

TWO RIVERS CONNECTION



MARCH 2022



Homestead Tax Credit

(Article submitted by Bernie Rogers)

You May Be Eligible for the Homestead Credit Program

The homestead credit program is designed to soften the impact of property taxes and rent for persons with incomes less than \$24,680 per year. The credit is based on the relationship of your household income to the amount of your property taxes and/or rent for the 2021 calendar year.

What is figured when calculating the Homestead Credit?

Household income includes Social Security benefits (in January you received the Social Security 1099 statement indicating what your Social Security amount was for 2021); **you will need to show the Social Security 1099 statement at the time of your appointment**, railroad retirement benefits, SSI federal and state benefits, wages, dividends and interest generated from **any** bank accounts (checking, savings, CD's), investments, pensions, annuities, unemployment compensation, capital gains, distributions and contributions to IRAs and Keogh, SEP, SIMPLE, and deferred compensation plans, interest from savings bonds, military compensation, rental income - minus expenses, self-employment income minus expenses. This list is **not** all-inclusive.

If you do not have all documents of your income, a total of your medical premiums, a copy of your real estate taxes or a rent certificate from your landlord, your homestead credit will not be completed.

What do you bring to the appointment?

Copies of **all** your income, Social Security numbers, tax bill or rent certificate, and the total of all your medical care insurance premiums, (for example: Medicare Supplement Insurance Premiums, Medicare Part B premiums, Medicare Part D premiums, Long Term Care premiums (nursing home insurance), Employer Group insurance premiums, etc.).

Who's eligible for the Homestead Credit?

Claimant must be 18 years of age by December 31, 2021.

Claimant must have been a legal resident of Wisconsin all of 2021.

Total income must be below \$24,680

Claimant must be renting or owns (even if you have a mortgage) Wisconsin property in which they lived.

Benefits Specialists at the Aging Disability Resource Center of Buffalo & Pepin Counties are available to assist individuals with their Homestead Credit applications. Julie and Bernie serve individuals 60 years and older, while Mel serves individuals between the ages of 18-59. Please call 866-578-2372 to schedule an appointment today!



Julie Fick

Elder Benefit Specialist

Pepin County



Bernie Rogers

Elder Benefit Specialist

Buffalo County



Mel Hovland

Disability Benefit Specialist

Buffalo & Pepin Counties

Community Memory Cafés

The Gathering Café

Held the 2nd Tuesday of each odd month

Next Meeting To Be Determined

10:00am - 11:30am

Wings Over Alma

118 N Main St., Alma

Food for Thought Café

Held the 3rd Tuesday of each odd month

Next Meeting To Be Determined

10:00am - 11:30am

Immanuel Lutheran Church

205 Pine St., Pepin

Coffee & Conversation Café

Held the 2nd Tuesday of each even month

Next Meeting To Be Determined

10:00am-11:30am

Hurlburt's Haven

1227 E Prospect St., Durand

The Morning Crew Café

Held the 3rd Tuesday of each even month

Next Meeting To Be Determined

10:00am-11:30am

Central Lutheran Church

221 W Main St., Mondovi

Virtual Support Groups:

Join two Dementia Care Specialists along with other caregivers virtually for relaxed open conversations about caring for someone living with dementia. We share stories, struggles, and successes during our scheduled time. We respect your valuable time and will stick to the one hour time slot.

-Circle of Support: First and Third Monday of every month from 10:00am-11:00am, meetings will be held on Zoom.

-Thursday Evening Conversations: Every Thursday from 7:30pm-8:30pm, meetings will be held on Zoom.

If interested, please call Becky Woodke, Dementia Care Specialist at 715-538-2001, Option #6 to register.

When Is It Time to Retire from Driving

By the GWAAR Legal Services Team (for reprint)

Mobility and accessibility are important to our independence and overall mental and physical well-being. In most cases, driving has provided us the ability to work, provide for our families, socialize, and live independently. Removing the ability to drive can feel debilitating, but driving isn't our only tool to access the world around us.

