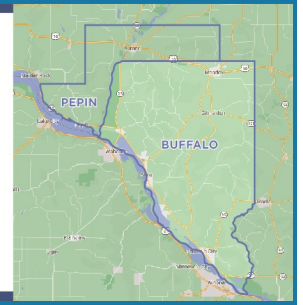


TWO RIVERS CONNECTION



March 2026



2026 Homestead Tax Clinic Schedule

You are eligible to apply for the Wisconsin Homestead Tax Credit if the following all apply:

- ♦ you are at least 18 years old,
- ♦ you were a Wisconsin resident all of 2025,
- ♦ your total household income was less than \$24,680, and
- ♦ you paid property taxes or rent in 2025

If you are under age 62 and disabled, documentation must be provided to verify disability status, such as:

- ♦ a physicians document verifying the date the disability started,
- ♦ a statement from the Veterans Administration certifying total and permanent disability,
- ♦ a Social Security document stating the date the disability began

***** You must bring with you: *****

- ♦ Your 2025 property tax bill (a copy to mail with your credit request) or a 2025 rent certificate completed by your landlord
- ♦ Verification of ALL 2025 income, (1099 forms) including interest, dividends, wages, SSI, and Social Security
- ♦ Verification of 2025 health insurance premiums paid if you claim interest income

Buffalo County Resident Clinic Dates:

Highland Apartments, Mondovi	March 9, 2026	1:00 - 2:00pm
Vine/Lincoln St. Apartments, Mondovi	March 9, 2026	2:15 - 3:00pm
Cochrane Senior Apartments	March 11, 2026	9:00 - 9:45am
Alma Senior Apartments	March 11, 2026	10:00-10:30am
Nelson Senior Apartments	March 11, 2026	11:00-12:00pm

Questions or to make an appointment for a time other than the above dates, call Bernadette Rogers, Elder Benefit Specialist for Buffalo County, at 608-685-6310.

**These clinics will be rescheduled if weather conditions delay or close schools in your area!*

Pepin County Residents:

Individual appointments are available to assist with Homestead Tax Credit. Please call 1-866-578-2372 or email adrc-bp@co.pepin.wi.us to schedule an appointment.



The Dementia Care Corner

March Events

Meaningful Connections Memory Café

Thursday, March 5th

11:00am-12:00pm

Riverview Community Center
(606 W Madison St., Durand)

-Activity: *Traveling the United States-*

Coffee & Conversation Memory Café

Thursday, March 12th

11:00am-12:00pm

Wings Over Alma
(110 N Main St., Alma)

-Activity: *Traveling the United States-*

Mondovi Dementia Caregiver

Support Gathering

Wednesday, March 11th

10:00am-11:30am

Mondovi Public Library
(147 W Hudson St., Mondovi)

Reintroducing...

Pepin Dementia Caregiver

Support Gathering

Wednesday, March 18th

10:00am-11:30am

Pepin Public Library
(510 Second St., Pepin)

No registration required.

With questions, please contact Chelsey,

Dementia Care Specialist

PH: 715.279.7870.

Navigating the Journey: Dementia Care & Resources

Join Chelsey/ Dementia Care Specialist for an interactive presentation regarding dementia care, local resources, and an introduction to ADRC programming. This free event is brought to you by the ADRC and the Alma Public Library!

WHEN: Tuesday, March 17th, 11:00am to 12:00pm

WHERE: Alma Public Library (312 N Main St., Alma)

The Role of the Amygdala

Adapted from the Cleveland Clinic

The amygdala is a small, almond-shaped structure inside of your brain.

It's part of a larger network in your brain called the limbic system. Your amygdala and limbic system are extremely important. These are parts of your brain that automatically detect danger, and they are the reason our bodies react with the "fight, flight, or freeze" responses. They also play a role in emotional control, behavior, and learning.

When a person has Alzheimer's disease or other dementia, their amygdala often remains functional, even as other areas of the brain decline. As a result, the brain drives emotional responses (i.e. happiness, fear, agitation) without the context of logical memory. This dysfunction within the brain then results in the behavioral changes we often see in those living with dementia (i.e. increased anxiety, agitation, socially inappropriate emotional responses).

