

MOUNT HOREB AREA SENIOR NEWS



APRIL 2019 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

APRIL EVENTS

4/2- Elections-No Activities

4/8- Wii Bowling- 12:30 pm

4/9- Point Cinema—Leaving at 8:30
RSVP Kristi for a ride at 444-7930

4/9- Joint Replacements- 10:30 am Capital
Physical Therapy

4/11- Cooking Group—1:00 pm

4/12- BINGO- 12:30 pm- sponsored by John
Scheidegger

4/13- Shopping Trip to Baraboo- Leaving at
9:30 am

4/15- Bereavement Group 1:00 pm Julie Hayne
(Heartland Hospice)

4/18- Lunch Outing- Press Box, Sauk City
Leaving at 10:30 am

4/22- Card Making- 1:00pm RSVP to Stacey
at 279-6108 by April 15

4/23- Art of Massage- 1:00pm By appt.
(15 min./ \$10.00- 30 min./\$20.00)

4/25- Garage Sale/ Senior Center- 12:30- 6:00 pm

4/26- Garage Sale- 8:00 am- 4:00 pm



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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.



The Mt. Horeb Senior Center will be taking part in the Village wide Garage Sale on Thursday, April 25 and 26. If you are doing some spring house cleaning or cleaning out closets, we would love your donations for the sale. Please contact the Senior Center at 437-6902. Donations can be brought to the Center starting on April 18.

Thank you to Shamrock Farms for sponsoring March Bingo, to all who donated paper products, copy machine paper, stamps, Bingo and Door prizes. Thanks also to BMO Harris for donating Birthday cakes for January and February and Victoria's Garden for the lovely flower arrangement.

WISH LIST: Copy machine paper, stamps, plastic spoons and dishwasher soap

APRIL 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O</p> <p>MO – Veggie Pot Pie NCS – SF Jell-O</p>	<p>2 Chicken and Gravy Over White bread Mashed Potatoes/Butter Green Beans Orange. Carnival Cookie</p> <p>MO – Veggie Chicken/Gravy NCS – SF Cookie CAKE FOR CAMBRIDGE</p>	<p>3 Fish Sandwich on WW Bun Cheese Slice/Tartar Sauce Yams Coleslaw Fruit Cup Choc. Frosted White Cake</p> <p>MO – Black Bean Burger NCS – SF PUDDING</p>	<p>4 BBQ Chicken Potato Salad California Blend Mixed Melon Cup Dinner Roll/Butter Pineapple Cake</p> <p>MO – Veggie Wrap NCS – PINEAPPLE</p>	<p>5 *Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Dressing Banana Ambrosia Salad</p> <p>MO – 3 Veggie Meatballs in Marinara NCS – ORANGE</p>
<p>8 Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie</p> <p>MO – Egg Salad NCS – SF PUDDING</p>	<p>9 Cheeseburger on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff</p> <p>MO – Garden Burger NCS – SF JELL-O</p>	<p>10 Egg Salad Sandwich on WW Carrot Cabbage Slaw 3 Bean Salad Grape Juice Dreamsicle Whip</p> <p>MO – n/a NCS – ORANGE</p>	<p>11 Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake</p> <p>MO – Veggie Stew NCS – BANANA</p>	<p>12 Italian Lasagna Chop Romaine w/ Tomatoes & Cucumber (sent in bulk) Garlic Breadstick/Butter Fresh Fruit Lemon Bar</p> <p>MO – Veggie Lasagna NCS – SF Cookie</p>
<p>15 Chicken Mac Casserole Peas Tomato Juice Pineapple Butterscotch Pudding</p> <p>MO – Mac and Cheese NCS – SF PUDDING</p>	<p>16 Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Sugar Cookie</p> <p>MO – Veggie Tortellini Bake NCS – SF COOKIE</p>	<p>17 Baked Chicken on the bone Mashed Potatoes & Gravy Glazed Green Beans Croissant/Butter Chunky Applesauce Blueberry Pie</p> <p>MO – Veggie BBQ Chicken NCS – SF PIE</p>	<p>18 Traditional Meatloaf Mashed Potatoes w/Gravy Corn White Bread/Butter Apple Juice Cup Frosted White Cake</p> <p>MO – Hummus Wrap NCS – SF COOKIE PACKET</p>	<p>19 Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet</p> <p>MO – Veggie Chicken a la King NCS – SF ICE CREAM</p>
<p>22 *Ham Slice Roasted Sweet Potatoes Broccoli Salad Dinner Roll/Butter Pineapple Coconut Cream Pie</p> <p>MO – Multigrain Burger NCS – SF Pie</p>	<p>23 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding</p> <p>MO – 3 Veggie Meatballs NCS –</p>	<p>24 Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit/Butter Spiced Apples</p> <p>MO – n/a NCS – n/a</p>	<p>25 Pizza Burger (Beef Patty, white cheese slice, marinara, bun) Navy Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie</p> <p>MO – Garden Burger NCS – SF COOKIE</p>	<p>26 *Ham and Potato Casserole California Blend Fruit Cup MG Bread/ Butter Chocolate Cream Pie</p> <p>MO – Potato, veggie, cheese casserole NCS – SF ICE CREAM</p>
<p>29 BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake</p> <p>MO – Diced BBQ Veggie Chicken NCS – SF PUDDING</p>	<p>30 Tuna Salad Sandwich on WW Bread Tom./Cuc./Onion Salad Chickpea Salad Pears Apple Sauce Bar</p> <p>MO – Egg Salad NCS – SPICED APPLES</p>		<p>VO– Vegetarian Option NCS– No Concentrated Sweets NAS– No added Salt NAS diet should not be receiving gravy, ketchup or mustard * to note what meals contain pork</p>	<p>All menu items are prepared in kitchen that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. NO SUBSTITUTIONS ARE ALLOWED.</p>

