

MOUNT HOREB AREA SENIOR NEWS

MARCH 2020 EDITION

**SOUTHWEST DANE
OUTREACH/
NUTRITION**



MARCH EVENTS

CONTACT US

Mount Horeb Senior Center
107 North Grove Street
Mount Horeb, WI 53572

Telephone: 608-437-6902

Hours: ... 8:30 am - 5:00 pm (M-F)

E-Mail:

swdaneoutreach@mounthorebwi.info

Director: **Lynn Forshaug**

Case Manager: Mary Kay Sutter

Nutrition Manager: Alexis Cox

March 3rd- Tai Chi 2:00 pm

9th- Wii Bowling 12:30 pm

10th- \$5.00 Movie Point Cinema Leave 8:30 am

10th- Tai Chi 2:00 pm

10th- Caregiver Support 1:00 pm

10th- Memory Café 1:00 pm Lincoln Court Apts.

12th- Cooking Group 1:00 pm

13th- AARP Taxes 9:30am -2:00 pm By Appointment

14th- New Glarus Shopping- Leave at 9:30 am

19th- Lunch Outing—Monk's, Verona Leaving at 10:30 am

23rd- Card Making 1:00 pm RSVP Stacey at 279-6108

24th- \$5.00 Movie Point Cinema Leave 8:30 am

27th- Bingo 12:30 pm Sponsored by Shamrock Farms

28th- "Welcome to Medicare" - Colonial Club, Sun Prairie,
9:00-11:30 am -RSVP by March 18 @ 261- 9930

Thank You to everyone who donated copy machine paper, coffee cups, treats and Door Prizes for Bingo. To Ingleside Communities for sponsoring Bingo this month.

WISH LIST: paper towels, red markers

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MISSION STATEMENT:

This agency supports and assists Seniors (60+) and their families by providing programs and services that promote well being, independence, and involvement in their community.



