



AUGUST 2016 EDITION



MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE OUTREACH/NUTRITION

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August 1 - Helping Hands - 9:30 am  
 - Mallards 11:35 game - Reservation needed  
 August 4 - Knitting - 12:30 pm  
 August 5 - Harmonica Hour - DeWayne Keyes - 12:30 pm  
 (special meal - see menu)  
 August 9 - Election Day voting 7:00 am - 8:00 pm.  
 August 11 - Cooking Group - Tour of Sjolinds Chocolate - 1:00 pm  
 August 12 - Card Party - 7:00 pm  
 August 15 - Helping Hands - 9:30 am  
 August 16 - Beltone - 10:00 am  
 - Community Supper - 5:30 pm  
 August 18 - Lunch Outing - Sugar River Pizza - Leaving at 10:30 am  
 (limited seating)  
 - Knitting - 12:30 pm  
 - Stepping On Reunion - 1:00 pm  
 August 22 - Card Making - 1:00 pm  
 August 26 - Bingo - 12:30 pm - Sponsored by Ingleside Manor  
 Calling ALL Fishermen...We’ve had some individuals stop by the Senior Center interested in getting a group together to go fishing for either Bass, Walleye, Trout, etc. Either via boat or shoreline. Please call the Senior Center if interested in setting something up.  
 Coming in September, “Then There was One” a two part series, on September 22nd and September 29th on “The End of Life Preparedness after the Loss of a Loved One”. This will be from 1:00 pm - 3:00 pm. Contact the Senior Center for more information at 437-6902.

**August is National Picnic Month!**

**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**

Clutter can quickly become a part of your everyday life—junk mail accumulates on counters and half-empty shampoo bottles pile up in showers. In addition to being a nuisance, clutter can have negative effects on your health. It causes stress and frustration, which take a toll on your physical and mental wellbeing. Clearing out four commonly cluttered areas in your home can help you find important documents when you need them, reduce stress, and help you better attend to the responsibilities in your life. Remedy’s Health Communities suggests de-cluttering the following four “clutter zones”:

1. Paper piles. Recycle junk mail and other unwanted solicitations. Open mail daily and then make decisions about what you want to keep or throw away.
2. Shower area. Keep one shampoo, conditioner, and body wash in the shower at a time. Store extra products in a closet until needed.
3. Accessories. Create a system to organize your jewelry or other accessories, such as by color or occasion. Prevent necklaces from tangling by hanging them on small hooks or a jewelry organizer.
4. Reusable containers. Get rid of all containers and lids that no longer match. Stack containers by size and shape and store plastic lids in a shoebox or other container so that they are easily accessible.

**OUR WISH LIST**

Bingo Prizes and Styrofoam Plates/Salad Bowls.

**THANK YOU**

Thank You to Miller and Sons for sponsoring Christmas in July Bingo, Victoria’s Garden for lovely flower bouquets and for all who donated stamps, Bingo prizes, copy machine paper and paper plates.

## DIRECTOR'S NOTE: LYNN FORSHAUG

As we all know, summer temperatures in Wisconsin can vary from day to day, but we can always count on a few days being so hot you could fry an egg on the sidewalk. I know on those days you will be reaching to adjust the fans or air conditioning to get some relief. Be sure to use the fans in a manner that maximizes their effect. Here is some information from Madison Gas and Electric on the proper use of cooling fans. Ceiling fans need to have their blades going in the proper direction for the season. In the summer, ceiling fan blades should rotate in a counter clockwise (forward) direction to create a cool downward air flow. In the winter, fan blades should rotate clockwise (reverse) direction to redistribute warm air, which naturally rises to the top of the ceiling. If your power goes out, the most important electrical item to be concerned about would be the refrigerator/freezer. If your refrigerator/freezer doesn't contain many items, fill it up with bottles/jugs of water to help maintain the temperature. Be careful not to eat food that has not been kept at the proper temperature. Always have a flashlight, battery powered radio and cell phone handy if possible, in case the power goes off in a storm.

## CASE MANAGER'S NOTE: CARRIE REESE

I found this wonderful article for loved ones who have Dementia. It seemed very helpful and I wanted to share it with all of you.  
Communication Strategies for Dementia, By: Jeff Anderson  
Posted On 09 Oct 2015

Here are 10 tips on how to effectively communicate with someone who has moderate to severe dementia.