NUTRITION MANAGER'S NOTE:

Did you know that eating nuts as a part of a healthy diet could be good for your heart? Nuts like almonds, walnuts, cashews, pecans and hazelnuts are a good source of potassium, low in saturated fat, free of cholesterol and high in unsaturated fats. Most nuts are healthy, though some are healthier than others. Almonds are a good source of riboflavin, magnesium, and zinc and walnuts are high in omega-3 fatty acids, essential minerals and folate. While nuts are a healthy food, they are also high in calories so you should eat them in moderation. Ideally you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products. When shopping for nuts, select dry-roasted or raw nuts rather than those cooked in oil. There are lots of healthy ways to incorporate nuts into your diet. I enjoy putting a handful of nuts on my oatmeal, yogurt and salads. I make my own trail mix with nuts. I also eat nut butter with apples, bananas, celery and whole grain toast.

SALADS:

Week 1 – 4/5

Chicken Salad

Shredded lettuce topped with cranberry chicken salad, tomatoes, cucumbers and croutons.

Dressing: Balsamic Vinaigrette

MEAL ITEMS TO BE SERVED WITH THIS: BANANA, AMBROSIA SALAD

Week 2 – 4/12

Tuna Salad

Mixed greens topped with tuna salad, tomato, hand boiled egg and cucumber.

Dressing: None

Meal items to be served with this: garlic breadstick/ butter, fresh fruit, lemon Bar

Week 3 – 4/19

Chef's Salad

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg

Dressing: Ranch

Meal items to be served with this: biscuit, peaches, raspberry sherbet

Week 4 – 4/26

Chicken Taco Salad

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

Dressing: None

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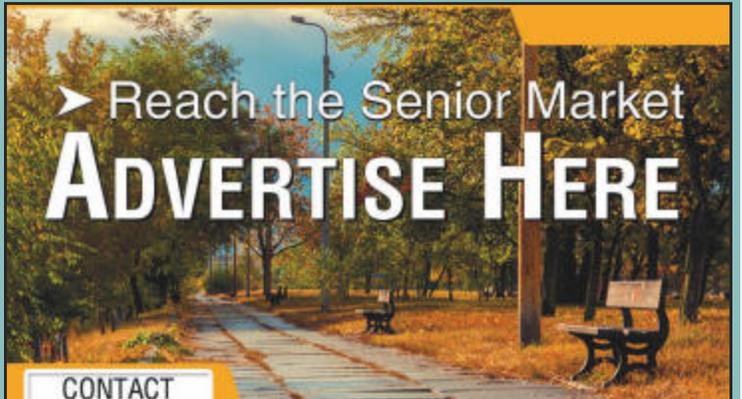
M, T, W & F – 8 am - 5 pm
Thursday – 10 am - 7 pm
Providers available by appointment

