



MARCH 2018 EDITION

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE OUTREACH/NUTRITION



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Daylight Saving Time
Begins
Sunday, March 12

CONTACT US

**Southwest Dane Outreach
107 North Grove Street
Mount Horeb, WI 53572**

Telephone: 608-437-6902

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

**E-Mail: [swdaneoutreach@
mounthorebwi.info](mailto:swdaneoutreach@mounthorebwi.info)**

Director: Lynn Forshaug

Case Manager: Carrie Reese

Nutrition Managers:

Mary Mackler

Pat MacLean

March 2 - AARP Tax Preparation 9:30 am - 2:00 pm (By Appt.)

March 5 - Helping Hands - 9:30 am

**March 8 - Falls and Falls Prevention 10:30 am - Capital Physical
Therapy
- Cooking 1:00pm - St. Pat’s Potluck**

March 9 - Patsy Cline Music - 12:30 pm (special meal, see menu)

March 11 - Daylight Savings Time

March 12 - Miracle Ear - 9:00 - 11:00 am

March 13 - \$5 Tuesdays at Point Cinema - Bus will leave in the morning and have lunch afterwards at Rocky Rococo’s. We will not know what movies are playing until March 6th (one week before the actual bus outing). Please call the Senior Center to get on the list as soon as possible, and we will call you after March 6th to see if interested in the Movie(s) that are playing on March 13th.

March 15 - Lunch Outing - Monk’s, Verona - RSVP

March 16 - AARP Tax Preparation - 9:30 am - 2:00pm (By appt.)

March 19 - Helping Hands - 9:30 am

March 23 - Bingo - 12:30 pm sponsored by Shamrock Farms, Pine Bluff

**March 26 - Card Making 1:00 pm - RSVP to Ruth Ann by March 19
at 437-5677 - \$10.00/ 6 cards**

**March 27 - Lions Club - “Free Vision Testing” 1:00 - 4:00 pm
15 minute appt.**

The Mt. Horeb Lions Club will be sponsoring a “Free Walk-In Vision Testing” on Tuesday, March 27, 2018, from 1:00 pm – 4:00 pm at the Mt. Horeb Senior Center. The appointments will be 15 minute intervals. The testing will be done by Bob and Becky Faliveno, who were trained by “Prevent Blindness Wisconsin”. They will give each participant a print-out of the results that they can take to their doctor. Stop by for this free testing.

Miller and Sons Grocery Store in Mt. Horeb is working with the Mt. Horeb Senior Center with a Fundraising Cause. When purchasing items at Millers, you can let the cashier know you would like to make a donation to the Mt. Horeb Senior Center. The donations will be used for programs for the seniors at the Mt. Horeb Senior Center. This would be very much appreciated. Thank you in advance for supporting programs for seniors.

Bad Weather Alert: This is a reminder that when the Mt. Horeb School District is closed due to severe weather, there will be no congregate meals at the Senior Center or Finks Café and no home-delivered meals. In addition, the Senior Center will be closed for the day and activities planned for that day will be postponed or cancelled. The staff will check phone messages throughout the day if they are not able to get into the Center. School closings are announced on the local TV and radio stations starting early in the morning.

THANK YOU

Thank you to Ingleside Manor for sponsoring Bingo, to everyone who donated paper products and to Victoria’s Garden for the lovely floral arrangements.

Wish List: Copy Machine Paper, paper towels, plasticware, and black markers.

DIRECTOR'S NOTE: LYNN FORSHAUG

Have you heard of the "RAISE" Family Caregiver Act? RAISE stands for Recognize, Assist, Include, Support and Engage. U.S. Senator Tammy Baldwin from Wisconsin and U.S. Senator Susan Collins of Maine worked hard to put this bill in motion. This bill supports 40 million family caregivers who provide long term care for their loved ones. These caregivers spend countless hours assisting with health needs, driving them to health appointments, getting groceries, balancing budgets, etc. In Wisconsin alone in 2013, half a million caregivers provided more than \$7 billion in unpaid care. This bill has been a passion for Tammy Baldwin, since she was the primary caregiver for her grandmother. She realized there were no resources or support in this financially and emotionally draining position. This new Caregiver Act had bipartisan support and was signed into law by President Trump in January, 2018. This law will allow the government to develop resources to assist family caregivers to ensure that our older adults and loved ones with disabilities receive the highest quality care in their homes.

The Area Agency on Aging of Dane County and the Alzheimer's Association do have funding to help caregivers in our area. Call the Senior Center at 437-6902, if you want more information about resources for caregivers.

