options.
- The **Disability Rights Wisconsin Medicare Part D Helpline, 1-800-926-4862**, is a toll-free helpline that assists all who are enrolled in Medicare, curious about how Medicare works, or when to enroll. The Part D helpline is here for all, no matter what age or disability.
- **Office for the Deaf and Hard of Hearing video phone: 1-262-347-3045** provides outreach and individual counseling in American Sign Language.
- **Judicare Legal Aid, 1-800-472-1638**, provides outreach and benefits counseling to low-income persons living in Northern Wisconsin and Native Americans statewide.
- The **Wisconsin Senior Medicare Patrol, 1-888-818-2611**, has a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.



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(Broasted Cod)

Saturday -
Prime Rib/Steaks

Sundays -
Broasted Chicken

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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




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
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates Salad Option 1st - 4th Chef Chicken 7th - 11th Grilled Chicken 14th - 18th Crispy Chicken 21st - 25th Taco Salad 28th - 31st Chef Chicken	1 Creamed Chicken on Biscuit, Peas, Corn, Pears, Cake	2 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Applesauce, Cake	3 Scalloped Potatoes w/Ham, Carrots, Bread, Peaches, Cake	4 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
7 Ham Steak, Cheesy Potatoes, Carrots, Bread, Pineapple, Cake	8 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	9 Hamburger w/ Onions & Mushrooms, Baked American Fries, Broccoli Salad, Bread, Banana, Cake	10 Salisbury Steak, Mashed Potatoes, Beets, Bread, Mandarin Oranges, Cake	11 Cod, Baked Potato, Beans, Cole-slaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
14 Brats, Sauerkraut, Baby Red Potatoes, Carrots, Bread, Fruit Cocktail, Cake	15 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Pears, Cake No home-delivered meals for Nelson, Alma or Pepin	16 Hamburger Gravy over Mashed Potatoes, Broccoli, Bread, Applesauce, Cake	17 Boiled Dinner w/ Ham, Potatoes, Carrots, Rutabaga, Cabbage, Bread, Peaches, Cake	18 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
21 Barbeque on Bun, Cheesy Potatoes, Carrots, Pineapple, Cake	22 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	23 Meatloaf, Squash, Green Beans, Bread, Banana, Cake	24 Tator Tot Hotdish, Peas, Corn, Bread, Mandarin Oranges, Cake	25 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
28 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake	29 Grilled Chicken Breast, Dirty Mashed Potatoes, Summer Salad, Bread, Pears, Cake	30 Hot Beef on Bread, Mashed Potatoes, Broccoli, Applesauce, Cake	31 Chili, Cold Cut Sandwich, Fruit Salad, Peaches, Cake	 Served with each meal: Milk

"Stocking Stuffers" is back! Stop by one of the ADRC offices during the months of November or December, grab a tag from the Christmas Tree, purchase a \$25 Kwik Trip gift card, and bring the gift card and tag back to one of the ADRC locations.

"Stocking Stuffers" is 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! The ADRC team will deliver all the gift cards in time for the holidays.

If you know an ADRC consumer (individual age 60+ or an adult with a disability) that needs help making ends meet, please contact our office to receive an application. Please help us brighten the holidays for individuals in Buffalo and Pepin Counties! ADRC locations are:

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

**Buffalo County Courthouse, 3rd Floor
407 S 2nd St., Alma, WI 54610**

Added Bonus: Everyone who purchases a gift card will be entered to win a prize!*

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



I'm FALLing in love with this weather we have been having lately. Cool mornings and evenings, and sun throughout the day. Gives you great opportunity to empty the pots of annuals, clean up the vegetable garden, get the apples picked and start selecting pumpkins and gourds for Fall decorating. The pantry is full of canned items and the freezers are at a max for capacity. Industrious farmers are chopping food for the cows and the corn and soybeans will soon follow.



Now it is time to focus on upcoming events in the area. As you know, the seniors at Riverview Center are planning a Holiday Bazaar on November 16th and hope that all of you will be able to attend. Some of our crafters have been busy creating items for us to sell at this annual fundraiser. Joyce Grochowski has been doing some major quilting and her daughter, Tammy Lampro has been doing some creative painting seen below in the pictures.

