JULY 2016 EDITION

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE OUTREACH/NUTRITION

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Have a happy and safe 4th of July!

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

Director: Lynn Forshaug
Case Manager: Carrie Reese
Nutrition Managers:
Mary Mackler
Pat MacLean

July 4 - Happy 4th of July - Senior Center closed

July 7 - Knitting 12:30 pm

July 9 - Card Party 7:00pm

July 12 - Garrett - Capital Physical Therapy 10:45am Topic- Balance

July 14 - Cooking Group 1:00pm Bring knives to sharpen (bring salad or dessert for potluck, meat provided)

July 18 - Helping Hands 9:30am

July 19 - Medication Review 9:00am to 3:00pm (Call Center for appt.)
***12 Seniors needed**
- Community Meal 5:30pm

July 21 - Lunch Outing Bob's Riverside, Spring Green - Leaving at 10:30am
limited seating
- Knitting 12:30 pm

July 22 - Christmas in July BINGO 12:30pm sponsored by Miller and Sons

July 26 - Kris Owens from Ingleside Manor 10:30am
What Ingleside has to offer
- Beltone Hearing Checks 10:00am

August 1 - Mallard's Game, Warner Park - 11:35 am $14.00/person, includes meal, hat and ticket - RSVP to the Senior Center. - 20 tickets available. Own transportation.

Did you know this about Supplemental Security Income (SSI)?
Question: I know you need to have limited resources to receive Supplemental Security Income (SSI). But what does Social Security consider a resource?

Answer: Resources are things you own that you can use for support. They include cash, real estate, personal belongings, bank accounts, stocks, and bonds. To be eligible for SSI, a person must have no more than $2,000 in countable resources. A married couple must have no more than $3,000 in countable resources. If you own resources over the SSI limit, you may be able to get SSI benefits while trying to sell the resources. Not all of your resources count toward the SSI resource limit. For example:

• The home you live in and the land it's on do not count. • Your personal effects and household goods do not count. • Life insurance policies may not count, depending on their value. • Your car usually does not count. • Burial plots for you and members of your immediate family do not count. • Up to $1,500 in burial funds for you and up to $1,500 in burial funds for your spouse may not count. • If you are blind or have a disability, some items may not count if you plan to use them to work or earn extra income.

You may also wish to read our material on "resources" in the booklet, Understanding SSI at www.socialsecurity.gov/ssi/text-understanding-ssi.htm.

The Victim of Crime Advocate (VOCA) program is seeking a volunteer to work with the VOCA social worker and individuals who are 60 years of age and older who are victims of crime. Many victims have never encountered a situation like this and find it difficult to maneuver the criminal justice system. The VOCA volunteer works closely with the VOCA social worker in calling and writing victims to determine if they are interested in receiving assistance and services. This position requires a 2 hour per week commitment and is located at Dane County Department of Human Services, Adult Protective Services Unit, 1202 Northport Drive, Madison. Queries can be directed to Melissa Garecht, VOCA social worker, at 608-261-7326 or Garecht@countyofdane.com

OUR WISH LIST

Paper Towels, Stamps, and Styrofoam Plates.

THANK YOU

To Heartland Country Village for sponsoring June Bingo, to everyone who donated stamps, napkins, paper towels, copy machine paper and Bingo prizes. Thanks also to Miller and Sons for their weekly donation of food and for the volunteers who help with this program.

DIRECTOR'S NOTE: LYNN FORSHAUG

Is Retiring Later in Life Good for Your Health? By the GWAAR Legal Services Team
A recent Wall Street Journal article reported that retiring after age 65 may lead to a longer, healthier life. In the study on which the article was based, workers who retired in good health at age 66 had a 21% lower risk of death within 18 years of retirement, those who retired at 67 had 44 % lower risk and those who retired at age 72 had a 56% lower risk. Even those who retired for health reasons had a lower risk of death compared to those leaving work at 65. Retirement, although often anticipated with excitement, is actually ranked as the 10th most stressful life event (more stressful than the death of a close friend or a foreclosure on a mortgage). According to the article, "postponing retirement may delay the natural age related decline in physical, cognitive and mental functioning and reducing the risk of chronic illness. It has also been reported that for each additional year of work, the risk of getting dementia is reduced by 3.2%. If you are already retired, here are some ways to get positive affects; stay socially connected, play, be creative and keep learning.

CASE MANAGER'S NOTE: CARRIE REESE

Starting July 1, 2016, FoodShare members who report a lost or stolen QUEST card may be charged a fee for a replacement card. Each cardholder is eligible for one free replacement card each calendar year. Due to the change taking effect in the middle of the year, a fee will not be charged for the first replacement QUEST card from July 1, 2016 through December 31, 2016.

