

JUNE 2019 EDITION

MOUNT HOREB AREA ***SENIOR NEWS***

**SOUTHWEST DANE
OUTREACH/NUTRITION**

MOUNT HOREB ***Summer Frolic***

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:

JUNE EVENTS

June 1st- Welcome to Medicare 9:00-11:30

June 3rd- Wii Bowling 12:30 pm

June 6th- "Stepping On"-12:30 pm

June 7th- Farmers Market Vouchers 9:30-11:30 am
(First come, first serve basis)

June 11th- Dart Ball-1:00 pm

June 13th-"Stepping On"-12:30 pm

June 14th- Irish Music- Trudy Callaghan 12:30 pm

June 15- Trip to Monroe- Leaving 10:00 am Call
-437-6902

June 17th- Wii Bowling 12:30 pm

June 18th- Medication Review 9:00 am-3:00 pm

June 20th- Lunch Outing- Sugar River Pizza
Leaving at 10:30 am
"Stepping On" -12:30 pm

June 21- Cooking Group- 1:00 pm

June 24th Card Making 1:00pm RSVP to Stacey B.-
279-6108 by June 17

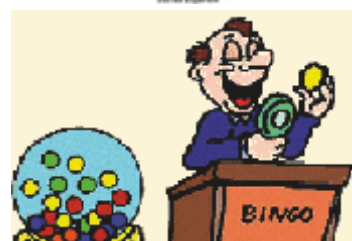
June 25th- Advance Care Directives

10:00 am Agrace RSVP by 6/21/2019.

June 28th- Bingo -12:30 pm Sponsored by Heartland Country Village.

Thank you to the Bargain Nook for sponsoring May Bingo, to all who donated Bingo & door prizes, copy paper, stamps and cookies.

WISH LIST- plastic forks, paper towels, copy machine paper products.



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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.



JUNE 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Meatballs in Marinara Over Penne Carrots Broccoli Salad Fresh Fruit Ambrosia Salad MO – Veggie Meatballs NCS – Pineapple	4 Chicken Salad Mini Croissant Mixed Greens Salad Dressing Pickled Beets Peaches Cheesecake Brownie MO – Hummus and Pita NCS – SF Cookie Packet	5 Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO – Veggie Stew NCS – Banana	6 Egg Salad Sandwich on WW Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip MO – n/a NCS –Orange	7 Cheeseburger on Bun w/tomato, lettuce Potato Salad Calico Beans Fruit Cup Chocolate Chip Cookie MO – Black Bean Burger NCS – SF Cookie Packet
10 Chicken Mac Casserole Peas Tomato Juice NAS – LS V-8 Pineapple Butterscotch Pudding MO – Mac and Cheese NCS – SF Pudding	11 Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp MO – Veggie Tortellini Bake NCS – SF Cookie Packet	12 Chicken a la King Brown Rice Carrots Corn Salad Peaches Raspberry Sherbet MO – Veggie A la King NCS – SF Ice Cream	13 Traditional Meatloaf Mashed Potatoes w/Gravy NAS – no gravy Corn White Bread/Butter Apple Juice Cup Frosted White Cake MO – Garden Burger NCS – SF Jell-o	14 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding MO – Egg Salad NCS – SF Pudding
17 Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit/Butter Spiced Apples MO – n/a NCS – n/a	18 Ham and Potato Casserole NAS – Chicken/Potato Casserole California Blend Mixed Fruit Cup MG Bread/ Butter Chocolate Cream Pie MO – Veggie and Potato Cass. NCS – SF Pudding	19 Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Croissant Chunky Applesauce Frosted Carrot Cake MO – Veggie Meatballs NCS – SF Cookie Packet	20 Pizza Burger (Beef Patty, white cheese slice, marinara, bun) Navy Bean Salad Marinated cucumbers Banana Pecan Pie MO – Garden Burger NCS – SF Jell-O	21 BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit Chocolate Cake MO – Veggie BBQ Chicken NCS – Orange
24 Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO – Bean and Cheese Burrito NCS – SF Cookie Packet	25 Beef Stroganoff over Noodles Stewed Tomatoes NAS – 3 tomato wedges Mixed Green Salad Dressing Fruit Cocktail Apple Crisp MO – Veggie Stroganoff NCS – Spiced Apples	26 Seafood Salad on chopped Romaine Tomato Slices French Roll/Butter Mixed Fruit w/ Strawberries Shortcake w/whipped topping MO – Egg Salad NCS – Banana	27 Chicken Strips BBQ Sauce Green Beans Pea Salad NAS – steamed peas Dinner Roll/Butter Fruit Cup Butterscotch Swirl Ice Cream MO – Veggie BBQ Chicken NCS – SF Ice Cream	28 Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet MO – Veggie Casserole NCS –SF Ice Cream

NUTRITION MANAGER'S NOTE:

Farmer's Market Vouchers will be distributed on Friday, June 7 from 9:30 –11:00 am.. They will be distributed on a first come/first serve basis for those age 60+, who have a gross income of \$23,170.00/year or \$1,926.00/month for one person or \$31,284.00/year or \$2,607.00/month for two people. One set of vouchers is distributed per household. These vouchers can be used to purchase vegetables, fruits and herbs from Farmer's Market vendors all over Dane County. The Farmer's Market in Mt. Horeb is located on Main Street (on the lawn of the Evangelical Lutheran Church) every Thursday, from 3:00-6:00 pm, from April through mid October. Visit a Farmer's Market to meet new people, get fresh produce and get your walking in.

