

Pepin County Human Services

GOLDEN AGE NEWS

740 7th Ave. West • Durand, WI 54736

JAN. 2021
ISSUE

Football Game

By Arnie Humphrey

*I crossed the Mississippi,
And I'm down in Wabasha.
There's really not much difference,
In the scenery I saw.
The folks seem just as friendly,
As they do back in Durand.
But there seems a sense of jealousy,
Which I can understand.
Both states have professional football,
And Wisconsin's usually on top.
So when I bring up that subject,
The conversation seems to stop.
I proudly wear the jacket,
Displaying green and gold.
That's when the hospitality,
Suddenly turns cold.
It's funny what a losing team,
Does to the heart of most.
I try to change the subject,
'Cause I know, I hate to lose.
I'll go back to Packer Land,
Where I can celebrate.
So Minnesotans, hope for next week,
And possibly a better 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!



Community Memory Cafés

<p><u>The Gathering Café</u> Held the 2nd Thursday of each odd month</p>	<p><u>Coffee and Conversation Café</u> Held the 3rd Thursday of each odd month</p>
<p><u>Food for Thought Café</u> Held the 2nd Tuesday of each even month</p>	<p><u>The Morning Crew Café</u> Held the 3rd Monday of each even month</p>

The Memory Cafés will not be meeting in January. Please look for information in the February issue for upcoming meetings!

ADRC of Buffalo and Pepin Counties has a website and Facebook page!

You'll find great information and tools to help you find the assistance you may be looking for.

Website: www.adrc-bcp.com

Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

The Aging and Disability Resource Center of Buffalo & Pepin Counties, also known as the ADRC, is the first place to go with 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.

Riverview Helping Hands



Riverview Helping Hands invites you to join Skull Cap making on the second Tuesday of each month, from 11:30am to 2:30pm. The group has shipped out 20,842 skull caps through the month of December. Nice job ladies!

With some of the different yarn they receive, they are also making lap quilts for Veterans!

Please donate any yarn you may have to Riverview Helping Hands. Call Joyce at 715-495-0268 or drop off at the Riverview Senior Center.



Important Time for Medicare Advantage Members

*By the GWAAR Medicare Outreach Team
Submitted by Julie Fick, Elder Benefit Specialist*



If you have a Medicare Advantage Plan, this is an important time for you! As you start the new year, if you are not completely happy with your current Medicare Advantage Plan, you may be able to make a change. The Medicare Advantage Open Enrollment Period (MA OEP) begins January 1 and ends March 31st each year and is only available to people who are currently enrolled in a Medicare Advantage Plan.

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage Plan, this may be the perfect time to take another look at your 2021 options.

From January 1st until March 31st,

- ♦ Current Medicare Advantage Plan members can switch to a different Medicare Advantage Plan, or
- ♦ You can drop your Medicare Advantage Plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage Plan. A change made during this period will be effective the first of the following month.

Again, it is important to note that this enrollment period is **only** for people who already have a Medicare Advantage Plan. If you have Original Medicare, (Part A and Part B), this enrollment period does not apply to you. For more information or assistance with Medicare Advantage Plan comparisons, contact The Aging and Disability Resource Center of Buffalo and Pepin Counties toll free at 866-578-2372.

Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.



Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, "*One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else.*" Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it. A list of goals might include:

Committing to something enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book to taking on a fun project like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could even take this a step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your health and well-being.

Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals at local resources to see what's available. Call the **Aging and Disability Resource Center of Buffalo and Pepin Counties toll free at 866-578-2372** for programs and referrals.

Planning for your Care Partner's future

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced to handle. Research available options, knowing that doing so can save time and stress in the future and can bring peace of mind now. And, difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will. Call the **Aging and Disability Resource Center of Buffalo and Pepin Counties toll free at 866-578-2372** for assistance and referrals.

—Jane De Broux, Caregiver Program Coordinator, Area Agency on Aging of Dane County
Submitted by Cammi Catt-DeWyre, Manager of the ADRC of Buffalo and Pepin Counties

What's Changed in 100 Years: Here are some average costs in 1920.

