



May 2016 EDITION

MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION



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- May 2 - UW Ext. Nutrition Education 10:45 am**
- Knitting Group 12:30 pm
- May 5 - Stepping On Class 1:00 pm**
- May 9 - UW Ext. Nutrition Education 10:45 am**
- Field Trip to Dalton Leaving at 9:00 am RSVP at 437-6902
- May 8 - Mother's Day**
- May 12 - Stepping On Class 1:00 pm**
- May 13 - Music Program - Ricardo Vasquez on a marimba 12:30 pm**
- May 14 - Card Party 7:00 pm**
- May 16 - UW Ext. Nutrition 10:45 am**
- Knitting Group 12:30 pm
- May 17 - Massages by Sarah 1:00-3:00 pm Call for appt. 437-6902**
- May 19 - Lunch Outing - Eagle Inn, Sauk City - Limited seating RSVP**
- Stepping On Class 1:00 pm
- May 23 - UW Ext. Nutrition Education 10:45 am**
- May 27 - BINGO 12:30 Sponsored by Heartland Country Village**
- May 30 - Memorial Day - Center closed**

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 12:30pm-3:30pm. 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 or 2016 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.

This is a follow-up article about disposing of unused medication. The Blue Mounds Police Dept. will accept the medication Monday through Thursday from 8:00 am to 4:00pm. The medication must be out of their containers and put into ziploc bags. Thank You.

**May is
Older Americans 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

Director: Lynn Forshaug
Case Manager: Carrie Reese

Nutrition Managers:
Mary Mackler
Pat MacLean

OUR WISH LIST

Napkins, paper towels, and Forever Stamps.

THANK YOU

To all the folks who donated copy machine paper, to John Scheidegger for sponsoring April Bingo, and to all who have donated Bingo prizes.

The Senior Center accepts cash and material donations for use with our programs. We can provide you with a receipt if needed for tax purposes.

DIRECTOR'S NOTE: LYNN FORSHAUG

I would like to welcome our new Case Manager, Carrie Reese. She was born and raised in Pine Bluff, WI and graduated from Mt. Horeb High School. She then attended MATC in Madison. Carrie met her husband Jeff in 2003, married in 2006 and now have two little girls. Carrie and Jeff have always loved the atmosphere of small community living and now live in Barneveld with their two daughters. Carrie loves working with seniors and is looking forward to working at SW Dane Outreach/Mt. Horeb Senior Center. Stop in to the Center to meet her!

CASE MANAGER'S NOTE: CARRIE REESE

After months of snow and cold weather, spring is a reminder of new beginnings and a new reason to be proactive with your health. Practicing preventative care can help you from getting sick and finding health problems early. If you have Medicare, you have access to a variety of preventative tests and screenings, most at no cost to you. If you are new to Medicare, they cover a "Welcome to Medicare" preventative visit during your first 12 months of Part B coverage. This visit includes a review of your medical and social history related to your health and education and counseling for preventative services like shots, certain screenings and referrals to other care. If you have had Part B for more than 12 months, you can get a yearly wellness visit, to develop or update a personalized prevention plan based on your current health and risk factors. Medicare covers screening tests for diabetes, colon cancer, breast cancer, osteoporosis and heart disease just to name a few. Check out the complete list in you Medicare handbook or go to www.medicare.gov.

NUTRITION MANAGER'S NOTE: MARY MACKLER & PAT MACLEAN

Spring Starts Right Now! Seniors should have five vegetables or fruits daily. Many fruits and vegetables that we love, will be at their cheapest price of the season real soon. Look for lettuce, spinach, radishes, kohlrabi, asparagus, peas, mushrooms and onions. In the fruit department, look for strawberries, rhubarb, and cherries. Check what Miller's brings here as donations. We often get produce donations that are in season.

Rhubarb Bread Recipe: 1 1/2 c. brown sugar, 2/3 c. oil, 1 egg, 1 c. sour milk, 1 tsp. salt, 1 tsp. baking powder, 1 tsp. vanilla, 2 1/2 c. flour, 1/2 c. chopped nuts and 1 1/2 c. diced rhubarb. Mix all of the ingredients together. Pour into two well greased loaf pans. Sprinkle with topping: 1/2 c. sugar, 1 Tbsp. melted butter (mixed together). Bake at 350 degrees for one hour. Enjoy!

