

MOUNT HOREB *AREA* *SENIOR NEWS*

**SOUTHWEST DANE
OUTREACH**

DECEMBER 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: Mary Kay Sutter

Nutrition Manager:

Maggie Milcarek

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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.



DECEMBER EVENTS

3rd—Helping Hands 9:30 am

**4th— Balance Screen— Capital
Physical Therapy 10:00-11:00**

6th- Heartland Hospice 10:45

**7th— Medicare D
DEADLINE**

7th-Holiday Sing Along 12:30

**13th— Cooking Class 1:00 pm
Cooking Exchange**

17th-Helping Hands 9:30 am

18th-Lunch Outing/Cracker Barrell Bus leaving at 10:15

**20th- Cooking Group-Pot Luck 1:00 pm
(White Elephant Exchange)**

21st- Bingo –sponsored by Millers

24th & 25th Senior Center Closed

31st -Pizza Party 12:00 pm



Thank you to Culver's for donating custard for our Volunteer Recognition Party. Thank you to Jo Ryan, Chiropractor, for sponsoring Bingo in November. Thank you to all who donated Bingo prizes, apples & plastic ware.
WISH LIST– Stamps, paper towels, Dishwasher Soap

DECEMBER 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.	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			
3 Taco Chicken 2 Tortillas Refried beans Fiesta Corn Tropical Fruit Cheesecake Brownie MO – Bean and Cheese Burrito NCS – SF Cookie Packet !	4 Pulled Pork on a WW Bun Warm Spiced Apples Creamy Coleslaw Carrot Raisin Salad Vanilla Pudding MO – Hummus and Pita NCS – SF Pudding Cake for Cambridge	5 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Chocolate Frosted White Cake MO – Multigrain Burger NCS – Spiced Pears	6 Chicken and Gravy Over a slice of White bread Mashed Potatoes/Butter Green Beans Orange Juice Carnival Cookie MO – Cheese and Tomato Sandwich NCS – SF Cookie Packet	7 Fish Sandwich on WW Bun Cheese Slice Tartar Sauce Yams Coleslaw Fruit Cup Strawberry Jell-o MO – Hummus Wrap NCS – SF Jell-o
10 Meatballs in Marinara Over Penne Carrots 3 Bean Salad Banana Frosted White Cake MO – Veggie Meatballs in Marinara NCS – SF Cookie Packet	11 Chicken Salad Mini Croissant Mixed Greens Dressing Packet Pickled Beets Peaches Ambrosia Salad MO – Egg Salad NCS – SF Jell-o	12 Cheeseburger on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Chocolate Chip Cookie MO – Black Bean Burger NCS – SF Cookie Packet	13 Egg Salad Sandwich on WW Bread Tomato Soup Broccoli Salad Grape Juice Pineapple Fluff MO – N/A NCS – Pineapple	14 Pork Roast w/Gravy Mashed Red Potatoes Glazed Carrots Chunky Applesauce Croissant/Butter Mint Brownie MO –Veggie Wrap NCS – SF Pudding
17 Chicken Mac Casserole Peas Tomato Juice Pineapple Butterscotch Pudding MO – Mac and Cheese NCS – SF Pudding	18 Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO – Garden Burger NCS - Banana	19 Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp MO – Veggie Tortellini Bake NCS – SF Jell-O	20 Traditional Meatloaf Mashed Potatoes w/Gravy Broccoli White Bread/Butter Apple Juice Cup Frosted White Cake MO – Veggie Meatballs NCS SF Cookie Packet	21 Ham Slice Sweet Potato/Butter Green Bean Casserole Croissant/Butter Pineapple Cherry Pie w/Topping MO – Veggie Quiche NCS – SF Pie
24 Senior Center Closed -Christmas 31 Pizza Party 12:00 Ham and Potato Casserole California Blend Dole Fruit Cup MG Bread/ Butter Chocolate Cream Pie MO – Veggie Potato Cass NCS – SF Pudding	25 Happy Christmas Senior Center Closed 	26 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding MO – Hummus Wrap NCS – SF Pudding	27 Chicken a la King Over Biscuit Carrots Salad Wax Beans Peaches Raspberry Sherbet MO – Soy a la King NCS – SF Ice Cream	28 Pizza Burger on WW Bun (Beef Patty, white cheese slice, marinara, bun) Kidney Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie MO – Black Bean Burger NCS – SF Cookie Packet

As soon as the cold weather arrives it is soup season at my house. Soup is a quick and healthy winter meal. I often make a big pot of soup, eat it for a couple of meals that week and freeze the rest. Soup is a great way to get your daily serving of vegetables. Soups also retain the vitamins and minerals of cooked vegetables because you don't dispose of the water like you do if you're steaming or boiling. Soups can easily be made low fat and high fiber. The most healthful, nutrient-dense soups are those that use a basic low sodium broth/stock or water, a lean protein source (lean meat, fish, or beans/legumes) and a variety of vegetables. Skip the cream-based and cheese soups. If you want a creamy soup, puree it or add pureed squash or root vegetables. Soups high water content makes you feel full so it is good for people who are counting calories or trying to maintain a healthy weight. Next time you're fighting a cold or just feeling cold, make a big pot of healthy soup to warm and fill you up!

