



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.



- MAY EVENTS**
“MAY IS OLDER AMERICANS MONTH”
- May 10th-Mother ‘s Day Tea 1:00 pm RSVP by May 6th (Magic Show 1:00 pm)
 - May 13th-Medicare Savings Seminar 10:30 Gabi Anzalone
 - May 14thth- Caregiver Support 1:00 pm
 - May 16th –Stepping On Class 12:30-2:30 pm
 - May 16th-Lunch Outing Jason’s Deli -Leaving at 10:30 am
 - May 20th-Chronic Conditions 10:30 am SSM Health
 - May 23rd-Stepping On Class 12:30-2:30 pm
 - May 24th- Bingo 12:30 Sponsored by Bargain Nook
 - May 27th- Memorial Day Closed
 - May 28th-Art of Messages 1:00 pm By appt. 437-6902
 - May 28th-Card Making 1:00 pm Call Stacey at 270-6108 by May 21st.
 - May 30th- Stepping On Class- 12:30- 2:30 pm

FREE WELCOME TO MEDICARE SEMINAR
 If you are turning 64 this year, 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 about Medicare can take place 3-6 months before you turn 65, so don’t wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend the seminar, which will be held at the Mt. Horeb Senior Center on Saturday, June 1 from 9:00-11:30 am. Please call 608-261-9930 to register by May 22, 2019.

Thanks to Capital Physical Therapy and everyone who made the “Soup Supper” a big success! To those who made soups, salads and desserts, to those who volunteered their time for set-up, serving and clean up, to those who donated paperware and those who patronized the supper. Thanks to Shamrock Farms for sponsoring March Bingo

WISH LIST: Stamps, copy machine paper, plastic forks.



MAY 2019 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	1 Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO – Bean/Cheese Burrito NCS – SF COOKIE PKT.	2 Beef Stroganoff over Noodles Stewed Tomatoes NAS – 3 tomato wedges Mixed Green Salad Dressing Fruit Cocktail Apple Crisp MO – Veggie Meatballs NCS – SPICED APPLES	3 Chicken Strips BBQ Sauce Green Beans Pea Salad NAS – steamed peas Dinner Roll/Butter Fruit Cup Butterscotch Swirl Ice Cream MO – Egg Salad NCS – SF ICE CREAM
6 Tuna Casserole Roasted Baby Carrots Pickled beets Banana Brownie w/Peanut Butter Frosting MO – Veggie Wrap NCS – SF Pudding	7 Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Mixed fruit w/Grapes Lime Sherbet MO – Veggie Chicken in Gravy NCS – SF Ice Cream Cake for Cambridge	8 Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO – Rice and Beans NCS – BANANA	9 Chicken Sandwich – 1 chicken breast on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes NAS – baked potato, no mayo 4 Bean Salad Orange Frosted Chocolate Cake. MO – Black Bean Burger NCS – SF COOKIE PKT.	10 Meatballs in Gravy Mashed potatoes California Blend Fruit Cup w/Fresh Melon Dinner Roll/Butter. Strawberry Swirl Ice Cream MO – Veggie Meatballs NCS – SF ICE CREAM
13 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Soy Sloppy Joe NCS – SF JELL-O	14 Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Melon fruit cup Sugar Cookie MO – Veggie Mac Salad NCS – SF COOKIE PKT.	15 Saucy BBQ Ribs Cheesy Potatoes Coleslaw Tropical Fruit Corn Bread/Butter Root Beer Float MO – Garden Burger NCS – SF ICE CREAM	16 Meat Sauce – #8 Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Brownie MO – Marinara Sauce NCS – Orange	17 Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Butterscotch Pudding MO – Hummus Wrap NCS – SF Pudding
20 Chili Baked Potato/Sour Cream NAS – no sour cream Banana Cornbread/Butter Rice Pudding MO – Veggie Chili NCS – SF Pudding	21 Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream Cup MO – Hummus and Pitta NCS – SF Ice Cream	22 Lemon Baked Fish – 1 ea. (3oz) Tartar Sauce Baked Sweet Potato/Butter Tropical Fruit WW Bread/Butter Blueberry Pound Cake MO – Veggie Wrap NCS – Banana	23 Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad NAS – steamed carrots Melon Slice Vanilla Pudding MO – Tomato Cheese Sandwich Veggie Wrap NCS – SF Pudding	24 Brat White Bun Ketchup/mustard Broccoli Cauliflower Salad Sauerkraut Watermelon Peach Crisp MO – Multigrain Burger NCS – Spiced Peaches
27 NO MEALS 	28 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO – Veggie Meatballs NCS – SF JELL-O	29 Chicken and Gravy NAS – no gravy Over White bread Mashed Potatoes/Butter Green Beans Orange Carnival Cookie MO – Veggie Chicken & Gravy NCS – SF COOKIE PKT.	30 Fish Sandwich on WW Bun Cheese Slice NAS – no cheese/tartar sauce Tartar Sauce Yams Coleslaw Fruit Cup Chocolate Frosted White Cake MO – Veggie Wrap NCS – SPICED PEARS	31 Saucy BBQ Ribs Cheesy Potatoes Corn Dinner Roll/Butter Melon Mix Lemon Bars MO – Black Bean Burger NCS – SF COOKIE PKT