CASE MANAGER'S NOTE: CARRIE REESE

Eat Right When Money Is Tight! Have you heard of FoodShare? FoodShare is a monthly benefit deposited on a debit-like card, called a Quest card, that you can use when purchasing food. FoodShare can free up money that can be used for other bills like medications and utilities. Applying is fast, easy and confidential. To qualify for a one person household, one's monthly income has to be \$2,010.00 or less. For a two person household, the monthly income has to be \$2,708.00 or less. The minimum amount one can receive is \$180.00 per year. Claiming FoodShare helps your community. The USDA estimates that for every \$5.00 spent in FoodShare benefits, about \$9.00 circulates through local businesses and to our farmers. Receiving benefits does not take away from others. EVERYONE who applies and is eligible will get benefits. Contact the Mt. Horeb Senior Center for more information or to get help in applying for this benefit.

NUTRITION NOTE

March is National Nutrition Month!

Dark Chocolate's Delicious Health Benefits : Dark chocolate contains flavanols, which act as powerful antioxidants. This helps improve blood flow, lowers the risk of heart disease and lowers blood pressure. Too much oxidation in the body can cause LDL (bad cholesterol) to form plaque on artery walls, among other negative consequences. It is good to understand the differences between dark and milk chocolate. Cacao beans that have been roasted and ground are combined with sugar and cocoa butter to make chocolate. The higher the percentage of cacao in the mix, the greater the health benefit. Cacao beans contain stearic and oleic acid, which is a healthy monounsaturated fat. Dark chocolate is still high in fat and a calorie dense food, so enjoy, but limit yourself to 1.5 oz./day.

Just a reminder: Salads can be ordered every Thursday by 12:30 pm for Friday's congregate and or home-delivered meals. Check the monthly salad menu in the newsletter.

SALADS

Week 1 – 03/02

**Chicken Salad: Shredded lettuce topped with Cranberry pecan chicken salad, tomatoes, cucumbers and croutons.
Dressing: Balsamic Vinaigrette -- Meal items to be served with this: Mandarin oranges, Banana Bar**

Week 2 – 03/09

**Chef's Salad: Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg
Dressing: Ranch -- Meal items to be served with this: Fruit Cup, Roll with Butter, Pistachio Pudding**

Week 3 – 03/16

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: Apple sauce, strawberry Jell-o with pears

Week 4 – 03/23

**Hummus Plate: Hummus served with pita, cucumber slices, tomatoes, celery sticks and sliced green peppers.
Dressing: None -- Meal items to be served with this: Banana, Coconut Cream Pie**

Week 5 – 03/30

**Tuna Salad: Mixed greens topped with tuna salad, tomato, and cucumber. Dressing: None
Meal items to be served with this: Rye Roll with Butter, Tropical Fruit Mix, Frosted Chocolate Cake**

Salads are sent premade and packaged for delivery. There will be no omissions or substitutions for salad ingredients

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

MEALS

STARTING JUNE 1ST, RESERVATIONS AND OR CANCELLATIONS ARE REQUIRED FOR MEALS BY NOON THE DAY BEFORE. NO EXCEPTIONS!

Nutritious lunches are offered Monday-Friday at both the Senior Center and by home delivery. Suggested donation for those 60+ is \$4.00 per meal. Anyone under 60 is asked to pay the full amount of cost which is \$10.23 for congregate and \$8.54 for home delivered.

Daily Congregate meals served at 11:15am on Monday, Tuesday, Thursday, and Friday.

Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm. No reservations are needed for Fink's Café.

Please make reservations and cancellations at 437-6902 by Noon the day before.

LOCAL FOOD PANTRIES

Blue Mounds: Open every Thursday 9:00-11:00am & 4:00-6:00pm. (11010 Blackhawk Dr. (off Hwy. F) Blue Mounds, WI)

Mount Horeb: Open 9:00-11:00am on the third Wednesday of each month. Also open every Monday from 5:00-7:00pm and every Saturday from 10:00 am-12:00pm. This is open to all Senior Citizens in the Mount Horeb area. (102 E. Lincoln St. Mt. Horeb, WI 437-7887)

The Heights Unlimited Service Center in Black Earth will be providing the Food Pantry and a Clothes Closet for people in the Wisconsin Heights School District and surrounding communities. The Pantry will be open every Tuesday from 4:30 - 6:00 pm and the second Saturday of the month from 10:00 - 11:30am. The Pantry is located behind the Children's Museum in Black Earth.

Springdale Lutheran Church - Clothing Connection will be open every Thursday and the 3rd Saturday of each month from 9:00am to Noon. (2752 Town Hall Rd. Mt. Horeb, WI)

Note: Please bring your own boxes & bags!