House: \$6,296
Average Income: \$2,160 per year
New Car: \$525
First Class Postage Stamp: 2 cents

Average Rent: \$15 per month
Movie Ticket: 15 cents each
Gasoline: 33 cents per gallon

The Veteran's Office:

Hope everyone had a Merry Christmas and Happy New Year!

As we enter a new year, I just wanted to remind veterans that even though the Pepin County Government Center is locked; the Veterans Service Office is here to assist veterans and their families. Please contact me if you have questions or want more information about Veterans' Benefits. My office hours are Monday, Tuesday & Thursday from 9:00am – 3:00pm. You can contact me by:



Phone: 715-672-8887;
Email: pepinvso@co.pepin.wi.us;

You can also leave correspondence for me in the secure drop box at the handicap entrance of the Pepin County Government Building, off of Oakwood Drive.

Sheri Peterson, Veteran's Service Officer

Boost Your Immunity

Our lives are filled with concern for Covid-19. We receive information on how to avoid getting sick from our friends, family, medical professionals and the media. We are all very concerned about our health and futures. Did you know that you can help to improve your overall health by ensuring that your diet has adequate amounts of certain nutrients that may help to build immune function?



According to Tuft's Health and Nutrition Letter, it is critical to focus on immune function, as it will improve resistance to infections. Immune function will also help to heal infections, repair your body and make you healthier. Researchers at Tuft's University recommend focusing on the following nutrients to help improve your health:

1-Vitamin E – This vitamin is an antioxidant that protects cells. Vitamin E is found naturally in sunflower, safflower and wheat germ oils, nuts and seeds. Breakfast cereals with added vitamin E and green vegetables (broccoli and spinach) are also good sources of vitamin E. Be wary of a use of supplemental vitamin E, as it can increase the risks of bleeding or stroke if taken in too high of a dose. Food sources of vitamin E are a better alternative than supplements.

2-Vitamin D – Vitamin D is important to help maintain and boost the body's immune system. This vitamin helps to act as a defense against infections. Our bodies naturally make vitamin D when our skin is exposed to sunlight. However, this is hard to create during our long winters. Other good sources of vitamin D include vitamin D enriched milk, fortified cereals and fatty fish (salmon, mackerel and tuna).

3-Zinc – Zinc is a tricky vitamin as both low and high levels can affect our immune function. Diet is a safe way to add zinc and not worry about overconsuming. Oysters, poultry, crab, red meat, fortified breakfast cereals, beans, nuts, whole grains and dairy products are the best options for increasing zinc through your diet.

4-Probiotics – Probiotics are important in our diets. They help to improve our stomach, which in turn helps to improve immune functions. Yogurt with live cultures are the best source of probiotics.

Our diets are the best and safest way to improve our health. Review your diet and try to include 1 or more of the nutrients above in your daily plan to improve your health. Try these ideas to get you started:

- ◆ Choose plant-based oils and nuts to increase your intake of vitamin E.
- ◆ Include at least 3-4 servings of vitamin D rich milk in your daily diet. In addition, dairy products also provide zinc and probiotics. Remember to choose yogurt with live cultures for the best source of probiotics.
- ◆ Plan to have fish in your weekly diet. Oysters, crab and lobster provide the best sources of zinc. Otherwise, include red meat and poultry in your diet for a good zinc source.
- ◆ Review your breakfast cereal choices and make sure they are fortified with vitamin D, vitamin E and zinc.

The best way to improve your diet is to include nutrient rich foods in your daily meal plan. If you are considering using supplements, please make sure to discuss those supplements with your doctor.

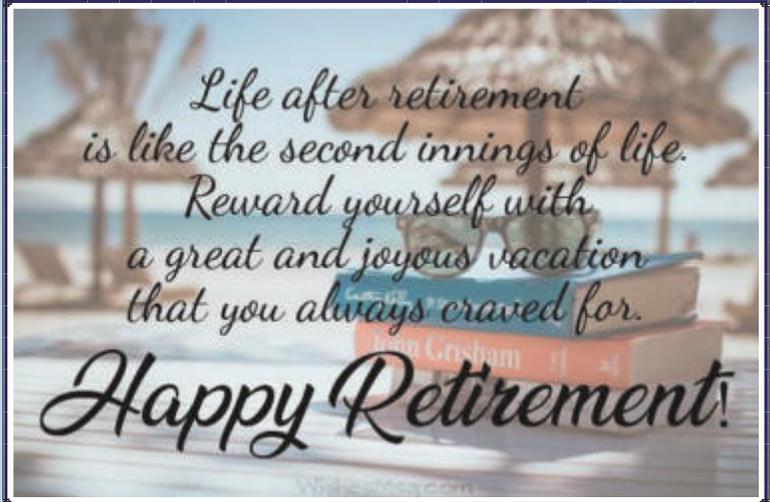
The Buffalo and Pepin County Senior Nutrition Program designs meals with the senior in mind. We offer delicious, nutrient rich meals. Join us for a healthy meal!!