We will be contacting all members regarding donations of their talents and also baked goods for the sale. Since we will be incorporating Fall along with Christmas this year, there will be a large selection of items for you to choose from. We will be having a chili luncheon and hope you can stay and visit with your friends while browsing. Thanking you in advance for your support.

We are anticipating the parking lot being repaved before the Holiday Bazaar event to make it more convenient.

Remember to book the Center for any events you may have coming up over the holidays ahead. Contact the office at 715-672-4101 between the hours of 10:00am and 2:00pm.

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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
2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk	1 Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	2 Barbeque on Bun, Bean Soup, Creamy Coleslaw, Tropical Fruit	3 Spaghetti w/Meat Sauce, Broccoli, Garden Salad w/ French Dressing, Garlic Bread, Mandarin Oranges	4 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
	8 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	9 Beef Stew, Broccoli Salad, Biscuit, Plums	10 Country Fried Steak, Mashed Potatoes w/Gravy, Garden Salad w/Ranch Dressing, Wheat Bread, Pineapple	11 Broasted Cod w/ Tartar Sauce, Baked Potatoes w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/Peaches
Call previous day by 1:00pm to order lunch.	15 No Senior Meals.	16 Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries	17 Chicken Drummies, Tater Tots, Baked Beans, Wheat Bread, Apple	18 Swedish Meatballs, Mashed Potatoes w/Gravy, Sliced Carrots, Wheat Bread, Pears
<u>Salad Options:</u> Chef Salad Chicken Fiesta Seafood Salad Taco Salad	22 Meatloaf, Mashed Potatoes w/Gravy, Creamed Corn, Wheat Bread, Grapes	23 Hot Ham & Cheese on Bun, Potato Soup, Creamy Coleslaw, Applesauce	24 Pork Chop w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Squash, Wheat Bread, Plums, Dessert	25 Baked Chicken, Rice Pilaf, Peas, Garden Salad w/ French Dressing, Wheat Bread, Tropical Fruit
	29 Meatballs w/Beef Gravy, Mashed Potatoes w/Gravy, French Green Beans, Wheat Bread, Peaches	30 Lasagna, Broccoli, Garden Salad w/Ranch Dressing, Garlic Bread, Red Jello w/ Fruit Cocktail	31 Beef Roast, Mashed Potatoes w/Gravy, Tomato Juice, Wheat Bread, Pineapple 	



October 9, 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



Aging and Disability Resource Center
of Buffalo and Pepin Counties

**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 800-578-2372, (for hearing impaired, please use Wisconsin Relay 711 service).
If information is needed in another language, contact 800-578-2372.

VOLUNTEER DRIVERS

NEEDED FOR BUFFALO COUNTY SENIOR NUTRITION PROGRAM

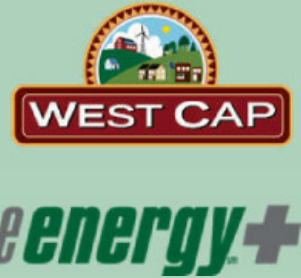
USE YOUR OWN VEHICLE & BE REIMBURSED
A MILEAGE RATE OF \$0.67 PER MILE

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT
DELIVERING HOME-DELIVERED MEALS, PLEASE CALL
MATTHEW/NUTRITION PROGRAM COORDINATOR AT
715-672-8941 EXT 163.



WHEAP Energy Assistance Benefits

The Wisconsin Home Energy Assistance Program (WHEAP) helps with heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program helps 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 2024-2025 heating season, you must meet these eligibility guidelines.



HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 3,061.08	\$36,733
2	\$ 4,002.92	\$48,035
3	\$ 4,944.83	\$59,338
4	\$ 5,886.75	\$70,641
5	\$ 6,828.58	\$81,943
6	\$ 7,770.50	\$93,246
7	\$ 7,947.08	\$95,365
8	\$ 8,123.67	\$97,484

(Continued on page 10)

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Ruth Schlitz

rschlitz@lpicommunities.com

(800) 950-9952 x2671

Do you know how to report Medicare fraud?

