

Pepin County Human Services

GOLDEN AGE NEWS

740 7th Ave. West • Durand, WI 54736

DEC. 2020
ISSUE

Christmas Time

By Judy Thorn

*Christmas time is coming,
Soon it will be here.*

*I might not be ready,
Just like every other year.*

*I finally got my tree up,
But it's looking rather bare.
I'd like to get my hair permed,
If I had some time to spare.*

*There are so many parties,
And concerts to attend.
But I had better hurry,
With my packages to send.*

*I haven't finished shopping,
My wrapping's not all done.
Don't know why I'm so busy,
But I'm always on the run.*

*There won't be many goodies here,
My cards will all be late.
Don't know why this always happens,
But I guess it's just my fate.*



The Aging and Disability Resource Center (ADRC) of Buffalo & Pepin Counties is the first place to go with your aging and disability questions. We are a warm and friendly "information station" where you can obtain accurate, unbiased information related to aging or living with a disability. These services are available at NO COST to you or your family.

The ADRC remains committed to the safety of our consumers, volunteers, and staff. We want to assure you that we are still open and providing services to the community. In order to maintain continuity of services and for the safety of everyone, we are asking that if you are in need of our services, please contact us to set up an appointment. The ADRC can be reached toll free at 866-578-2372 or you can email us at adrc-bp@co.pepin.wi.us.

We hope to hear from you soon!

Merry Christmas Everyone!



Community Memory Cafés



The Gathering Café

Held the 2nd Thursday of each odd month
Next meeting is Jan. 14th
12:00 pm-1:00 pm

Coffee and Conversation Café

Held the 3rd Thursday of each odd month
Next meeting is Jan. 21st
12:00 pm-1:00 pm

Food for Thought Café

Held the 2nd Tuesday of each even month
Next meeting is Dec. 8th
12:00 pm-1:00 pm

The Morning Crew Café

Held the 3rd Monday of each even month
Next meeting is Dec. 21st
12:00 pm-1:00 pm

Call Michelle for more information or to join.

The importance of keeping our community members safe during this pandemic means being creative in how we are offering our Community Memory Cafés. For the foreseeable future, the cafés will be held via conference calling in order to provide support and socialization while maintaining health and safety. Currently we are utilizing conference calling and can accommodate up to 10 participants. Please call Michelle for more information or to register for a café!

Dependable Friends Support Group

If you are caring for a person living with dementia and would enjoy talking with other caregivers about challenges, resources, successes and joys, please join us for the Dependable Friends Support Group. The support group is being held virtually via webcast (ZOOM) and will meet for one hour and is a drop in; attend any days that work for you! The group will meet on the following days:

*Tuesday, December 8th and 22nd from 9:30-10:30 am
Tuesday, January 12th and 26th from 9:30-10:30 am*

For more information and TO REGISTER, contact:

Michelle Brown, ADRC of Trempealeau County 715-538-3198, or email her at michelle.brown@co.trempealeau.wi.us



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 camaradery. Please feel free to drop in with any questions you may have.



Janice Hince	12/1
Marlene Anderson	12/2
Richarda Forster	12/2
Deann Ortmann	12/4
James Wittig	12/5
Carolyn Elwood	12/5
Myrna J. Buchholtz	12/6
Luella Claflin	12/6
Betty Lauer	12/7
Charlotte Stewart	12/7
Barb Winberg	12/8
Dennis Bauer	12/9
Larry F. Pichler	12/9
Les Cowan	12/10
Rita Carroll	12/11
Janice Middle	12/11
Judy Norrish	12/11
Edna Hovde	12/12
Rick Berger	12/12
Edith Swinson	12/14
Lynda Wolfe	12/14
Carol M. Danzinger	12/17
Charles Priefert	12/17
Rita Shaw	12/19
Rosemary Achenback	12/19
Bev Baker	12/19
Rose Sweeney	12/22
Edward Barlow	12/24
George Komro	12/25
Dennis Westberg	12/28
Norma J. Constantine	12/29
Diane Biederman	12/29
Gary Sweeney	12/29
Lillian B. Drier	12/29
Edmund Bauer	12/30
Earl Black	12/31
Kathy Laporte	12/31