MARCH 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken and Gravy – #6 NAS – no gravy Over White bread – 1 sl. Carrots - #8 Green Beans – #8 OJ Carton – 1 ea. Carnival Cookie – 1 ea.</p> <p>MO – Veggie Chicken in Gravy NCS – SF Cookie</p>	<p>3 Fish Sandwich – 1 breaded fillet on WW Bun – 1 ea. Cheese Slice – 1 ea. NAS – no cheese Tartar Sauce – 1 ea. Yams – #8 Coleslaw – #8 Fruit Cup – 1 ea. Chocolate Pudding Cup – 1 ea.</p> <p>MO – Black Bean Buger NCS – SF ICE CREAM</p>	<p>4 *Meatballs in Marinara – 3 ea. Over Penne – #8 Corn – #8 Mixed Greens Salad – 2 #8 Dressing – 1 ea. Banana – 1 ea. Frosted Marble Cake – 1 pc.</p> <p>MO – Veggie Meatballs in NCS – SF pudding</p>	<p>5 *Pork Loin in Gravy – 1 sl. (3oz) Mashed Potatoes – #8 Garden Blend Vegetables – #8 WW Bread/Butter – 1 sl. /1 ea. Mandarin Oranges – #8 Orange Sherbet – 1 ea.</p> <p>MO – Veggie Wrap NCS – SF Ice Cream</p>	<p>6 Cheeseburger – 1 beef patty on WW Bun – 1 ea. Ketchup/Mustard – 1 ea. Calico Beans – #8 Potato Salad – #8 Fruit Cocktail – #8 Pineapple Fluff – #8</p> <p>MO – Garden Burger NCS – Pineapple</p>
<p>9 Hearty Chicken Noodle Soup – (2) 6 oz ladles Saltine Crackers – 2 pkt. California Blend Veg. – #8 Grape Juice – 1 ea. Pumpkin Bar – 1 each</p> <p>MO – Veggie Soup NCS – SPICED APPLESAUCE</p>	<p>10 Beef Stew – 2 6oz. ladles Biscuit – 1 ea. Green Beans – #8 Chunky Apple Sauce – #8 Chocolate Chip Banana Cake – 1 pc.</p> <p>MO – Veggie Beef Stew NCS – BANANA</p>	<p>11 Sloppy Joe - #12 WW Bun – 1 ea. Peas – #8 Coleslaw – #8 Pineapple – #8 Chocolate Pudding – 1 ea.</p> <p>MO – Chickpea Sloppy Joe NCS – SF PUDDING</p>	<p>12 Traditional Meatloaf – 1 sl. (3oz) Sweet Potato/Butter – 1 ea. Broccoli – #8 White Bread/Butter – 1 ea. Apple Juice Cup – 1 ea. Frosted White Cake – 1 pc.</p> <p>MO – Veggie Meatballs NCS – SF JELL-O</p>	<p>13 Cheese Tortellini Bake - #6 (In meat sauce) Bread Stick/Butter – 1 ea. Spinach – #8 Mandarin Oranges – #8 Peach Crisp – 1 pc.</p> <p>MO – Cheese tortellini in marinara NCS – SF COOKIE</p>
<p>16 Chicken a la King – 6 oz. ladle Brown Rice – #8 Carrots – #8 Corn Salad – #8 Peaches – #8 Tapioca Pudding – # 8</p> <p>MO – Veggie Chicken a la King NCS – SF ICE CREAM</p>	<p>17 Corned Beef – 1 sl. (3 oz.) Cabbage/Carrots - #8 Roasted Red Potatoes - #8 Rye Bread/Butter – 1 ea. Mandarin Oranges -#8 St. Patty's Cheese Cake Brownie – 1 ea</p> <p>MO – Multigrain Burger NCS – FRUIT COCKTAIL</p>	<p>18 Pot Roast in Gravy – 1 sl. (3oz) Mashed Potatoes – #8 Mixed Green Salad – 2 #8 Dressing – 1 ea. Orange – 1 ea. WW Bread/Butter – 1 sl. /1 ea. Raspberry Sherbet – 1 ea.</p> <p>MO – Egg Salad NCS – SF ICE CREAM</p>	<p>19 *Sausage Veggie Egg Bake – 1 sq. (1/24 pan) Orange Juice – 1 ea. Mini Biscuit/Butter – 1 ea. Spiced Apples – #8 Coffee Cake – 1 ea.</p> <p>MO – Veggie Egg Bake NCS – OJ CUP</p>	<p>20 Rustic Tomato Bean Soup – (2) 6 oz ladles Dinner Roll/Butter – 1 ea. Broccoli – #8 Banana – 1 ea. Chocolate Chip Cookie – 1 ea.</p> <p>MO – Tomato Bean Soup NCS – SF Cookie</p>
<p>23 *Ham and Potato Casserole - #6 NAS – Chicken/Potato Casserole California Blend – #8 Fruit Cup – 1 ea. MG Bread/ Butter – 1 sl. /1 ea. Chocolate Cream Pie – 1 sl</p> <p>MO – Potato Casserole NCS – SF Pudding</p>	<p>24 BBQ Chicken Breast – 1 ea. Baked Sweet Potato/Butter – 1 ea. WW Bread /Butter – 1 sl. /1 ea. Tropical Fruit – #8 Lemon Bar – 1 ea.</p> <p>MO – Hummus Wrap NCS – SF Cookie</p>	<p>25 Stuffed Pepper Soup – (2) #6 ladles Mixed greens – 1 cup Dressing – 1 pkt. Crackers – 2 pkt. Warm Spiced Apple Slices - #8</p> <p>MO – Tomato Soup NCS – N/A</p>	<p>26 Enchilada Casserole – 1/24 pan Spanish Rice - #8 Pinto Beans - #8 Mandarin Oranges – #8 Frosted Churro Cake – 1 pc.</p> <p>MO – Bean and Cheese Burrito NCS – PINEAPPLE</p>	<p>27 *Brat – 1 each White bun – 1 each Mustard/Ketchup– 1 each Stewed Tomatoes – #8 NAS – 3 tomato wedges Green Beans – #8 Fruit Cocktail – #8 Blueberry Crisp – 1 pc.</p> <p>MO – Veggie Hot Dog NCS – SF Cookie</p>
<p>30 Chicken Strips – 2 ea. BBQ Sauce – 1 ea. Roasted Brussel Sprouts – #8 Coleslaw – #8 NAS – steamed peas Dinner Roll/Butter – 1 ea. Fruit Cup – 1 ea. Peanut Butter Cookie – 1 ea.</p> <p>MO – Garden Burger NCS – SF COOKIE</p>	<p>31 Tuna Casserole – 2 #8 Roasted Baby Carrots – #8 Pickled beets – #8 Banana – 1 ea. Butterscotch Swirl Ice Cream – 1 ea.</p> <p>MO – Egg Salad NCS – SF ICE CREAM</p>		<p>VO - Vegetarian Option NCS - No Concentrated Sweets NAS - No Added Salt NAS diet should not be receiving: gravy, ketchup or mustard. *s to note what meals contain pork.</p>	<p>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. NO SUBSTITUTIONS ALLOWED</p>