There are many reasons why it may become unsafe for a person to continue driving. Some signs it might be time to hang up the keys include:

- Making unsafe decisions like failing to observe traffic signs, driving at the wrong speed, or not using turn signals
- Making errors such as not obeying laws at intersections, hitting curbs, or poor lane control
- Not reacting quickly to various circumstances
- Forgetting where you are going or how to find familiar places
- Taking longer to return home from a routine drive than normal
- Car crashes, new dents or dings on the vehicle, or receiving multiple traffic tickets or warnings
- Mixing up the gas and brake pedals
- Anger or confusion while driving

If any of these unsafe driving situations are familiar to you, you can set up a comprehensive driving evaluation

Continued on page 3

Riverview Helping Hands



Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30am to 2:00pm**. The group has shipped out 22,998 skull caps through the month of November. *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.



Hello, my name is **Heather Prissel** and I am the new **Nutrition Program Coordinator for Buffalo & Pepin Counties**. I am originally from the

Stanley-Boyd area, but have lived in Mondovi/Durand for over four years. I currently live in Durand with my husband Mitch and stepdaughter Aaliyah. We share our home with our cat, Dutchess.

In our free time my family and I enjoy fishing, boating, hunting and just about anything that gets us outside! Prior to Pepin County, I worked for Western Dairyland in both their RSVP (Retired Senior Volunteer Program) and Housing and Homeless Services Program. I am excited to learn more about this program, and all of you!

How To Know When It's Time to Retire from Driving *(Continued from page 2)*

with an occupational therapist specializing in driving rehabilitation. The occupational therapist will give you a more objective evaluation of your driving capacity and help determine strategies to help you retain independence and mobility when your amount of driving is reduced. An evaluation from an objective third party could especially come in handy if a trusted friend or family member has expressed concern about your driving ability but you do not agree there is a problem. A national database of driving specialists can be found on the American Occupational Therapy Association's website.

Whether or not it is still safe for you behind the wheel will depend entirely on your individual circumstances. Because of this, there's not one specific age that people should retire from driving. However, according to AAA, healthier and more active older adults are outliving their ability to drive safely by an average of 7-10 years.

The best thing to do is make a plan before driving even becomes an issue for you. You may find that creating a plan is more empowering for you because you'll have a say in your transportation before you're unable to drive. The Alzheimer's Association has a driving contract where you can give your permission to a trusted loved one to help you when it's your time to stop driving. This can be particularly useful if you are in the early stages of Alzheimer's or are afraid that you will have a hard time committing to driving retirement when the time comes.

Keep in mind that it is totally natural to fear such a big change, and you may even mourn the loss of your ability to drive. However, if you plan ahead with your loved ones, the transition will be a lot easier for everyone involved. Part of creating this plan is figuring out who you can count on when you need help. You are definitely not in this alone, and it may help ease your fears to know exactly who is willing and able to help you if you eventually need it.

You can also take steps now to reduce your reliance on driving, such as getting your groceries and prescriptions delivered to you. There are many transportation resources listed in this article, but you can even try asking a friend or family member if they can recommend any services and/or show you how to use them.

There are plenty of transportation options available to help you get to where you need to be, such as:

- Family members and friends
- Volunteer driver services
- Biking or walking, if possible
- Community Resource Finder
- Non-Emergency Medical Transportation (NEMT)
- Taxi services
- Public transportation (bus, train)
- WisDOT Transit Assistance Programs
- Eldercare Locator

If you are new to using some of these services listed, it can be helpful to learn how to use them now and know who to contact if you need help, so you're already used to it. Since everyone's situation is unique, the Alzheimer's Association can provide even more information and support if you call 800-272-3900.

While older adults are more likely to make safe decisions behind the wheel like wearing seatbelts, they are less likely to survive severe crashes than any other age group. There are several reasons for this, including age-related fragility and their vehicles being less likely to have advanced safety features. If you are planning to continue driving for quite some time, it will be important to learn about the different safety features available in newer cars and the importance of driving a vehicle with those capabilities.

Here are some more transportation resources for adults in Wisconsin who cannot drive:

- GWAAR website <https://gwaar.org/transportation3>
- Your Local Aging and Disability Resource Center (ADRC) <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>
- Wisconsin Association of Mobility Managers (WAMM) <https://wi-mm.org>
- United Way's 211 - Call 211 on your phone
- AAA's Senior Driver Safety & Mobility Program <https://exchange.aaa.com/safety/senior-driver-safety-mobility/>
- AARP "We Need to Talk" Online Workshop <https://learn.aarp.org/we-need-to-talk-online-workshop>
- Alzheimer's Association [Dementia and Driving](#)
- National Transportation Resources <https://www.alz.org/media/Documents/national-senior-transportation-resources.pdf>
- WisDOT Transit Assistance Programs <https://wisconsin.gov/Pages/doing-bus/local-gov/astnce-pgms/transit/default.aspx> □



Specialist Spotlight

Back Row: Jennifer Nelson and Susan Henry (Information & Assistance Specialists);
Front Row: Melissa Hovland (Disability Benefit Specialist);
Bernie Rogers and Julie Fick (Elder Benefit Specialists)



Spring into Better Health

By the GWAAR Medicare Outreach Team—for reprint

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. And, taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history, as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Note: The Wellness visit is not the same as an annual physical exam.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren't covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2022* handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.