Dec. 7: Pearl Harbor Remembrance
Dec. 21: Winter Begins
Dec. 24: Christmas Eve
Dec. 25: Christmas Day
Dec. 31: New Year's Eve



Comparing Medicare Supplements Versus Advantage Plans

By Attorney Kate Schilling, Elder Law & Advocacy Center

When a person turns 65, they become eligible for Medicare. Their coverage is for Medicare Part A (inpatient, hospital and skilled nursing facility coverage), and Medicare Part B (outpatient coverage, durable medical equipment, lab work and X-rays, outpatient therapies, emergence room, and some medications). This is referred to as Original Medicare, which is the standard of default option for health coverage under Medicare.

People on Medicare have options as to how they want to receive their Medicare coverage and whether they want to buy supplemental coverage to fill in any gaps left behind after payment by Medicare Parts A and B. For example, there is a \$1,408 deductible under Medicare Part A. And Medicare Part B only pays 80% of claims, leaving the person responsible for the remaining 20% of Part B claims.

There are several ways that people can supplement their coverage under Medicare. A person may have retiree health coverage from a former employer. Or a person may be eligible for Qualified Medicare Beneficiary (QMB) status or Medicaid. Each of these would pay secondary to Medicare, to reduce a person's out-of-pocket costs.

There are also options within the Medicare system to enhance coverage. One way to do this is to buy a Medicare supplement policy through a licensed insurance agent. A Medicare supplement will cover the 20% that Medicare Part B leaves behind, the Medicare Part A deductible, and the daily copays for hospital and skilled nursing facility coverage. Medicare supplements are sold by private insurance companies, but they do not have network restrictions—they go anywhere that Original Medicare is accepted within the United States. The monthly premium costs for a Medicare supplement vary by company and policy, but a general range is between \$150 to \$400 per month. Generally speaking, a person will have little or not out-of-pocket costs for medical care if they buy a

Medicare supplement. Another benefit of a Medicare supplement is the additional mandated benefits required under state of Wisconsin law. Any supplement purchased in the state of Wisconsin must offer an additional 30 days of skilled nursing facility care beyond that covered by Original Medicare, additional home health visit coverage, and several other additional coverage benefits.

Medicare Advantage plans are another option to limit a person's out of pocket costs with Medicare. Medicare Advantage plans combine a person's Medicare Parts A and B into a private HMO, PPO, or PFFS plan. (For this reason, Advantage plans are sometimes called "Medicare replacement plans" as they replace Original Medicare Parts A and B.) As with any other HMO, PPO, and PFFS coverage, these plans have network restrictions that typically require a person to stay in a plan's service area and network of providers. A person must go to doctors, specialists, clinics, hospitals, and skilled nursing facilities within the provider network. Some Advantage plans will pay 50% of out-of-network costs in certain circumstances, but generally Advantage plans do not cover out-of-network services absent an emergency or referral from a primary health provider. Advantage plans typically refuse a person's annual maximum out-of-pocket costs to \$3,600 or \$6,700 per year. Monthly premiums for an Advantage plan range from approximately \$0 to \$241. Medicare Advantage plans can come with or without drug coverage. If a person wants drug coverage under Medicare, they need to enroll in an Advantage plan that includes drug coverage. A person can compare Advantage plan options on the Medicare Plan Finder at [medicare.gov](https://www.medicare.gov).

When considering a Medicare supplement or Advantage plan, it is a good idea to talk to a knowledgeable professional who will provide neutral information to help you make the best decision for your situation. For additional information on Medicare supplement policies or Advantage plans, contact your local **Ageing and Disability Resource Center at 866-578-2373** or call the Medigap Helpline at (800) 242-1060.

Seasonal Depression and Seniors: What You Should Know

Source: <https://www.easyclimber.com/blog/seasonal-depression-seniors-know/>

For most people, the changing of the seasons, holiday celebrations, and the ushering in of a new year can be an exciting time. However, for a sizeable part of the population, including seniors, winter can mean depression and other symptoms brought on by SAD or Seasonal Affective Disorder. What is seasonal depression and what are its symptoms? How do you combat seasonal depression? Here are some facts about SAD that can help you or a loved one stay positive and make the most of the winter months.