FOOTCARE CLINICS WITH RITA

Wednesday, March 21st: 8:30-11:30am

Tuesday, March 27th: 12:30-3:30pm

Wednesday, March 28th: 8:30-11:30am

Please call 437-6902 to schedule an appointment.

LOAN CLOSET

Durable medical equipment is available for loan at no cost. We have wheelchairs, walkers, bath benches, commodes, canes, etc.

Before you buy, check with us first!

RSVP

For Driver Escort rides to doctor, dentist, eye, etc., please contact our Coordinator, Ruth Duffy, at 437-8984.

Note: Persons must be age 60 or older and able to transfer on their own into a vehicle. A three day notice is requested.

CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mount Horeb area. Transportation to meals sites and local grocery shopping is by donation. The suggested donation to the meal site for meals is \$1.00 round trip, and the suggested donation for local grocery shopping is \$2.00 round trip. No one will be denied rides for these purposes based upon their ability to donate.

In addition, Dodgeville Walmart shopping on the 2nd Thursday and Madison Walmart shopping on the fourth Thursday, suggested fare for this trip is \$3.00 round trip. Will include shopping and lunch. Please call Care Van Service to schedule a ride at 437-8989.

MILLER & SON'S

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by noon. The groceries are then delivered on Thursdays. Call 437-3081 to order. There is a \$15.00 minimum order.

Food Donations are delivered to the Center on Mondays, Wednesdays & Fridays at 10:00am.

Number system is used.

MARCH 2018 MENU

Meals provided by:
DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

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.

*contains pork

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION 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. *contains pork			Thursday 1	Friday 2
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Potato Crusted Fish Tartar Sauce 1/2 Baked Potato w/ Butter Sugar Snap Peas Pineapple Dinner Roll w/Butter Frosted Confetti Cake NCS – SF Ice Cream VO – Veggie Burger	Ham Slice * Yams Spinach Sliced Spiced Pears WW Bread w/Butter Brownie NCS – Diced Peaches VO – Veggie Wrap	Hearty Bean Soup Fresh Mixed Greens Creamy French Dress- ing WW Dinner Roll w/But- ter Apple Vanilla Ice Cream Cup NCS – SF Cookie Pkt. VO – N/A	Homemade Beef Stew Green Beans Dinner Roll w/Butter Apple Sauce Frosted Marble Cake NCS – Fruit Cup VO – Soy Beef Stew	Chicken Cordon Bleu Bake 1/2 Baked Potato w/Sour Cream/Butter Green Bean Casserole Fruit Cup Roll w/Butter Pistachio Pudding NCS – SF Pudding VO – Hummus Wrap
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Hungarian Goulash w/Macaroni Noodles Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake NCS – Fresh Orange VO – Garden Burger	Vegetable Barley Soup 1/2 Tuna Salad Sandwich on WW Bread Banana Carrot Slaw Choc. Reece’s Pieces Cookie NCS – SF Cookie Pkt. VO – Cheese/Tomato Sandwich	Oven Roasted Chicken Breast 1/2 Baked Sweet Potato w/butter Peas MG Bread w/Butter Pumpkin Pie NCS – Pineapple VO – Egg Salad Sandwich	Pizza Casserole* Fresh Mixed Greens Italian Dressing Peaches WW Dinner Roll w/ Butter Brownie NCS – SF Jell-o VO – Veggie Pizza Casserole	Corned Beef Cabbage/Carrot/ Potato Blend Watergate Salad Rye Bread w/Butter Grasshopper Pie NCS – Fresh Apple VO – Veggie meatballs
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Lemon Baked Fish Tartar Sauce 1/2 Baked Potato w/Butter Peas Apricot WW Dinner Roll w/ Butter Tapioca Pudding Cup NCS – SF Ice Cream VO – Black Bean Burger	Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing WW Dinner Roll w/ Butter Cherry Cobbler NCS – Diced Peaches VO – Baked Potato w/ Veggie Cheese Sauce	Sausage Gravy* Over a Biscuit Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll NCS – SF Cookie Pkt. VO – Quiche	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie NCS – Fruit Cup VO – Veggie Enchiladas	Homemade Chili Corn Salad Corn Bread Lime Jell-O w/Fruit Cocktail M&M Cookie NCS – SF Pudding VO – Soy Chili
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Cheeseburger WW Bun w/Lettuce/Tomato/Mayo Calico Beans Carrots Apple Juice Cup Pineapple Fluff NCS – Fresh Orange VO – Garden Burger	Italian Sausage* w/Peppers and Onions Stewed Tomatoes Seasoned Oven Roasted Potatoes WW Bread w/Butter Orange Chocolate Cake w/Powdered Sugar NCS – SF Cookie Pkt. VO – Hummus Wrap	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-o w/ Pears NCS – Pineapple VO – Veggie Meatballs & Gravy	Traditional Meatloaf* Garlic Mashed Potatoes Broccoli Pineapple WW Bread w/Butter Peanut Butter Cookie NCS – SF Jell-o VO – Quiche	Baked Lemon Butter Fish Roasted Red Potato California Blend Veg- etable Rye Roll w/Butter Tropical Fruit Mix Frosted Chocolate Cake NCS – Fresh Apple VO – Veggie Wrap