SALADS

Week 1: Tuesday, May 3

Garden Salad: 1 1/2 c. mixed green w/shredded lettuce, 1/4 c. cheese, 1/2 c. garbanzo beans, 1/4 c. cucumbers, 1/4 c. broccoli, 1/4 c. diced tomatoes, & 1/4 c. peas. Choice of dressing.

Week 2: Tuesday, May 10

Taco Salad: 1 1/2 c. of shredded lettuce, 1/3 c. meat (beef), 1/4 c. cheese, 1/2 c. diced tomato, 2 tablespoons diced onions, 3.5 oz. salsa, 1oz sour cream & tostado chips.

Week 3: Tuesday, May 17

Chef's Tuna Salad: 1 1/2 c. shredded lettuce, 1/4 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, May 24

Chicken Ranch Salad: 1 1/2 c. mixed green w/shredded lettuce, 1/3 c. diced chicken, 1/4 c. bacon crumbled, 1/4 c. cucumbers, 1/4 c. diced tomatoes, 1/4 c. peas & 1/4 c. purple onion or 3-4 slices. Ranch Dressing.

Week 5: Tuesday, May 31

Italian Bowl Salad: 1 1/2 c. mixed green w/shredded lettuce, 1/4 c. sliced pepperoni, 1/4 c. feta cheese crumbles, 1/4 c. sliced zucchini, 1/4 c. sliced radishes, 1/4 c. sliced mushrooms, 1/4 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, May 18th: 8:30-11:30am

Tuesday, May 24th: 12:30-3:30pm

Wednesday, May 25th: 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.

Your sight, hearing and memory can change as you age. These can all affect driving. Here are five tips for staying safe on the road. 1. When in doubt, don't go out, especially in bad weather like rain, ice or snow. 2. Choose the simplest routes that avoid high-speed roads or a lot of left turns. 3. Update your driving skills by taking a refresher course. 4. Have your driving skills checked by a trained professional. 5. Ask your doctor if any of your health problems may make it unsafe for you to drive.

HEARING AID CHECKS & CLEANING

Jack Schulte of Beltone will be here on Tuesday, May 17 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, Madison shopping is on the 2nd & 4th Tuesdays of each month, suggested fare for this trip is \$3.00 round trip. 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, May 14th: Card Party: 7:00pm