What is Seasonal Affective Disorder? Seasonal Affective Disorder or SAD is a form of depression that cycles with the seasons. While people can experience SAD any time of the year, it is most common among the winter months. For many people, SAD means feeling depressed, a loss of energy, and an increased appetite. Women are more likely to be affected by SAD than men and seniors are also at a higher risk for seasonal depression. Many instances of SAD are misdiagnosed among seniors for other ailments, but it's important to properly understand the causes, symptoms, and treatment of seasonal depression.

Signs of Seasonal Depression: The symptoms of SAD are very similar to general depression. Seniors suffering from SAD may experience lethargy, fatigue, a sudden lack of interest in hobbies, and oversleeping. Other symptoms can include social withdrawal, anxiety, trouble sleeping, and feelings of hopelessness. While we all have these types of troubles or emotions from time to time, it's the length at which these symptoms last that is most important. If you find yourself or a loved one experiencing these symptoms for longer than a week, it may be time to start paying attention.

What causes SADness? Seasonal depression is surprisingly easier to treat than other forms of depression because it is generally only temporary. The main culprit is a Vitamin D deficiency during the winter as a result of shorter daylight hours and less sunshine.

Natural sunlight is an abundant source of Vitamin D and is necessary to help seniors absorb much-needed calcium to prevent osteoporosis. The cold winter months can also mean a drop in serotonin levels and a chemical imbalance that causes depressive symptoms. Additionally, the lack of sun exposure can also play a role in deregulating your circadian rhythm. All of these factors play into seasonal depression and knowing is only half the battle.

Be Happy, Not SAD: Now that you understand the symptoms and cause of seasonal depression, it's time to talk about solutions. There are a few different ways to combat depression during the winter, but here are the most effective methods:

- **Phototherapy** – light therapy is one of the more popular solutions. Buying specially designed lights that simulate sunlight can do much to help with low-lit days.
- **Go Outdoors** – It goes without saying that the more time you spend outdoors, the less sunlight you are receiving. While sunshine is less abundant during the colder months, you can still catch some rays on a good day.

Vitamin Supplements – Adding more Vitamin D to your diet may help your body deal with the lack of sunlight it's receiving and can offset a lot of the symptoms of seasonal depression.

Why You Should Pay Attention: Seasonal depression, like other forms of depression, can exacerbate over time and get worse. If left untreated, depression can lead to suicidal thoughts, a skewed view of reality, and a less productive and fulfilling life. Winter doesn't have to be a bleak or glum season. If identified and treated, SAD is very preventable. If you find yourself feeling suicidal or depressed, seek help from a mental health professional immediately.



Need a break?
Yes, you do.

Caring for someone can be a 24/7 job. Taking time for yourself is so important.

Let us help you find ways to care for yourself.

The Aging and Disability Resource Center of Buffalo and Pepin Counties has funding available to help offset the costs of caregiving.

Please call 866-578-2372 for more information.

Wisconsin's **Family Caregiver** Support Programs

The Holiday Season is fast approaching!

Do you need a unique gift idea for your grandparents, parents, and/or other relatives or neighbors? Consider a MEAL TICKET from the Buffalo & Pepin Counties Senior Nutrition Program!

Meal Tickets are just like gift certificates and each ticket is good for one meal from the Nutrition Program. They can be used at any of the Buffalo or Pepin County dining sites and they do not expire. Tickets can also be purchased for home-delivered meals.

Call your local meal site for more information. Meal site phone numbers are listed on the menus.



Deck the Healthy Holiday Halls!



The holiday season is just around the corner. Christmas is a time to enjoy some of your favorite holiday foods that you may only have one time per year. I know this year may be different due to changes associated with Covid-19, however, it does not need to totally change your plans to create a healthy holiday meal. Often, we hear about friends and relatives who complain about the dreaded 10 lb weight gain that occurs over the Christmas season due to our tendency to overindulge in delicious foods. This could be the year to make a few changes in your plans and help to keep yourself and those around you healthier.

