

MOUNT HOREB *AREA* *SENIOR NEWS*

**SOUTHWEST DANE
OUTREACH/NUTRITION**

AUGUST 2018 EDITION

CONTACT US

Mount Horeb Senior Center
107 North Grove Street
Mount Horeb, WI 53572

Telephone:608-437-6902

Hours:... 8:30 am - 5:00 pm (M-F)

E-Mail:

swdaneoutreach@mounthorebwi.info

Director: Lynn Forshaug

Case Manager: Carrie Reese

Nutrition Manager:.....
Maggie Milcarek

AUGUST EVENTS

August 3- House on the Rock—Bus Leaving at 8:30 am

August 7- Caregiver Support Group—1:00 pm

August 9- Living Well with Chronic Conditions 1:00-3:30 pm

August 14- Marcus Theaters \$5.00/movie– Bus leaving at 8:30 am
Elections – No Activities at Senior Center



August 16- Lunch Outing to Primrose Lutheran Church–
Bus Leaving at 11:30 am

16- Living Well with Chronic Conditions 1:00- 3:30 pm

August 17- Accordion Music– 12:30 pm by Patricia Stone



August 23- Living Well with Chronic Conditions– 1:00-3:30 pm

August 24-  Bingo 12:30 pm– sponsored by Ingleside Manor

August 27- Card Making 1:00 pm RSVP to Ruth Ann Nemet at
437-5677 by August 20th

August 30– Living Well with Chronic Conditions– 1:00-3:30 pm

INSIDE THIS ISSUE

Events.....	Pg #1
Menu.....	Pg #2
Nutrition	Pg #3
Notes	Pg #4
Activities.....	Pg #5
Wellness.....	Pg #6
Supportive Services	Pg #7
Word Find.....	Pg #8

MISSION STATEMENT:

This agency supports and assists Seniors (60+) and their families by providing programs and services that promote well being, independence, and involvement in their community.



The new Medicare cards are arriving. Be sure to watch for them if you have not received it yet. Please shred the old card after getting your new card.

WISH LIST:

Red Markers and 8" or 9" Paper Plates.

THANK YOU'S:

Thank you to everyone who donated copy machine paper, Bingo prizes, stamps, kitchen towels and dishcloths and paper towels. Thank you to Miller & Sons for sponsoring Bingo in July.

AUGUST 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
VO - Vegetarian Option NCS - No Concentrated Sweets NAS - No Added Salt NAS diet should not be receiving: gravy, ketchup or mustard *s to note what meals contain pork	  	1 Spaghetti and Noodles Wax beans Mixed Green Salad Dressing Peaches Brownie VO – Veggie meatballs in Marinara NCS – SF Cookie	2 Lemon Baked Fish Tartar Sauce Baked Sweet Potato/ Butter Tropical Fruit WW Bread/Butter Blueberry Pound Cake VO – Black Bean Burger NCS – SF Jell-O	3 *Italian Sausage on WW Bun Oven Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream Cup VO – Veggie Quiche NCS – SF Ice Cream
6 Mediterranean Chicken Pita Hummus Cucumber Salad Pineapple Yogurt VO – Double Hummus/ Pita NCS – Orange	7 Chili Baked Potato/Sour Cream Banana Cornbread/Butter Rice Pudding VO – Veggie Chili NCS – SF Pudding	8 Chicken Salad Croissant Lettuce Leaf Tomatoes Slices Carrots Sticks Watermelon Key Lime Pie VO – Egg Salad NCS – SF Cookie	9 *Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad Melon slice Vanilla Pudding VO – Veggie Burger NCS – SF Pudding	10 Shepherds Pie WW Bread w/Butter Creamed Spinach Apple Juice Strawberry Jell-O VO – Veggie Wrap NCS – SF Jell-O
13 Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie VO – Hummus Wrap NCS – SF Pudding	14 Fish Sandwich on WW Bun with Cheese Slice Tartar Sauce Yams, Coleslaw Fruit Cup Chocolate Frosted White-Cake VO – Multigrain Burger NCS – SF Cookie	15 *Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Balsamic Vinaigrette Banana Ambrosia Salad VO – Veggie Meatballs in Marinara NCS – Orange	16 Chicken and Gravy Over a slice of White bread Mashed Potatoes/ Butter Green Beans Orange Carnival Cookie VO – Soy in Gravy NCS – SF Cookie	17 Seafood Pasta Salad Cucumber Salad Peaches Croissant/butter Chocolate Chip Cookie VO – Egg Salad NCS – SF Cookie
20 Cheeseburger on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff VO – Black Bean-Burger NCS - Pineapple	21 Egg Salad Sandwich on WW Bread Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip VO – N/A NCS – SF Jell-O	22 Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake VO – Soy Beef Stew NCS – SF Pudding	23 *BBQ Ribs Cheesy Potatoes Toss Salad w/diced tomatoes Roll/butter Watermelon Lemon Bars VO – Veggie Wrap NCS - Banana	24 Chicken Mac Casserole Peas Tomato Juice Pineapple Butterscotch Pudding VO – Mac and Cheese NCS – SF Pudding
27 Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp VO – Vegetarian Cheese Tortellini Bake NCS – SF Cookie	28 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding VO – Cheese/Tomato Sandwich NCS – SF Pudding	29 Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet VO – Soy a la King NCS – SF Ice Cream	30 Traditional Meatloaf Mashed Potatoes w/ Gravy Corn White Bread/Butter Apple Juice Cup Frosted White Cake VO – Veggie Patty NCS – SF Cookie	31 BBQ Chicken on the bone Potato Salad California Blend Vegetables Mixed Melon Cup Dinner Roll/butter Pineapple Cake VO – Hummus Wrap NCS – Pineapple

