



OCTOBER 2016 EDITION

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



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October 3 - Helping Hands 9:30 am - Stepping On Class 1:00 pm
October 4 - Living Healthy with Diabetes 12:30 pm
October 6 - Knitting Class 12:30 pm
October 7 - Volunteer Party 1:00 pm
October 8 - Oakwood Orchard Trip Leaving 10:00 am - Card Party 7:00 pm
October 10 - Stepping On Class 1:00 pm
October 11 - Living Healthy with Diabetes 12:30 pm - Caregiver Support 1:00 pm
October 13 - Cooking Group 1:00 pm Decorating Pumpkins & Soup Luncheon
October 14 - AARP Driver Refresher Course 1:00-5:00pm RSVP \$15.00/class
October 17 - Stepping On Class 1:00pm
October 18 - Living Healthy with Diabetes 12:30 pm
October 20 - Lunch Outing to Coaches/ Cross Plains Leaving at 10:45 am Limited seating - Knitting Class 12:30 pm
October 22 - Drug Take Back Day 11:00 am to 2:00 pm Mt. Horeb Pharmacy (see details on Wellness Page)
October 24 - Stepping On Class 1:00 pm
October 25 - Living Healthy with Diabetes 12:30 pm - Card Making 12:30pm Lower Level
October 27 - Energy Assistance 9:00 am-4:00 PM Call 267-8601 for an appt. at the Senior Center
October 28 - Halloween Bingo - 12:30 pm sponsored by John Scheidegger
October 31 - Stepping On Class 1:00 pm
Home Health United will NOT be providing an Immunization Clinic at the Senior Center this fall. (Contact your doctor or local Walgreens)

**BUCKY BOOKS ARE HERE!**

Sold for \$35 each at  
 the Senior Center  
 and Miller & Sons Grocery Store  
 All proceeds will benefit programs at  
 the Mount Horeb Senior Center!

**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**

Styro Salad bowls, stamps, 6 in. and 8 in. styro plates, plastic forks, knives, spoons

**THANK YOU**

Thank you to BrightStar for sponsoring Bingo, to everyone who donated paper products, Bingo prizes and fresh produce.

**SALAD MENU**

Week 1 - Tuesday, October 4

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. pea pods.

Week 2 - Tuesday, October 11

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, October 18

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.

Week 4 - Tuesday, October 25

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.

## **“Healthy Living with Diabetes”**

**What is Healthy Living with Diabetes?** This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets 2 1/2 hours once a week for six weeks. Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

### **Who should take the workshop?**

- \* Adults with Type 2 diabetes
- \* Adults with pre-diabetes, or
- \* Adults living with someone who has diabetes.

### **What’s in it for me?** People who have taken the workshop show:

- \* Better health, health behavior and a sense of confidence in managing their diabetes
- \* Improvement in blood sugar
- \* Decrease in health distress and hypo -hyperglycemia
- \* Fewer doctor and emergency room visits and fewer hospitalizations.

### **Did you know?**

- \* One of every 12 Americans is affected by diabetes.
- \* In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes.
- \* Diabetes is the leading cause of blindness, heart disease, stroke and amputation of a lower extremities.
- \* Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and in direct costs (lost wages) of \$2.7 billion (2009 data from Wisconsin)

### **FREE Workshop Dates and Location :**

**When: Tuesdays, October 4 through November 15 (excluding Nov. 8, Election Day)**

**Where: Mt. Horeb Senior Center, 107 N. Grove St. Mt. Horeb, WI**

**Time: 12:30 pm to 3:00 pm**

**Call 437-6902 to register (registration is required)**

## **Did you know that Wisconsin has the highest number of people falling in the Country?**

The “Stepping On Class” will be held on the Mondays, October 3 through November 14, from 1:00 pm to 3:00 pm. This is the second class being hosted at the Mt. Horeb Senior Center. This class is to help improve one’s balance and is being held all over Dane County. The class is a two hour session, with a short exercise routine (where a chair can be used), videos will be shown, exercises equipment provided, local professionals (physical therapist, pharmacist, etc.) speaking, discussion provided and a snack. The teacher for the class is Anne Hvizdak, a trained professional in this field. The cost is \$35.00/person for the seven week class. The maximum number of participants is 14. Call the Senior Center at 437- 6902 for more information or to register for the class.

