



SEPTEMBER 2017 EDITION

**MOUNT HOREB AREA SENIOR NEWS**  
**SOUTHWEST DANE OUTREACH/NUTRITION**



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**BUCKY BOOKS ARE HERE!**

Sold for \$35 each at  
the Senior Center  
and Miller & Sons Grocery Store  
All proceeds will benefit programs  
at the Mount Horeb Senior Center!

**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**

September 4 - Labor Day - Senior Center Closed

September 7 - Home Health United  
"How to Talk With Your Doctor" 10:30 am

September 9 - Village of Mt. Horeb 2017 Fall Recycling Event - 8:00 am-  
12:00 pm- Sunrise Park, 119 Telemark Parkway, Mt. Horeb.  
(Park is located by Miller and Sons). Resource Solutions will be  
collecting computers, electronics and appliances. Contact the  
Village of Mt. Horeb for the complete list of items that can be  
recycled. (There may be a fee for some items.)

September 12 - Caregiver Support Group 1:00 pm (Mary Williams, RN  
and Richard Lornson lead the group)  
- Memory Café 1:00 pm (Immanuel Lutheran Church)

September 14 - Capital Physical Therapy 10:30 am - Exercises for Arthritis  
- Cooking Group 1:00 pm - film - "It's a Chef's Life" and Air  
Frying Demonstration

September 16 - Brat & Bake Sale 10:00 am -2:00 pm (held at Miller & Sons)  
Any Baked Goods would be appreciated

September 18 - Helping Hands Sewing Group 9:30 am (stuffing animal  
pillows for children)  
- Folk Fair 12:30-3:00 pm (The public is welcome, along with  
the Mt. Horeb second grade class to participate in "old crafts  
making" for example: butter making, quilting, fishing lures, etc.)

September 19 - Memory Kits Presentation 10:45 am by Melissa Roelli,  
Director of the Mt. Horeb Library (The Memory Kits  
contain CD's, memorabilia and props for different topics  
to share with folks who are experiencing memory issues.)  
These Kits can be checked out at the Mt. Horeb Library.

September 21 - Lunch Outing – Outback Steak House - Bus leaving at  
10:30 am. RSVP at 437-6902  
- Knitting Group 12:30 am

September 22 - Bingo 12:30 pm – Sponsored by Joe Ryan, Chiropractor

September 25 - Card Making 1:00 pm (Call the Senior Center at 437-6902  
to let them know you are attending, so they can order the  
right amount of supplies).

September 30 - Trip to the Apple Orchard and Lunch Outing, Richland  
Center - Leaving Senior Center at 9:30 am -  
RSVP at 437-6902

Upcoming Events:

- The Stoughton Area Senior Center, 248 W. Main St., Stoughton, WI 53589 will be hosting a "Welcome to Medicare Seminar" on Saturday, September 23, 2017 from 9:00 - 11:30 am.
- If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices on Medicare options. Reservations are required by September 20, 2017. Please call 608-873-8585 to reserve a spot.
- "Living Well with Chronic Conditions" – Monday's, October 2 through November 6- 1:00- 3:00 pm (see Lynn's article)
- Energy Services Friday, October 6 from 9:00 am -4:00 pm

September 10, 2017 is Grandparents Day. There is a new term being used "Grandfamilies", which describes different generations living in the same household. Did you know that 26,895 grandparents in Wisconsin are responsible householders for their grandchildren and 57,476 children are living with grandparents in Wisconsin. 9,543 grandparents do not have parents of grandchildren present, 18,495 grandparents are under 60 and 17,186 grandparents are still working. (These facts are from the State of WI)

**THANK YOU**

Thank You to Ingleside Manor for sponsoring Bingo in August and to all who donated paper goods.

**Wish List:** Paper Salad Bowls, Paper Plates, and Paper Towels.

## **DIRECTOR'S NOTE: LYNN FORSHAUG**

“Put Life Back in Your Life by Living Well”- Feel better, be in control and do the things you want to do. Are you an adult with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, lung disease, anxiety, cancer or any other ongoing health condition, the “Living Well Workshop” can help you take charge of your life. Join us on Mondays, October 2 through November 6 from 1:00 – 3:30 pm at the Mt. Horeb Senior Center. There is a \$5.00 fee/person for snacks. Please call the Senior Center at 437-6902 for more information or to register for the class.