NUTRITION MANAGER'S NOTE:

MAGGIE MILCAREK

Do you know how long different foods can be kept safely in your refrigerator? Did you know that your refrigerator should have a temperature of 40 degrees? Fresh eggs in shell can be kept from 3-5 weeks, hard cooked eggs 1 week. Mayonnaise after opening, 2 months. Lunch meats after opening, 3-5 days. Bacon, 7 days. Hamburger and stew meat, 1-2 days. Cooked meat and casseroles, 3-4 days. Fresh poultry 1-2 days. Juices in a carton, opened, 7-10 days. Butter, 1-3 months. Margarine, 4-5 months. Hard cheeses like swiss or cheddar opened, 3-4 weeks. Yogurt, 7-14 days. Lean fish, (cod or flounder) 1-2 days. These short but safe time limits will keep refrigerated foods from spoiling or becoming dangerous to eat. Food is also OK to eat if the date expires after the food is frozen.

SALADS:

WEEK 1: 08/03

Salad: Tuna Salad **Dressing:** None

Mixed greens topped with tuna salad, tomato, and cucumber.

Meal items to be served with this: WW Bun, orange, strawberry ice cream cup.

WEEK 2: 08/10

Salad: Chicken Taco Salad **Dressing:** None

Shredded lettuce topped with seasoned chicken, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips. **Meal items to be served with this:** WW bread/butter, apple juice, strawberry Jell-O.

WEEK 3: 08/17

Salad: Caprese Salad **Dressing:** Balsamic Vinaigrette

Mixed greens topped with basil marinated tomatoes, fresh mozzarella

cheese and croutons. **Meal items to be served with this:** Croissant/butter, peaches, chocolate chip cookie.

WEEK 4: 08/24

Salad: 7-Layer Salad **Dressing:** None

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs. **Meal items to be served with this:** pineapple, butterscotch pudding, WW bread.

WEEK 5: 08/31

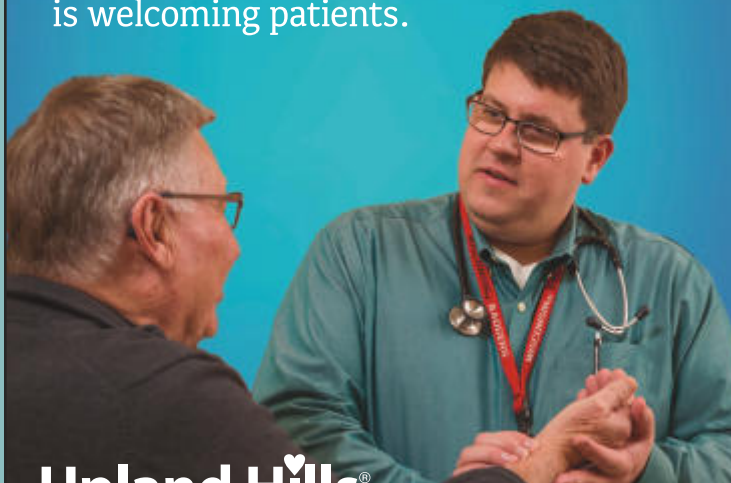
Salad: Harvest Salad **Dressing:** Balsamic Vinaigrette

Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta and croutons. **Meal items to be served with this:** mixed melon cup, dinner roll/butter, pineapple cake.

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

A lifetime of good health
begins with a conversation ...

Upland Hills Health Mount Horeb Clinic
is welcoming patients.