Nutrition Manager's Note:

Did you know that May is National Asparagus Month? I certainly did not know that, but I do know that asparagus is something to celebrate. Asparagus is generally available from April through June. With just 25 calories in eight medium-sized spears, you can get 25% of your daily vitamin A, 15% of your vitamin C and essential folic acid. Asparagus can be steamed, microwaved, roasted, stir-fried or eaten raw. You can use it in salads, side dishes, entrees, as an appetizer or eaten as a snack with dip. While shopping at a grocery store or Farmer's Market this month, be sure to pick up one of spring's most delicious and healthiest vegetable.

SALADS:

Week 1 – 5/3

Cottage Cheese Platter

Cottage cheese with cucumber, tomato wedges, strawberries and pineapple.

Dressing: none

Meal items to be served with this: dinner roll/butter, butterscotch swirl ice cream

Week 2 – 5/10

Tuna Salad

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

Dressing: None

Meal items to be served with this: Fruit cup with fresh melon, dinner roll/butter, strawberry swirl ice cream

Week 3 – 5/17

Beef Taco Salad

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

Dressing: None

Meal items to be served with this: WW Bread/Butter, Mandarin Oranges, Butterscotch Pudding

Week 4 – 5/24

Chicken Salad

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

Dressing: Balsamic Vinaigrette

Meal items to be served with this: watermelon, peach crisp

Week 4 – 5/31

Hummus Platter

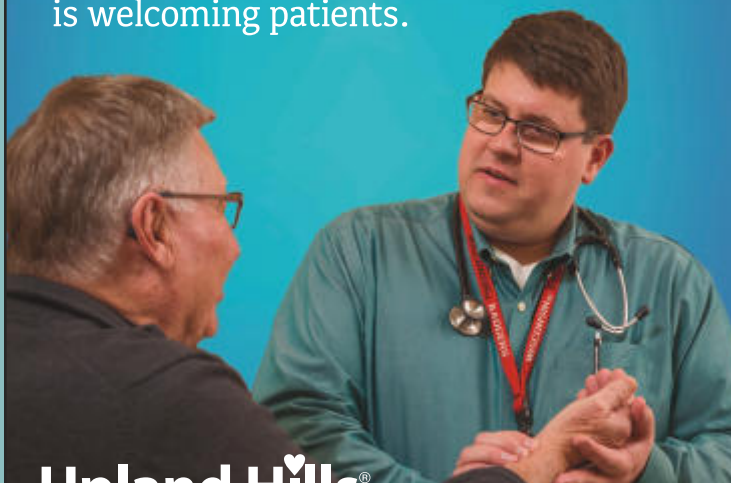
Pita wedges, hummus, celery sticks, cherry tomatoes, green pepper strips, and carrot sticks