1. Recognize what you're up against. Dementia inevitably gets worse with time. People with dementia will gradually have a more difficult time understanding others, as well as communicating in general.
2. Avoid distractions. Try to find a place and time to talk when there aren't a lot of distractions present. This allows your loved one to focus all their mental energy on the conversation.
3. Speak clearly and naturally in a warm and calm voice. Refrain from 'babytalk' or any other kind of condescension.
4. Refer to people by their names. Avoid pronouns like "he," "she," and "they" during conversation. Names are also important when greeting a loved one with dementia. For example: "Hi, Grandma. It's me, Jeff," is to be preferred over, "Hi. It's me."
5. Talk about one thing at a time. Someone with dementia may not be able to engage in the mental juggling involved in maintaining a conversation with multiple threads.
6. Use nonverbal cues. For example, maintain eye contact and smile. This helps put your loved one at ease and will facilitate understanding. And when dementia is very advanced, nonverbal communication may be the only option available.
7. Listen actively. If you don't understand something your loved one is telling you, politely let them know.
8. Don't quibble. Your conversations are not likely to go very far if you try to correct every inaccurate statement your loved one makes. It's okay to let delusions and misstatements go.
9. Have patience. Give your loved one extra time to process what you say. If you ask a question, give a moment to respond. Don't let frustration get the better of you.
10. Understand there will be good days and bad days. While the general trend of dementia sufferers is a downward decline, people with dementia will have ups and downs just like anyone else.

## NUTRITION MANAGER'S NOTE: MARY MACKLER & PAT MACLEAN

Eggs have been described as a near perfect food because one whole egg contains a range of nutrients from the B Vitamins and Vitamin A and Selenium. Eggs also contain high quality proteins and good fats (think about it, there are enough nutrients in an egg to turn a single fertilized cell into a baby chick).

Eggs contain small amounts of almost every Vitamin and mineral required by the human body. Eggs contain calcium, iron, potassium, zinc, manganese, Vitamin E, foliate and many others. It is important to realize that almost all of the nutrients are contained in the egg yolk. The white contains protein. Eggs are cheaper during the summer and can be the basis of an economical nutritious meal. Eggs are also quick and easy to fix when the weather is hot and humid.

## SALADS

### **Week 1: Tuesday, August 2**

Garden Salad: 1 ½ c. mixed green w/shredded lettuce, ¼ c. cheese, ½ c. garbanzo beans, ¼ c. cucumbers, ¼ c. broccoli, ¼ c. diced tomatoes, & ¼ c. peas. Choice of dressing.

### **Week 2: Tuesday, August 9**

Taco Salad: 1 ½ c. of shredded lettuce, 1/3 c. meat (beef), ¼ c. cheese, 1/2 c. diced tomato, 2 tablespoons diced onions, 3.5 oz. salsa, 1 oz. sour cream & tostado chips.

### **Week 3: Tuesday, August 16**

Chef's Salad: 1 ½ c. shredded lettuce, 1 oz. each of ham, turkey, & cheese, 4 tomato wedges, ¼ c. shredded carrots, 2-3 radishes sliced, ¼ c. diced cucumbers. Dressing: Choice of dressing.

### **Week 4: Tuesday, August 23**

Chicken Ranch Salad: 1 ½ c. mixed green w/shredded lettuce, 1/3 c. diced chicken, ¼ c. bacon crumbled, ¼ c. cucumbers, ¼ c. diced tomatoes, ¼ c. peas & ¼ c. purple onion or 3-4 slices. Ranch Dressing.

### **Week 5: Tuesday, August 30**

\*Italian Salad Bowl: 1 ½ c. mixed green w/shredded lettuce, ¼ c. sliced pepperoni, ¼ c. feta cheese crumbled, ¼ c. sl. zucchini, ¼ c. radishes sliced, ¼ c. sl. mushrooms (serve on the side so they don't turn brown) & ¼ c. diced tomatoes. Italian Dressing.

\*Salad served only at the Senior Center.

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

## MEALS

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 \$7.50 for congregate and \$7.75 for home delivered.

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

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.

**Mount Horeb:** Open 9:00-11:00am on the third Wednesday of each month. This is open to all Senior Citizens in the Mount Horeb area.

