



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: **Alexis Cox**

EVENTS FOR NOVEMBER

NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

4TH -HELPING HANDS- 9:30 AM

Wii BOWLING- 12:30 PM

7TH- ENERGY ASSISTANCE 9:00-4:00 PM (By appt. call 1-800-506-5596)

9TH- BARABOO SHOPPING TRIP- Leaving at 9:30 AM

12TH-CAREGIVER SUPPORT- 1:00 PM

12TH-TAE CHI-2:00 PM

18TH-Wii BOWLING 12:30 PM

19TH-HEARTLAND HOSPICE 1:00 PM

TAE CHI -2:00 PM

21ST- LUNCH OUTING-5TH QUARTER 10:30 ~~PM~~ RSVP

22ND-BINGO 12:30 -PM SPONSORED BY JOE RYAN CHIROPRACTOR

23RD-HOLIDAY BAZAAR HIGH SCHOOL - 9:00- 4:00

25TH-CARD MARKING 9:00-3:00 RSVP -STACEY 279-6108 by11-18

26TH- TAI CHI 2:00 PM

WISH LIST: coffee cups, stamps, coffee, whiteout

Thanks to all who donated copy machine paper, paper kitchen supplies, Bingo and Door prizes, to John Scheidegger for sponsoring October Bingo and music for our Volunteer Party and to Culver's for providing custard for our Volunteer Party.

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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.



NOVEMBER 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 * to note what meals contain pork	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.			1 *Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad NAS – steamed carrots Tropical Fruit Vanilla Pudding MO – Hummus Wrap NCS – SF Pudding
4 Chili NAS – no sour cream Baked Potato/Sour Cream Banana Cornbread/Butter Lemon Dream Bars MO – Veggie Chili NCS – Spiced Apples	5 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-o MO – Veggie Pot Pie NCS – SF Jell-o Cake for Cambridge	6 Chicken and Gravy NAS – no gravy Over White bread Mashed Potatoes Butter Green Beans Orange Frosted Marble Cake MO – Veggie Chicken and Gravy NCS – SF Cookie Packet	7 Fish Sandwich on WW Bun Cheese Slice NAS – no cheese Tartar Sauce Yams Coleslaw Fruit Cup Carnival Cookie MO – Cheese and Tomato Sandwich NCS – SF Cookie Packet	8 Chicken Stew WW Dinner Roll/Butter Broccoli Fruit Cocktail Pumpkin Bar MO – Veggie Stew NCS – SF Pudding
11 Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrot Cinnamon Apples Pumpkin Pie MO – Multigrain Burger NCS – SF Pie	12 *Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Dressing Banana Ambrosia Salad MO – Veggie Meatballs NCS – Pineapple	13 *Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Chocolate Pudding MO – Veggie Wrap NCS – SF Pudding	14 Cheeseburger NAS – no cheese on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO – Black Bean Burger NCS – SF JELL-O	15 Hearty Chicken Noodle Soup Saltine Crackers California Blend Veg. Grape Juice Frosted White Cake MO – Vegetable Soup NCS – SF COOKIE PACKET
18 Beef Stew – 2 6oz. ladles Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake (no frosting) MO – Veggie Stew NCS – SF Cookie Packet	19 Chicken Mac Casserole Peas Tomato Juice NAS – LS V-8 Pineapple Vanilla Pudding MO – Mac and Cheese NCS – SF PUDDING	20 Cheese Tortellini Bake (In meat sauce) Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp MO – Marinara Tortellini Bake NCS – FRUIT CUP	21 Traditional Meatloaf Mashed Potatoes w/Gravy NAS – no gravy Broccoli White Bread/Butter Apple Juice Cup Frosted Lemon Cake MO – Garden Patty NCS – SF Jell-o	22 Turkey in Gravy Mashed Potatoes Glazed Carrots Cranberry Stuffing Cinnamon Apples Slices Pumpkin Pie MO – Veggie Chicken in Gravy NCS – SF Pumpkin Pie
25 Chicken a la King Brown Rice Carrots Corn Salad Peaches Cookie Bars MO – Soy a la king NCS – SF Cookie Packet	26 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Raspberry Sherbet MO – Veggie Meatballs in Gravy NCS – SF Ice Cream	27 *Sausage Veggie Egg Bake Orange Juice Mini Biscuit/Butter Spiced Apples Coffee Cake MO – Veggie Egg Bake NCS – SF PUDDING	28 Senior Center Closed 	29 Senior Center Closed 

NUTRITION MANAGER'S NOTE:

FOODSHARE NUMBERS CHANGED OCTOBER 1, 2019. For a household of one, their gross income has to be \$1,041.00/month or less and for a household of two, their income has to be \$1,410.00/month or less. (FPL— Federal Poverty Level). The minimum amount that a household can receive is \$16.00/month.