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

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Senior Medicare Patrol
888-818-2611
www.smpwi.org

Wisconsin Senior Medicare Patrol



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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



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


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, TUESDAY, WEDNESDAY ONLY

*October
2024*

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

WHEAP Energy Assistance Benefits *(Continued)*



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. West CAP will be offering in-person appointments to assist Pepin County residents with applying for Energy Assistance. Please contact the ADRC at 715-672-8945 for more details.

BUFFALO COUNTY RESIDENTS:

*Apply by Phone: Call the Energy Assistance Coordinator at (608) 685-4412 to schedule a 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.

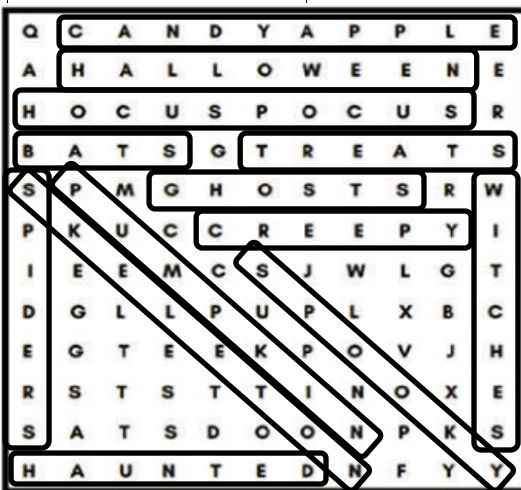
*You can apply online: www.energybenefit.wi.gov You will be redirected to the Wisconsin Home Energy website to complete your application.

AMERICAN LUTHERAN HOME

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

October
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Ravioli w/Creamy Alfredo Sauce, Vegetable Blend, Broccoli, Bread, Lemon Blueberry Shortbread	2 Chili, Crackers, Corn, Salad, Pears	3 Baked Fish, Sweet Potato Tots, Green Beans, Banana Cake	Served with each meal: Milk
7 Smoked Sausage, Sauerkraut, Baked Beans, Fresh Blueberries	8 Salisbury Steak, Mashed Potatoes, Stewed Tomatoes, Bread, Frosted Cake, Fruit Cup	9 Open Face Hot Turkey Sandwich, Gravy, Au Gratin Potatoes, Carrots, Berry Cup	10 Honey Baked Ham, Baked Sweet Potatoes, Broccoli, Roll, Fresh Melon	
14 Brown Sugar Barbeque Pork on Bun, Sweet Potato Tots, Coleslaw, Fruit Cup	15 Hamburger Gravy, Mashed Potatoes, Gravy, Carrots, Bread, Fruit Crisp	16 Turkey French Dip, Potato Salad, Corn, Pineapple	17 Roast Beef, Baby Baker Potatoes, Broccoli w/Cheese, Bread, Blueberry Cobbler	Call previous day by 1:00pm to order lunch.
21 Lasagna, Green Beans, Bread, Salad w/Dressing, Peaches	22 Open Face Hot Beef Sandwich, Gravy, Corn, Sweet Potatoes, Maraschino Cherry Cake	23 Country Fried Steak, Mashed Potatoes w/Country Gravy, Sunshine Carrots, Fresh Melon	24 Oven Roasted Turkey, Stuffing, Beets, Broccoli, Roll, Pumpkin Pie w/Topping	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
28 Brat on Bun, Potato Wedges, Creamy Coleslaw, Mixed Fruit	29 Chicken Ravioli w/Creamy Alfredo Sauce, Vegetable Blend, Broccoli, Bread, Lemon Blueberry Shortbread	30 Chili, Crackers, Corn, Salad, Pears	31 Baked Fish, Sweet Potato Tots, Green Beans, Banana Cake 	



Pepin County Wishes to
Thank Our Recent Donors!

Jon Juliot



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.



Thank you from the Riverview
Community Center!

Donations:

Kay Longsdorf
Vickie Ballard
Brenda & Steve Cole
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

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