



JUNE 2016 EDITION



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

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- June 2 - Knitting Group 12:30pm**  
**June 3 - Farmer’s Market Voucher Sign-Up 12:30pm - 1:30pm**  
**June 7 - Wisconsin Senior Games (Dartball) 1:00pm**  
**June 9 - Cooking Group 1:00pm**  
**June 11 - Card Party 7:00pm**  
**June 12 - Frolic Parade 12:00pm**  
**June 13 - Ingelside Manor- Heidi Knapton, presentation on “Joint Protection with Gardening and other summertime activities” 10:30am**  
**June 16 - Lunch Outing - Pizza Ranch - Verona Leaving at 10:30am - Knitting 12:30pm**  
**June 19 - Father’s Day**  
**June 21 - Beltone 10:00 Walk In Appts.**  
 - Massages by Sarah 1:00pm -3:00pm Call for appt. 437-6902 15 \ minute sessions /\$10.00  
 - Community Meal 5:30pm  
**June 24 - Bingo sponsored by Heartland Country Village, Black Earth**  
**June 27 - Card Making 1:00pm Call for reservation 437-6902 by Thursday, June 23, 2016.**  
 - “Connect Hearing Testing” 1:00pm -4:00pm (15 minute sessions)

We are looking for seniors who might be interested in playing 500, Tripoli or Dominoes at the Center. Give us a call if you are interested.

We are looking to for seniors who are interested in making their own greeting cards. Ruth Ann Nemet would be glad to teach you. We would like to have a minimum of six people and no more than ten in the class. The class would be held on Mondays at 1:00 pm., starting in June. The cost would be \$6.00 for three different cards or \$10.00 for six cards (two each of three different cards). Ruth is open to suggestions for types of cards people are wanting to make like birthday, sympathy, holiday, etc. Registration is required before the class, so we can have enough supplies for everyone. Please call Ruth Ann for more information at 437-5677 or the center to RSVP for the class.

The Area Agency on Aging of Dane County will distribute the Farmer’s Market vouchers on Friday, June 3, from 12:30-1:30pm at the Mount Horeb Senior Center. These vouchers can be used all over WI from June 1 through October 30, 2016. The vouchers will be distributed on a first come first serve basis. To qualify, one has to be 60 or older, and have a gross income of \$1,832.00/month for one person or \$2,470.00/month for two people. One set of vouchers per household and they cannot be mailed. To get the vouchers, bring along a picture ID showing your birth date, plus one of the following showing your income; 2015 income tax, Homestead Credit form, Social Security allotment statement or a subsidized housing review letter. If you received the vouchers last year, you will receive a letter in mid May with the time and location.

**June is Dairy 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**

**OUR WISH LIST**

Paper Towels, Stamps, and Styrofoam Plates.

**THANK YOU**

To Troop 1162 for delicious Girl Scout Cookies, to the Bargain Nook for sponsoring Bingo, to everyone who donated stamps, paper towels, Bingo prizes, etc..

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

Did you know that Congress passed a new version of the "OAA", Older American Act in April that will increase funds for services to millions of people 60 plus that will include home-delivered meals, support for caregivers and programs designed to prevent abuse and neglect. The Act will save federal and state tax dollars by keeping the 60+ population (which is expected to grow from 65 million to 92 million by 2030) out of nursing homes and reduction of hospital readmissions. Reauthorizing the OAA money will help fund programs that will help millions of vulnerable older Americans. This will bring a 7% funding boost in funding over the next three years. Congress passed the original Older Americans Act in 1965.

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

With the warm summer months upon us, try to stay hydrated by drinking lots of liquids. Some ways that you can tell that you are not drinking enough water are...chapped lips, achy knees and dull headaches. A lot of people grew up in the era of not drinking water, so it didn't become a habit to drink it on a daily basis. So if you're not too keen on drinking water, here are some other options you might be interested in...squeeze in some fresh lemons or limes if you have it. Flavored waters or teas of some sort, here are some examples... Crystal Light packets to add to your water, Klarbrunn (carbonated water with natural flavors), Black Teas and Green Teas (unsweetened with natural flavors). Just to name a few. Be sure to read the labels, to make sure they are not loaded with sugar. There are a lot of healthy options out there.