Week 1 – 12/7

SALADS: Chicken Taco Salad

Shredded lettuce topped with seasoned diced chicken, diced tomatoes, green onion, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

MEAL ITEMS TO BE SERVED WITH THIS: FRUIT CUP, STRAWBERRY JELL-O, WW BUN

Week 2 – 12/14

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: chunky applesauce, croissant/butter, mint brownie

Week 3 – 12/21

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: croissant/butter, pineapple, cherry pie with topping

Week 4 – 12/28

Pulled Pork Confetti Salad

Shredded lettuce topped with shredded pork, tomatoes, cucumber, corn and bacon.

Dressing: Ranch

Meal items to be served with this: banana, chocolate chip cookie, WW bun

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DIRECTOR'S NOTE:

The Holiday Season is upon us again. Each year, we wonder where the time has gone, since it seems to go faster every year. Do take the time to enjoy the company of family, friends and neighbors and enjoy the sights, sounds and smells of this special time of year. Call, stop in, phone or send a card to someone who lives alone. It is a time to be thankful for all we have received throughout the year. Thank you to all the seniors in the Mt. Horeb area, to the many

volunteers who help to keep our programs running, to Millers for their generosity, to organizations in our community who support the programs at the Senior Center, to the Villages of Blue Mounds and Mt. Horeb and the Town of Blue Mounds, Perry, Primrose and Springdale and Dane County, who support our programs. Merry Christmas and Happy Holidays from Maggie, Pat, Mary Kay and Lynn.

CASE MANAGER'S NOTE:

Many preventable diseases can cause serious illness or death in unvaccinated seniors. Many adults believe they do not need to be vaccinated or worry about side effects, but people over 65 are at a higher risk of complication from diseases. There are many reasons why seniors should be vaccinated. They may not have

been vaccinated when they were young, new vaccines have come out or their immunity may have expired over the years. The more important vaccinations that seniors should talk to their doctor about are the flu vaccine, pneumococcal vaccine to prevent pneumonia, the shingles vaccine, and Hepatitis B, (recommended for people with diabetes). Check with your doctor to keep updated with your immunizations. REGATE & HOME-DELIVERED MEAL GIFT CERTIFICATES ARE AVAILABLE.

 <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>BeeHive[®] HOMES <i>of Mt. Horeb</i></p> <p><i>The Next Best Place to Home[™]</i> - Memory Care - Now Open! Call to Schedule a Tour 608-437-HIVE (4483) 325 N. 8th St. • Mt. Horeb, WI 53572 https://beehivehomes.com/location/mount-horeb/</p>
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DECEMBER 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 Helping Hands 9:30 am Miller & Sons Food 10 am	4 Balance Screen 10:00-11:00 am By Appt.. Massage Therapy 1:00 pm Bridge 1:00 pm	5 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	6 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm (Trip to Blue Mounds Pantry- Leave at 9:00) Knitting 12:30 pm	7 Miller & Sons Food 10 am
10 MILLER & SONS FOOD 10 am	11 \$5 Movie at Marcus Theaters bus leaves at 8:30 am Bridge 1:00 pm Caregiver Support 1:00 (Palliative Care) Memory Cafe 1:00 pm (Immanuel Church)	12 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	13 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Cooking Group 1:00 (Cookie Exchange) Shopping/ Walmart	14 Miller & Sons Food 10 am
17 Helping Hands 9:30 am Miller & Sons Food 10 am	18 Bridge 1:00 pm Lunch Outing – Cracker Barrel- Bus leaving at 10:15 am	19 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	20 Blue Mounds Pantry 9:00 am – 11:00 am & 4:00 pm – 6:00 pm Knitting– 12:30 pm Potluck– 1:00 White Elephant Exchange	21 Miller & Sons Food 10 am BINGO 12:30 pm 
24 Senior Center Closed Happy Holidays <hr/> 31 Pizza Party Noon	25 Senior Center Closed 	26 Foot Clinic 8:30 am - 11:30 am Fink's Café 9:00 am –1:00 pm Miller & Sons Food 10:00 am Euchre 1:00 pm	27 Blue Mounds Pantry 9:00 am—11:00 am & 4:00 pm –6:00 pm Foot Clinic 12:30 pm - 3:30 pm	28 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 \$ 8.97 for congregate and \$ 9.26 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/cancellations at 437-6902 by 12:00 noon 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.



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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

Wednesday, December 19, 8:30 am - 11:30 am
Tuesday, December 26, 8:30 am - 11:30 am
Wednesday, December 27, 12:30 pm -3:30 pm

Please call for an appointment at 437-6902.

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