



DECEMBER 2016 EDITION

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



**INSIDE THIS ISSUE**

Upcoming Events.....1  
 Contact Us.....1  
 Our Wish List.....1  
 Thank You.....1  
 Director’s Note.....2  
 Case Manager’s Note.....2  
 Nutrition Site Manager’s Note..2  
 Salad Menu.....2  
 Nutrition, Wellness, Programs,  
 Support, & Services.....3  
 Meal Menu.....4  
 Activities Calendar.....5  
 Word Search.....6

- December 1 - Knitting 12:30 pm**
- December 5 - Helping Hands 9:30 am**  
 - Trip to see Christmas Lights- Bus leaving 4:30 pm.  
**Limited seating.**
- December 8 - Dodgeville Shopping 10:00 am**  
 - Cooking Group 1:00 pm  
 (Potluck and Holiday Traditions)
- December 9 - Diabetic Support Group 1:00 pm**
- December 10 - Cards 7:00pm**
- December 12 - Card Making 1:00 pm**
- December 13 - Caregiver Support Group 1:00 pm**
- December 15 - Lunch Outing - Olive Garden**  
 Leaving at 10:30 am (limited seating)  
 - Knitting Group 1:00 pm
- December 16 - Christmas Bingo 12:30 pm sponsored by  
 Miller and Sons**
- December 19 - Helping Hands 9:30 am**  
 - Cookie Exchange 1:00pm  
**Bring 3 dozen home made cookies to exchange.**
- December 20 - Holiday Sing-along 12:30 pm**
- December 22 - Shopping Trip Madison**
- December 23 - Senior Center Closed**
- December 25 - Christmas**
- December 26 - Senior Center Closed**
- December 30 - Pizza Party 11:30 am RSVP by Dec. 28.**
- Laptop/iPad classes with Wayne Haskins on Dec. 1, Dec. 8, Dec. 15,  
 and Dec. 29 from 12:00-2:00pm.**

Happy Holidays!

**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**

**THANK YOU**

Thank You to the Premier – Co-op for sponsoring the November Bingo.  
Thank you to all the folks who helped with set- up and take down,  
volunteered their time, donated baked goods, patronized and contributed  
to our successful bake sale fundraiser at the annual Holiday Bazaar.  
They include, Kris Brue, Delores Kahl, Sue Retrum, Virginia Hook,  
Marlene Bridges, Sandy Doeseckle, Dorothy Handrick, Carrie Reese,  
Delores Esser, Michele Jewell, Rita Schraepfer, Anne Swiggum,  
Georgia Post, Pat Flom Ruby Elmer, Rita Gilbertson, Marie Buttchen,  
Pat Glynn, Wing and Pat MacLean, Mary Ann Nelson, Lynn Forshaug  
and Miller and Sons. Thank you also to all who donated paper products,  
stamps and copy machine paper.

**Wish List:** Styro salad bowls, plastic ware, dish cloths, black magic  
markers.

## DIRECTOR'S NOTE: LYNN FORSHAUG

The Holiday Season is upon us again. Every year, we wonder where the time has gone? Each year seems to go faster. Do take the time to enjoy the company of family, friends and neighbors and enjoy the sites, sounds and smells of this special time of year. Call, stop in or send a card to see someone who lives alone. It is a time to be thankful for all we have received throughout the year. Thank you to all the seniors in the Mt. Horeb area, to the many volunteers who help keep our programs running, to Miller and Sons for their generosity, to organizations in our community who support our programs and the six municipalities who help support our programs. Merry Christmas and Happy Holidays from Pat, Mary, Carrie and Lynn.

## CASE MANAGER'S NOTE: CARRIE REESE

Social Security will be increasing their COLA (Cost of Living Adjustment) 0.3% for 2017. This information will be coming with your Social Security and SSI letters.

## IMMUNIZATIONS FOR OLDER ADULTS

Many preventable diseases can cause serious illness or death in unvaccinated seniors. Many adults believe they do not need to be vaccinated or worry about side effects, but people over 65 are at a higher risk of complications from these diseases. There are many reasons why seniors should be vaccinated. They may not have been vaccinated when they were children, new vaccines have come out and their immunity may have expired over the years. The more important vaccinations that seniors should talk to their doctor about are the flu vaccine, pneumococcal vaccine to prevent pneumonia, the shingles vaccine, Hepatitis B, (recommended for people with diabetes), tetanus diphtheria-pertussis vaccine and certain vaccines if you are traveling out of the country. Over 60% of seasonal flu related hospitalizations occur in people 65+. Pneumonia causes 60,000 deaths year. There are more than 90 types of pneumococcal bacteria. There is a series of two vaccines to prevent pneumonia. These shots also protect against meningitis and blood infections.