**Second Harvest Mobile Food Pantry:** Open the second Tuesday of each month in Black Earth at the New Heights Lutheran Church, 1705 Center Street, from 4:00-5:00pm.

**Note:** Please bring your own boxes & bags!

## FOOTCARE CLINICS WITH RITA

**Wednesday, August 17th:** 8:30-11:30am

**Tuesday, August 23rd:** 12:30-3:30pm

**Wednesday, August 24th:** 8:30-11:30am

Please call 437-6902 to schedule an appointment.

## MILLER & SON'S

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

Number system is used.

## AGRACE TO OFFER ORIENTATION FOR PROSPECTIVE VOLUNTEERS IN AUGUST

In August, Agrace will offer volunteer orientation for those interested in making a difference in the lives of people with advanced illnesses. Orientation sessions will be held Monday, August 8, from 8 a.m. to noon, and Tuesday, August 23, from 5 p.m. to 9 p.m., at Agrace's Madison campus, 5395 E. Cheryl Parkway. Before attending orientation, prospective volunteers will complete an application and an interview process with Agrace's Volunteer Services staff to identify the volunteer's skills and interests. Call (608) 327-7163 to begin the pre-orientation process.

## HEARING AID

### CHECKS & CLEANING

**Jack Schulte of Beltone** will be here on Tuesday, August 16 at 10:00am. No appointment needed, walk-ins are welcome!

**Miracle Ear** has moved to Ingleside Manor, 407 N. 8th St., Mt. Horeb for their monthly appointments. They will be there the third Wednesday of each month. They will no longer be at the Senior Center for these appointments. You will still have to call Miracle Ear at 829-3777 for 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.

## CAREGIVER SUPPORT GROUP

The Caregiver Support Group usually meets at 1:00pm on the 2nd Tuesday of the month.

It is held at the Center, led by Mary Williams and Richard Lornson.

## ON-GOING ACTIVITIES

**1:00pm every Tuesday:** Bridge

**1:00pm every Wednesday:** Traveling Euchre

**Saturday, August 13th:** Card Party: 7:00pm

# AUGUST 2016 MENU

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Salisbury Steak Brown Rice Buttered Carrots Pineapple Rye Bread/Marg. Cookie  VO- Veggie Meatballs	Chicken Broccoli Rotini Salad V-8 Juice Fresh Nectarine Dinner Roll/Marg.  VO- Cheese Broccoli Rotini Salad	Hamburger on Bun Lettuce/Onion Buttered Corn Fruit Cocktail Ketchup Mustard Cake  VO- Veggie Patty	Meat Sauce W.W. Noodles Parmesan Cheese Pkt Mixed Greens w/ Diced Tomato & Dressing Pear Slices Garlic Bread.  VO- Vegetarian Meat Sauce	*BBQ Chicken Potato Salad Cucumber Salad Tropical Fruit Salad Dinner Roll/Marg. Lemon Bar  VO- Veggie Sausage
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
*Brat/Bun Sauerkraut Chunky Applesauce Ketchup Mustard Cookie  VO-Veggie Dogs	Three Cheese Lasagna Buttered California Mix Fresh Orange Bread Stick/Marg. Sherbet	Pizza Casserole Buttered Italian Green Beans Grape Juice Small Croissant/Marg. Strawberry Short Cake w/Topping  VO- Vegetarian Casserole	Roast Beef/Gravy Roasted Red Potato w/ Marg. Roasted Vegetables Jell-O w/Peach Slices Multi Grain Bread Marg.  VO- Hummus Wrap w/ Lettuce, Tomato & Cukes	Chicken Salad on W.W. Bun w/Lettuce Copper Penny Salad Water Melon Wedge Cookie  VO- Egg Salad on Bun
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Tomato Barley Soup Crackers *Ham & Swiss Med. Croissant w/Lettuce Leaf Fresh Orange Bar  VO- Cheese Sandwich w/ Mayo Pkt.	Swiss Steak Brown Rice Mixed Green Diced To- mato Dressing Pears W.W. Bread/Marg. Cookie  VO- Meatless Swiss Mix over Rice	*Roast Pork w/Gravy Mashed Potatoes Buttered Corn Fruit Cocktail W.W. Bread/Marg. Pudding w/Topping  VO-Veggie Patty	Meat Sauce over Spaghetti Noodles Buttered Peas Banana Garlic Bread Parmesan Pkt  VO- Vegetarian Sauce	*BBQ Rib Baked Beans Coleslaw Mixed Fresh Fruit Jalapeno Corn Bread w/ Butter Peach Cobbler w/Nutmeg, & Dollop of Whipped Cream  VO- Veggie Sausage
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
*Augratin Potatoes w/ Diced Ham Buttered Mixed Vegetables Fresh Peach Rye Bread/Marg. Choc. Ice Cream  VO- Vegetarian Augratin Potatoes	BBQ Chicken Baked Potatoes w/Sour Cream/Marg. Buttered Green Beans Jell-O w/Fruit Cocktail W.W. Bread/Marg.  VO- Baked Potato w/ Veggie Cheese Sauce	Shrimp Pasta Salad German Cucumbers Apricots Half W.W. Bread/Marg Strawberry Ice Cream  VO- Hummus in a Pita w/ Lettuce, Grated Carrots & Diced Peppers	American Chop Suey Brown Rice Buttered Oriental Mix W.W. Bread/Marg. Strawberry Shortcake w/Topping  VO- Vegetarian Chop Suey	Turkey Roast w/Gravy Mashed Potato/Gravy Buttered Broccoli Pears W.W. Bread/Marg. Bar  VO- Veggie Meatballs
Monday 29	Tuesday 30	Wednesday 31	<p>*Meal has pork product. VO = Vegetarian Option Cong. Only = Congregate Only</p> <p>Meals provided by: <b>DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</b></p>	
*Stuffed Pork Chop. Rice Pilaf/Butter Roasted Veg. Fresh Fruit Dinner Roll/Marg. Strawberry Rhubarb Pie  VO- Veggie Lasagna	Chicken Macaroni Salad Three Bean Salad Fresh Apple W.W. Bread/Marg. Lemon Dessert  VO- Pasta Salad w/Cheese	Cheeseburger on W. W. Bun w/Leaf Lettuce & Tomato Slice Pea Salad Mandarin Oranges Ice Cream Treat Ketchup/Mustard  VO- Egg Salad Sandwich		