Another note too with the summer months...please keep your skin protected, either by using Sunscreen, or by wearing protective clothing. Be sure to wear hats to protect your head, face and ears; so you don't get burnt; and try to wear sunglasses to protect your eyes. Again, keep your selves well hydrated and wear protective gear, to ensure that sunshine doesn't get the best of you during the upcoming hot humid months of "summer in Wisconsin".

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

### **TEN TIPS TO ADD MORE VEGETABLES TO YOUR DAY**

1) Discover FAST ways to cook, fresh or frozen vegetables will only take 3 or 4 minutes in your microwave. Add water (small amount) to vegetables to steam in your microwave. 2) COOK AHEAD Cut up peppers, broccoli or carrots. Prepackage so you can use for a salad or with dip. 3) Chose vegetables that are colorful – red, orange or dark green are best for you. 4) Check freezer aisle for vegetables for bargains. Look for veggies without sauces. 5) Stock up on canned vegetables when they are on sale. Buy only low sodium or NO SALT ADDED. 6) Make your salads glow with color. Use black beans, sliced red peppers, shredded radishes, red cabbage, chopped carrots, and watercress. 7) Sip on Vegetable Soup. Make your own with low salt broth and vegetables; or buy low sodium canned soup. 8) If eating out, ask for an extra side of vegetables or a side salad instead of French Fries. 9) Buy everything in season for maximum flavor at low cost. 10) Try something new every week. Look for new recipes at [www.WhatsCooking.fns.usda.gov](http://www.WhatsCooking.fns.usda.gov)

## **SALADS**

### **Week 1: Tuesday, June 7**

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, June 14**

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.

### **Week 3: Tuesday, June 21**

Chef's Tuna Salad: 1 ½ c. shredded lettuce, ¼ c. flaked tuna, 2 oz. cheese strips, 4 tomato wedges, 2 TB. radishes sliced, 2 TB. diced green peppers, 2 TB. shredded carrots. French Dressing.

### **Week 4: Tuesday, June 28**

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, June 22nd:** 8:30-11:30am

**Tuesday, June 28th:** 12:30-3:30pm

**Wednesday, June 29th:** 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 10:30am.

Number system is used.

### Does Medicare Cover Cataract Surgery?

Medicare does not usually pay for vision care but it will cover certain medically necessary services such as cataract surgery. If you have Original Medicare, these services are covered under Part B, which covers outpatient services. Medicare Advantage Plans cover the same services as Original Medicare, but may have different costs and conditions. If you have a Medicare Advantage Plan, contact the plan representative to learn what the plan covers. Specifically, Medicare covers: the removal of the cataract, basic lens implants and one set of prescription eyeglasses or one set of contact lenses after the surgery.

## HEARING AID

### CHECKS & CLEANING

**Jack Schulte of Beltone** will be here on Tuesday, June 21 at 10:00am. No appointment needed, walk-ins are welcome!

**Miracle Ear** has moved 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 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, 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, June 11th:** Card Party: 7:00pm