The Tuft's University Health & Nutrition Letter recommends the following ideas to create healthy holidays:

1-Make new traditions and update the old – Take your favorite recipe and try to make it with less calories. Substitute full fat products for low fat items or choose to make different versions of your favorite recipes. Try roasting green beans with slivered almonds as a replacement for green bean casserole.

2-Watch Portions – Christmas treats are often high in sugar and salt. It is okay to enjoy your favorite foods but choose to do so in moderation. Be mindful of what you are choosing for your plate. Try to fill half of your plate with fruits and vegetables and then add protein and carbohydrates.

3-Make Choices – We all have favorite holiday foods that we may only have one time per year. Choose your favorite foods and plan to include some in your holiday meals. Make sure to plan fruits, vegetables, whole grains, low-fat meats and low-fat dairy products in your meals. Do you have any new recipes to try? Add some excitement to your holiday meals and try a new entrée or side dish.

Continued on page 10

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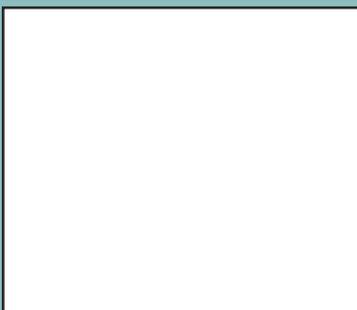
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*December
2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call previous day by 1:00pm to order lunch.	1 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake	2 Meat Loaf, Squash, Green Beans, Bread, Pears, Cake	3 Spaghetti w/Meat Sauce, Garlic Bread, Lettuce Salad, Fresh Carrots, Bread, Tropical Fruit	4 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
7 Ham Steak, Au Gratin Potatoes, Carrots, Bread, Mandarin Oranges, Cake	8 Chili w/Tomatoes, Grilled Cheese, Corn Bread, Banana, Cake	9 Scallop Potatoes & Ham, Lettuce Salad, Peas, Bread, Peaches, Cake	10 Beef Tips over Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake	11 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
14 Hamburger on Bun, Baby Red Potatoes, Carrots, Applesauce, Cake	15 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pineapple, Cake	16 Barbecue Pork Chop, Cheesy Potatoes, Broccoli, Bread, Pears, Cake	17 Holiday Meal Turkey, Mashed Potatoes, Veggie, Fruit Salad, Cranberries, Dinner Roll, Dessert	18 Cod, Baked Beans, Coleslaw, Bread, Cake
21 Polish Sausage, Sauerkraut, Mashed Potatoes, Carrots, Bread, Mandarin Oranges, Cake	22 Creamed Chicken over Biscuits, Peas, Broccoli, Banana, Cake	23 Tator Tot Hot Dish, Peas/Carrots, Ham Salad Sandwich, Peaches, Cake	24 CLOSED	25 CLOSED
28 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake	29 Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	30 Hot Beefs, Mashed Potatoes, Broccoli, Peaches, Cake	31 Pizza Hotdish, Beets, Bread, Pears, Cake	Served with each meal: Milk



DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Pepin County 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"/> Golden Age Newsletter |
| <input type="checkbox"/> Home Delivered Meals/
Senior Dining Services | <input type="checkbox"/> Elder Benefit Specialist | <input type="checkbox"/> Medical Transportation |

It is ok to acknowledge my donation in the Golden Age Newsletter: Yes No

Please send receipt to -
Name & Address: _____

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

Your gift is deductible to the extent provided by law.