Ask a Specialist:

I received a phone call the other day from someone saying they were with Medicare and needed to verify some information before mailing out my new Medicare card. Is this a scam????

Yes, this is a scam. No one from Medicare will call you to "verify" information about your benefits, as they already have that on record. Scammers can pose as Medicare employees in an effort to gather personal information to be used for fraudulent purposes. Medicare does not need your Medicare number to add you to a list for the Covid-19 vaccine. No one from Medicare is going to call you to offer all sorts of "free" items/services after you provide personal information. Medicare will not call to "enroll" you in services after you provide your Medicare number. New Medicare cards with a "chip reader" are not being issued.

Safeguard your Medicare information the way you would your Social Security number or credit card information. Never provide this information to any caller who claims to work for Medicare. Never accept gifts or services in exchange for your Medicare information. Review your Medicare Summary Notice and claims for any services billed to your Medicare number that you do not recognize. Report any suspected Medicare fraud by calling 1-800-MEDICARE.

Submitted by Bernie Rogers, Elder Benefits Specialist

Do you have a question for one of our specialists? Contact the ADRC, and it may be featured in a future newsletter! See the back page for contact information.



The Aging and Disability Resource Center of Buffalo and Pepin Counties (ADRC) is recruiting a **Stepping On** leader. This individual will be trained by the Wisconsin Institute for Healthy Aging (WIHA) to lead **Stepping On** workshops for Buffalo and Pepin Counties.

Stepping On is an evidenced-based workshop that focuses on fall prevention. **Stepping On** can help avoid a dangerous and costly fall so individuals can keep doing the things they love to do. In just seven weeks, individuals learn:

- ◆ To identify and remove or avoid fall hazards both inside and outside of the home.
- ◆ How vision, hearing, medication, and footwear affect the risk of falling.
- ◆ Strength and balance exercises that can be adapted to each individual.
- ◆ To get back on your feet the right way if you do fall.

Being a **Stepping On** leader allows you to make a difference in the lives of others! There will be a peer leader so you'll co-lead all workshops with this individual.

- All of the materials and handouts are provided.
- ADRC staff will help to market the workshop and recruit participants.
- This is a volunteer position however the ADRC will reimburse the costs for training.
- Our goal is to hold two workshops each year, one in Buffalo County and one in Pepin County. Mileage to and from the workshops is provided.
- The next leader training is in May 2022 (held virtually).

If you are interested in learning more about this opportunity, please contact the ADRC at 866-578-2372 or Email us at adrc-bp@co.pepin.wi.us.

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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.

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

FREE AD DESIGN
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CALL 800.950.9952

DONNA MAE'S PANTHER CAFÉ

PEPIN: FRIDAY ONLY (11:00AM-12:00PM) 715-442-2289
GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139
NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

March
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Options: Grilled Chicken Crispy Chicken Taco Chef	1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Fruit Salad, Mandarin Oranges, Cake	2 Meatloaf, Mashed Potatoes, Green Beans, Bread, Pears, Cake	3 Potato & Ham Soup, Ham Salad Sandwich, Carrots, Banana, Cake	4 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
7 Hamburger w/ Mushrooms & Onion, Baby Red Potatoes, Carrots, Bread, Tropical Fruit, Cake	8 Chicken, Mashed Potatoes, Stuffing, Cranberries, Bread, Pineapple, Cake	9 Barbecue Pork Chop, Cheesy Potatoes, Broccoli, Bread, Fruit Cocktail, Cake	10 Lasagna, Lettuce Salad, Green Beans, Garlic Bread, Peaches, Cake	11 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake
14 Ham Steak, Cheesy Potatoes, Carrots, Bread, Applesauce, Cake	15 Parmesan Chicken, Dirty Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	16 Beef Barley Soup, Egg Salad Sandwich, Broccoli, Pears, Cake	17 St. Patrick's Day Corn Beef & Cabbage, Potatoes/Carrots, Bread, Banana, Cake 	18 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
21 Cheddarwurst, Baked American Fries, Carrots, Bread, Tropical Fruit, Cake	22 Chicken, Mashed Potatoes, Corn, Bread, Mandarin Oranges, Cake	23 Salisbury Steak, Mashed Potatoes, Broccoli, Bread, Fruit Cocktail, Cake	24 Beef Stew, Bread, Banana, Cake	25 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
28 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Applesauce, Cake	29 Scallop Potatoes and Ham, Lettuce Salad, Peas, Bread, Mandarin Oranges, Cake	30 Barbeque on Bun, Baby Red Potatoes, Cowboy Beans, Fruit Cocktail, Cake	31 Hot Beef on Bun, Mashed Potatoes, Carrots, Peaches, Cake	Served with each meal: Milk Call previous day by 1:00pm to order lunch.