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

Enjoy the Holidays with this delicious salad! Cranberry Eggnog Salad (12 servings) 2 ½ c. boiling water, 2 pkgs. (3 oz. each) cranberry or raspberry jello, (can use sugar-free), 1 can of whole cranberry sauce, 1 can crushed pineapple, 2 envelopes of unflavored gelatin, 1 ½ c. eggnog and 2 Tbsp. lime juice. In large bowl, combine the cranberry or raspberry jello with the boiling water, stir for 2 minutes to dissolve. Refrigerate for 40 – 50 minutes. Place cranberry sauce in a small bowl, stir to break up. Fold into jello mixture. Pour into a 8 c. jello ring that has been sprayed with a cooking oil. Refrigerate till set but not firm. Drain crushed pineapple well, reserving the juice in a small saucepan. Sprinkle the unflavored gelatin over the pineapple juice and let stand 1 minute. Heat and stir until completely dissolved. Stir in eggnog and lime juice. Refrigerate 12-15 minutes or till slightly thickened. Fold pineapple into the eggnog. Carefully pour the gelatin into the mold. Refrigerate until firm. Unmold onto a platter for serving. Enjoy!

## SALADS

### **Week 1: Tuesday, December 6**

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, December 13**

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 3: Tuesday, December 20**

Chef 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. Choice of dressing.

### **Week 4: Tuesday, December 27**

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, 1oz sour cream & tostado chips.

\*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. Also open every Monday from 5:00-7:00pm and every Saturday from 10:00am-12:00pm. 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, December 21st:** 8:30-11:30am

**Tuesday, December 27th:** 12:30-3:30pm

**Wednesday, December 28th:** 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.

## BAD WEATHER ALERT

Winter is just around the corner. 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 Fink's Café and no home-delivered meals. In addition, the Senior Center will be closed for the day and activities planned for that day will 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 local TV and radio stations starting early in the morning.