WELCOME TO MEDICARE SEMINAR— NOVEMBER 14, 2019, AT THE STOUGHTON SENIOR CENTER. THE SESSION WILL RUN FROM 9:00 –11:30 AM. CALL (608) 261-9930 TO REGISTER.

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!

Salad Options for November 2019

Week 1 – 11/1

Chicken Taco Salad

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

Dressing: None

Meal items to be served with this: WW bun, tropical fruit, vanilla pudding

Week 2 – 11/8

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: WW dinner roll, fruit cocktail, pumpkin bar



Week 3 – 11/15

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: saltine crackers, grape juice, frosted white cake

Week 4 – 11/22

Pulled Pork Confetti Salad

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

Dressing: Ranch

Meal items to be served with this: cranberry stuffing, cinnamon apple slices, pumpkin pie



where the experts are

JENNY JOHNSON REALTY LLC
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Mount Horeb, WI 53572
608-437-5099
email: jenny@jennyjohnsonrealty.com
Website: www.JennyJohnsonRealty.com

Ott Law Office, S.C.
Karla J. Ott, Attorney at Law
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Email: scheideggerj@firstweber.com
www.johnscheidegger.firstweber.com



DIRECTOR'S NOTE:

We will be offering a Tai Chi Class starting on Tuesdays, November 12 and going through Tuesday, December 17. The class will be taught by Gail Doty, who is certified by the Tai Chi for Health Institute. The class time will be from 2:00– 3:00 pm and the cost will be \$30.00/person. Tai Chi is a gentle exercise which originated in ancient China and has been shown to have many health benefits. In terms of physical exertion, the tai chi in this class would be similar to walking. The movements are to be done in a comfortable range of motion. They can be modified as needed in terms of balance, as they can be done standing without hand support, with hand support or in the seated position. Comfortable clothing and well fitting flat footwear are required. Participants with any medical concerns are required to have medical clearance from their doctor. Call the Mt. Horeb Senior Center at 437-6902 for more information, to reserve a spot in the class and fill out a waiver.

CASE MANAGER'S NOTE:

November is Hospice and Palliative Care Awareness Month. Every year, millions of Americans receive Palliative or Hospice care. There is a difference between the two types of care. The goal of palliative care is to provide relief from symptoms of a serious illness like pain, heart disease, depression, etc. to improve quality of life. Hospice is for people who have decided not to continue receiving treatment for a terminal illness. Hospice is typically offered to people not expected to live for 6 months. Both services can be provided at home, hospitals or nursing homes. Both services have a team of doctors, nurses, social workers, etc., to work with a patient. Medicare covers 100% of hospice care if a patient is terminally ill and may not live for 6 months, the patient accepts comfort care and signing a statement choosing Hospice care instead of other Medicare-covered care to treat the terminal illness and related conditions.

SOCIAL SECURITY AND SSI WILL BE GOING UP BY 1.6% STARTING IN JANUARY 2020.

 <p>Girlie's Manor 104 Lincoln Court, Mt. Horeb, WI • www.girliesmanor.com</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>VIKING HARDWARE OPEN 7 DAYS A WEEK 608-437-8717</p>
 <p>Sun Prairie HEALTH CARE CENTER <i>Live well, feel safe, we've got you covered.</i><ul style="list-style-type: none">• Rehabilitation Services• Skilled Nursing Care• Assisted Living• Independent Living228 W. Main Street • Sun Prairie 608-837-5959 www.sunprairiehc.com</p>	 <p>Waunakee MANOR <i>Whatever life brings, we've got you covered.</i><ul style="list-style-type: none">• Rehabilitation Services• Independent Living• Assisted Living• Skilled Nursing Care(608) 849-5016 801 Klein Dr. • Waunakee www.waunakeemanor.com</p>	<p>Residential Care Senior Apartments Independent, maintenance-free living with extra amenities for all your needs</p>  <p>Inglewood Residential Care Apartments InglesideHealthCare.org 608.437.5511</p> <p>Come in and feel the difference! 405 N. 8th Street in Mt. Horeb</p>
 <p>KAREN TETZLAFF (608) 575-1298 ktetz@att.net www.movewithkaren.com 20+ years of experience Experienced in helping people downsize</p> 	 <p><i>The Next Best Place to Home™</i> - Memory Care - Call to Schedule a Tour 608-437-HIVE (4483) 325 N. 8th St. • Mt. Horeb, WI 53572 https://beehivehomes.com/location/mount-horeb/</p>	