Upland Hills®
Health
Mount Horeb Clinic

M, T, W & F – 8 am - 5 pm
Thursday – 10 am - 7 pm
Providers available by appointment

1809 Springdale Street | Mount Horeb, WI | 608.437.8033 | uplandhillshealth.org
Hospital, Emergency and Urgent Care | 800 Compassion Way | Dodgeville, WI

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Peter Van Doren to place an ad today!

pvandoren@4LPi.com or

(800) 950-9952 x2572

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**

\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



For ad info. call 1-800-950-9952 • www.4lpi.com Mount Horeb Senior Center, Mount Horeb, WI A 4C 01-2043

DIRECTOR'S NOTE:

LYNN FORSHAUG

Living Well with Chronic Conditions is an evidenced based workshop for people who have a chronic condition. A chronic condition is an ongoing health problem or disease such as diabetes, heart disease, arthritis, depression, or other long term problems. This Living Well program was developed by Stanford University. The Mt. Horeb Senior Center will be hosting this six week session on Thursdays, August 9 through September 13, 2018. The classes will run from 1:00-3:30 pm. Mutual support and success build participant's confidence in their ability to manage their health and maintain an active and fulfilling life. Allie Schjoth, from Community Living Alliance will be leading the workshop. Healthy treats will be served each week. We need at least eight participants. Please RSVP at 437-6902 to participate.

CASE MANAGER'S NOTE:

CARRIE REESE

Here are some of the dangers of hot weather. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to heat) heat cramps, heat exhaustion and heat stroke are forms of hyperthermia, which is caused by a failure to deal with a hot environment. Some things that can increase the risk of hyperthermia are dehydration, age-related changes like poor blood circulation, inefficient sweating, multiple medication and heart, lung and kidney diseases. Be sure to drink plenty of water, wear light and or protective clothing and hats, use air conditioning or fans, stay indoors during the hottest part of day or find shade outdoors. It is critical to seek immediate emergency medical attention if you are experiencing heat stroke symptoms.

 <p>Girlie's Manor</p> <p>An assisted living facility for the elderly in a personalized home setting. We offer a warm and safe place to live while encouraging self-sufficiency whenever possible.</p> <p><i>Please call or drop by today and take a tour</i></p> <p>104 Lincoln Court, Mt. Horeb, WI • www.girliesmanor.com</p>	
 <p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> <p>For advertising info call: 1-800-950-9952</p>	<p>Residential Care Senior Apartments</p> <p>Independent, maintenance-free living with extra amenities for all your needs</p>  <p><i>Inglewood</i> Residential Care Apartments</p> <p>InglesideHealthCare.org 608.437.5511</p> <p>Come in and feel the difference! 405 N. 8th Street in Mt. Horeb</p> <p>ADVERTISE YOUR BUSINESS HERE</p> <p><i>Your Community is Looking!</i></p> <p>Call LPi today for advertising info (800) 950-9952</p> 



AUGUST 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	2 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Knitting/Crocheting 12:30 pm	3 House on the Rock Bus Leaving at 8:30 am Miller & Sons Food 10 am
6 Helping Hands 9:30 am Miller & Sons Food 10 am	7 Massage Therapy 1:00 pm Bridge 1:00 pm Caregiver Support Group 1:00 pm	8 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	9 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Dodgeville Shopping 9:30 am Living Well -1:00 pm	10 Miller & Sons Food 10 am
13 Miller & Sons Food 10 am Foot Clinic 12:30 pm - 3:30 pm	14 \$5 Movie at Marcus Theaters bus leaves at 8:30 am Election—No Activities at Senior Center Today! 	15 Foot Clinic 8:30 am - 11:30 am Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	16 Blue Mounds Pantry 9:00 am – 1:00 pm & 4:00 pm – 6:00 pm Lunch Outing to Prim- rose Church -10:30 am Knitting/Crocheting 12:30 pm Living Well 1:00 pm	17 Miller & Sons Food 10 am Accordion Music at 12:30 pm by Patricia Stone! 
20 Helping Hands 9:30 am Miller & Sons Food 10 am	21 Massage Therapy 1:00 pm Bridge 1:00 pm	22 Foot Clinic 8:30 am - 11:30 am Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	23 Blue Mounds Pantry 9:00 am – 11:00 am & 4:00 pm – 6:00 pm Dodgeville Shopping 9:30 am Living Well -1:00 pm	24 Miller & Sons Food 10 am BINGO 12:30 pm 
27 Miller & Sons Food 10 am Card Making 1:00 pm	28 Bridge 1:00 pm	29 Fink's Café 9:00 am –1:00 pm Miller & Sons Food 10:00 am Euchre 1:00 pm	30 Blue Mounds Pantry 9:00 am—11:00 am & 4:00 pm –6:00 pm Living Well -1:00 pm	31 Miller & Sons Food 10 am

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered Monday - Friday at the Senior Center, Fink's Café and Home Delivered Meals. The suggested donation for those 60+ is \$4.00/meal. Anyone under 60 is asked to pay the full cost of the meal which is \$10.23 for congregate and \$8.54 for home delivered. Congregate meals at the Senior Center are served at 11:15 am on Monday, Tuesday, Thursday and Friday. Please call to make reservations and cancellations at 437-6902 by 12:00 pm the day before. Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm (no reservations are needed at Fink's Café).