Dressing: None

Meal items to be served with this: melon mix, lemon bar

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DIRECTOR'S NOTE:

Did you know that Wisconsin has the highest number of people falling in the country? We will be hosting a "Stepping On Class" on Thursdays, May 16 through June 27 from 12:30-2:30 pm. The class is being held throughout Dane County to help improve people's balance. The classes will be two hour sessions and held for seven weeks. The classes will consist of a presentation by local health professionals; a pharmacist, optometrist, physical therapist and police officer., a short exercise routine (where a chair can be used), exercise equipment provided, discussions held and healthy treats provided. This class will be taught by Nancy Marik, a trained professional in this field. The cost is \$35.00/person. Participants can make a check payable to the Mt. Horeb Senior Center for the class. The maximum number for attending is 14 and the minimum number is 10. Call the Senior Center at 437-6902 for more information or to reserve a spot. in the class.

CASE MANAGER'S NOTE:

Make the Most of Lighting: (WI Council for the Blind/Visually Impaired) Different types of lighting in a room can play an important role in accomplishing tasks, but not all lighting is created equal. There is a big difference between ambient and task lighting and both can be utilized to meet your needs. Task lighting is lighting that brightens a specific area when reading, writing or doing hobbies. Ambient lighting is general lighting from ceilings or lamps that helps us move safely in our homes. Keeping lights on during the day evens out the indoor and outdoor lighting and reduces shadows and glares. It reduces the need for your eyes to constantly adjust to different lighting. Nightlights are great in halls, bathroom or bedrooms when getting up during the night. There are battery, motion and voice activated lights that people can get also. Be safe.

 <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>Waunakee Manor</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>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>Residential Care Senior Apartments</p> <p>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>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 <i>of Mt. Horeb</i></p> <p><i>The Next Best Place to Home.</i></p> <p>- Memory Care -</p> <p>Now Open! Call to Schedule a Tour</p> <p>608-437-HIVE (4483) 325 N. 8th St. • Mt. Horeb, WI 53572</p>



MAY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Miller & Sons Food 10 am Fink's Café 9:00 am – 1:00 pm EUCHRE 1:00 PM	2 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm	3 Miller & Sons Food 10 am
6 Miller & Sons Food 10 am Helping Hands 9:30 am	7 BRIDGE 1:00 PM	8 Miller & Sons Food 10 am Fink's Café 9:00 am – 1:00 pm EUCHRE 1:00 PM	9 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Cooking Group– 1:00 pm	10 Miller & Sons Food 10 am Mother's Day Tea 1:00 pm
13 Miller & Sons Food 10 am Medicare Savings Seminar– 10:30 am	14 \$5.00 MOVIE CAREGIVER SUPPORT GP. 1:00 PM BRIDGE 1:00 PM	15 Miller & Sons Food 10 am Fink's Café 9:00 am – 1:00 pm EUCHRE 1:00 PM	16 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Lunch Outing– 10:30 Stepping On Class– 12:30– 2:30 pm	17 Miller & Sons Food 10 am
20 Miller & Sons Food 10 am Helping Hands 9:30 am	21 BRIDGE 1:00 PM	22 Miller & Sons Food 10 am Fink's Café 9:00 am – 1:00 pm EUCHRE 1:00 PM	23 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Stepping On Class– 12:30 – 2:30 PM	24 Miller & Sons Food 10 am Bingo– 12:30 pm
27 CENTER CLOSED 	28 BRIDGE 1:00 PM CARD MAKING– 1:00 PM MASSAGES– 1:00 PM	29 Miller & Sons Food 10 am Fink's Café 9:00 am – 1:00 pm EUCHRE 1:00 PM	30 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Stepping On Class– 12:30–2:30 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 \$ 8.97 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.