# JUNE 2016 MENU

|   |   |   |   |   |
|---|---|---|---|---|
| <p>*Meal has pork product.<br/>VO = Vegetarian Option<br/>Cong. Only = Congregate Only</p> <p>Meals provided by:<br/><b>DANE COUNTY CONSOLIDATED<br/>FOOD SERVICES DIVISION</b></p> |   | <b>Wednesday 1</b>  | <b>Thursday 2</b>   | <b>Friday 3</b>   |
|   |   | Cheeseburger on W. W. Bun<br>w/Leaf Lettuce & Tomato Slice<br>Pea Salad<br>Mandarin Oranges<br>Cake<br><br>VO- Egg Salad Sandwich   | Breaded Fish<br>Potato Puffs<br>Buttered California Mix<br>Banana<br>Multi Grain Bread/Marg<br>Ice Cream Treat<br>Tartar Sauce<br><br>VO- Black Bean Patty                      | *Meatloaf<br>Roasted Red Potatoes/<br>Butter<br>Tossed Salad w/<br>Diced Tomato & Dressing<br>Pear Slices<br>W.W. Bread/Marg<br><br>VO- Veggie Patty            |
| <b>Monday 6</b>   | <b>Tuesday 7</b>  | <b>Wednesday 8</b>  | <b>Thursday 9</b>   | <b>Friday 10</b>  |
| Sloppy Joe on Bun<br>Buttered Broccoli Flow-<br>rets<br>Coleslaw<br>Fruit Cup<br>Ice Cream<br><br>VO- Soy BBQ   | BBQ Chicken<br>Baked Potatoes<br>w/Sour Cream/Marg.<br>Buttered Green Beans<br>Jell-O w/Fruit Cocktail<br>W.W. Bread/Marg.<br><br>VO- Baked Potato<br>w/Veggie Cheese Sauce | Potato Beef<br>Casserole<br>Buttered Carrots<br>Apple Juice<br>W.W. Bread/Marg.<br>Cherry Crisp<br><br>VO- Soy Noodle Cass.   | Stuffed Green Pepper<br>Soup/Crackers<br>Sl. Turkey & Cheese on<br>Rye w/Mayo Pkt.<br>Lettuce/Tomato Sl.<br>Fresh Fruit<br>Cookie<br><br>VO- Meat Free Soup,<br>Cheese Sandwich | Chicken Macaroni Salad<br>Three Bean Salad<br>Fresh Orange<br>W.W. Roll/Marg.<br>Lemon Dessert<br><br>VO- Pasta Salad w/Cheese                                  |
| <b>Monday 13</b>  | <b>Tuesday 14</b>   | <b>Wednesday 15</b>   | <b>Thursday 16</b>  | <b>Friday 17</b>  |
| *Ham Slice<br>Yams.<br>Buttered Peas<br>Pineapple<br>Multi Grain Bread<br>Marg.<br><br>VO- Cheese Sandwich w/<br>Mayo Pkt.  | Baked Fish/Tartar Sauce<br>Rice Pilaf<br>Buttered California Blend<br>Mandarin Oranges<br>W.W. Bread/Marg.<br>Jello w/Topping<br><br>VO- Rice Pilaf w/Soy                   | Chicken Salad (w/red &<br>green grapes, nuts apples<br>& celery) on Lettuce Leaf<br>Copper Penny Salad<br>Orange Juice<br>Sm. Croissant/Marg<br>Strawberry Shortcake w/<br>Whipped Topping<br><br>VO- Egg Salad on Leaf<br>Lettuce garnished w/<br>Grapes | Hamburger on Bun<br>Lettuce/Onion<br>Potato Salad<br>Buttered Corn<br>Banana<br>Ketchup<br>Mustard<br><br>VO- Veggie Patty  | *Brats on Soft Bun (onions<br>site only)<br>Baked Beans<br>German Cucumber Salad<br>Fresh Fruit<br>Ketchup/Mustard<br>Chocolate Cream Pie<br><br>VO- Veggie Dog |
| <b>Monday 20</b>  | <b>Tuesday 21</b>   | <b>Wednesday 22</b>   | <b>Thursday 23</b>  | <b>Friday 24</b>  |
| Salisbury Steak<br>Brown Rice<br>Buttered Carrots<br>Fruit Cocktail<br>Rye Bread/Marg.<br>Cookie<br><br>VO- Salisbury Veggie<br>Patty   | Chicken Broccoli Rotini<br>Salad<br>V-8 Juice<br>Peach Slices<br>Dinner Roll/Marg.<br><br>VO- Cheese Broccoli<br>Rotini Salad   | Meat Sauce<br>W.W. Spaghetti Noodles<br>Parmesan Pkt<br>Mixed Greens w/<br>Diced Tomato & Dressing<br>Pear Slices<br>Garlic Bread.<br><br>VO- Soy Meat Sauce  | Turkey Roast w/Gravy<br>Stuffing/Gravy<br>Buttered Broccoli<br>Fresh Fruit<br>W.W. Bread/Marg.<br>Cookie<br><br>VO- Veggie Lasagna  | Tomato Barley Soup<br>Crackers<br>*Ham & Swiss<br>Med. Croissant w/Lettuce<br>Leaf<br>Fresh Apple<br>Brownie<br><br>VO- Cheese on Rye w/<br>Mayo Pkt.           |
| <b>Monday 27</b>  | <b>Tuesday 28</b>   | <b>Wednesday 29</b>   | <b>Thursday 30</b>  |   |
| *Brat/Bun<br>Baked Beans<br>Coleslaw<br>Chunky Applesauce<br>Ketchup/Mustard<br>Bar<br><br>VO- Veggie Dogs  | Three Cheese Lasagna<br>Buttered California Mix<br>Fresh Orange<br>Bread Stick/Marg.<br>Sherbet   | Pizza Casserole<br>Buttered Italian Green<br>Beans<br>Grape Juice<br>Small Croissant/Marg.<br>Strawberry<br>Short Cake w/Topping<br><br>VO- Soy Casserole   | Roast Beef/Gravy<br>Roasted Red Potato w/<br>Marg.<br>Roasted Vegetables<br>Jell-O w/Peach Slices<br>Multi Grain Bread<br>Marg.<br><br>VO- Veggie Patty                         |   |

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.