NUTRITION MANAGER'S NOTE:

MARCH IS NATIONAL NUTRITION MONTH! Food Share Wisconsin was created to help stop hunger, improve nutrition and health and help people with limited money buy food they need for good health. People who qualify receive anywhere from \$16 to \$194 per month based on their income. You may be eligible to enroll in Food Share if all of your household income is under certain monthly limit. You can find those income limits at: dhs.wisconsin.gov/foodshare/fpl/htm. Benefits are put into a Food Share account, using an (EBT) electronic benefit transfer system that you access with a card that looks like a debit card. This card can be used at grocery stores, convenient stores, sometimes Farmer's Markets and senior meals sites, any place that accepts EBT payments. Go to access.wi.gov and apply or call the Mt. Horeb Senior Center for more information at 437-6902.

SALADS:

Salad Options for MARCH 2020



Week 1 – 3/6

Chicken Salad

Shredded lettuce topped with cranberry chicken salad, tomatoes, cucumbers and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: fruit cocktail, pineapple fluff, WW bun

Week 2 – 3/13

Hummus Platter

Pitta wedges, hummus, celery sticks, cherry tomatoes, green pepper strips, and carrot sticks

Meal items to be served with this: mandarin oranges, peach crisp

Week 3 – 3/20

Pork Taco Salad

Shredded lettuce topped with seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

Meal items to be served with this: banana chocolate chip cookie, dinner roll/butter

Week 4 – 3/27

Chef's Salad

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg

Dressing: Ranch

DIRECTOR'S NOTE:

Seasons of Grief-Seasons of Healing will be held at the Evangelical Lutheran Church, Matthew Room. Mt. Horeb, on Thursday's, March 5, 12, 19 and 26 from 7-9 pm. Contact Mary Williams at 437-4810 to RSVP by March 1, 2020.

U.S Census Day is April 1, 2020! You will be able to go online, by phone or by mail. Census takers will only visit households who have not responded. If you are interested in helping with the census, apply online at [2020 census gov/jobs](https://2020.census.gov/jobs) or call toll free 1-855-JOB-2020.

CASE MANAGER'S NOTE:

The Medicare Advantage Open Enrollment occurs each year from January 1 though March 31. During this time, you can switch from your Medicare Advantage Plan to another advantage plan or to Original Medicare with or without a stand alone prescription plan. You can only use this enrollment period if you have a Medicare Advantage Plan. Before making any changes, make sure you know how changing your health and drug coverage will affect you. Changes made will be effective the first of the following month.

Medicare Savings Programs help people with limited incomes and assets by paying their Medicare Part B and sometimes Part A premiums, Medicare deductibles, and co-payments depending on income. Contact Mary Kay at the Senior Center for more information.

MARCH 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 Miller & Sons Food 10:00 am Helping Hands-9:30	3 Bridge 1:00 pm	4 Miller & Sons Food 10 am Fink's Café 9:00 am - 1:00 pm	5 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm	6 Miller & Sons Food 10:00 am
9 Miller & Sons Food 10:00 am	10 \$5/movie- Point Cinema- leave @8:30 am Bridge 1:00 pm	11 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	12 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Shopping-Dodgeville Leave at 9:30 am	13 Miller & Sons Food 10:00 am AARP TAX PREP- 9:30 am- 2:00 pm By Appt Only
16 Miller & Sons Food 10:00 am Helping Hands- 9:30	17 Bridge 1:00 pm	18 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	19 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00- 6:00 pm	20 Miller & Sons Food 10:00 am
23 Miller & Sons Food 10:00 am	24 \$5/MOVIE- POINT CINEMA- LEAVE @8:30 AM BRIDGE 1:00 PM	25 Foot Clinic 8:30 am - 11:30 am Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	26 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Shopping-Dodgeville Leave at 9:30 am	27 Miller & Sons Food 10:00 am BINGO 12:30 pm
30 Miller & Sons Food 10:00 am	31 BRIDGE 1:00 PM	March 8th 	March 19th 	