1809 Springdale Street | Mount Horeb, WI | 608.437.8033 | uplandhillshealth.org
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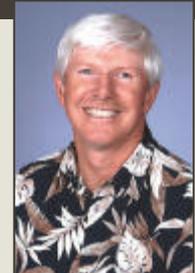
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DIRECTOR'S NOTE:

Nearly every household will be receiving an invitation to participate in the 2020 Census from either a postal worker or a census worker. Most areas of the country are likely to respond online, so most households will receive a letter asking you to go online to complete the census questionnaire. If people do not respond, they will receive a reminder and then eventually receive a paper questionnaire in the mail.

If you live alone, have you thought a getting connected with a Life Line? It is a device that you wear around your neck or wrist. It is activated by a small machine that is connected to your telephone. If you would happen to fall, you can push a button on the necklace or wristband to call for help. Call the Senior Center for more information about a lifeline.

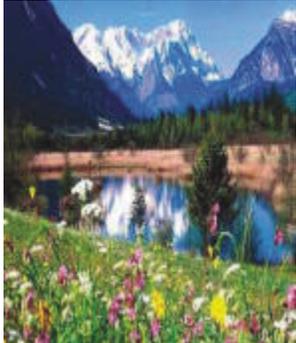
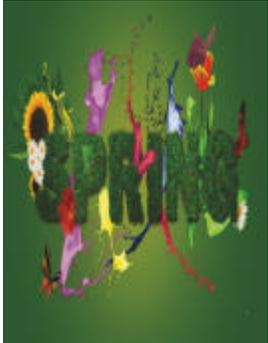
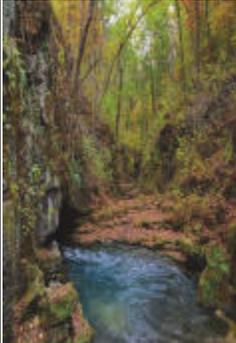
CASE MANAGER'S NOTE:

Did you know that isolation is one of the most serious health problems for America's seniors? It's an issue that hides in plain site. Studies have shown that social isolation and loneliness are worse for one's health than obesity and prolonged isolation is as bad as smoking 15 cigarettes in a day. It affects 1 in 3 adults aged 45 and older, lower income can make the problem worse, half of mid-life and older adults who consider their health fair, say they are lonely and adults diagnosed with mental health issues had the highest rate of loneliness. Here are some tips to tackle this problem; getting together with friends, calling them on the phone, connecting with friends through tech devices (computer, IPAD etc.), getting out of your home to volunteer, staying active in your community or church or check out your local senior center for meals and programs.

 <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><i>Whatever life brings, we've got you covered.</i></p> <ul style="list-style-type: none">• Rehabilitation Services• Independent Living• Assisted Living• Skilled Nursing Care <p>(608) 849-5016 801 Klein Dr. • Waunakee www.waunakeemanor.com</p>
 <p>MARK B. ROONEY ATTORNEY, S.C.</p> <ul style="list-style-type: none">• Real Estate • Estate Planning & Wills •• Income Taxes • Business Planning • <p>(608) 437-5591 Mark@mrooneylaw.com</p> <p>1809 Springdale St. #204 • Mount Horeb, WI 53572</p>	 <p>Residential Care Senior Apartments Independent, maintenance-free living with extra amenities for all your needs</p>  <p>Inglewood 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>JASON R. ANDERSON</p> <ul style="list-style-type: none">• Estate Planning • Wills •• Collections •• Consumer Protection • <p>(608) 437-5592 • Andersonlaw.Wisconsin@gmail.com</p>	 <p>Sun Prairie HEALTH CARE CENTER</p> <p><i>Live well, feel safe, we've got you covered.</i></p> <ul style="list-style-type: none">• Rehabilitation Services• Skilled Nursing Care• Assisted Living• Independent Living <p>228 W. Main Street • Sun Prairie 608-837-5959 www.sunprairiehc.com</p>  <p>BeeHive HOMES of Mt. Horeb</p> <p><i>The Next Best Place to Home.™</i></p> <p>- Memory Care - Now Open! Call to Schedule a Tour</p> <p>608-437-HIVE (4483) 325 N. 8th St. • Mt. Horeb, WI 53572</p>