MAY 2016 MENU

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Sloppy Joe on Bun Buttered Broccoli Flowerets Coleslaw Fruit Cup Ice Cream VO-Soy BBQ	Potato Beef Casserole Buttered Carrots Apple Juice W.W. Bread/Marg. Cookie VO- Soy Potato Cass.	Stuffed Green Pepper Soup/Crackers Sl. Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Fresh Orange Cake VO- Meat Free Soup, Tuna Salad Sandwich	*Ham Slice Yams. Buttered Green Beans Banana Multi Grain Bread Marg. VO- Cheese Sandwich w/ Mayo Pkt.	Mediterranean Pasta Salad W/ Chicken, Nuts & Red Peppers Assorted Spring Green Salad & Tomato Wedges Fresh Fruit French Bread w/Dipping Oil Dressing Mediterranean Lemon Cake VO- Pasta Salad w/Cheese
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Hamburger on Bun Lettuce/Onion Buttered Corn Pineapple Ketchup Mustard Blueberry Pie VO- Veggie Patty	Meat Sauce W.W. Spaghetti Noodles Parmesan Pkt Mixed Greens w/ Diced Tomato & Dressing Pear Slices Garlic Bread. VO- Tomato Sauce W/ Zucchini	Egg Bake (w/Red Peppers, Tomatoes, Onions & Mozz. Cheese), Sausage Patty Hash Brown Patty Ambrosia Salad Blueberry Muffins w/ Butter VO- Veggie Sausage	Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll/Marg. VO- Cheese Broccoli Rotini Salad	Lemon Baked Fish/Tartar Sauce Baked Potato w/sour Cream & Butter Coleslaw Apple Crisp W.W. Bread/Marg. VO- Rice Pilaf w/Soy
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Salisbury Steak Brown Rice Buttered Carrots Fruit Cocktail Rye Bread/Marg. VO- Salisbury Veggie Patty	*Brat/Bun Sauerkraut Chunky Applesauce Ketchup Mustard Cookie VO- Veggie Dogs	Pizza Casserole Buttered Italian Green Beans Apple Juice Small Croissant/Marg. Strawberry Short Cake w/Topping VO- Sliced Cheese	Three Cheese Lasagna Buttered California Mix Fresh Orange Bread Stick/Marg. Sherbet	Turkey Roast w/Gravy Mashed Potato/Gravy Buttered Broccoli Fruit Cup W.W. Bread/Marg. Bar VO- Veggie Lasagna
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Meat Sauce over Spaghetti Noodles Buttered Peas Apricots Garlic Bread Parmesan Pkt VO- Soy Meat Sauce	*Augratin Potatoes w/ Diced Ham Buttered Mixed Vegetables Banana Rye Bread/Marg. Choc. Ice Cream VO- Augratin w/Veggies	Chicken Salad w/Walnuts Red/Green Grape and Apple (Leaf Lettuce Site only) Broccoli & Cauliflower Salad Mixed Melon Grape Juice Cloverleaf Roll/Butter VO- Egg Salad on leaf lettuce	Roast Beef/Gravy Roasted Red Potato w/ Marg. Roasted Vegetables Jell-O w/Pear Slices Multi Grain Bread Marg. VO- Veggie Patty	American Chop Suey Rice Buttered Oriental Mix Fresh Apple W.W. Bread/Marg. Bar
Monday 30	Tuesday 31	<p>*Meal has pork product. VO = Vegetarian Option Cong. Only = Congregate Only</p> <p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>		
CLOSED	Chicken Cacciatore Egg Noodles Buttered Brussel Sprouts Diced Peaches Multi Grain Bread Marg. Sherbet VO- Soy Meat Sauce			

MAY 2016 ACTIVITY SCHEDULE

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Sat. 7
	Nutrition Education: 10:45am Knitting Group: 12:30pm	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 'Stepping On' Class: 1:00pm		
Sun. 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Sat. 14
	Dalton Field Trip: 9:00am Helping Hands: 9:30am Nutrition Education: 10:45am	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 'Stepping On' Class: 1:00pm	Music Program: 12:30pm	Cards: 7:00pm
Sun. 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Sat. 21
	Nutrition Education: 10:45am Knitting Group: 12:30pm	Bridge: 1:00pm Massages By Sarah: 1:00-3:00pm Madison Shopping	Foot Clinic: 9-11:00am 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: Eagle Inn 'Stepping On' Class: 1:00pm		
Sun. 24	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Sat. 28
	Helping Hands: 9:30am Nutrition Education: 10:45am	Belton: 10:00am Bridge: 1:00pm Foot Clinic: 12:30-3:30pm Madison Shopping	Foot Clinic: 9-11:00am Fink's Restaurant: 9:00am-1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Lunch Outting: Leave at 10:30am	Bingo: 12:30pm	
Sun. 29	Monday 30	Tuesday 31				
		Bridge: 1:00pm				
	Memorial Day					

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

FLOWERS

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

- | | |
|--------------------|-----------|
| AMARYLLIS | IRIS |
| ASTER | LARKSPUR |
| CALLA LILY | LILAC |
| CARNATION | MARIGOLD |
| COSMOS | ORCHID |
| DAFFODIL | PANSY |
| DAHLIA | PEONY |
| DAISY | PETUNIA |
| DELPHINIUM | PHLOX |
| FOXGLOVE | POPPY |
| FREESIA | ROSE |
| GARDENIA | SWEET PEA |
| HEATHER | TULIP |
| HOLLYHOCK | ZINNIA |
| BABY'S BREATH | |
| CORN FLOWER | |
| HYDRANGEA | |
| LILY OF THE VALLEY | |