Given the changes occurring within the brain, it is important to address persons living with dementia with empathy and reassurance, rather than logic or argument. Though their reality may not match yours, the emotions they experience are very real. Are you a caregiver looking to learn more about this? If so, contact Chelsey/ Dementia Care Specialist at 715.279.7870.

MEET THE ADRC TEAM

Top left, going clockwise:

- Matt/Nutrition Program Coordinator
- Bernie/Elder Benefit Specialist
- Michelle/ADRC Specialist
- Julie N./Transportation Program Assistant
- Melissa/Disability Benefit Specialist
- Cammi/ADRC Manager
- Angie/Transportation Program Coordinator
- Jennifer/ADRC Specialist
- Julie F./Elder Benefit Specialist
- Chelsey/Dementia Care Specialist

**not included: van drivers, nutrition program employees, and volunteers*



HIDDEN OBJECTS

Find 10 hidden objects (shown at right) in the picture below. Colors may be different.



-
-
-
-
-
-
-
-
-
-

Contact Us by:

Phone
866-578-2372

Email
adrc-bp@co.pepin.wi.us

Website
www.co.pepin.wi.us/adrc

Facebook
<https://www.facebook.com/ADRCBuffalo-AndPepinCounties/>



March 20th

*Remember,
No Winter lasts forever;
No Spring skips its turn.*

Hidden Objects Answer Key is on Page 10. No peaking!

Specialist Spotlight

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



Considerations When Deciding Whether to Retire

By the GWAAR Legal Services Team (for reprint), Submitted by Bernadette Rogers, Elder Benefit Specialist

Deciding when or whether to retire can be daunting. Many people immediately think of financial considerations when evaluating the prospect of retirement, which makes sense. But there are additional things to think about, as well, when faced with such a big decision. Here are some tips to consider.

What will your financial picture look like if you retire? Think about any savings accounts, retirement savings accounts like 401ks or pensions, and any non-employment income you will have, such as Social Security. Consider consulting with a financial advisor or using an online tool such as a pension calculator to get an idea of your financial situation. If you need assistance accessing benefits from employer-sponsored retirement plans, contact the Upper Midwest Pension Project at Trellis Pension and Retirement Rights. To learn more, please see: <https://trellisconnects.org/programs/trellis-pension-and-retirement-rights/>



Consider big expenses and how you will pay for them. Health care can be a huge expense, especially as we get older. Will you qualify for Medicare and/or Medicaid, or some other form of subsidized health insurance? Will you have retiree health insurance offered to employees by your employer? If you plan to use the Marketplace for private insurance, have you looked at estimated costs for someone in your situation? Make sure to keep potential prescription drugs in mind, as that can add to the cost. Fact Sheet: Medicare decisions for those over 65 and planning to retire in the next 6 months: (<https://www.cms.gov/outreach-and-education/find-your-provider-type/employers-and-unions/fs4-medicare-for-people-over-65-nearing-retirement.pdf>)

What will your living situation be like in the near future? If you own a home, do you anticipate wanting or being able to continue living there for the foreseeable future? Think about what you would do if you were unable to continue living in your current home, whether for health, financial, or other reasons. If you are renting, make sure you take that expense into account when estimating your monthly retirement budget.

Do you have others who have depended on, or will depend on, support from you? It can be easy to forget about family members or friends who ask for assistance, but giving or lending someone money can quickly add up. You may need to consider setting boundaries with loved ones if you pursue retirement and expect to have lower income.

How will you stay busy in retirement? Hobbies and travel are great ways to fill time but can be costly. Consider building trips or expenses related to hobbies into your budget so you aren't caught off guard.

Keep in mind that there are alternatives to retirement, if you don't feel ready to take that step. These can include working less or requesting flexibility with your scheduling and responsibilities to accommodate health issues or other personal matters you'd like to prioritize. Check out this blog post for an interesting perspective on retirement: "When to Retire: Redefining the Definition of Retirement - Pennsylvania Capital Management (<https://pcmadvisors.com/when-to-retire-and-how-redefining-retirement/>).