**Medicare D Annual Enrollment** - Each year from October 15 through December 7, there is an annual enrollment period for Medicare beneficiaries to change their Part C and or D plans. During this time, a person can make any of the following changes: Join a Part D plan (if not already enrolled), drop a Part D plan, Switch to a new plan, Drop a Medicare Advantage Plan or Join a Medicare Advantage Plan with or without drug coverage. Changes made during the Enrollment period will take effect January 1, 2017. Even if Medicare beneficiaries are happy with their current D plan, they should still re-evaluate their plan to determine if it meets their needs because plans can change each year. Call the Mt. Horeb Senior Center after October 1, 2016 to make an appointment with Carrie Reese. She will start meeting with seniors on and after October 15th. She will help you look into a new plan or check on your current plan for 2017 coverage.

# 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, October 19th:** 8:30-11:30am

**Tuesday, October 25th:** 12:30-3:30pm

**Wednesday, October 26th:** 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.

## DRUG TAKE BACK

The Mt. Horeb Police Dept. in conjunction with the Department of Justice, the Mt. Horeb Pharmacy and the Mt. Horeb Cares Coalition will be sponsoring a "Drug Take Back Day" on October 22, 2016. The medication can be taken to the Mt. Horeb Pharmacy, 203 W. Main St. from 11:00 am to 2:00 pm that day. Please go to [www.mhpd.org](http://www.mhpd.org) for a list of accepted items.

## HEARING AID CHECKS & CLEANING

**Jack Schulte of Beltone** will be here on Tuesday, October 18th at 10:00am. No appointment needed, walk-ins are welcome!

## 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 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, October 8th:** Card Party: 7:00pm

## OCTOBER 2016 MENU

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Sloppy Joe on Bun Buttered Broccoli Flow- erets Coleslaw Fruit Cup Ice Cream VO-Soy BBQ	Turkey Roast w/Gravy Mashed Potato/Gravy Buttered Carrots Diced Peaches W.W. Bread/Marg. Cookie VO-Veggie Lasagna	Stuffed Green Pepper Soup/Crackers Sl. Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Fresh Fruit Frosted Cake VO-Meat Free Soup, Cheese Sandwich	*Ham Slice Yams. Buttered Green Beans Banana Multi Grain Bread Marg. VO-Veggie Meat Balls	Baked Fish/Tartar Sauce Rice Pilaf Buttered California Blend Mandarin Oranges W.W. Bread/Marg. Jello w/Topping VO-Rice Pilaf w/Soy
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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-Soy Meat Sauce	Salisbury Steak Brown Rice Buttered Brussel Sprouts Fruit Cocktail Rye Bread/Marg. Cookie VO-Salisbury Veggie Patty	Potato Beef Casserole Buttered Carrots Apple Juice W.W. Bread/Marg. Bar VO-Soy Noodle Cass.	Pizza Casserole Buttered Italian Green Beans Grape Juice Small Croissant/Marg. Strawberry Short Cake w/Topping VO-Soy Casserole
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
*Brat/Bun Baked Beans Chunky Applesauce Ketchup Mustard Cookie VO-Veggie Dogs	Chicken Cacciatore Egg Noodles Buttered Brussel Sprouts Diced Peaches Multi Grain Bread Marg. Sherbet VO-Soy Meat Sauce	Roast Beef/Gravy Roasted Red Potato w/ Marg. Roasted Vegetables Jell-O w/Pear Slices Multi Grain Bread Marg. VO-Veggie Patty	*Augratin Potatoes w/ Diced Ham Buttered Mixed Vegeta- bles Fresh Apple Rye Bread/Marg. Choc. Ice Cream VO-Augratin w/Soy Meat	Baked Chicken Cheesy Potatoes Roasted Root Vegetables Ambrosia Salad Bread/Butter Banana Cream Pie VO-Cheesy Potato Cass
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Tomato Barley Soup Crackers *Ham & Swiss Med. Croissant w/Let- tuce Leaf & Mayo Pkt. Apricots Bar VO- Cheese Sandwich w/Mayo	*Roast Pork w/Gravy Mashed Potatoes Buttered Corn Fruit Cocktail W.W. Bread/Marg. Pudding w/Topping VO-Veggie Patty	Three Cheese Lasagna Buttered California Mix Fresh Fruit Mix Bread Stick/Marg. Sherbet	Swiss Steak Rice Mixed Green Diced Tomato Dressing Fresh Orange W.W. Bread/Marg. Cookie VO-Swiss Soy Mix over Rice	*BBQ Ribs on Bone Mac & Cheese Smoked Ham Flavored Greens Ambrosia Salad W.W. Bread w/Butter Frosted Halloween Cookie VO-Veggie Ribbet Plain Greens
Monday 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> <p>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.</p>			
Meat Sauce over Spaghetti Noodles Buttered Peas Banana Garlic Bread Parmesan Pkt VO-Soy Meat Sauce				

