



SEPTEMBER 2016 EDITION

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE OUTREACH/NUTRITION



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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**

Sept. 1 - Knitting Group 1:00 pm

Sept. 5 - Labor Day - Senior Center closed

Sept. 8 - Cooking Group 1:00 pm "Introduction to Fall Foods"

Sept. 9 - John Duggleby - 12:30 pm Music Program

Sept. 10 - Card Party - 7:00 pm

Sept. 12 - Card Making - 1:00 pm

Sept. 13 - Safe at Home - 10:30 am Sarah/Home Health United

Sept. 15 - Knitting - 1:00 pm

Sept. 17 - Brat & Bake Sale Fundraiser - 9:00 am - 2:00 pm Miller and Sons

Sept. 19 - Helping Hands - 9:30 am

- Folk Fair with Second Graders - 12:30 pm

Sept. 22 - "Then There Was One" - 1:00-3:00 pm RSVP at 437-6902

Sept. 23 - Bingo - 12:30 pm sponsored by BrightStar Home Health Agency

Sept. 29 - "Then There Was One" - 1:00-3:00 pm

FUTURE EVENTS

Stepping On Class - 7 week class to improve Balance
October 3 through November 14, 2016 1:00-3:00 pm

AARP Refresher Driving Class - October 14, 2016 1:00 -5:00 pm
Call to RSVP 437-6902

OUR WISH LIST

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

THANK YOU

Thank You to Miller and Sons for sponsoring Christmas in July Bingo, Victoria's Garden for lovely flower bouquets and for all who donated stamps, Bingo prizes, copy machine paper and paper plates.

SALAD MENU

Week 1 - Tuesday, September 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. pea pods. Choice of dressing.

Week 2 - Tuesday, September 13

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, September 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, September 27

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.

END-OF-LIFE ISSUES

WORKSHOP

You wouldn't plan a wedding in three days, why would you want to do that for a funeral? My Dad died when I was 6. Oddly, I was prepared. I grew up in a small town where much of the social life centered around who was getting married, who was in the "family way" (it was taboo to say pregnant), who just had a baby, who was sick and who died. My Mom took me along to many wakes, or visitations as they are called today, from the time I was old enough to behave at such an event. In those days, the wake or visitation was held in the home. The deceased and coffin were placed in the living room or parlor. Someone sat up all night in that living room or parlor. After all these wakes, it was no surprise to me to see my Dad's coffin in our living room.

In today's society, we all want to be young forever and maybe only get a "little" older. Many times our children don't want to talk about end-of-life issues even if we, as parents, would like to have the conversation. When the inevitable occurs, this attitude often leads to lack of understanding about what Mom, Dad or our spouse wanted for their final arrangements. This often results in hurt feelings, bitterness against other family members or that lingering sense that maybe we should have done something differently. If only . . .

From an early age then, I have had an interest in this topic. Many widows have told me:

"When my husband passed on, I was exhausted from care-giving for years. I missed him terribly and all these decisions needed to be made—immediately."

"It was overwhelming. I worried that I was not doing things correctly. We just never talked about it."

"I never knew when I was finished with all the paperwork. What had I missed?"

What new surprise would I encounter tomorrow?"

The workshop is based on the book titled *And Then There Was One* by Arizona resident Charlotte Fox. Charlotte faced many challenges when her husband died next to her in bed in her early 50's. Charlotte knew nothing of the family finances. They had never had a conversation about end-of-life issues. After this horrendous experience, Charlotte wanted to do something to help others at their most difficult time. Charlotte also has a website at www.therewasone.com for your review.

A two part workshop called "End-of-Life Preparedness". The workshop will include different speakers both days and will feature a Lawyer, an ADRC (Aging and Disability Resource Center) representative and a funeral director. The first portion of the two part workshop will be presented at the Mount Horeb Senior Center on Thursday, September 22 from 1:00 pm - 3:00 pm; the second session will be the following Thursday, September 29 at the Senior Center again from 1:00 pm - 3:00 pm.

Please call 608-437-6902 to register. The workshop is FREE.

A workbook is available for \$29.95; and purchase is optional.

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, September 21st: 8:30-11:30am

Tuesday, September 27th: 12:30-3:30pm

Wednesday, September 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.

ALCOHOL IN WOMEN

Why are women are more sensitive to the effects of alcohol? Several biological factors make women more vulnerable to the effects of alcohol than men. Body Fat: Women tend to weigh less than men and pound for pound a woman's body contains less water and more fatty tissue than a man's. Because fat retains alcohol while water dilutes it, alcohol remains at higher concentrations for longer periods of time in a woman's body, exposing her brain and other organs to more alcohol. Enzymes: Women have lower levels of two enzymes, alcohol dehydrogenase and aldehyde dehydrogenase, that metabolize alcohol in the stomach and liver. As a result, women absorb more alcohol into their bloodstream than men.