ROCK AROUND THE CLOCK SOCK HOP



SAVE THE DATE

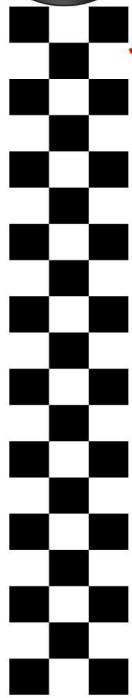
Wednesday, May 13, 2026

11:30am - 2:30pm

**Held at The Gilmanton American Legion
W738 County Road B, Gilmanton WI**



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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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March
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham Steak, Cheesy Potatoes, Carrots, Bread, Peaches, Cake	3 Baked Chicken, Stuffing, Cranberries, Corn, Bread, Mandarin Oranges, Cake	4 Spaghetti w/Meat Sauce, Salad, Garlic Bread, Banana, Cake	5 Meatballs, Mashed Potatoes, Mixed Vegetables, Tropical Fruit, Bread, Cake	6 Cod, Potato Salad, Beans, Bread, Coleslaw, Cake
9 Hamburger Gravy, Mashed Potatoes, Carrots, Bread, Applesauce, Cake	10 Broasted Chicken, Mashed Potatoes, Corn, Bread, Pears, Cake	11 Barbeque on Bun, Baked American Fries, Mixed Vegetables, Banana, Cake	12 Hamburger w/ Onions & Mushrooms, Baked Red Potatoes, Carrots, Bread, Mandarin Oranges, Cake	13 Cod, Cheesy Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
16 Quarter Beef Hotdog w/Bun, Baked American Fries, Carrots, Fruit Cocktail, Cake	17 Corn Beef & Cabbage, Baby Red Potatoes, Carrots, Bread, Pineapple, Cake	18 Tator Tot Hotdish, Peas, Corn, Bread, Banana, Cake	19 Chicken Alfredo, Salad, Green Beans, Bread, Peaches, Cake	20 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
23 Pulled Pork Sandwich, Baby Red Potatoes, Carrots, Bread, Tropical Fruit, Cake	24 Broasted Chicken, Mashed Potatoes, Corn, Bread, Applesauce, Cake	25 Chicken, Noodle Soup, Ham Salad Sandwich, Fruit Salad, Banana, Cake	26 Hot Beef on Bread, Mashed Potatoes, Beets, Pears, Cake	27 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
30 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Fruit Cocktail, Cake	31 Creamed Chicken on Biscuits, Peas, Corn, Bread, Pineapple, Cake		<u>Served with each meal:</u> Milk	<u>Dates</u> <u>Salad Option</u> 2nd - 6th Crispy Chicken 9th - 13th Taco Chicken 16th - 20th Chef Salad 23rd - 27th Grilled Chicken 30th - 31st Crispy Chicken

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"/> Disability Benefit Specialist
<input type="checkbox"/> Home Delivered Meals
<input type="checkbox"/> Senior Dining Services
<input type="checkbox"/> Transportation Services | <input type="checkbox"/> Caregiver Support Program
<input type="checkbox"/> Two Rivers Connection Newsletter
<input type="checkbox"/> Elder Benefit Specialist
<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.

Spring Cleaning & Decluttering

Spring is almost here, which means it's a great time to open the windows, do a little cleaning, and clear out clutter. A messy space can add stress and affect your mood and sleep. Most of us notice we feel more relaxed walking into a tidy room than a cluttered one.

Spring cleaning doesn't have to happen all at once. Taking it one room at a time makes it easier, and seeing progress can feel really good.

It's also a perfect time to declutter - letting go of unused or duplicate items can make your home feel lighter and more comfortable.

Have some fun and play Spring Cleaning BINGO!

Spring Cleaning BINGO

 Clear under furniture 10 PTS	 Sweep and mop the floor 5 PTS	 Store your winter clothes 2 PTS
 Organize bookshelves 2 PTS	 Clean mirrors and windows 5 PTS	 Clean the fridge 10 PTS
 Change bed sheets 2 PTS	 Find 10 things to donate 10 PTS	 Clean inside drawers 5 PTS

How many points did you score?