## HEARING AID CHECKS & CLEANING

**Beltone** appointments may resume in December. Please contact the Senior Center for details.

## 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 will be meeting on December 13 at 1:00 pm.

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

## ON-GOING ACTIVITIES

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

**1:00pm December 7, 14, 21, and 28:** Traveling Euchre

**Saturday, December 10th:** Card Party: 7:00pm

## DECEMBER 2016 MENU

<p style="text-align: center;">*Meal has pork product      VO = Vegetarian Option Cong. Only = Congregate Only</p> <p style="text-align: center;">Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>			Thursday 1	Friday 2
			Sloppy Joe on Bun Peas & Carrots Tropical Fruit Salad Carnival Cookie VO: Veggie Sloppy Joe	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Oriental Blend Sliced Pears Enriched Bread/Butter Vanilla Pudding VO: Baked Pot w/ Veggie Cheese Sauce
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Swiss Burger on Bun Onion Slice & Tomato Slice Baked Beans Fruit Cup Ketchup /Mustard Brownies VO: Mediterranean Burger	Chicken-Ala-King Biscuit Brussel Sprout Apricots Half Sugar Cookie VO: Veggie Ala-King	*Ham Slice Saucy Sweet Potatoes California Blend Fresh Fruit Dinner Roll/Butter Frosted Cake VO: Vegetarian Burger	Pepper Steak w/Onions Brown Rice Broccoli Flowerets W.W. Bread/Butter Fruit Cocktail in Jell-O w/Topping VO: Veggie Pepper Mixture	*Meat Balls in Gravy ½ Baked Potato w/Butter & Sour Cream Squash Pineapple Tidbits Enriched Bread/Butter Chocolate Pudding VO: Veggie Meatball
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
*Open Face Hot Roast Pork Sandwich/Gravy Mashed Potatoes Garden Blend Fresh Orange Cookie Pkt. VO: Hummus Wrap w/ Peppers & Tomato	Beef Stew Biscuit/Marg. Sliced Pear's Blueberry Pie VO: Vegetarian Stew	Meat Sauce over W.W. Spaghetti Parmesan Cheese Turnip Greens w/Dice Turnips 1C Cinn. Applesauce Garlic Bread Jell-O Cake VO: Veggie Spaghetti Sauce	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Chocolate Chip Cookie VO: Egg Salad Sandwich	*Buffet Ham Augratin Potatoes Glazed Baby Carrots Chunky Applesauce Dinner Roll/Marg Christmas Cookie Special Holiday Meal VO: Augratin Potatoes w/Soy
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Salisbury Steak in Gravy Mashed Potatoes Broccoli Flowerets Pear Half Dinner Roll/Butter Key Lime Tart VO: Veggie Noodle Cass.	Philly Cheese Sandwich Four Bean Salad Banana Pumpkin Bar VO: Wrap w/ Cucumbers, Tomato, & Cheese	Baked Chicken Potato Salad Spinach Fresh Apple Enriched Bread/Butter Chocolate Ice Cream VO: Morningstar Veggie Burger on Bun	Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Sauce Carrots Pea Salad Fresh Fruit Cookie VO: Cheese Sandwich Sub.	<b>CLOSED</b>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<b>CLOSED</b>	*BBQ Ribs on Bone Sweet Potatoes w/Cinn.- Sugar-Butter Ham Flavored Greens Tropical Fruit Salad Corn Bread w/Butter Banana Cream Pie VO: Veggie Ribbet Plain Greens	Chicken & Dumplings Carrots Tropical Fruit Salad Enriched Bread/Butter Sugar Cookie VO: Hummus Wrap w/ Tomato, Cucumbers & Leaf Lettuce	Vegetable Barley Soup Crackers – 2 pkt. Tuna Salad on Croissant w/Lettuce V-8 Juice Fruit Cup Peach Pie VO: Cheese on Croissant	Roasted Turkey Mashed Potatoes w/Gravy Tossed Salad w/1000 Island Dressing Fresh Fruit Cup W.W. Dinner Roll/Butter Brownies VO: Veggie Burger

## DECEMBER 2016 ACTIVITY SCHEDULE

				Thursday 1	Friday 2	Sat. 3
				Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Knitting Group: 1:00pm		
Sun. 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Sat. 10
	Helping Hands: 9:30am  Holiday Lights Trip: 4:30pm	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  Cooking Group: 1:00pm  Dodgeville Shopping	Diabetic Support Group: 1:00pm	Card Party: 7:00pm
Sun. 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Sat. 17
	Card Making: 1:00pm	Bridge: 1:00pm  Caregiver Support Group: 1:00pm  Massage Therapy: 1:00-3:00pm Black Earth Mobile Pantry 4:00pm  Community Meal: 5:30-6:30pm	Mt. Horeb Food Pantry 9:00 - 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 at Olive Garden: 10:30am  Knitting Group: 12:30pm	Bingo: 12:30pm	
Sun. 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Sat. 24
	Helping Hands: 9:30am  Cookie Exchange: 1:00pm	Sing-Along: 12:15pm  Bridge: 1:00pm	Foot Clinic: 8:30-11:30am  Fink's Restaurant: 9:00am -1:00pm  Cards: 1:00pm	Madison Shopping	CLOSED	
Sun. 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Sat. 31
	CLOSED	Foot Clinic: 12:00-3:30pm  Bridge: 1:00pm	Foot Clinic: 8:30-11:30am  Fink's Restaurant: 9:00am -1:00pm  Cards: 1:00pm		Pizza Party: 11:30pm	

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

## NAMES OF SANTA CLAUS

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

- BABBO NATALE (ITALY)
- BLACK PETER (MOROCCO)
- DED MOROZ (RUSSIA)
- FATHER CHRISTMAS (ENGLAND)
- HOTEIOSHO (JAPAN)
- JOULUPUKKI (FINLAND)
- JULENISSEN (NORWAY)
- JULTOMTEN (SWEDEN)
- KALEDU SENELIS (LITHUANIA)
- KANAKALOKA (HAWAII)
- KRIS KRINGLE
- MIKULAS (HUNGARY)
- PAPAI NOEL (BRAZIL)
- PELZNICKEL (GERMANY)
- PERE NOEL (FRANCE)
- SAINT NICHOLAS
- SANTA CLAUS (USA/CANADA)
- SHENG DAN LAOREN (CHINA)
- SINTER KLAAS (HOLLAND)
- SWIETY MIKOLAJ (POLAND)