LOAN CLOSET

Durable medical equipment is available for loan at no cost. We have wheelchairs, walkers, bath benches, commodes, canes, raised toilet seats, etc. Please check with the Senior Center before purchasing adaptive equipment.

RSVP

For Driver Escort rides to Appointments for doctors, dentist, eye, etc., Please contact Patsy Byrnes at 608-437-2518. Persons must be 60+ or older and must be able to transfer on their own into the vehicle. A three day notice is requested.

Seniors who are on Medicaid (MA) cannot use RSVP transportation. They would need to call MTM at 1-866-907-1493.

MILLER AND SONS

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by 12:00 pm. Please call 437-3081 to order. The groceries are then delivered within Mount Horeb on Thursday. There is a \$15.00 minimum order.

Miller and Sons also donates food to the Senior Center on Mondays, Wednesdays and Fridays at 10:00 am! The number system is used.



noel manor
RETIREMENT LIVING
INDEPENDENT, ASSISTED LIVING
& MEMORY CARE

Our mission is to take care of our loved ones with compassion and grace.

Call For A Tour 608-620-6010
471 Prairie Way Blvd. • Verona, WI
608-620-6010 • noelmanorliving.com



The Shoe Box
BLACK EARTH, WI

Your #1 Family Shoe Store
(608) 767-3447
M-F 9-8,
Sat 9-5, Sun 10-5



YOUR FAMILY GROCER
In A World Class Store
MILLER AND SONS
Supermarket

www.millerandsonssupermarket.com
1845 Springdale Street, Mt. Horeb, WI
Phone 608-437-3081
Hours: 6:30 a.m. to 9 p.m. • 7 Days A Week



HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806

ADT AUTHORIZED DEALER

HOME SECURITY TEAM



IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

SKILLED CARE

- RN Services

SPECIALIZING IN ALZHEIMER'S, PARKINSON AND DEMENTIA CARE

608-442-1898
579 D' Onofrio Dr.
Suite 10
Madison WI 53719

Comfort Keepers
www.comfortkeepers.com/madison-wi

An international network of independently owned and operated offices. ©2009 CK Franchising, Inc.



NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mt. Horeb area. Transportation to meal sites and shopping is by donation. The suggested donation to the meal site is \$1.00/trip, the suggested donation for local grocery shopping is \$2.00/trip and the suggested donation for out of town shopping is \$3.00/trip. No one will be denied rides for these purposes based on their ability to pay. Please call Kristi at 437-8989 to make a reservation for a ride.

THE LITTLE FREE PANTRY

The Little Free Pantry is now available to provide nonperishable food and other necessities in and near the Mt Horeb Area. The three outdoor Pantries are available 24 hours a day and can be found at New Hope Evangelical Free Church (639 S. 8th Street); Immanuel Lutheran Church (310 West Main Street); and Zwingli UCC (1693 Washington Street, also known as Hwy 92) in Mt. Vernon. **“Take what you Need, Share what you Can.”** Those who are interested in donating items, please contact the church secretaries at locations listed above.

LOCAL FOOD PANTRIES

Blue Mounds: 11010 Blackhawk Drive, Blue Mounds, WI.
Open every Thursday from 9:00 am -11:00 am and 4:00 pm - 6:00 pm.

Mt. Horeb: 102 East Lincoln Street, Mt. Horeb, WI.
Open every Monday from 5:00 -7:00 pm, and every Saturday from 10:00 am - 12:00 pm. The pantry is also open the third Wednesday of each month from 9:00 - 11:00 am, for Seniors only.

FOOTCARE CLINIC WITH RITA STANTON

Monday, August 13 - 12:30 pm– 3:30 pm
Wednesday, August 15 - 8:30 am– 11:30 am
Wednesday, August 22 - 8:30 am – 11:30 am

our SENIOR CENTER

A convenient source for local services

Found 10 results while browsing "Dentist" near Bainbridge Island, WA

FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS OF OUR CENTER
to find trusted services
in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com





Presorted Standard US Postage
Paid Mt. Horeb,
WI Permit No. 1

Mount Horeb Area Senior Center

107 North Grove Street

Mount Horeb, WI 53572



Summer Search

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

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

vacation