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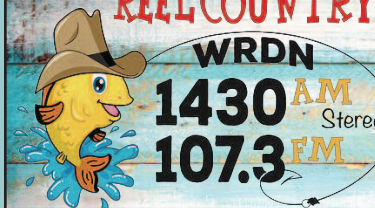
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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

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

*March
2026*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk	3 Pulled Pork on Bun, Mashed Potatoes w/Gravy, Coleslaw, Grapes	4 Swedish Meatballs, Mashed Potatoes w/ Gravy, Green Beans, Pears	5 Chicken Parmesan Pasta, Broccoli, Garlic Bread, Apple	6 Veggie Lasagna, Lettuce Salad, Bread, Tropical Fruit
	10 Cheeseburger on Bun, Tater Tots, Baked Beans, Apple Sauce	11 Country Fried Steak, Mashed Potatoes w/Gravy, Mixed Vegetables, Pears	12 Spaghetti w/Meat Sauce, Corn, Garlic Bread, Fruit Cocktail	13 Cod, Rice Pilaf, Beets, Bread, Mandarin Oranges
Call previous day by 1:00pm to order lunch.	17 Baked Ham, Scalloped Potatoes, Peas & Carrots, Bread, Pears	18 Corned Beef Cabbage, Red Potatoes, Carrots, Bread, Grapes	19 Pork Chops, Mashed Potatoes w/ Gravy, Green Beans, Bread, Applesauce, Dessert	20 Egg Salad on Croissant, Potato Soup, Cauliflower, Peaches
Salad Options: Chef Salad Chicken Fiesta Taco Salad	24 Salisbury Steak, Mashed Potatoes w/ Gravy, Green Beans, Bread, Apple	25 Chicken Gravy over Biscuits, Coleslaw, Pears	26 Stroganoff over Potatoes, Broccoli, Bread, Fruit Cocktail	27 Tuna Salad on Croissant, Spring Salad, Mandarin Oranges
	31 Meatloaf, Au Gratin Potatoes, Peas, Bread, Applesauce, Dessert			

1. As the legend goes, St. Patrick famously drove all the snakes out of Ireland, which is why the country is snake-free, even to this day. In reality, how many snakes did St. Patrick cast out?

- None
- 1
- 17
- A million

2. What are the odds of finding a four-leaf clover among a field of regular ol' three-leaf clovers?

- 1 in 3
- 1 in 4
- 1 in 1,000
- 1 in 10,000

**Happy
St. Patrick's
Day
Trivia**

3. Why did Irish Americans start the tradition of eating corned beef on St. Patrick's Day?

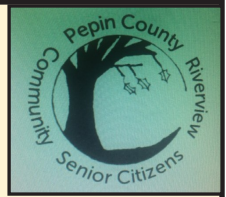
- They didn't actually, because the Irish always ate lots of beef.
- It's what they could afford.
- It looks good on Instagram.
- The supermarket was fresh out of corned muskox.

4. In addition to looking after gold, what do leprechauns in Irish folk tales make?

- Shoes
- Money Moves
- Boiled Potatoes
- Babies

The Answer Key is on page 11.
No peeking!

Hopefully, by now the cold weather is on its way out of this region. It was inspiring to see many members and friends who attended events at Riverview Center despite the chilling winds and snow of this winter.



We recently received a welcome gift from the family of Doris Weiss in the form of a very comfortable office chair and it was greatly appreciated by the staff. We also were privileged to receive a very generous donation from the estate of Hazel Maxwell in Arkansaw. Hazel had provided a Trust to the Methodist Church of Arkansaw in the past, and when the church was unfortunately closed this year, the trust designated the division of funds to five local organizations. John Wayne, a trustee, presented a check to Floyd Briggs, President and Carol K. Bauer, Secretary. We appreciate her thoughtfulness and these funds will certainly assist us in preserving the Center she was a member of.



Do not forget that to receive the discounted rental of Riverview, you must be a member by April 1st. Please renew your membership or join as a new member before that date. If you have any questions about membership, call 715-672-4101 for information.