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.

## AUGUST 2016 ACTIVITY SCHEDULE

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Sat. 6
	Helping Hands: 9:30am	Bridge: 1:00pm	Fink's Restaurant: 9:00am-1:00pm  Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Knitting Group: 12:30pm	Music Program: 12:30pm	
Sun. 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Sat. 13
		Caregiver Support Group: 1:00pm  Bridge: 1:00pm  Black Earth Mobile Pantry 4:00pm	Fink's Restaurant: 9:00am-1:00pm  Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Cooking Group: 1:00pm  Dodgeville Shopping		Cards: 7:00pm
Sun. 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Sat. 20
	Helping Hands: 9:30am	Belton: 10:00am  Bridge: 1:00pm  Massage Therapy: 1:00-3:00pm  Community Supper: 5:30pm	Foot Clinic: 8:30- 11:30am  Mt. Horeb Food Pantry 9:00am - 11:00am  Fink's Restaurant: 9:00am-1:00pm  Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Lunch Outting: Sugar River Pizza: Leaving at 10:30am  Knitting Group: 12:30pm		
Sun. 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Sat. 27
		Foot Clinic: 12:30-3:30pm  Bridge: 1:00pm	Foot Clinic: 8:30- 11:30am  Fink's Restaurant: 9:00am-1:00pm  Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Madison Shopping	Bingo: 12:30pm	
Sun. 28	Monday 29	Tuesday 30	Wednesday 31			
		Bridge: 1:00pm	Fink's Restaurant: 9:00am-1:00pm  Cards: 1:00pm			

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

## PICNIC FUN

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

- |             |              |
|-------------|--------------|
| ANTS        | HOTDOG       |
| BAKED       | LEMONADE     |
| BEANS       | KETCHUP      |
| BASKET      | MUSTARD      |
| BLANKET     | NAPKINS      |
| CHEESE      | PAPER PLATES |
| CHIPS       | PARK         |
| COOKIES     | PICKLES      |
| COOLER      | PIE          |
| CUTLERY     | POTATO SALAD |
| FRUIT SALAD | SANDWICH     |
| GRASS       | SODA         |
| GRILL       | SUNSHINE     |
| HAMBURGER   | WATERMELON   |