APRIL 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 MILLER & SONS FOOD 10 am</p> <p>Helping Hands- 9:30 am</p>	<p>2 Election No Activities</p>	<p>3 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10:00 am Euchre 1:00 pm</p>	<p>4 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm</p> <p>Knitting 1:00 pm</p>	<p>5 Miller & Sons Food 10 am</p>
<p>8 MILLER & SONS FOOD 10 am</p> <p>Wii Bowling- 12:30 pm</p>	<p>9 \$5 Movie at Marcus Theater- Bus leaves at 8:30 am Joint Replacement 10:30 Bridge 1:00 pm Caregiver Support 1:00</p>	<p>10 Fink's Café 9:00 am - 1:00 pm</p> <p>Miller & Sons Food 10 am</p> <p>Euchre 1:00 pm</p>	<p>11 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm</p> <p>Cooking Group- 1:00pm</p>	<p>12 Miller & Sons Food 10 am BINGO- 12:30 pm</p> 
<p>15 MILLER & SONS FOOD 10 am</p> <p>Helping Hands- 9:30 am</p> <p>Bereavement Group- 1:00</p>	<p>16 Bridge 1:00 pm</p>	<p>17 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</p>	<p>18 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm</p> <p>Lunch Outing - 10:30</p>	<p>19 Miller & Sons Food 10 am</p>
<p>22 Miller & Sons Food 10 am</p> <p>Card Making- 1:00 pm</p>	<p>23 Bridge 1:00 pm</p> <p>Foot Clinic- 12:30 pm</p> <p>Massages- 1:00 pm</p>	<p>24 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</p>	<p>25 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm</p> <p>Garage Sale- 12:30-6:00 pm</p>	<p>26 Miller & Sons Food 10 am</p> <p>Garage Sale- 8:00-4:00 pm</p>
<p>29 Miller & Sons Food 10 am</p>	<p>30 Bridge 1:00 pm</p>			

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 \$9.46 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.



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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