HEARING AID

CHECKS & CLEANING

Jack Schulte of Beltone will be here on Tuesday, September 20 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 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 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, September 10th: Card Party: 7:00pm

SEPTEMBER 2016 MENU

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

Meals provided by:
**DANE COUNTY CONSOLIDATED FOOD
SERVICES DIVISION**

Thursday 1	Friday 2
Chicken Cacciatore Egg Noodles Buttered Brussel Sprouts Diced Peaches Multi Grain Bread Marg. Sherbet	*Meatloaf Mashed Potatoes Gravy Tossed Salad w/ Diced Tomato & Dressing Pear Slices W.W. Bread/Marg
VO-Vegetarian Meat Sauce	VO-Veggie Patty

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
	Sloppy Joe on Bun Buttered Broccoli Flowerets Coleslaw Fruit Cup Ice Cream VO-Meatless BBQ	*Chicken Cordon Blue Rice Blend Glazed Baby Carrots Fresh Fruit Dinner Roll/Butter Frosted Chocolate Cake VO-Rice Casserole	Potato Beef Casserole Buttered Green Beans Apple Juice W.W. Bread/Marg. Cherry Crisp VO-Veggie Noodle Cass.	Stuffed Green Pepper Soup/Crackers Sl. Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Mandarin Orange Cookie VO-Meat Free Soup, Chees Sandwich
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Salisbury Steak Mashed Potatoes Buttered Carrots Fruit Cocktail Rye Bread/Marg. Cookie VO-Salisbury Veggie Patty	Meat Sauce W.W. Spaghetti Noodles Parmesan Pkt Mixed Greens w/ Diced Tomato & Dressing Pear Slices Garlic Bread. VO-Meatless Sauce	Baked Fish/Tartar Sauce Rice Pilaf Buttered California Blend Fresh Fruit W.W. Bread/Marg. Jello w/ Topping VO- Rice Pilaf Cass	Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll/Marg. VO-Cheese Broccoli Rotini Salad	*Buffet Ham Sweet Potatoes Pickled Beets Tropical Fruit Salad W.W. Dinner Roll/Butter Lemon Bars VO-Hummus Wrap w/ Veggies
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
*Brat/Bun Baked Beans Fresh Apple Ketchup Mustard Cookie VO-Veggie Dogs	Pizza Casserole Buttered Italian Green Beans Grape Juice Small Croissant/Marg. Strawberry Short Cake w/Topping VO- Veggie Pizza Casserole	Pork Roast/Gravy Mashed Potatoes Roasted Root Veg. Chunky Applesauce W.W. Roll Pumpkin Bars VO- Cottage Cheese W/ Fresh Fruit	Chicken Salad on W.W. Bun w/Lettuce Copper Penny Salad Fruit Cup Cookie VO- Egg Salad on Bun	Three Cheese Lasagna Buttered California Mix Fresh Orange Bread Stick/Marg. Sherbet
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Tomato Barley Soup Crackers *Ham & Swiss Med. Croissant w/Lettuce Leaf & Mayo Pkt. Fresh Fruit Bar VO- Cheese Sandwich w/ Mayo	Roast Beef/Gravy Roasted Red Potato w/ Marg. Roasted Vegetables Jell-O w/Peach Slices Multi Grain Bread Marg. VO- Veggie Patty	Meat Sauce over Spaghetti Noodles Buttered Peas Banana Garlic Bread Parmesan Pkt VO-Meatless Sauce	Shrimp Pasta Salad German Cucumbers Apricots Half W.W. Bread/Marg Strawberry Ice Cream VO-Pasta Salad w/Cheese	Swiss Steak Rice Mixed Green Diced To- mato Dressing Fresh Fruit Mix W.W. Bread/Marg. Cookie VO-Swiss Mix over Rice

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.

SEPTEMBER 2016 ACTIVITY SCHEDULE

				Thursday 1	Friday 2	Sat. 3
				Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Knitting Group: 12:30pm		
Sun. 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Sat. 10
	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 Cooking Group: 1:00pm Dodgeville Shopping	Music Program: 12:30pm	Cards: 7:00pm
Sun. 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Sat. 17
	Card Making: 1:00pm	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 Knitting Group: 12:30pm		Brat & Bake Sale: 9:00am - 2:00pm
Sun. 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Sat. 24
	Helping Hands: 9:30am Folk Fair: 12:30pm	Beltone: 10:00am Bridge: 1:00pm Massage Therapy: 1:00-3:00pm Community Supper: 5:30pm	Foot Clinic: 8:30- 11:30am 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 Madison Shopping	Bingo: 12:30pm	
Sun. 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
		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			

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

NUTS

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

- | | |
|-----------|-----------|
| ACORN | HICKORY |
| ALMOND | JACK |
| BEECH | KARUKA |
| BRAZIL | KOLA |
| BREADNUT | KURRAJONG |
| BUTTERNUT | MACADAMIA |
| CANDLENUT | PALM |
| CASHEW | PEANUT |
| CHESTNUT | PECAN |
| COCONUT | PEKEA |
| GABON | PINE |
| GINKGO | PISTACHIO |
| HAZELNUT | WALNUT |