## **CASE MANAGER'S NOTE: CARRIE REESE**

Medicare D Annual Enrollment - Each year from October 15 through December 7, there is an annual enrollment period for Medicare beneficiaries to change their Part C or Part D plans. During this time, a person can make any of the following changes: Join a Part D plan (if not already enrolled), drop a Part D plan, switch to a new plan, drop a Medicare Advantage Plan or join a Medicare Advantage with or without drug coverage. Changes made during the Enrollment period will take effect January 1, 2018. Even if Medicare beneficiaries are happy with their current Medicare D plan, seniors should still re-evaluate their plan to determine if it meets their needs because plans change each year. Call the Mt. Horeb Senior Center at 437-6902 after October 1, 2017 to make an appointment with me. I will start meeting with seniors on October 15th. I will look at each senior's current plan and/or look into new plans for them.

## **NUTRITION NOTE**

Dane County Consolidated Food Service (program that prepares meals for most of the seniors meal sites in Dane County) tries to honor dietary needs, which include diabetic and low or no salt meals. When looking at our monthly menu, you will see different abbreviations and symbols like NAS, VO and \*pork. The NAS means No Added Salt, VO means Vegetarian Option and \* pork means there is pork in the meal that day. Most foods are cooked with little or no salt for seniors throughout Dane County. There are a few exceptions like ham, brats, au gratin potatoes that are higher in salt content. Seniors can then choose an NAS option for their meal. Please call the Senior Center if you have any questions about the menu or meals.

## **SALADS**

### **Week 1 – September 1st**

Hummus Plate: Hummus, pita bread, celery, carrots, cucumber & cherry tomatoes.  
Meal items to be served with this: Jell-o with Fruit Cocktail

### **Week 2 – September 8th**

Pulled Pork Santa Fe Salad: Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips  
Dressing: Ranch  
Meal items to be served with this: Multigrain Bread with margarine and Apple Crisp

### **Week 3 – September 15th**

Harvest Salad: Mixed greens topped with beets, garbanzo beans, cucumber, red onion and feta.  
Dressing: Balsamic Vinaigrette  
Meal items to be served with this: Mandarin Oranges and Cinnamon Roll

### **Week 4 – September 22nd**

Chicken Confetti Salad: Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.  
Dressing: Ranch  
Meal items to be served with this: Multigrain Bread with Margarine and Pineapple Fluff

### **Week 4 – September 29th**

Tuna Salad: Mixed greens topped with tuna salad, tomato, and cucumber  
Meal items to be served with this: Diced Pears and Chocolate Chip Cookie Packet

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, September 20th:** 8:30-11:30am

**Tuesday, September 26th:** 12:30-3:30pm

**Wednesday, September 27th:** 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.

## SEPTEMBER 2017 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

Friday 1

Salisbury Steak  
Mashed potatoes  
Carrots  
Rye Bread/Marg.  
Jell-o w/Fruit Cocktail

VO- Salisbury Veggie Patty

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
CLOSED	BBQ Ribs Twice Baked Potato Baked Beans Dinner Roll/Butter Apple Pie SM – Madison Cake for Cambridge  VO- Veggie Wrap	Baked Mostaccioli Tossed Greens w/Ranch Dressing Orange Bread Stick Frosted Cake  VO-Veggie Meatballs in Tomato Sauce w/Mozzarella Cheese	Grilled Chicken on Bun w/Let, Tom. & Mayo Carrots Green Beans Jell-O w/Peach Slices  VO- Black Bean Burger	Roast Beef w/G (NAS Gravy) Mashed Potatoes w/G (NAS Gravy) Roasted Corn MG Bread w/Marg. Apple Crisp  VO- Veggie Patty
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Chicken Salad on W.W. Bun w/Lettuce Carrot Sticks Marinated Tomatoes Fruit Cup Sugar Cookie  VO- Egg Salad on Bun	*Ham/Swiss Croissant (NAS – Turkey Croissant) w/2 Let. & Mayo Pkt. Kidney Bean Salad Banana Lemon Bar  VO- Cheese Sandwich	*Roast Pork w/Gravy (NAS – Chicken Breast w/ NAS Gravy) Mixed Greens w/French Dressing Corn Fruit Cocktail W.W. Bread/Marg. Vanilla Pudding  VO- Veggie Patty	Meat Sauce over Spaghetti Noodles Peas Garlic Bread Stick Parmesan Packet Strawberry Jell-o w/ Pineapple  VO- Soy Meat Sauce	Biscuits and Gravy Hash Brown Patty Tomato Juice (NAS – 3 Tomato Slices) Mandarin Oranges Cinnamon Roll  VO- Spinach/Cheese Quiche
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Swiss Steak Rice Mixed Greens w/ Tomato Slices & Italian Dressing Fruit Cup Oatmeal Cookie  VO- Veggie Meatballs	Chicken Macaroni Salad Four Bean Salad Orange Jell-o w/Peaches  VO- Pasta Salad w/ Cheese	Cheeseburger on WW Bun w/Let. & Tom. BBQ Baked Beans Banana Ketchup/Mustard Lemon Raspberry Cake  VO- Egg Salad Sandwich	*Italian Sausage (NAS – Grilled Chicken Sandwich) w/Peppers & Onions Carrots Mandarin Oranges Pineapple Cake w/ Frosting  VO- Vegetarian Wrap	Breaded Fish w/tartar sauce Baked Potatoes w/Sour Cream & Marg Corn MG Bread/Marg Pineapple Fluff  VO- Baked Potato w/ Veggie Cheese Sauce
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
*Au Gratin Potatoes w/Diced Ham (NAS – Au Gratin Pota- toes w/Diced Chicken) Mixed Vegetables Fruit Cup Rye Bread/Marg. Choc. Ice Cream  VO- Au Gratin w/Soy Meat	Beefy Mac-N-Cheese Carrots Apple Strawberry Shortcake w/Topping  VO- Mac-N-Cheese	Chicken Cacciatore Egg Noodles Pea Salad Diced Peaches WW Bread/Marg. Sherbet  VO- Soy Meat Sauce	*Meatloaf Mashed Potatoes w/ Gravy Mixed Greens w/ Tomato Slices & French Dressing W.W. Bread/Marg Jell-o w/Diced Pears  VO-Veggie Patty	Beef Burrito Bake Spanish Rice Corn Diced Pears Chocolate Chip Cookie Packet  VO- Veggie Burrito Bake