The Pepin County Council of Senior Citizens is planning to hold an election of members to its Board of Directors. Currently there are nine members on the Board who govern the assets and activities of the organization. They are: Floyd Briggs, Bonnie Bock, Carol K. Bauer, Charlotte Byington, Carol Orne, Linda DeLong, Lois Laehn, Zita Stewart and Barb Winberg.

Senior Citizens are reminded to pay their membership dues of \$5.00 for the year 2022, to make sure they are eligible to vote in this election. This can be done in the office at the Riverview Community/Senior Citizen Center located at 606 West Madison St. in Durand, or you may send it to the same address. New members are always welcome.

Those members of the Board whose terms expire this year are: Carol K Bauer, Linda DeLong and Lois Laehn. As incumbents, they have expressed that they would be willing to serve another term. They have been nominated for office. Other members can also run for office. If you are interested in running for a position on the Board of Directors, contact the office at the Riverview Community/Senior Citizen Center by calling 715-672-4101.

This election will take place at the March 22nd meeting of the Pepin County Council of Senior Citizens to be held at the Riverview Community/Senior Citizen Center in Durand, WI. The meeting will begin at 10:00 a.m.

The Pepin County Council of Senior Citizens is an active group of people aged 55 and older that owns and maintains the Riverview Community Center building in Durand. One of the advantages of being a member of the group is that you may participate in activities that go on there, and your family may rent the Community Center at a 25% discounted rate for get-togethers and events, if you have paid your dues by February 15th. The building can also be rented and used by members of the public for various get-togethers. People are urged to stop by and check out what goes on there.

Carol K. Bauer



On-Line Resource for Answers to Practical Voting Questions

When you have questions about voting in Wisconsin, your municipal clerk is your local elections expert. Another valuable resource is MyVote.wi.gov, which can help you answer many practical voting questions.

To learn your current voter registration status in Wisconsin, click "Search by name" at the top of the first MyVote.wi.gov screen, and enter your name and birth date. If you believe you're registered but MyVote.wi.gov indicates you're unregistered, re-enter your name and birth date. If the result is still unregistered, please call your municipal clerk.

Regardless of your registration status, you can learn the following information at MyVote.wi.gov by entering your home address:

- Your municipal clerk's name, location and open hours
- Elected officials
- Polling place location (where you vote on election day) and hours
- The next election, including what will be on the ballot

If you are registered to vote, you can find this additional information after you enter your name and birth date:

- The name and address you have on file as a registered voter
- Your 10-year voting activity history
- Link for requesting an absentee ballot

If you want to vote by absentee ballot, you'll need to sign-up this year, even if you voted that way in 2021; it's a yearly request. You can sign-up online at MyVote.wi.gov or complete a "Wisconsin Application for Absentee Ballots", which is also available on MyVote.wi.gov or through your municipal clerk. *(Continued on next page)*

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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