The replacement card fee is $2.70, and it will be taken out of the member's FoodShare benefits account if the member has enough funds. If the member does not have enough funds in his or her account, the fee will be taken out when the benefits become available.

Members should have received a letter explaining this change in early June.

NUTRITION MANAGER'S NOTE: MARY MACKLER & PAT MACLEAN

Older adults lose motivation to cook for themselves. This could be related to the loss of a loved one, depression, inconvenience, difficulties in downsizing cooking style or dynamics of family changes. People who don't feel like cooking, skip meals, eat convenience foods or eat out, can result in ill health for them. This style of eating results in lack of vitamins, minerals, protein and fiber. All this leads to reduced bone density, weight loss or gains, indigestion and fatigue. People should set goals; Aim for three meals/day, Divide your plate into quarters. Fill 1/4 of plate with protein (meat, eggs, fish, beans or cheese). Fill 1/4 of plate with whole grains (brown rice, quinoa, whole wheat pasta, etc.) Lastly, fill the other 1/2 of plate with vegetables, raw or cooked, different colors, add lots of variety. Add a yogurt or fruit or both for dessert. Every meal doesn't have to have all of these components, just aim for this goal. Some suggestions for simple meals are a grilled whole wheat, cheese and tomato sandwich with fruit or a whole grain waffle with peanut butter, fruit and milk. You could buy a rotisserie chicken to use to make a soup, salad, sandwiches, casseroles, etc. Once or twice a month, make a favorite food like lasagna, stew or chili and freeze into smaller portions. Neglecting yourself because you are feeling sad, lonely, or left out can start a vicious circle of health problems. You can also invite someone for a meal or join us at the Senior Center or Finks for a meal.

Here is a recipe from Yvonne Herfel: Rhubarb Recipe; 1/2 melted butter, 1/2 c. sugar, 3 tsp. baking powder, 1 egg, 2/3 c. milk and 2c. flour. Mix all together and press into a grease 9x13 pan. Try to push some of the dough up onto the sides of the pan. Spread 4 c. chopped rhubarb over the crust. Sprinkle with 1 box of regular strawberry jello. Add the streusel topping of 1/4 c. melted butter, 1/2 c. flour and 2c. sugar over the rhubarb and jello. Bake at 350 for 50 to 60 minutes. Serve with cool whip.

SALADS

Week 1: Tuesday, July 5
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, July 12
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, July 19
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, July 26
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.

*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, July 20th: 8:30-11:30am
Tuesday, July 26th: 12:30-3:30pm
Wednesday, July 27th: 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.

Things to know about Blood Pressure: Hypertension (Blood pressure that is defined as 140/90 or higher) isn't inevitable, but blood pressure climbs as you age. High blood pressure often has no symptoms. The top number is the one to watch when you are over 50; the top number or the systolic pressure, measures the force at the moment the heart beats, pumping blood throughout the body. The bottom number (diastolic pressure) measures pressure between beats when the blood flows back to the heart. The top number is the one that matters, because systolic blood pressure is the peak force that your arteries and your vital organs experience with each heartbeat. High blood pressure can damage your kidneys, eyes, brain and lining of the blood vessels. Cutting back on salt and eating plenty of fruits and vegetables can drop blood pressure by 5 points. Some over the counter medicine like Advil, Aleve or cold medicines can also raise your blood pressure.

HEARING AID CHECKS & CLEANING

Jack Schulte of Beltone will be here on Tuesday, July 26 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 Tuesday and Madison Walmart shopping on the fourth Tuesday, 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, July 9th: Card Party: 7:00pm

JULY 2016 MENU

*Meal has pork product.
VO = Vegetarian Option
Cong. Only = Congregate Only

Meals provided by:
DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

Friday 1
*BBQ Rib Potato Salad Mixed Bean Salad Watermelon Corn Bread w/Butter Sweet Potato Pie VO- Veggie Sausage