## SEPTEMBER 2017 ACTIVITY SCHEDULE

					Friday 1	Sat. 2
Sun. 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Sat. 9
	CLOSED	Bridge: 1:00pm Massage Therapy: 1:00 pm Heights Unlimited Service Center 4:30-6:00pm	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 Talk To Your Doctor: 10:30 am Knitting & Crocheting Group: 12:30 pm		Card Party 7:00pm
Sun. 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Sat. 16
		Caregiver Support: 1:00 pm Memory Cafe: 1:00pm Bridge: 2:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Mt. Horeb Food Pantry 9:00 - 11:00 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 Capital Therapy: 10:30 am Cooking Group: 1:00 pm Dodgeville Shopping		Brat & Bale Sale: 10:00am- 2:00pm: Millers
Sun. 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Sat. 23
	Helping Hands: 9:30 am Folk Fair: 12:30- 3:00 pm	Library Presentation: 10:45 am Bridge: 1:00 pm Massage Therapy: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 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 Lunch Outting: Outback: Bus Leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm	Bingo: 12:30 pm	
Sun. 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Sat. 30
	Card Making: 1:00 pm	Foot Clinic: 12:30-3:30 pm Bridge: 2:00 pm	Foot Clinic: 8:30-11:30 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		Trip to Apple Orchard: Leaving at 9:30 am

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

## NUTS

Y	R	O	K	C	I	H	R	B	P	H	S	O	T	C	P	K
G	N	B	R	A	Z	I	L	W	A	E	N	T	E	L	O	A
R	C	O	S	C	E	K	E	B	R	E	A	D	N	U	T	R
T	L	G	K	O	K	N	O	R	I	U	C	N	B	R	W	U
E	C	K	U	R	R	A	J	O	N	G	K	P	U	K	B	K
H	B	N	T	N	H	P	A	G	R	T	N	E	I	T	A	A
C	U	I	K	B	E	E	C	H	A	O	T	K	P	I	O	C
P	T	G	N	C	T	A	K	T	N	W	G	E	M	K	P	E
A	T	K	A	R	O	C	U	O	P	E	C	A	S	H	E	W
L	E	B	T	L	W	T	B	C	L	T	D	U	B	C	T	G
M	R	N	U	O	A	I	T	E	G	A	E	P	A	O	U	C
C	N	W	N	E	L	U	T	P	C	L	O	C	T	P	N	T
E	U	L	T	P	N	O	C	A	U	M	S	A	H	A	O	R
S	T	A	S	L	U	K	M	P	C	O	L	T	C	B	C	K
P	R	K	E	N	T	B	R	H	T	N	I	E	U	N	O	H
T	C	Z	H	S	B	T	G	T	C	D	P	K	N	S	C	N
R	A	E	C	A	N	D	L	E	N	U	T	A	C	I	W	B
H	P	I	S	T	A	C	H	I	O	B	E	N	R	L	P	T

- |           |           |
|-----------|-----------|
| ACORN     | HICKORY   |
| ALMOND    | JACK      |
| BEECH     | KARUKA    |
| BRAZIL    | KOLA      |
| BREADNUT  | KURRAJONG |
| BUTTERNUT | MACADAMIA |
| CANDLENUT | PALM      |
| CASHEW    | PEANUT    |
| CHESTNUT  | PECAN     |
| COCONUT   | PEKEA     |
| GABON     | PINE      |
| GINKGO    | PISTACHIO |
| HAZELNUT  | WALNUT    |