

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE
OUTREACH/NUTRITION

OCTOBER 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: **Alexis Cox**

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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.



OCTOBER EVENTS

5TH- RICHLAND CENTER APPLE ORCHARD TRIP- 9:30 AM

10TH -COOKING GROUP 1:00 PM

11TH -VOLUNTEER PARTY 1:00 PM

14TH- TOUR & LUNCH- AGRACE HOSPICE -LEAVING AT 9:45 AM -RSVP

17TH - LUNCH OUTING -MUNCHSKIES- SPRING GARDEN LEAVE AT 9:30

18TH- HAPPY HOUR TRI-12:30 PM (RON ,ROSEMARY AND FRANCIS)

19TH- TRIP TO LARGE CAT RESERVE - 10:00 AM

24TH -ADVANCE DIRECTIVES -12:30 PM - RSVP BY 10/18/19

25 TH -BINGO- 12:30 PM SPONSORED BY JOHN SCHEIDGGER

28 TH -CARD MAKING- 1:00 CALL STACEY BAUM TO REGISTER 279-6108

29TH- MEDICATION REVIEW-9:00 AM-2:00 PM BY APPT.437-6902

**ENERGY ASSISTANCE- NOV. 7TH AND 18TH BY APPT.
CALL 1-800-506-5596**

**THANK YOU TO EVERYONE WHO DONATED BINGO AND DOOR PRIZES,
FRESH VEGETABLES, EGGS, PAPER PRODUCTS, BAKED GOODS FROM
SCHUBERTS AND FINKS CAFÉ FOR SPONSORING BINGO.**

**WISH LIST; PLASTIC SPOONS AND FORKS, STAMPS, PAPER TOWELS AND
8 INCH PAPER PLATES**

**MEDICARE OPEN ENROLLMENT -OCT.15- DEC. 7 CALL 437-6902
FOR APPT. WITH MARY KAY SUTTER**

OCTOBER 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	1 Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp MO – Veggie Tortellini bake NCS – SF Cookies Birthday cake for Cambridge	2 Chicken a la King Brown Rice Carrots Corn Salad Peaches Frosted Marble Cake MO – Veggie Chicken a la King NCS – Banana	3 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Chocolate Pudding MO – Black Bean Burger NCS – SF Pudding	4 Sausage Veggie Egg Bake Orange Juice Mini Biscuit/Butter Spiced Apples Coffee Cake MO – Veggie Egg Bake NCS - SF Cookies
7 Rustic Tomato Bean Soup Dinner Roll/Butter Broccoli Fruit Cup Peanut butter Cookie MO – Veggie Tomato Bean Soup NCS - SF Cookies	8 *Ham and Potato Casserole NAS – Chicken/Potato Casserole California Blend Banana MG Bread/ Butter Chocolate Cream Pie MO – Veggie and Potato Cass. NCS - SF Pudding	9 Cabbage Rolls in Tomato sauce Brown Rice Roasted Carrots Dinner Roll/Butter Cottage Cheese Diced Peaches MO – Veggie Wrap NCS – n/a	10 BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread /Butter Tropical Fruit White Cake MO – Veggie Chicken in BBQ NCS - SF Cookies	11 Chicken Macaroni Salad Green Beans Glazed Diced Carrots Pears Apple Sauce Bar MO – Mac and Cheese NCS – SPICED APPLE
14 Enchilada Casserole Spanish Rice Pinto Beans Mandarin Oranges Frosted Churro Cake MO – Veggie Enchilada Cass NCS - SF COOKIES	15 Brat White bun Mustard Stewed Tomatoes NAS – 3 tomato wedges Mixed Green Salad Dressing Fruit Cocktail Butterscotch Swirl Ice Cream MO – Veggie Dog NCS – SF Ice Cream	16 Chicken Strips BBQ Sauce Roasted Brussel Sprouts Coleslaw NAS – steamed peas Dinner Roll/Butter Fruit Cup Blueberry Crisp MO – Hummus Wrap NCS - SF Pudding	17 Tuna Casserole Roasted Baby Carrots Pickled beets Banana Sugar Cookie MO – Garden Burger NCS - SF Cookies	18 Italian Lasagna Green Beans Toss Salad Dressing Breadstick/Butter Cinnamon Apples Brownie MO – Veggie Lasagna NCS - SF COOKIES
21 Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit cocktail Vanilla Pudding MO – Veggie Chicken in Gravy NCS - SF Pudding	22 Taco Pasta Casserole Broccoli Cauliflower Pineapple Apple Crisp MO – Bean/cheese Burrito NCS - SF Jell-o	23 Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes NAS – baked potato, no mayo 4 Bean Salad Orange Frosted Chocolate Cake MO – Veggie Burger NCS – SF PUDDING	24 *Meatballs in Gravy Mashed potatoes California Blend Tropical Fruit Dinner Roll/Butter Strawberry Swirl Ice Cream MO – Veggie Meatballs in Marinara NCS - SF ICE CREAM	25 Tuna Salad Sandwich on WW Tomato soup Fruit cup Blueberry Pound Cake MO – Egg Salad NCS - SF Cookies
28 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Peaches Frosted Strawberry Cake MO – Chickpea Sloppy Joe NCS – OJ CARTON	29 Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Banana Cheesecake Brownie MO – Veggie Honey Diced Chicken NCS - SF Pudding	30 Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Chocolate Chip Cookie MO – Marinara Sauce NCS - SF COOKIES	31 Lemon Baked Fish Tartar Sauce Baked Potato Sour Cream Fruit Cup WW Bread/Butter Strawberry Jell-o MO – Veggie Wrap NCS – SF JELL-O	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.