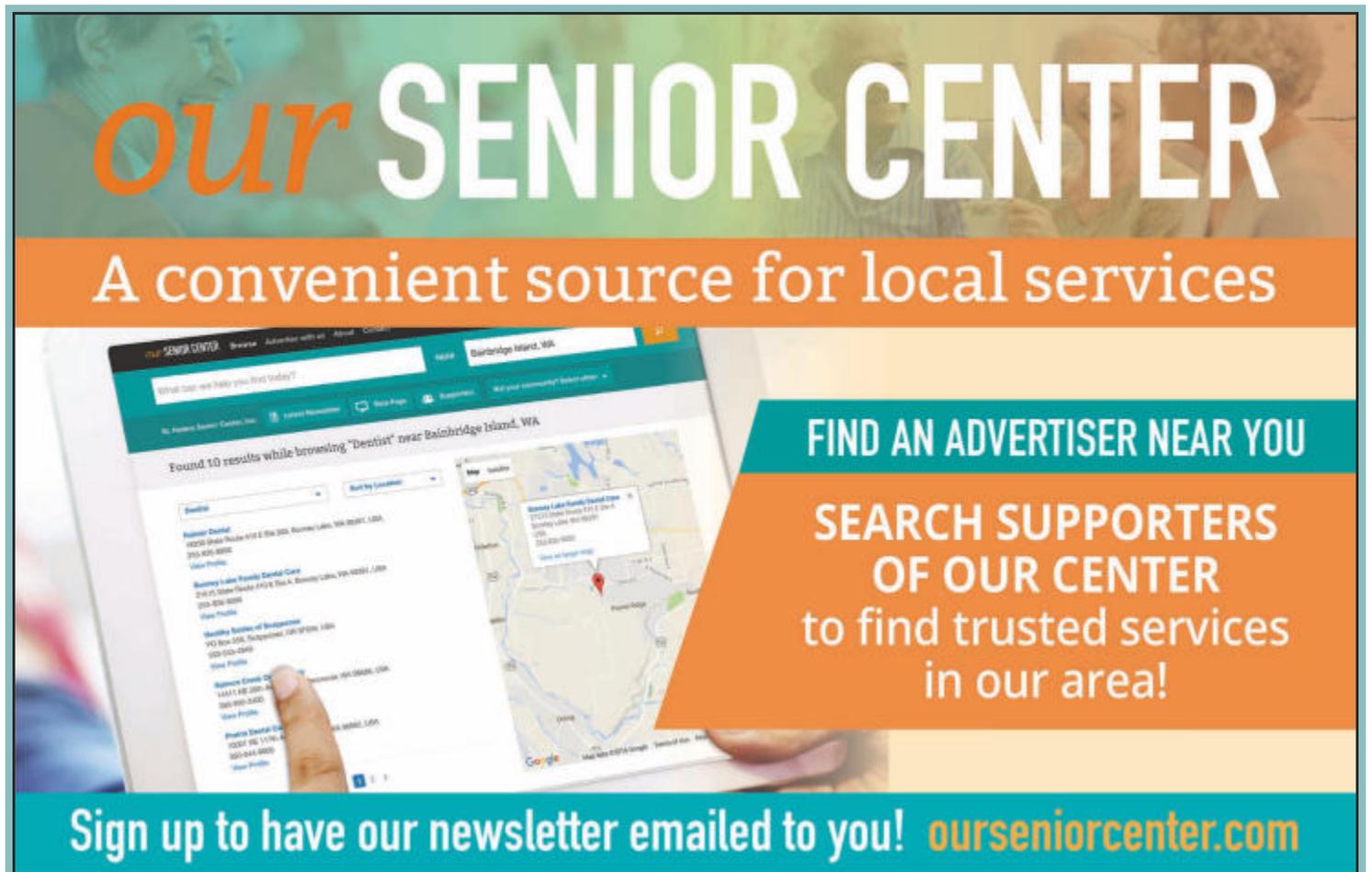
Blue Mounds: 11010 Blackhawk Drive, Blue Mounds, WI.
Open every Thursday from 9:00 am -11:00 am and 4:00 pm - 6:00 pm.

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, April 17, 8:30 am - 11:30 am
Tuesday, April 23, 12:30 pm - 3:30 pm
Wednesday, April 24, 8:30 am -11:30 am

Please call for an appointment at 437-6902.



our SENIOR CENTER

A convenient source for local services

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

- Number Dental**
40250 Green Valley #10 & 10a 300, Romney Lake, WA 98297, USA
360-936-8882
View Profile
- Smiling Lake Family Dental Care**
210 W. Main Street #10 & 10a 300, Romney Lake, WA 98297, USA
360-936-8882
View Profile
- Identify Smiles of Bainbridge**
140 100th Ave, Tukwila, WA 98148, USA
206-833-0949
View Profile
- Smile Care DC**
1441 E. 1st Ave, Seattle, WA 98102, USA
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- Smile Dental Care**
2004 9th Ave, Seattle, WA 98148, USA
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Mount Horeb Area Senior Center
107 North Grove Street
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Music Word Search

Name _____ Class _____

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

BAND
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DRUM
EIGHTH
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FORM
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HALF
HARMONY

INSTRUMENT
MALLETT
MELODY
MUSIC
NOTE
PARTNER SONG
PIANO
QUARTER
REST

RHYTHM
ROUND
SCALE
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SYNCPATION
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WHOLE
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