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered Monday - Friday at the Senior Center, Fink's Café and Home Delivered Meals. The suggested minimum donation for those 60+ is \$4.00/meal. Anyone under 60 is asked to pay the full cost of the meal which is \$8.97 for congregate and \$9.46 for home delivered.

Congregate meals at the Senior Center are served at 11:15 am on Monday, Tuesday, Thursday and Friday. Please call to make reservations and cancellations at 437-6902 by 12:00 pm the day before. Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm (no reservations are needed at Fink's Café).

LOAN CLOSET

Durable medical equipment is available for loan at no cost. We have wheelchairs, walkers, bath benches, commodes, canes, raised toilet seats, etc. Please check with the Senior Center before purchasing adaptive equipment.

RSVP

For Driver Escort rides to Appointments for doctors, dentist, eye, etc., Please contact Patsy Byrnes at 608-437-2518. Persons must be 60+ or older and must be able to transfer on their own into the vehicle. A three day notice is requested.

Seniors who are on Medicaid (MA) cannot use RSVP transportation. They would need to call MTM at 1-866-907-1493.

MILLER AND SONS

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by 12:00 pm. Please call 437-3081 to order. The groceries are then delivered within Mount Horeb on Thursday. There is a \$15.00 minimum order.

Miller and Sons also donates food to the Senior Center on Mondays, Wednesdays and Fridays at 10:00 am! The number system is used.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mt. Horeb area. Transportation to meal sites and shopping is by donation. The suggested minimum donation to the meal site is \$1.00/trip, the suggested donation for local grocery shopping is \$2.00/trip and the suggested donation for out of town shopping is \$3.00/trip. No one will be denied rides for these purposes based on their ability to pay. Please call Kristi at 437-8989 to make a reservation for a ride.

THE LITTLE FREE PANTRY

The Little Free Pantry is now available to provide nonperishable food and other necessities in and near the Mt Horeb Area. The three outdoor Pantries are available 24 hours a day and can be found at New Hope Evangelical Free Church (639 S. 8th Street); Immanuel Lutheran Church (310 West Main Street); and Zwingli UCC (1693 Washington Street, also known as Hwy 92) in Mt. Vernon. **“Take what you Need, Share what you Can.”** Those who are interested in donating items, please contact the church secretaries at locations listed above.

LOCAL FOOD PANTRIES

Blue Mounds: 11010 Blackhawk Drive, Blue Mounds, WI. Open every Thursday from 9:00 am -11:00 am and 4:00 pm - 6:00 pm.

Mt. Horeb: 102 East Lincoln Street, Mt. Horeb, WI. Open every Monday from 5:00 -7:00 pm, and every Saturday from 10:00 am - 12:00 pm. The pantry is also open the third Wednesday of each month from 9:00 - 11:00 am, for Seniors only.

FOOTCARE CLINIC WITH RITA STANTON

Wednesday, March 11– 8:30-11:30 am

Wednesday, March 17– 12:30-3:30pm

Tuesday, March 18– 8:30-12:00 pm

Wednesday, March 19- 9:00 am–11:30 am

Please call for an appointment at 437-6902.



Mount Horeb Area Senior Center
107 North Grove Street
Mount Horeb, WI 53572

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Word List

-  SAINT
-  PATRICK
-  IRISH
-  BLARNEY
-  BLESSING
-  EMERALD
-  LEPRECHAUN
-  GOLD
-  GREEN
-  IRELAND
-  LIMERICK
-  MAGIC
-  PARADE
-  RAINBOW
-  SHAMROCK
-  LUCKY
-  WISH
-  FAIRY
-  MARCH
-  PARTY
-  CLOVER
-  POT
-  SNAKES

 **Start Over** 