MARCH 2018 ACTIVITY SCHEDULE

				Thursday 1	Friday 2	Sat. 3
				Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Knitting & Crocheting Group: 12:30 pm	Tax Appointments: 9:30 am - 2:00 pm	
Sun. 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Sat. 10
	Helping Hands: 9:30 am	Massage Therapy: 1:00 pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Cooking Group: 1:00 pm Dodgeville Shopping	Patsy Cline Program: 12:30 pm	
Sun. 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Sat. 17
	Miracle Ear: 9:00-11:00 am	Bridge: 1:00 pm Memory Cafe: 1:00pm Caregiver Support: 1:00 pm Heights Unlimited Service Center 4:30-6:00pm	Fink's Restaurant: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Lunch Outing: Monks in Verona: Bus leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm	Tax Appointments: 9:30 am - 2:00 pm	
Sun. 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Sat. 24
	Helping Hands: 9:30 am	Massage Therapy: 1:00 pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 am Mt. Horeb Food Pantry 9:00 - 11:00 am Fink's Restaurant: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Madison Shopping	Bingo: 12:30 pm	
Sun. 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Sat. 31
	Card Making: 1:00 pm	Foot Clinic: 12:30 - 3:30 pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 am Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm		

All programs and activities are subject to change.



Southwest Dane Outreach
 107 North Grove Street
 Mount Horeb, WI 53572



ADDRESS SERVICE REQUESTED

VALENTINE'S DAY

B	D	R	A	C	G	N	I	T	E	E	R	G	S	N	O	S	L
E	O	V	T	S	B	T	V	C	D	B	O	R	E	R	B	W	S
L	S	P	O	E	M	B	N	K	I	S	S	T	C	V	L	E	B
O	N	B	V	L	F	A	S	A	P	O	V	B	R	F	B	E	V
V	L	R	B	H	M	P	I	N	U	F	R	H	E	O	H	T	R
E	B	O	X	O	F	C	H	O	C	O	L	A	T	E	S	H	O
D	H	V	R	B	Y	E	S	A	I	R	N	I	A	H	I	E	B
T	V	B	T	N	B	H	B	L	S	E	V	O	D	P	R	A	S
P	I	H	S	D	N	E	I	R	F	D	B	H	M	N	E	R	A
V	R	S	L	B	T	A	F	P	U	O	P	L	I	P	H	T	F
B	B	E	V	R	H	R	I	R	B	A	D	O	R	E	C	A	F
O	S	F	S	F	O	T	L	O	V	T	R	U	E	L	O	V	E
U	N	O	B	E	M	I	N	E	A	L	B	Y	R	A	I	B	C
Q	L	F	N	A	N	A	V	T	S	B	A	T	N	R	H	O	T
U	F	O	R	G	E	T	M	E	N	O	T	S	L	Y	U	V	I
E	O	B	V	H	L	B	S	S	E	N	D	N	O	F	G	T	O
T	R	L	B	E	F	N	V	O	F	R	Y	B	T	H	B	B	N
T	S	N	T	O	S	V	E	N	I	T	N	E	L	A	V	T	S
F	A	L	L	I	N	L	O	V	E	V	O	R	O	S	L	N	R

ADORE, AFFECTION,
 BELOVED, BE MINE,
 BOUQUET, BOX OF
 CHOCOLATES,
 CHERISH, CUPID,
 DOVES, FALL IN LOVE,
 FEBRUARY, FONDNESS,
 FORGET-ME-NOTS,
 FRIENDSHIP, GREETING
 CARD, HEART, HUG,
 KISS, LOVE, POEM,
 PRESENTS, RED,
 ROMANCE, ROSE,
 SECRET ADMIRER,
 ST. VALENTINE,
 SWEETHEART,
 TRUE LOVE