## JUNE 2016 ACTIVITY SCHEDULE

|         |  |  | Wednesday 1  | Thursday 2   | Friday 3                                     | Sat. 4           |
|---------|--|--|--|--|--|------------------|
|         |  |  | Fink's Restaurant:<br>9:00am-1:00pm<br><br>Cards: 1:00pm   | Blue Mounds<br>Food Pantry:<br>9:00-11:00am &<br>4:00-6:00pm<br><br>Knitting Group:<br>12:30pm   | Farmer's Market<br>Vouchers:<br>12:30-1:30pm |                  |
| Sun. 5  | Monday 6   | Tuesday 7  | Wednesday 8  | Thursday 9   | Friday 10                                    | Sat. 11          |
|         | Helping Hands:<br>9:30am                                 | Bridge: 1:00pm<br><br>Dartball: 1:00pm   | Fink's Restaurant:<br>9:00am-1:00pm<br><br>Cards: 1:00pm   | Blue Mounds<br>Food Pantry:<br>9:00-11:00am &<br>4:00-6:00pm<br><br>Cooking Group:<br>1:00pm   |  | Cards:<br>7:00pm |
| Sun. 12 | Monday 13  | Tuesday 14   | Wednesday 15   | Thursday 16  | Friday 17                                    | Sat. 18          |
|         |  | Caregiver Support<br>Group: 1:00pm<br><br>Bridge: 1:00pm<br><br>Black Earth<br>Mobile Pantry<br>4:00pm<br><br>Dodgeville<br>Shopping | Mt. Horeb Food<br>Pantry 9:00am -<br>11:00am<br><br>Fink's Restaurant:<br>9:00am-1:00pm<br><br>Cards: 1:00pm | Blue Mounds<br>Food Pantry:<br>9:00-11:00am &<br>4:00-6:00pm<br><br>Lunch Outting:<br>Pizza Ranch:<br>Verona 10:30am<br><br>Knitting Group:<br>12:30pm<br><br>'Stepping On'<br>Class: 1:00pm |  |                  |
| Sun. 19 | Monday 20  | Tuesday 21   | Wednesday 22   | Thursday 23  | Friday 24                                    | Sat. 25          |
|         | Helping Hands:<br>9:30am                                 | Belton: 10:00am<br><br>Bridge: 1:00pm<br><br>Massages By<br>Sarah:<br>1:00-3:00pm  | Foot Clinic: 8:30-<br>11:30am<br><br>Fink's Restaurant:<br>9:00am-1:00pm<br><br>Cards: 1:00pm                | Blue Mounds<br>Food Pantry:<br>9:00-11:00am &<br>4:00-6:00pm   | Bingo: 12:30pm                               |                  |
| Sun. 26 | Monday 27  | Tuesday 28   | Wednesday 29   | Thursday 30  |  |                  |
|         | Card Making:<br>1:00pm<br><br>Hearing Testing:<br>1:00pm | Foot Clinic:<br>12:30-3:30pm<br><br>Bridge: 1:00pm<br><br>Madison Shopping   | Foot Clinic: 8:30-<br>11:30am<br><br>Fink's Restaurant:<br>9:00am-1:00pm<br><br>Cards: 1:00pm                | Blue Mounds<br>Food Pantry:<br>9:00-11:00am &<br>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

## TYPES OF CHEESE

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

- |                 |            |
|-----------------|------------|
| ASIAGO          | LIMBURGER  |
| BEAUFORT        | MARBLE     |
| BLUE            | MOZZARELLA |
| BRIE            | MUNSTER    |
| BUTTERKÄSE      | NEUFCHÂTEL |
| CHEDDAR         | NØKKELOST  |
| DOLCELATTE      | PARMESAN   |
| FONTINA         | PROVOLONE  |
| GOUDA           | RICOTTA    |
| GRUYÈRE         | ROMANO     |
| HAVARTI         | SWISS      |
| HERVE           |            |
| GORGONZOLA      |            |
| MASCARPONE      |            |
| MONT DES CATS   |            |
| MONTEREY JACK   |            |
| STINKING BISHOP |            |