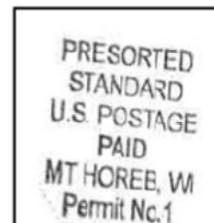
## OCTOBER 2016 ACTIVITY SCHEDULE

						Sat. 1
Sun. 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Sat. 8
	Helping Hands: 9:30am  Stepping On: 1:00pm	Health Living with Diabetes: 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  Knitting Group: 12:30pm	Volunteer Party: 1:00pm	Orchard Trip: 10:00am  Card Party: 7:00pm
Sun. 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Sat. 15
	Stepping On: 1:00pm	Health Living with Diabetes: 12:30pm  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	AARP Refresher Driver Class: 1:00-5:00pm	
Sun. 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Sat. 22
	Helping Hands: 9:30am  Stepping On: 1:00pm	Beltone: 10:00am  Health Living with Diabetes: 12:30pm  Bridge: 1:00pm  Massage Therapy: 1:00-3:00pm  Community Meal: 5:30-6:30pm	Foot Clinic: 8:30-11:30am  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  Knitting Group: 12:30pm		
Sun. 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Sat. 29
	Stepping On: 1:00pm	Health Living with Diabetes: 12:30pm  Card Making: 12:30pm  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  Energy Assistance: 9:00am-4:00pm  Madison Shopping	Halloween Bingo: 12:30pm	
Sun. 30	Monday 31					
	Stepping On: 1:00pm					

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

## HALLOWEEN

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

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>BATS</li> <li>BLACK CAT</li> <li>BROOMSTICK</li> <li>CANDY</li> <li>CAULDRON</li> <li>CEMETERY</li> <li>COBWEBS</li> <li>COSTUME</li> <li>DRACULA</li> <li>FRANKENSTEIN</li> <li>FRIGHT</li> <li>FULL MOON</li> <li>GHOST</li> <li>GOBLINS</li> <li>HALLOWEEN</li> <li>HOCUS POCUS</li> <li>JACK O LANTERN</li> </ul> | <ul style="list-style-type: none"> <li>MAGIC</li> <li>MASKS</li> <li>MONSTER</li> <li>MUMMIES</li> <li>OWLS</li> <li>POTIONS</li> <li>RATS</li> <li>SHADOWS</li> <li>SKELETON</li> <li>SKULLS</li> <li>SPELLS</li> <li>SPIDERS</li> <li>SPOOKY</li> <li>TRICK OR TREAT</li> <li>VAMPIRE</li> <li>WEREWOLVES</li> <li>WITCH</li> </ul> |
|--|---|