NUTRITION MANAGER'S NOTE:

We would like you to WELCOME Alexis Cox as our new Nutrition Manager. She has been in the Mt. Horeb area for a long time and has been in the "Food Service" field for 17 years. Stop in to meet her and say hi..

BEWARE OF SCAMMERS: SENIORS IN OUR AREA HAVE BEEN GETTING PHONE CALLS AND EMAILS AND HAVE BEEN SCAMMED OUT OF MONEY. DO NOT GIVE OUT PERSONAL INFORMATION!

Salad Options for October 2019

Week 1 – 10/4

Chicken Confetti Salad

Mixed Greens topped with diced chicken, tomatoes, cucumber, corn and bacon crumbles.

Dressing: Ranch

Meal items to be served with this: mini biscuit, butter, spiced apples, coffee cake

Week 2 – 10/11

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: pears, apple sauce bar

Week 3 – 10/18

Beef Taco Salad

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

Dressing: None

Meal items to be served with this: Breadstick, butter, cinnamon apples, brownie

Week 4 – 10/25

Pulled Pork Santa Fe Salad

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

Dressing: Ranch

Meal items to be served with this: fruit cup, blueberry pound cake.

**where the experts are**





JENNY JOHNSON REALTY LLC
Broker/Owner/Realtor
200 West Main Street
Mount Horeb, WI 53572
608-437-5099
email: jenny@jennyjohnsonrealty.com
Website: www.JennyJohnsonRealty.com

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DIRECTOR'S NOTE:

We are encouraging everyone to be aware and participate in the 2020 U.S. census. Did you know that the census data is used to distribute over \$675 billion dollars annually in federal funds and even more in state funds? Did you know that census data is used to plan for public transportation services? Did you know that census data is used to plan and design facilities and housing for the elderly? Did you know that census data is used to create maps to speed emergency services to households in need of assistance? And closer to home.... Did you know that census data is used in the funding formulas for the Dane County Case Management and Nutrition Site Management contracts? This means an accurate census count directly affects "Seniors" who live in Dane County.

Wisconsin now allows it's residents, who are U.S. citizens age 65 and over, to obtain an ID card which never expires. The ID card is free for voting purposes. Individuals holding a driver license who would like to get this ID, must surrender their license and driving privileges. Apply for this card at a local DMV. For more info, visit wisconsinidmv.gov/idcards

CASE MANAGER'S NOTE:

YOUR INPUT IS NEEDED! The Dane County Department of Human Services conducts a "Satisfaction Survey" every year for older adults who are receiving Case Management Services. Randomly selected seniors will be mailed the survey on 10/11/19. Upon receiving this letter, please complete the survey and mail it back in the provided self-addressed, stamped envelope by 11/1/19. Your input will be kept confidential. Thank you for participating!