Have a Great Day!

Robin Scharlau, Registered Dietician

Best Wishes...

It's January 1, 1993 and Jan Priefert was beginning her full-time career with Buffalo County. Over the course of the next 28 years, Jan touched the lives of countless individuals as she worked in several positions, such as front desk support staff, back up for Women, Infants, and Children clerk, child support, and Wisconsin Home Energy Assistance Program. For the past 22 years, Jan has been the Buffalo County Elder Benefit Specialist, assisting individuals as they've needed assistance navigating Medicare, Social Security, Homestead Tax Credit, Food Share, Senior Care, and other issues. She also helped with the Senior Nutrition Program. Jan's retirement is a bitter-sweet day, as we are sad to see her leave, but at the same time thrilled for what lies ahead for her. We all hope she gets to enjoy retirement by taking the camper and doing some traveling!



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My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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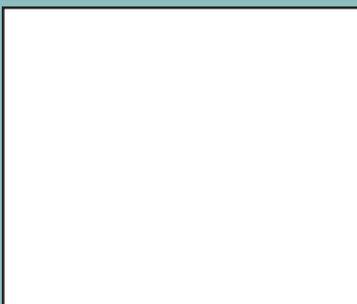
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*January
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call previous day by 1:00pm to order lunch.	<u>Served with each meal:</u> Milk			1 CLOSED 
4 Spaghetti w/Meat Sauce, Salad w/ Ranch Dressing, Garlic Bread, Mandarin Oranges, Cake	5 Salisbury Steak, Mashed Potatoes, Carrots, Banana, Cake	6 Chicken Noodle Soup, Cold Cut Combo Sandwich, Fruit Salad, Peaches, Cake	7 Cheddarwurst, Baked American Fries, Broccoli Salad, Fruit Cocktail, Cake	8 Cod, Potato Salad, Beans, Coleslaw, Cake
11 Ham Steak, Au Gratin Potatoes, Carrots, Applesauce, Cake	12 Broasted Chicken, Mashed Potatoes, Corn, Pineapple, Cake	13 Lasagna, Lettuce Salad, Garlic Bread, Green Beans, Pears, Cake	14 Pulled Pork Sandwich, Home-Made Mac & Cheese, Carrots, Mandarin Oranges, Fruit Fluff	15 Cod, Mashed Potatoes, Beans, Coleslaw, Cake
18 Hamburger w/ Fried Onions & Mushrooms, Dirty Mashed Potatoes, Carrots, Tropical Fruit	19 Chili w/ Tomatoes, Grilled Cheese, Corn, Banana, Cake	20 Boiled Dinner w/ Ham, Potatoes, Carrots, Rutabagas, Onions, Cabbage, Peaches, Cake	21 Chicken Alfredo, Peas, Garlic Bread, Fruit Cocktail, Jello w/Fruit	22 Cod, Baked Potato, Beans, Coleslaw, Cake
25 Country Fried Steak, Mashed Potatoes, Carrots, Applesauce, Cake	26 Broasted Chicken, Mashed Potatoes, Corn, Pineapple, Cake	27 Beef Stew (Potatoes, Carrots, Rutabagas, Onions), Pears, Cake	28 Hotdish w/Beef, Corn, Broccoli, Tropical Fruit, Cake	29 Cod, Potato Salad, Beans, Coleslaw, Cake

Christmas is truly a season of giving from the heart. We were witness to this outpouring of support and kindness on December 5th at our Pepin County Council of Senior Citizens annual Christmas Bazaar. There were doubts and apprehension when we started planning this event months ago due to the Covid virus, but we felt that this type of event was needed in the community to bring the spirit of Christmas alive again, and it did. This was the most successful Bazaar we have had and there are so many people to thank for their work, contributions, donors and guests.



