



JANUARY 2018 EDITION

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



**INSIDE THIS ISSUE**

Upcoming Events.....1  
 Contact Us.....1  
 Our Wish List.....1  
 Thank You.....1  
 Director’s Note.....2  
 Case Manager’s Note.....2  
 Nutrition Note.....2  
 Salad Menu.....2  
 Nutrition, Wellness, Programs,  
 Support, & Services.....3  
 Meal Menu.....4  
 Activities Calendar.....5  
 Word Search.....6

**HAPPY  
NEW YEAR!**

**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**

**January 4 - Power of Attorney for Health Care Presentation - 10:30 am  
by Agrace Hospice  
- Knitting Group - 12:30 pm**

**January 11 - Cooking Group - 1:00 pm**

**January 15 - Helping Hands - 9:30 am**

**January 18 - Lunch Outing - Pizza Ranch - Bus Leaving - 10:30 am RSVP**

**January 22 - Card Making 1:00 - Please RSVP by January 15.  
The cost is \$10.00/person for 6 cards.**

**January 26 - Bingo - 12:30 pm - sponsored by BrightStar**

Bad Weather Alert: Winter is just around the corner. This is a reminder that when the Mt. Horeb School District is closed due to severe weather, there will be no congregate meals at the Senior Center or Finks Café and no home-delivered meals. In addition, the Senior Center will be closed for the day and activities planned for that day will be postponed or cancelled. The staff will check phone messages throughout the day if they are not able to get into the Center. School closings are announced on the local TV and radio stations starting early in the morning.

A “Welcome to Medicare Seminar” will be held on Saturday, January 20, 2018 from 9:00 -11:30 am at the ADRC (Aging and Disability Resource Center), 2865 N. Sherman Ave., Madison, WI 53704. If you are turning 64 in 2018, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn’t...how to avoid penalties for late enrollment in Medicare...and how to get the most out of your health and prescription benefit plans. Some decisions and actions need to take place 6 months before you turn 65, so don’t wait till you are 65 to understand all you need to know about this important benefit. By attending this seminar, you will walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Please call (608) 261-9930 to register by January 10, 2018 for this seminar.

**Seasons of Grief - Seasons of Healing Grief Support Group**

We will again be offering our grief support group in January starting Saturday, Jan. 6th, 13th, 20th, and 27th. Time: 9am till 11am.

Place: Mt. Horeb Evangelical Lutheran Church. Please call Mary Williams at 437-4810 to register by Dec. 29th.

All are welcome who have lost a loved one no matter how long it has been.

We need at least 6 people to go ahead with the sessions.

Refreshments will be served.

**THANK YOU**

Thanks to all who donated stamps, napkins, plastic ware, Bingo prizes, white-out and paper products.

A big “Thank You” to the Mt. Horeb Community Foundation for their generous grant of \$1,500.00. This grant will help offset the cost of the monthly newsletters to seniors in the Mt. Horeb area.

**Wish List:** Paper towels, large mailing envelopes, black markers.

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

I would like to wish everyone a Happy and Healthy 2018! With winter upon us, we have to remember to be safe and warm in our homes and when venturing out into the cold. Make sure your furnace has been serviced by a professional for safety in heating your home. Smoke and carbon monoxide detectors are great safety features, make sure to replace the batteries every 6 months. Before going out, check on the temperature outside. Dress in layers of loose clothing, wears mittens or gloves, cover your ears and wear warm socks and outdoor footwear. The skin also has to be protected from the elements. Frostbite is the most common injury that can happen to our fingers, toes, nose, ears and chin. Hypothermia can also occur when the body's temperature drops below 95 degrees. Use a cane or walking stick to help balance on sidewalks and driveways. For seniors who are not able to get out, Miller and Sons Grocery Store delivers groceries every Thursday. The order has to be called in on Monday, Tuesday or Wednesday and it has to be a \$15.00 minimum order. The Mt. Horeb Pharmacy also delivers medicine if you get your prescriptions filled there. Stay safe!

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

**Fight Fraud: Guard Your Medicare Card** – If you have Medicare, you can protect your identity and help prevent health care fraud by guarding your Medicare card like you would a credit card. Identity theft from stolen Medicare Numbers is becoming more common. Medicare's here to help by removing Social Security Numbers from Medicare cards and replacing them with a new and unique number for each person with Medicare. Medicare will mail new Medicare cards with the new numbers between April 2018 and April 2019. Here are some important steps you can take to protect yourself from identity theft that can lead to health care fraud. 1. Don't share your Medicare Number with anyone who contacts you by phone, email or in person, unless you've given them permission in advance. Medicare will NEVER contact you (unless you ask us to) for your Medicare Number or other personal information. 2. Don't ever let anyone borrow or pay to use you Medicare Number. 3. Review you Medicare Summary Notice to be sure you and Medicare are only being charged for actual items and services received.