NOVEMBER 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Miller & Sons Food 10:00 am Music—12:30 pm Fish Fry— Maple Leaf Restaurant Cross Plains— 4:30pm
4 Miller & Sons Food 10 am Helping Hands 9:30	5 Bridge— 1:00 pm	6 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	7 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Energy Assistance- 9:00 am-4:00 pm Shopping -Dodgeville	8 Miller & Sons Food10 am Northern Comfort Band— 12:30 pm
11 Miller & Sons Food 10 am	12 \$ 5.00/Movie-8:30 Bridge— 1:00 pm Caregiver Support 1:00pm Memory Café 1:00 Lincoln Ct. Apts. Tai Chi— 2:00 pm	13 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	14 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Lunch Outing—10:30 5TH Quarter Restaurant, Verona Leaving at 10:30 am	15 Miller & Sons Food 10.00 am.
18 Miller & Sons Food 10 am Helping Hands 9:30 Energy Assistance- 9:00 am-4:00 pm	19 Bridge 1:00 pm Heartland Hospice 1:00 pm Tai Chi— 2:00 pm	20 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	21 Cooking Group— 1:00 (Making pies for the Holiday Bazaar Bake Sale) Shopping— Madison 9:30 am	22 Bingo— 12:30 pm 
25 Miller & Sons Food 10 am Card Making 9:00— 3:00	26 \$5.00/Movie Foot Clinic 12:30-3:30 Bridge 1:00 pm Tai Chi— 2:00pm	27 Fink's Café 9:00 am —1:00 pm Miller & Sons Food 10:00 am Foot Clinic 8:30— 11:30	28 Senior Center Closed 	29 Senior Center Closed 

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 minimum 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 minimum 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.

Heights Unlimited Service Center in Black Earth, (building next to the BP gas station) is a Food Pantry for people in the WI Heights school district and local area. Hours are

FOOTCARE CLINIC WITH RITA STANTON

November 20- 8:30 am -11:30 am

November 26-12:30 pm - 3:30 pm

November 27- 8:30 am -11:30 am

Please call for an appointment at 437-6902

GETTING PATIENTS BACK IN Full Swing



The Chalet at Glorner Village was designed to bridge the gap between a hospital discharge and return to home. Common diagnoses of Chalet patients include joint replacements, debility/weakness, stroke, heart failure, fractures, and respiratory conditions. Emphasis of care is based on restorative and rehabilitation needs with lengths of stay averaging a few Weeks based upon care plans and goals.

WHO CAN BENEFIT?

Patients whose needs cannot be met at home, but their condition is not severe enough to require a continued hospital stay are suited for The Chalet of Glorner Village. They generally require assistance with activities of daily living including eating, walking, bathing, dressing, and toileting.

Our goal is to assist individuals in regaining their optimum level of function and restore their ability to perform activities of daily living through skilled therapy, skilled nursing care, and socialization, enabling them to return to the place they call home.

New Glarus Home offers a full spectrum of services including Independent Retirement Living, Assisted Living, Skilled Nursing, and Inpatient and Outpatient Therapy.

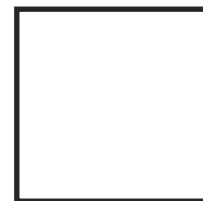
**For more information
or to tour The Chalet at
Glarner Village,
call us today at
(608) 527-2126
or visit nghome.org.**



Mount Horeb Area Senior Center

107 North Grove Street

Mount Horeb, WI 53572



Thanksgiving Wordsearch



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

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CELEBRATE
CORN
CRANBERRYSAUCE
FAMILY
GIVETHANKS
GRAVY
HARVEST
INDIANS
MASHEDPOTATOES
MAYFLOWER
NOVEMBER
PILGRIMS
PUMPKINPIE
STUFFING
THANKSGIVING
TURKEY