CORRAL BAR & RIVERSIDE GRILL

DURAND: HOME DELIVERED & CARRYOUT MEALS (T-F) 715-672-8936

*December
2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Served with each meal:</u> Milk</p>	<p>1 Meatloaf, Mashed Potatoes & Gravy, Creamed Corn, Wheat Bread, Grapes</p>	<p>2 Chili, Creamy Coleslaw, Veggies & Dip, Cornbread, & Applesauce</p>	<p>3 Open Face Hot Turkey Sandwich on Wheat Bread, Mashed Potatoes & Gravy, Squash, Plums Dessert</p>	<p>4 Baked Chicken, Baked Potato w/Sour Cream, Peas, Wheat Bread, Tropical Fruit</p>
	<p>8 Pulled Pork Sandwich on Kaiser Roll, Red Potatoes, Baked Beans, Peaches</p>	<p>9 Lasagna, Broccoli, Garden Salad w/Fr. Dressing, Garlic Bread, Red Jello w/Fruit Cocktail</p>	<p>10 Beef Roast, Mashed Potatoes w/Gravy, Tomato Juice, Wheat Bread, Pineapple</p>	<p>11 Baked Fish w/Tartar Sauce, Potato Salad, Fr. Style Green Beans, Apple, Whole Grain Banana Muffin</p>
<p>Call previous day by 1:00pm to order lunch.</p>	<p>15 Salisbury Steak w/ Mashed Potatoes & Gravy, Glazed Carrots, Wheat Bread, Banana</p>	<p>16 Barbeque on Kaiser Roll, Bean Soup, Creamy Coleslaw, Tropical Fruit</p>	<p>17 Holiday Meal Broasted Chicken, Mashed Potatoes, Dressing, Gravy, Candied Carrots, Bread, Cookie, Mandarin Oranges</p>	<p>18 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears</p>
	<p>22 Chicken Parmesan w/ Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert</p>	<p>23 Beef Stew Broccoli Salad, Biscuit Plums</p>	<p>24 Closed</p> 	<p>25 Closed</p>
<p><u>Salad Options:</u> Taco Chef Seafood Chicken Fiesta</p>	<p>29 Polish Sausage w/Bun, Sauerkraut, Au Gratin Potatoes, V-8 Juice, Mandarin Oranges</p>	<p>30 Creamed Chicken on Biscuit, Mixed Vegetables, Creamy Coleslaw, Strawberries</p>	<p>31 Swedish Meatballs, Mashed Potatoes & Gravy, Sliced Carrots, Wheat Bread, Pears</p>	

VOLUNTEER DRIVERS NEEDED IN BUFFALO & PEPIN COUNTIES

Why: Due to the Coronavirus pandemic we are in need of additional Volunteer Drivers to assist our aging and disabled population with transportation to essential appointments & other necessary needs. We have many wonderful volunteer drivers that are part of the “at risk” population & are not able to volunteer at this time.

Information: Volunteer drivers use their own vehicle and are reimbursed a mileage rate or they are able to use a County owned vehicle with no reimbursement. To apply, you will need to fill out an application, and pass a background check, interview & orientation. You will need a valid driver’s license, good driving record & insurance. PPE is provided for all drivers.

Contact us at: **Toll Free:** 1-866-578-2372 to have a Volunteer application mailed to you.
Email: aschlosser@co.pepin.wi.us to have a Volunteer application emailed.

It is important before you apply to become a Volunteer Driver during COVID-19 that you consider the following: Am I one of the at-risk groups who should be self-isolating? Would I be able to pass a daily screening in order to transport passengers to not put them at higher risk? The following are some of the types of questions:

- * Do you have any symptoms of the Coronavirus?
- * Have you been in contact with someone who has tested positive or is being tested for Coronavirus within the last 14 days?




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 ADRC of Buffalo, & Pepin Counties

THE LOST PIRATE

BUFFALO CITY: HOME DELIVERED & CARRYOUT MEALS (M-TH) 608-248-2683

*December
2020*

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



Just a reminder we are approaching the time of year when bad weather may prevent us from providing Home-Delivered and Grab N Go meals. This year will be a bit different due to the pandemic and COVID-19. We cannot solely rely on school closings to alert us as some may be virtual or on a holiday break, and our own congregate sites have yet to re-open. This year, the Aging and Disability Resource Center of Buffalo and Pepin Counties will be making the decision on whether meal sites will be closed.

We will base this decision on input from meteorologists and local County Highway personnel, along with if there are various school closings in Buffalo and Pepin Counties. Also, be sure to fill your cupboard and freezer with your favorite “emergency” foods for the winter months in case we can’t deliver meals. Please contact our office if you have any questions at 866-578-2372.

Deck the Healthy Holiday Halls!