## **NUTRITION NOTE**

**Building a Better Breakfast** – Why is breakfast routinely touted as the most important meal of the day? Because numerous health benefits have been linked to eating breakfast, including lower blood pressure, LDL cholesterol, and triglyceride levels, improved focus and concentration and maintaining a healthy weight. Other research suggests that by missing breakfast, a person may increase the risks of chronic diseases, including heart disease, obesity and type 2 diabetes. Breakfast eaters also tend to consume more fiber, vitamins and minerals than breakfast skippers. However, not all breakfasts are equal in nutrition. In general, pair protein foods such as eggs, lean meat, legumes, tofu, low-fat dairy products or nuts with nutrient-dense, fiber-rich carbohydrate foods, such as whole grains, fruits and vegetables. Protein promotes fullness and carbohydrates help supply energy and replenish blood sugar levels that drop overnight. Substitute 100% whole grain toast for white toast, natural peanut butter for sweetened peanut butter, steel cut oatmeal for instant oatmeal.

## **SALADS**

### **Week 1 – 01/05**

**Taco Salad: Shredded lettuce topped with seasoned ground beef, diced tomatoes, green onion, cheese, salsa, black olives, sour cream and tortilla strips**

**Dressing: None**

**Meal items to be served with this: Apricots, WW bread with butter, tapioca pudding cup**

### **Week 2 – 01/12**

**Cordon Bleu Salad**

**Mixed Greens topped with diced: chicken, ham, Swiss cheese, green peppers and tomatoes.**

**Dressing: Ranch**

**Meal items to be served with this: Sour dough roll with butter, mandarin oranges, cherry crisp**

### **Week 3 – 01/19**

**Harvest Salad: Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta and croutons**

**Dressing: Balsamic Vinaigrette**

**Meal items to be served with this: diced peaches, pound cake**

### **Week 4 – 01/26**

**Chicken Confetti Salad Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.**

**Dressing: Ranch**

**Meal items to be served with this: Fruit cup, crackers & chocolate cake**

Salads are sent premade and packaged for delivery. There will be no omissions or substitutions for salad ingredients

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

## MEALS

STARTING JUNE 1ST, RESERVATIONS AND OR CANCELLATIONS ARE REQUIRED FOR MEALS BY NOON THE DAY BEFORE. NO EXCEPTIONS!

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 \$10.23 for congregate and \$8.54 for home delivered.

Daily Congregate meals served at 11:15am on Monday, Tuesday, Thursday, and Friday.

Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm. No reservations are needed for Fink's Café.

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. (11010 Blackhawk Dr. (off Hwy. F) Blue Mounds, WI)

**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 10:00 am-12:00pm. This is open to all Senior Citizens in the Mount Horeb area. (102 E. Lincoln St. Mt. Horeb, WI 437-7887)

The Heights Unlimited Service Center in Black Earth will be providing the Food Pantry and a Clothes Closet for people in the Wisconsin Heights School District and surrounding communities. The Pantry will be open every Tuesday from 4:30 - 6:00 pm and the second Saturday of the month from 10:00 - 11:30am. The Pantry is located behind the Children's Museum in Black Earth.

Springdale Lutheran Church - Clothing Connection will be open every Thursday and the 3rd Saturday of each month from 9:00am to Noon. (2752 Town Hall Rd. Mt. Horeb, WI)

**Note:** Please bring your own boxes & bags!

## FOOTCARE CLINICS WITH RITA

**Wednesday, January 17th:** 8:30-11:30am

**Tuesday, January 23rd:** 12:30-3:30pm

**Wednesday, January 24th:** 8:30-11:30am

Please call 437-6902 to schedule 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.

## MILLER & SON'S

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by noon. The groceries are then delivered on Thursdays. Call 437-3081 to order. There is a \$15.00 minimum order.

Food Donations are delivered to the Center on Mondays, Wednesdays & Fridays at 10:00am.

Number system is used.