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
CLOSED	Meat Sauce over Spaghetti Noodles Buttered Peas Apricots Half Garlic Bread Parmesan Pkt VO- Soy Meat Sauce	Tomato Barley Soup Crackers *Ham & Swiss Med. Croissant w/Lettuce Leaf Fresh Apple Cake VO- Cheese on Rye w/ Mayo Pkt.	*Roast Pork w/Gravy Mashed Potatoes Buttered Corn Fruit Cocktail W.W. Bread/Marg. Pudding w/Topping VO- Veggie Patty	Shrimp Pasta Salad German Cucumbers Banana W.W. Bread/Marg Strawberry Ice Cream VO- Pasta Salad w/Cheese
Monday 11	**Tuesday 12**	**Wednesday 13**	**Thursday 14**	**Friday 15**
*Augratin Potatoes w/ Diced Ham Buttered Mixed Vegetables Fruit Cup Rye Bread/Marg. Choc. Ice Cream VO- Augratin w/Soy Meat	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	Swiss Steak Brown Rice Mixed Green w/Diced Tomato & Dressing Peaches W.W. Bread/Marg. Cookie VO- Swiss Soy Mix over Rice	Chicken Macaroni Salad Three Bean Salad Fresh Orange W.W. Roll/Marg. Lemon Dessert VO- Pasta Salad w/Cheese	BBQ Rib Potato Salad Sm. Corn on Cob w/Butter Watermelon Corn Bread w/Butter Sweet Potato Pie VO- Veggie Sausage
Monday 18	**Tuesday 19**	**Wednesday 20**	**Thursday 21**	**Friday 22**
Breaded Fish Potato Puffs Buttered Broccoli Flowerets Mandarin Oranges Multi Grain Bread/Marg Cookie Pkt. Tartar Sauce VO- Black Bean Patty	American Chop Suey Brown Rice Buttered Oriental Mix W.W. Bread/Marg. Strawberry Shortcake w/Topping VO- Soy Chop Suey	Cheeseburger on W. W. Bun w/Leaf Lettuce & Tomato Slice Pea Salad Banana Ketchup/Mustard Pie VO- Egg Salad Sandwich	Chicken Cacciatore Egg Noodles Buttered Brussel Sprouts Diced Peaches Multi Grain Bread Marg. Sherbet VO-Soy Meat Sauce	*Meatloaf Mashed Potatoes Gravy Tossed Salad w/ Diced Tomato & Dressing Pear Slices W.W. Bread/Marg VO-Veggie Patty
Monday 25	**Tuesday 26**	**Wednesday 27**	**Thursday 28**	**Friday 29**
Sloppy Joe on Bun Buttered Carrots Coleslaw Fruit Cup Ice Cream VO-Soy BBQ	Potato Beef Casserole Buttered Broccoli Flowerets Apple Juice W.W. Bread/Marg. Cherry Crisp VO-Soy Noodle Cass.	Stuffed Green Pepper Soup/Crackers Sl. Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Fresh Fruit Cookie VO-Meat Free Soup, Cheese Sandwich	*Ham Slice Yams. Buttered Green Beans Banana Multi Grain Bread Marg. VO- Cheese Sandwich w/ Mayo Pkt.	Baked Fish/Tartar Sauce Brown Rice Pilaf Buttered California Blend Mandarin Oranges W.W. Bread/Marg. Jello w/ Topping VO- Rice Pilaf w/Soy

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.

JULY 2016 ACTIVITY SCHEDULE

					Friday 1	Sat. 2
Sun. 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Sat. 9
	CLOSED	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		Cards: 7:00pm
Sun. 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Sat. 16
		Capital Physical Therapy: 10:45pm Caregiver Support Group: 1:00pm Bridge: 1:00pm Black Earth Mobile Pantry 4:00pm Dodgeville Shopping	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 Cooking Group: 1:00pm		Kafe Stue: 9:00am-1:30pm Sons of Norway
Sun. 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Sat. 23
	Helping Hands: 9:30am	Medication Review: 9:00am-3:00pm Bridge: 1:00pm Massage Therapy: 1:00-3:00pm	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 Lunch Outting: Bob's Riverside: Leaving at 10:30am Knitting Group: 12:30pm	Bingo: 12:30pm	
Sun. 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Sat. 30
Sun. 31		Beltone: 10:00am Ingleside Manor Presentation: 10:30am Foot Clinic: 12:30-3:30pm Bridge: 1:00pm Madison Shopping	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		

All programs and activities are subject to change.

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

ADDRESS SERVICE REQUESTED

PRESORTED
STANDARD
U.S. POSTAGE
PAID
MT HOREB, WI
Permit No.1

SIGNATURES ON THE DECLARATION OF INDEPENDENCE

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

ADAMS (2)
BARTLETT
BRAXTON
CARROLL
CHASE
CLARK
CLYMER
ELLERY
FLOYD
FRANKLIN
GERRY
GWINNETT
HALL
HANCOCK
HARRISON
HART
HEWES
HEYWARD
HOOPER
HOPKINS
HOPKINSON
HUNTINGTON
JEFFERSON
LEE (2)
LEWIS
LIVINGSTON
LYNCH
MCKEAN
MIDDLETON
MORRIS (2)
MORTON
NELSON
PACA
PAINE
PENN
READ
RODNEY
ROSS
RUSH
RUTLEDGE
SHERMAN
SMITH
STOCKTON
STONE
TAYLOR
THORNTON
WALTON
WHIPPLE
WILLIAMS
WILSON
WITHERSPOON
WOLCOTT
WYTHE