(Continued from page 5)

4-Be Active – Physical activity is important everyday, however, it is especially crucial during the holiday season. Aim for 30 minutes of daily exercise. Remember exercise counts even if it is broken down in short sessions. If it is difficult to do the 30 minute timeframe, try to exercise 10 min a time 3 times per day.

5-A Year of Change—2020 has been a unique year. Even though we aren’t able to have our normal holiday gatherings this year, it may be a good year to try new holiday plans. Make a new recipe, call family and friends, enjoy your favorite foods or take up a new hobby.

Make your holidays healthy by trying a couple of the suggestions above. The Buffalo and Pepin Counties Senior Nutrition Program designs meals with the senior in mind. We offer delicious meals that will help to promote good health! Even though we can’t celebrate together, check out the holiday meals offered through our meal sites, and enjoy!

Have a Merry Christmas and a Happy New Year! *Robin Scharlau, Registered Dietician*

AMERICAN LUTHERAN HOME

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

*December
2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roast Beef, Baked Potato, Broccoli, Bread, Fruit Cocktail	2 Breaded Fish, Au Gratin Potatoes, Cascade Blend Veggies, Bread, Pumpkin Bar	3 Chicken Bowtie Cordon Bleu, Glazed Carrots, Salad w/ Dressing, Bread, Pears	Served with each meal: Milk
7 Pizza Burger on Bun, Sweet Potato Tots, Asparagus, Fruit Cup	8 Roast Turkey, Cranberry Sauce, Cornbread Stuffing, Broccoli, Pumpkin Pie	9 Homemade Chili, Crackers, Corn, Whole Wheat Dinner Roll, Peaches	10 Bologna Salad Sandwich, Potato Salad, Pickled Beets, Caramel Apple Crisp	
14 Roast Turkey French Dip, Sunshine Carrots, Parslied Potatoes, Gelatin Salad	15 Beef Stew, Crackers, Biscuit, salad w/Dressing, Broccoli, Pears	16 Manicotti w/ Sauce, Cascade Blend Veggies, Beets, Bread, Carrot Cake w/Cream Cheese Frosting	17 Barbeque Pork Chops, Baked Beans, Caramelized Butternut, Squash, Bread, Berry Pretzel Dessert	Call previous day by 1:00pm to order lunch.
21 Country Fried Stead, Mashed Potatoes w/Gravy, Baked Beans, Bread, Fruit Crisp	22 Maple Pork Loin, Scalloped Potatoes, Squash, Bread, Fruited Gelatin	23 Holiday Meal Turkey, Stuffing, Cranberry Sauce, Broccoli, Dinner Roll, Pumpkin Pie	24 CLOSED 	
28 Creamy Ham & Bean Chowder, Nantucket Blend Veggies, Bread, Applesauce	29 Roast Beef, Baked Potato, Broccoli, Bread, Fruit Cocktail	30 Breaded Fish, Au Gratin Potatoes, Cascade Blend Veggies, Bread, Pumpkin Bar	31 Chicken Bowtie Cordon Bleu, Glazed Carrots, Salad w/ Dressing, Bread, Pears	

In 2021, Buffalo and Pepin Counties Senior Nutrition Programs will be streamlined into one program. The current congregate meal contribution rate is \$3.50 for both counties and the home delivered meal contribution rate is \$4.00 for Buffalo County and \$3.75 for Pepin County. Our recommendation to increase Pepin County's home delivered meal contribution rate to \$4.00 to be consistent with Buffalo County was approved. **Starting January 1, 2021, the home delivered meal rate will be \$4.00 for both Buffalo and Pepin Counties.**



Pepin County wishes to thank:

Donations:

Myrtle Lowater



Thank you from the Riverview Community Center!

Memorials: Bill Weiss and Bill Dorwin, from Larry & Carol Prissel

Other Donations: Donna Lauer, Jim Selz, Dirk Hagenah, Joyce Grochowski, Judy King, Elizabeth Bauer, Betty Maxwell

Facility Donations: Michael D. & Barb Brunner

GOLDEN AGE NEWS

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COMMUNITY CONTACTS

Pepin County Human Services: 715/672-8941 (if you do not know the extension, simply dial "0" to get the receptionist.)

ADRC of Buffalo & Pepin Counties: 1/866-578-2372

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