There were tables spread with every kind of baked good and candy all wrapped and safely displayed. Members and volunteers had produced an array of breads, pies, bars, cookies, fudge, caramel corn, snacks and other items to delight the palate and provide a treat to their families.

Craft tables were loaded with hand crafted gifts ranging from scarves to dishcloths that would be perfect for that special someone they were buying for. Our tree was decorated with crocheted hats in a variety of colors and styles. Christmas decorations painted and assembled by even more volunteers filled several tables along with gift items ranging from jam baskets to reindeer.

Winners of the door prizes drawn every hour were: Faye Owen, Mary Riebe, Tammi Bechel, Lana Hayden and Vicki Wittig.

Continued on page 7

Winners on the main raffle were Rosey and Gary Asher, Jean Kannel, Jenni Schilling, Polly Martin and Linda Mason. Winners of the "Quilted Raffle" were Randy Weiss, Mary Klevgard, Zita Stewart and Joyce Grochowski.

Quilted items were donated by Jan Bates, Brenda Drier and Irene Schuh. Mike Brunner made the blanket ladder for us to display these items. Crocheted items were donated by members of Riverview Helping Hands, Joyce Grochowski, Beth Bauer, Betsy Bauer, Barb Brunner, Betty Maxwell, Mary Ellen Brunner, and Jo Ann Rieck. Barbara Merker donated a unique kitten shelf and pictures and frames in the same theme. Raffle prizes were donated by Tricia Mentern, WRDN, ConAgra, and the Senior Center.

There were so many members and supporters of the Council who baked, cooked, wrapped and donated the tables full of baked items that I would have to print our entire membership log. Again, we thank you for your contribution and we could not have had this successful sale without you. Due to your generosity, we were able to provide over 15 trays of baked goods to shut ins in Durand, with additional boxes of treats delivered to the Home Place and assisted living.

Special thank you to Vicki Weissinger and her family for decorating our entry with the lovely porch pots and to Sherry Gilles and St Vincent de Paul store for their assistance with the displays.

Additional Christmas items were left at Riverview Center for the month of December which could be purchased by anyone visiting us during this month.

Again, we thank you from the bottom of our hearts for your cooperation and your generosity. Due to the fact that there were so many coming into the Center with arms full of donations, I may have missed listing your name, but we appreciate everything you have done-and you know who you are. God bless each and every one of you and I hope you have had a very Merry Christmas. *Marge Briggs*

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*January
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Served with each meal:</u> Milk				1 CLOSED 2021
	5 Meatloaf, Mashed Potatoes & Gravy, Creamed Corn, Wheat Bread, Grapes	6 Chili, Creamy Coleslaw, Veggies & Dip, Cornbread, Applesauce	7 Open Face Hot Turkey Sandwich w/ Wheat Bread, Mashed Potatoes w/ Gravy, Squash, Plums, Dessert	8 Baked Chicken, Baked Potato w/Sour Cream, Peas, Wheat Bread, Tropical Fruit
Call previous day by 1:00pm to order lunch.	12 Pulled Pork Sandwich w/Kaiser Roll, Red Potatoes, Baked Beans, Peaches	13 Lasagna, Broccoli, Garden Salad w/French Dressing, Garlic Bread, Red Jello w/ Fruit Cocktail	14 Beef Roast, Mashed Potatoes w/Gravy, Tomato Juice, Wheat Bread, Pineapple	15 Baked Fish w/ Tartar Sauce, Potato Salad, French Style Green Beans, Apple, Whole Grain Banana Muffin
	19 Salisbury Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Banana	20 Barbeque on Kaiser Roll, Bean Soup, Creamy Coleslaw, Tropical Fruit	21 Spaghetti w/ Meat Sauce, Broccoli, Garden Salad w/ French Dressing, Garlic Bread, Mandarin Oranges	22 Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat Bread, Pears
Salad Options: Taco Chef Seafood Chicken Fiesta	26 Chicken Parmesan w/Pasta, Creamy Coleslaw, Harvard Beets, Wheat Bread, Applesauce, Dessert	27 Beef Stew, Broccoli Salad, Biscuit, Plums	28 Sirloin Tips over Noodles, Sweet Potatoes, Garden Salad w/ Ranch, Wheat Bread, Pineapple	29 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Baked Beans, Wheat Bread, Red Jello w/Peaches

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?*

Enjoy this Cryptogram. Use the letter key to uncode the message below. The answer is on page 11.