We will have Bingo again on April 21st and the card games, Farkle, marbles and all ADRC activities continue monthly.
Marge Briggs

Riverview Helping Hands: We invite you to join Skull Cap making on the second Tuesday of each month, from 12:30pm to 2:00pm. This group has shipped out 31,607 skull caps through the month of February. Donations of yarn are appreciated and can be dropped off at Riverview Center.



Thank you from the Riverview Community Center!

Donations
Charlotte Byington, Judy King, Carol K. Bauer, Mary Kauffman, Brenda Cole, Maxwell Trust from Arkansaw Methodist Church

Memorials
Kathy Rieck, in memory of Arlene Richardson, Wilbur Black, and Elaine Haigue

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THE LOST PIRATE

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

*March
2026*

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



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.

Contact the Aging and Disability Resource Center of Buffalo and Pepin Counties to learn more about caregiver support.

866-578-2372
adrc-bp@co.pepin.wi.us

Wisconsin's **Family Caregiver** Support Programs

Answer Key to Hidden Objects Activity - page 3.



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*March
2026*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Ravioli, Tossed Salad w/Dressing, Garlic Toast, Loaded Cookie Bar	3 Cheeseburger on Bun, Pasta Salad, Green Beans, Pumpkin Dessert	4 Salisbury Steak, Mashed Potatoes, Gravy, Buttered Peas, Bread, Apple Peanut Butter Cake	5 Glazed Pork Loin, Stuffing, Gravy, Broccoli & Cauliflower, Cranberry Fluff
9 Ham Steak, Sweet Potato Casserole, Broccoli Florets, Bread, Cookies & Cream Cake	10 Country Fried Steak, Mashed Potatoes, Country Gravy, Brussel Sprouts w/Craisins, Roll, Pumpkin Pie w/ Topping	11 Hearty Beef Stew, Carrots, Bread, Ice Cream	12 Oven Roast Turkey, Stuffing, Green Beans, Fruits of Forest Crisp
16 Sliced Chicken in Pan Gravy, Mashed Potatoes, Peas & Carrots, Bread, Blueberry Buckle	17 Beef Pot Roast w/ Roasted Vegetables, Gravy, Roll, Pie	18 Baked Pork Chop, Caramelized Butternut Squash, Mixed Vegetables, Bread, Strawberry Marshmallow Dessert	19 Chicken Pasta Alfredo, Broccoli, Breadstick, Caramel Apple Crisp
23 Homestyle Meatloaf, Roasted Sweet Potatoes w/ Bacon, Brussel Sprouts, Bread, Pineapple Upside Down Trifle	24 Hamburger Gravy, Mashed Potatoes, Broccoli, Iced Oatmeal Cookie Bar	25 Sour Cream Dill Chicken Breast, Mini Baker Potatoes, Parslied Cauliflower, Bread, Cinnamon Roll Cherry Cobbler	26 Chili, Cornbread, Sweet Pepper Slaw, Peanut Butter Cup Dessert
30 Lasagna, Tossed Salad w/ Dressing, Garlic Toast, Pumpkin Earthquake Cake	31 Oven Roast Turkey, Potato Cheese Bake, Buttered Peas, Bread, Spice Cookie		

Served with each meal:
Milk

Call previous day by 1:00pm to order lunch.

Salad Options:
Taco Chef (Turkey, Ham) Chicken Tender

COMMUNITY CONTACTS

ADRC of Buffalo & Pepin Counties: 1-866-578-2372 or adrc-bp@co.pepin.wi.us

Please **add** or **remove** my name to/from the email list for the Two Rivers Connection newsletter (Circle One).

Email Address: _____

OR

Please **add** or **remove** my name to/from the mailing list for the Two Rivers Connection newsletter (Circle One)

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Spouse's Name: _____

Donation Amount: \$ _____

Please return to: ADRC of Buffalo and Pepin Counties
740 7th Ave. West PO Box 39, Durand, WI 54736

St. Patrick's Day Trivia Answer Key

- | | |
|------|------|
| 1. A | 2. D |
| 3. B | 4. A |

You know you're "seasoned" if...
You were your family's TV remote as a kid



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