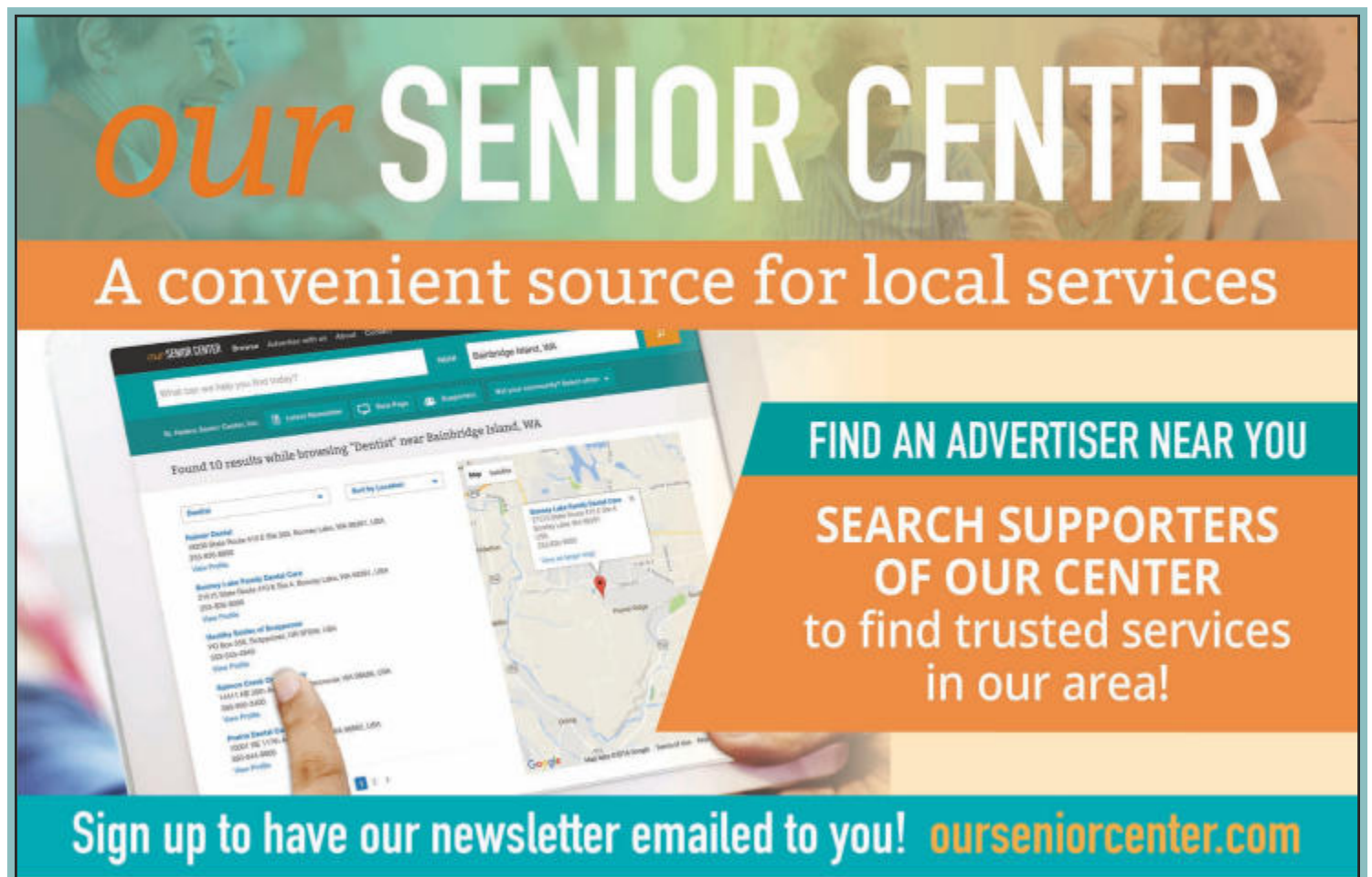
FOOTCARE CLINIC WITH RITA STANTON

May 15th 8:30– 11:30 am

May 21st 12:30– 3:30 pm

May 22nd- 8:30– 11:30 am

Please call for an appointment at 437-6902.



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