Mystery Cryptogram

Name _____

Kindness



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THE LOST PIRATE

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

*January
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Fish Sandwich w/ Cheese, Potato Salad, Green Beans, Fruit	5 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Fruit	6 Pork Roast, Baked Beans, Marinated Tomato Salad, Fruit	7 Chicken Alfredo, Garlic Toast, Side Salad, Carrots, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
11 Sloppy Joe, Baby Reds, Baked Beans, Side Salad, Fruit	12 Beef Stroganoff, Mashed Sweet Potatoes, Corn, Fruit	13 Chicken & Gravy over Mashed Potatoes, Carrots, Fruit	14 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	
18 Tuna Casserole, Carrots, Side Salad, Fruit	19 Pork Chops, Baby Reds, Broccoli, Baked Beans	20 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	21 Baked Ham, Cheesy Potatoes, Corn, Fruit	Call previous day by 1:00pm to order lunch.
25 Meatloaf, Mashed Potatoes & Gravy, Carrots, Fruit	26 Creamed Chicken over Biscuit, Mixed Vegetables, V8 Juice, Fruit	27 Cheeseburger, Potato Salad, Baked Beans, Coleslaw, Fruit	28 Baked Fish, Baked Potato, Side Salad, 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.

Please be aware of a new scam we recently heard about. An ADRC office in southern WI received a call from a customer stating that they were contacted by someone claiming to be from the ADRC, saying they won a prize. The scammer, posing as someone from the ADRC, asked for the customer’s name and Medicare number to claim the prize. Please remember, the ADRC will not call you and ask for your Medicare number to verify your identity for a prize. This is a scam. If you receive a call like this, please hang up. **Protect your Medicare number.** Please share this information with others.



AMERICAN LUTHERAN HOME

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

*January
2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Pizza Burger on Bun, Sweet Potato Tots, Asparagus, Fruit Cup	5 Roast Turkey, Cranberry Sauce, Cornbread Stuffing, Broccoli, Pumpkin Pie	6 Homemade Chili, Crackers, Corn, Whole Wheat Dinner Roll, Peaches	7 Bologna Salad Sandwich, Potato Salad, Pickled Beets, Caramel Apple Crisp	Served with each meal: Milk
11 Roast Turkey French Dip, Sunshine Carrots, Parslied Potatoes, Autumn Gelatin Dessert	12 Beef Stew, Crackers, Biscuit, Salad, Broccoli, Pears	13 Manicotti w/ Sauce, Cascade Blend Veggies, Beets, Bread, Carrot Cake w/Cream Cheese Frosting	14 Barbeque Pork Chop, Baked Beans, Caramelized Butternut Squash, Bread, Berry Pretzel Dessert	
18 Country Fried Steak, Mashed Potatoes w/Gravy, Baked Beans, Bread, Fruit Crisp	19 Maple Pork Loin, Scalloped Potatoes, Squash, Bread, Fruited Gelatin	20 Chicken Alfredo, Broccoli, Salad w/Dressing, Garlic Toast, Mandarin Oranges	21 Meatloaf, Mac 'N Cheese, Parslied Carrots, Caramel Apple Bar	Call previous day by 1:00pm to order lunch.
25 Creamy Ham & Bean Chowder, Nantucket Blend Veggies, Bread, Applesauce	26 Roast Beef, Baked Potato, Broccoli, Bread, Fruit Cocktail	27 Breaded Fish, Au Gratin Potatoes, Cascade Blend Veggies, Bread, Pumpkin Bar	28 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.**



Cryptogram Mystery Message

It doesn't matter who you are or what you have or do if you give your very best. The best returns to you.

Thank you from the Riverview Community Center!

Monetary Donations:

*Blues on the Chippewa
Guy Briggs
Brenda Bauer*

*Lois Laehn
Barb Winberg
Linda Knapp*



GOLDEN AGE NEWS

Pepin Co. Human Services
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