*March
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Served with each meal:</u> Milk</p>	<p>1 Chicken Parmesan over Pasta, Cauliflower, Lettuce Salad w/French Dressing, Wheat Bread, Banana</p>	<p>2 Ash Wednesday Broasted Cod w/Tartar Sauce, Baked Potato w/Sour Cream, Peas & Carrots, Wheat Bread, Fruit Cocktail</p>	<p>3 Beef Stew, Broccoli Salad, Whole Grain Muffin, Pears</p>	<p>4 Tuna Noodle Casserole, Whole Kernel Corn, Baby Carrots w/Ranch, Wheat Bread, Tropical Fruit</p>
	<p>8 Pork Chop w/ Mushroom Gravy, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Fruit Cocktail</p>	<p>9 Tater Tot Hotdish, Creamy Coleslaw, Whole Grain Muffin, Mandarin Oranges</p>	<p>10 Cheeseburger on Bun, Baked Beans, Tomato Juice, Applesauce</p>	<p>11 Egg Salad on Croissant, Creamy Cauliflower & Broccoli Soup, Lettuce Salad w/French Dressing, Pineapple</p>
<p>Call previous day by 1:00pm to order lunch.</p>	<p>15 Baked Ham, Sweet Potatoes, California Blend Veggies, Wheat Bread, Banana</p>	<p>16 Creamed Chicken & Biscuit, Peas and Carrots, Lettuce Salad w/ Ranch, Peaches, Dessert</p>	<p>17 St. Patrick's Day Corned Beef, Cabbage, Red Potatoes, Wheat Bread, Tropical Fruit </p>	<p>18 Fish Sandwich on Bun, Tartar Sauce, Split Pea Soup, Tomato Juice, Pineapple</p>
<p><u>Salad Options:</u> Taco, Chef, Seafood Chicken Fiesta</p>	<p>22 Baked Chicken, Baked Potato w/Sour Cream, Harvard Beets, Wheat Bread, Apple</p>	<p>23 Ham & Cheese on Wheat Bun, Baked Beans, Baby Carrots w/Ranch, Pineapple</p>	<p>24 Lasagna, Mixed Vegetables, Lettuce Salad w/ French, Garlic Bread, Strawberries</p>	<p>25 Tuna Salad on Croissant, Potato Soup, Marinated Vegetable Salad, Pears</p>
	<p>29 Barbecue on Bun, Bean Soup, Tater Tots, Grapes, Dessert</p>	<p>30 Roast Turkey, Mashed Potatoes w/ Gravy, Glazed Carrots, Wheat Bread, Peaches</p>	<p>31 Spaghetti & Meat Sauce, Broc- coli, Lettuce Salad w/Ranch, Garlic Bread, Applesauce</p>	

On-Line Resource for Answers to Practical Voting Questions - Continued

If your municipal clerk already has a copy of your required photo ID from a previous request or you are indefinitely confined, you don't need to send a copy with your request. You'll be able to select the elections for which you'll need an absentee ballot (individual elections, or all elections in the calendar year), as well as ask for your ballot to be mailed to an address different than your residence, if you'll be out of town during an election.

Ready to register? You can do so online at MyVote.wi.gov up to 20 days before an election (through March 16 for the April 5 general election). You can also register by mail, in-person at your local municipal clerk's office, or at the polling place on Election Day. All voters must submit a proof of residence along with their voter registration. Check with your municipal clerk for more detailed instructions about registration, including deadlines, length of residency, and name or address changes.

Along with your municipal clerk and MyVote.wi.gov, the League of Women Voters-Greater Chippewa Valley is a good local resource for election information. If you have questions about the voting process or using MyVote.wi.gov and Vote411, please call LWV-GCV members Lori Miller (715-285-5659) or Jane Pedersen (715-456-6922).



Submitted by Lori Miller, Member of League of Women Voters

DONATION DESIGNATION FORM

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

In Memory of: _____ or In Honor of: _____

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

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

My donation is for:

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

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

Please send receipt to -

Name & Address: _____

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

Your gift is deductible to the extent provided by law.