SALADS:

Week 1 – 6/7

Cottage Cheese Platter

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

Dressing: none

Meal items to be served with this: bun, cookie

Week 2 – 6/14

Egg Salad

Mixed greens topped with Egg Salad, tomato, shredded carrots and cucumber.

Dressing: None

Meal items to be served with this: orange, WW bread/butter, tapioca pudding

Week 3 – 6/21

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, tropical fruit, chocolate cake

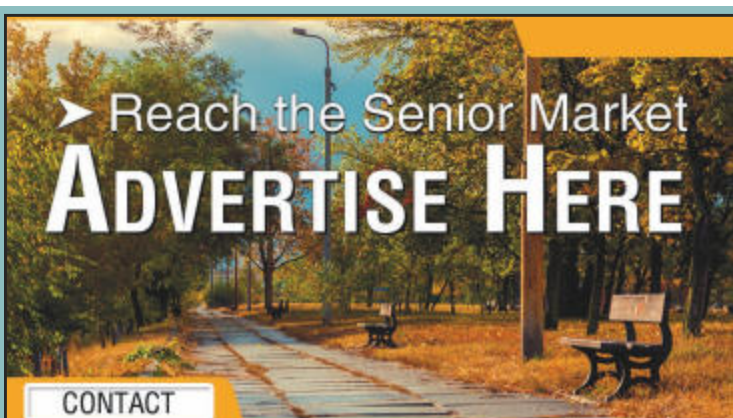
Week 4 – 6/28

Chicken Salad

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

Dressing: Balsamic Vinaigrette

Meal items to be served with this: banana, lime sherbet



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DIRECTOR'S NOTE:

Effective November 1, 2018, air conditioning surcharges that are paid by FoodShare members in addition to rent or other shelter costs are considered a utility expense. Previously, air conditioning surcharges did not count as a utility expense. Air conditioning surcharges are typically billed to residents in public housing. FoodShare members who pay an air conditioning surcharge should contact SW Dane Outreach to get credit for this expense. Members may have to provide proof of the surcharge. FoodShare members should report all of their utility expenses when applying or renewing their benefits.

The Mt. Horeb Police Dept. now has a "Drop Box" for prescription medications, ointments and patches, vitamins, over the counter medications, and pet medications. The hours are from 8:00 am– 4:00 pm, Monday through Friday. NO NEEDLES, SHARPS, EPI PENS, INHALERS OR THERMOMETERS. Plastic bags will be provided..

CASE MANAGER'S NOTE:

The Mt. Horeb Senior Center will be hosting a "Medication Review" on June 18, from 9:00 am-3:00 pm in coordination with United Way of Dane County and the Pharmacy Society of WI. This service was provided to 185 seniors in Dane County in 2018. This review is to provide counseling from registered pharmacists and a review of senior's medications in order to prevent falls. (Falls are the leading cause of injury-related deaths for WI seniors in the nation.) Do you take three or more medications, including over the counter? Have you experienced unexplained dizziness? Have you fallen in the past year? If you have answered yes to any of these questions, you may benefit in attending this program. The pharmacists will also consult with your doctors. Call 437-6902 to make a reservation for this review. Past participants have been very pleased!

 <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>Whatever life brings, we've got you covered.</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</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>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>Live well, feel safe, we've got you covered.</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>The Next Best Place to Home[®]</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>



JUNE 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				Mount Horeb Summer Frolic June 6th-9th.
3 Miller & Sons Food 10 am Helping Hands– 9:30 Wii Games-12:30 pm	4 BRIDGE 1:00 PM	5 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 Stepping On Class 12:30 pm	7 Miller & Sons Food 10 am
10 Miller & Sons Food 10 am	11 Dartball-1:00 pm \$5.00 Movie- 8:30am RSVP– 444-7930 Memory Café– 1:00 (Immanuel Church)	12 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 SHOPPING 9:30 DODGEVILLE Stepping On Class 12:30 pm	14 Miller & Sons Food 10 am Irish Music– 12:30
17 Miller & Sons Food 10 am Helping Hands– 9:30 Wii Games– 12:30 pm	18 BRIDGE 1:00 PM MEDICATION REVIEW 9:00 AM-3:00 PM	19 Miller & Sons Food 10 am EUCHRE 1:00 PM	21 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Lunch Outing 10:30 Stepping On Class 12:30 pm	21 Miller & Sons Food 10 am Cooking Group 1:00 pm
24 Miller & Sons Food 10 am Card Making 1:00 pm	25 BRIDGE 1:00 PM \$5.00 Movie– 8:30 am RSVP– 444-7930	26 Miller & Sons Food 10 am EUCHRE 1:00 PM	27 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Shopping –9:30 Dodgeville Stepping On Class 12:30 pm	28 Miller & Sons Food 10 am Bingo 12:30 pm

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered Monday-Friday at the Senior Center, Fink's Café and Home Delivered Meals, for people 60+. "The suggested minimum donation is \$4.00. Please contribute the amount you can afford." 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 or 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 RSVP.)

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, or Seniors only.

Heights Unlimited Service Center in Black Earth, (building next to the BP station) is a Food Pantry for people in the WI Heights school district and local area. Hours, Tues. 4:00– 6:00 pm- 2nd Sat. 10:00- 11:30 am

FOOTCARE CLINIC WITH RITA STANTON

Wednesday, June 19- 8:30-11:30 am

Tuesday, June 25- 12:30 –3:30 pm

Wednesday, June 26- 8:30 am – 11:30 am

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Mount Horeb Area Senior Center

107 North Grove Street

Mount Horeb, WI 53572



Summer Search

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August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

vacation