# JANUARY 2018 MENU

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
CLOSED	Oven Roasted Chicken Breast ½ Baked Sweet Potato w/Butter Peas MG Bread w/Butter Pumpkin Pie NCS – Pineapple VO – Veggie Burger	Chili Black Beans w/Corn Cornbread w/Butter Apple Juice Strawberry Shortcake w/Whipped Topping NCS – SF Jell-o Cup VO – Red Beans and Rice	Pizza Casserole* Fresh Mixed Greens Italian Dressing Peaches WW Dinner Roll w/Butter Brownie NCS – Fresh Apple VO – Veggie Pizza Cass.	Lemon Baked Fish w/Tartar Sauce ½ Baked Potato w/Butter Peas Apricots WW Bread w/Butter Tapioca Pudding Cup NCS – SF Ice Cream VO – Black Bean Burger
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Sausage Gravy* Over a Biscuit (NAS – Quiche ) Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll NCS – SF Cookie Packet VO – Quiche	Chicken Parmesan Fresh Mixed Greens Ranch Dressing WW Dinner Roll W/Butter Cherry Cobbler NCS – Diced Peaches VO – Baked Potato w/Veggie Cheese Sauce	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie NCS – SF Pudding VO – Veggie Enchilada	Homemade Chili Corn Salad Corn Bread Lime Jell-O w/Fruit Cocktail M&M Cookie NCS – Fruit Cup VO – Red Beans and Rice	Baked Chicken on Bone w/Gravy Red Potatoes Stewed Tomatoes Sour dough roll Mandarin oranges Cherry Crisp NCS – SF Cookie Packet VO – Garden Burger
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Cheeseburger on WW Bun w/Lettuce Leaf Ketchup Packet Calico Beans Carrots Apple Juice Cup Pineapple Fluff NCS – Pineapple VO – Black Bean Burger	Baked Italian Sausage* w/Peppers and Onions Stewed Tomatoes Seasoned Oven Roasted Potatoes WW Bread w/Butter Orange Chocolate Cake w/Frosting NCS – SF Cookie Pckt VO – Hummus Wrap	Traditional Meatloaf * Garlic Mashed Potatoes Broccoli Pineapple WW Bread w/Butter Peanut Butter Cookie NCS – Fresh Apple VO – Veggie Meatballs	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O w/Pears NCS – SF Jell-o Cup VO – Soy and Gravy Open Faced Sandwich	Meat Sauce Spaghetti Noodles Bread Stick w/Butter Fresh Mixed Greens French Dressing Diced Peaches Vanilla Pudding NCS – SF Pudding Cup VO – Soy Meat Sauce
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Chicken a la King Brown Rice Corn Pickled Beets Mandarin Orange Chocolate Chip Cookie NCS – SF Cookie Packet VO – Soy a la King	Green Pepper Soup Kidney Bean Salad WW Bread w/Butter Banana Chocolate Pudding NCS – Diced Peaches VO – Veggie Wrap	Meatballs in Gravy* Oven Roasted Potatoes Fresh Mixed Greens French Dressing MG Bread w/Butter Fruit cup Carrot Cake NCS – Diced Pineapple VO – Veggie Meatballs in Gravy	Baked Mostaccioli Bread Stick w/Butter Spinach Diced Peaches Oatmeal Cookie NCS – Mandarin Oranges VO – Veggie Mostaccioli	Baked BBQ Ribs Cheesy Potatoes Chunky Apple Sauce Mixed Greens Ranch Dressing Dinner Roll w/Butter Pumpkin Bar w/Frosting NCS – Fruit Cup VO – Veggie Burger
Monday 29	Tuesday 30	Wednesday 31	Meals provided by: <b>DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</b>  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.  *contains pork	
Ham Slice * Yams Spinach Sliced Spiced Pears WW Bead w/Butter Brownie NCS – Fresh Apple VO – Cheese/Tomato Sandwich	Roasted Turkey w/Gravy Stuffing with Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar NCS – SF Cookie Packet VO – Soy with Gravy	Meatballs in Marinara* Over WW Penne Noodles Oven Roasted Brussel Sprouts Diced Peaches Pineapple Upside Down Cake NCS – Pineapple VO – Veggie Meatballs with Marinara		

# JANUARY 2018 ACTIVITY SCHEDULE

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Sat. 6
	CLOSED	Bridge: 1:00pm Massage Therapy: 1:00 pm Heights Unlimited Service Center 4:30-6:00pm	Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Agrace: 10:30 am Knitting & Crocheting Group: 12:30 pm		
Sun. 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Sat. 13
		Caregiver Support: 1:00 pm Memory Cafe: 1:00pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Cooking Group: 1:00 pm Dodgeville Shopping		
Sun. 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Sat. 20
	Helping Hands: 9:30 am	Bridge: 1:00pm Massage Therapy: 1:00 pm Heights Unlimited Service Center 4:30-6:00pm	Foot Clinic: 8:30-11:30 am Mt. Horeb Food Pantry 9:00 - 11:00 am Fink's Restaurant: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Lunch Outing: Pizza Ranch: Bus leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm		
Sun. 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Sat. 27
	Card Making: 1:00 pm	Foot Clinic: 12:30 - 3:30 pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 am Fink's Restaurant: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Madison Shopping	Bingo: 12:30 pm	
Sun. 28	Monday 29	Tuesday 30	Wednesday 31			
		Bridge: 1:00pm	Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm			

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

## OUTDOOR WINTER ACTIVITIES

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

- ALPINE SKIING
- BOBSLED
- BROOMBALL
- BUILDING SNOWMEN
- CROSS COUNTRY SKIING
- CURLING
- DOGSLED RACING
- FIGURE SKATING
- HOCKEY
- ICE FISHING
- LUGE
- SKELETON
- SKI JUMPING
- SLALOM
- SNOWBALL FIGHT
- SNOWBOARDING
- SNOWSHOE
- SPEED SKATING
- TOBOGGANING