 <p>Vicky Peterson Representing Johnson Monument Co.</p>		<div style="background-color: #003366; color: white; padding: 5px; text-align: center;"> <h3>Concerned about Medicare fraud? Give us a call...</h3> </div> <p>PROTECT your personal information</p> <p>DETECT suspected fraud, abuse, or errors</p> <p>REPORT suspicious claims or activities</p> <div style="border: 1px solid #003366; padding: 5px; text-align: center; background-color: #e0f0ff;"> <p>Toll-free Helpline: 888-818-2611 Email: smp-wi@gwaar.org www.smpwi.org WisconsinSeniorMedicarePatrol</p> </div>   <p style="font-size: small;">This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.</p>
 <p style="text-align: center;">MARTEN <i>Expect the Best!</i></p> <p style="text-align: center;">800-395-300 WWW.MARTEN.COM</p>	<div style="background-color: #ffcc00; padding: 5px; text-align: center;"> <p>DAILY BREAKFAST, LUNCH & DINNER SPECIALS</p> </div>  <p style="text-align: center;">Friday Fish Fry (Broasted Cod) Saturday - Prime Rib/Steaks Sundays - Broasted Chicken</p> <p style="text-align: center;">ATM Handicapped Accessible</p> <p style="text-align: center; background-color: #ff0000; color: white; padding: 2px;">OPEN DAILY 6 AM</p> <p style="text-align: center;">318 W. Main • Durand, WI • 672-8874</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p style="text-align: center;">Goodrich Funeral Home</p> <p style="text-align: center;">118 East Madison Street Durand, WI 54736</p> <p style="text-align: center; background-color: #006633; color: white; padding: 5px; border-radius: 10px;">715-672-5115</p> <p style="text-align: center;">www.goodrichfh.com</p> </div> <div style="width: 50%;"> <ul style="list-style-type: none"> Traditional Cremation Guaranteed Pre-Planning </div> </div>
 <p style="text-align: center;">HEIKE PHARMACY</p> <p style="text-align: center; color: #006633;"><i>Fast, Friendly, Reliable Service</i></p> <p style="text-align: center; background-color: #003366; color: white; padding: 5px;">Phone 715-672-5202</p>	 <p style="text-align: center;">St. Vincent de Paul THRIFT STORE</p> <p style="text-align: center; font-size: x-small;">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</p>	



THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683

*March
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	2 Barbecue 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	
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	Salad Options: Taco Ham Chicken



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

10 Ways to Enjoy More Fruits and Vegetables

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
3. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
4. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
5. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
6. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
7. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
8. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
9. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
10. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Heather Prissel, Nutrition Program Coordinator (Information obtained from www.eatright.org; edited for space)

AMERICAN LUTHERAN HOME

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

*March
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Stew, Mashed Potatoes, Corn, Pumpkin Crisp	2 Ham Loaf, Mini Baked Potatoes, Broccoli, Bread, Pineapple	3 Pork Loin, Mixed Veggies, Baked Beans, Whole Wheat Dinner Roll, Fruit Pie	<u>Served with each meal:</u> Milk
7 Meatball Subs, Peas, Three-Bean Salad, Mandarin Oranges	8 Turkey, Stuffing, Green Beans, Bread, Pumpkin Pie	9 Ham & Bean Chowder, Carrots, Whole Wheat Dinner Roll, Mixed Berries	10 Chicken Alfredo, Broccoli, Salad w/ Dressing, Bread, Mixed Fruit	
14 Chicken Sandwich on Bun, Glazed Carrots, Coleslaw, Strawberries	15 Hamburger Gravy over Mashed Potatoes, Cream Corn, Bread, Strawberry Snickerdoodle Crunch	16 Ham, Sweet Potatoes, Asparagus, Bread, Fruit Jell-O	17 Chili, Salad w/ Dressing, Whole Wheat Dinner Roll, Peaches	Call previous day by 1:00pm to order lunch.
21 Split Pea Soup w/Ham, Whole Wheat Dinner Roll, Salad w/ Dressing, Cottage Cheese w/Peaches	22 Roast Beef, Onion Roasted Potatoes, Broccoli, Bread, Caramel Apple Crisp	23 Swiss Steak, Stewed Tomatoes, Mashed Potatoes, Bread, Fruit Cup	24 Smothered Pork Chops, Au Gratin Potatoes, Squash, Bread, Gelatin Dessert	<u>Salad Options:</u> Taco Chef (Turkey, Ham) Chicken Tender
28 Country Fried Steak, Sweet Potatoes, Beets, Bread, Pears	29 Beef Stew, Mashed Potatoes, Corn, Pumpkin Crisp	30 Ham Loaf, Mini Baked Potatoes, Broccoli, Bread, Pineapple	31 Pork Loin, Mixed Veggies, Baked Beans, Whole Wheat Dinner Roll, Fruit Pie	

My Nonchalant Perspective

By Arnie Humphrey

*Sitting in my Lazy Boy, watching the world unfold,
Doing just a splendid job, if my goal was to get old.
I get a little older, with every breath I take,
And there is nothing wrong with that, I think for goodness sake.
Just think of the alternative, and know I can't complain,
To wish things were much different, I would have to be insane.
If anything, I'm squandering one luxury I've got,
I'll flip the switch and watch TV, after my coffee's hot.*

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