The Energy Assistance program will be coming to the Mt. Horeb Senior Center on November 7 and 18 from 9:00am – 4:00pm. If your gross income for three months for one person is \$6,870.00 or for two people is \$8,983.00, you would qualify. Bring along your most recent energy bill, photo ID and Social Security number and written proof of your household's gross income. Call 1-800-506-5596 to make an appointment.

 <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>VIKING HARDWARE</p> <p>OPEN 7 DAYS A WEEK</p> <p>608-437-8717</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>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>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>KAREN TETZLAFF</p> <p>(608) 575-1298 ktetz@att.net</p> <p>www.movewithkaren.com</p> <p>20+ years of experience</p> <p>Experienced in helping people downsize</p> 	 <p>BeeHive HOMES of Mt. Horeb</p> <p><i>The Next Best Place to Home™</i> - Memory Care -</p> <p>Now Open! Call to Schedule a Tour</p> <p>608-437-HIVE (4483)</p> <p>325 N. 8th St. • Mt. Horeb, WI 53572 https://beehivehomes.com/location/mount-horeb/</p>	



OCTOBER 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bridge 1:00 pm	2 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	3 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm (Trip to Blue Mounds Food Pantry-Leave at 9:00 am.)	4 Miller & Sons Food 10 am
7 Miller & Sons Food 10 am Helping Hands— 9:30 Wii Bowling-12 :30	8 Bridge 1:00 pm	9 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	10 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Cooking Group— 1:00 pm	11 Miller & Sons Food 10 am
14 Miller & Sons Food 10 am	15 Bridge 1:00 pm Caregiver Support— 1:00 Memory Café— 1:00 Lincoln Ct . Apts. \$ 5.00 Movie— 8:30 am	16 Fink's Café 9:00 am - 1:00 pm Foot Clinic 8:30— 11:30 Miller & Sons Food 10 am Euchre 1:00 pm	17 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Lunch Outing— 10:30 (Munskhies Apple Orchard & Spring Garden Restaurant)	18 Miller & Sons Food 10.00 am. Happy Hour Trio 12:30 pm
21 Miller & Sons Food 10 am Helping Hands— 9:30 Wii Bowling— 12:30	22 Foot Clinic 12:00-3:30 Bridge 1:00 pm	23 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	24 Foot Clinic— 8:30 am 12:30 pm Advance Directives— 12:30	25 Miller & Sons Food 10.00 am. Bingo—12:30 pm
28 Miller & Sons Food 10 am Card Making— 1:00	29 Medication Review 9:00-2:00 Bridge 1:00 pm Massages— 1:00 pm \$5.00 Movie-8:30 am	30 Fink's Café 9:00 am —1:00 pm Miller & Sons Food 10:00 am Euchre 1:00 pm	31 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Happy Halloween	

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 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 station) is a Food Pantry for people in the WI Heights school district and local area.

FOOTCARE CLINIC WITH RITA STANTON

October 16 - 8:30 am - 11:30 am

October 22- 12:00 pm - 3:30 pm

October 23- 8:30 am- 11:30 am

October 24 -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.

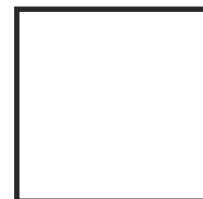
Our goal is to assist individuals in regaining their optimum level of function and restore their ability to perform activities of daily living through skilled therapy, skilled nursing care, and socialization, enabling them to return to the place they call home.

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.**



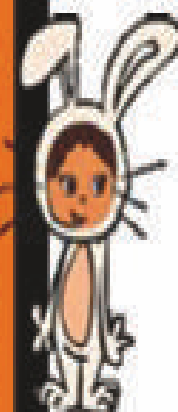
Mount Horeb Area Senior Center
 107 North Grove Street
 Mount Horeb, WI 53572



Healthy Halloween Nutrition Food Word Search Puzzle!

There is more to Halloween than just candy. Find these Halloween words!

spiders costume nuts orange popcorn
 pumpkin seeds raisins black fangs
 treats tricks patch apples broom



HAPPY HALLOWEEN