



## 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](mailto:swdaneoutreach@mounthorebwi.info)

**Director:** ..... **Lynn Forshaug**

**Case Manager:** Mary Kay Sutter

**Nutrition Manager:** Alexis Cox.

All Programs and Activities will be canceled at the Mt. Horeb Senior Center for May due to the coronavirus. Case Management Services will continue through phone calls or emails. Home Delivered Meals will continue to be provided; two meals on Monday and Wednesday and one meal on Friday. Meals are ordered each Friday for the following week, so please call 437-6902 by Thursday, to change or cancel meals.

Carry Out Meals are now available through the “My Meal My Way” Program at Finks Café. Finks Café will provide a “Special Meal” on Tuesday, Wednesday and Thursday of each week from 11:00 am-1:00 pm, for a curbside pick-up. Seniors 60 + will qualify for this meal. There is a \$4.00 suggested donation for the meal. Please call ahead and reserve a meal at 437-8922.

## COVID-19- Some Food Share Members Will Get Additional Benefits

Under the Federal Families First Coronavirus Response Act, the Wisconsin Dept. of Health Services is able to give households eligible for Food Share benefits the maximum monthly benefit amount. As a result, over 215,000 Food Share households would be getting additional Food Share benefits. The March benefits would have been on the Quest card on April 12 and the additional April benefits would have been on the Quest card on April 26. For a household of one, the maximum monthly benefit will be \$194.00, for a household of two, the benefit will be \$355.00. Households getting the additional benefits should have received a letter notifying them of the amount.

**SAFER AT HOME IS WORKING!** People across Wisconsin have risen to the challenge of COVID-19, by changing the way they work, play and interact with family and friends. By staying “Safer at Home”, physical distancing, continuing to wash hands and cover coughs, Wisconsinites are making a difference and beginning to flatten the curve. (Wisconsin Dept. of Health Services)

Farmer’s Market Vouchers will be available to all who qualify in June. More information will follow in the June newsletter.

**THANK YOU TO MILLERS STORE AND ALL THEIR STAFF FOR WORKING TIRELESSLY AND MAINTAINING THIS ESSENTIAL SERVICE FOR OUR COMMUNITY!**

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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 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>VO - Vegetarian Option</b> <b>NCS - No Concentrated Sweets</b> <b>NAS - No Added Salt</b> <b>NAS diet should not be receiving: gravy, ketchup or mustard.</b> <b>*s to note what meals contain pork.</b>	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. <b>NO SUBSTITUTIONS ALLOWED</b>			<b>1</b> Sloppy Joe - #12 WW Bun - 1 ea. Carrot Coins - #8 Black Eyed Pea Salad - #8 Pineapple - #8 Chocolate Pudding - 1 ea. <b>MO - Chickpea Joe</b> <b>NCS - SF PUDDING</b>
<b>4</b> Cheese Tortellini Bake - #6 (In meat sauce) Bread Stick/Butter - 1 ea. Spinach - #8 Mandarin Oranges - #8 Blueberry Crisp - 1 pc. <b>MO - Cheese Tortellini Bake</b> (In marinara sauce) <b>NCS - SPICED APPLES</b>	<b>5</b>	<b>6</b> Pot Roast with Gravy - 1 sl. (3oz) Mashed Potatoes - #8 Carrots - #8 Orange Juice- 1 ea. WW Bread/butter- 1 sl. /1 ea. Frosted White Cake - 1 pc. <b>MO - Black Bean Burger</b> <b>NCS - SF JELL-O</b>	<b>7</b>	<b>8</b> *Sausage Veggie Egg Bake - 1 sq. (1/24 pan) Fruit Cup - 1 ea. Mini Biscuit/Butter - 1 ea. Spiced Apples - #8 Coffee Cake - 1 ea. <b>MO - Cheesy Scrambled Eggs</b> <b>NCS - SF Cookie</b>
<b>11</b> Chicken Strips - 2 ea. Honey Mustard Sauce - 1 pkt. Roasted Brussel Sprouts - #8 Coleslaw - #8 <b>NAS - steamed peas</b> Dinner Roll/Butter - 1 ea. Fruit Cup - 1 ea. Peanut Butter Cookie - 1 ea. <b>MO - Pita and Hummus</b> <b>NCS - SF COOKIE</b>	<b>12</b>	<b>13</b> BBQ Chicken Breast - 1 ea. Baked Sweet Potato/Butter - 1 ea. WW Bread /Butter - 1 sl. /1 ea. Tropical Fruit - #8 Butterscotch Swirl Ice Cream - 1 ea. <b>MO - Multigrain Burger</b> <b>NCS - SF Ice Cream</b>	<b>14</b>	<b>15</b> Enchilada Casserole - 1/24 pan Fiesta corn - #8 Pinto Beans - #8 Mandarin Oranges - #8 Frosted Churro Cake - 1 pc. <b>MO - Red Beans and Rice</b> <b>NCS - SF Pudding</b>
<b>18</b> *Brat - 1 each White bun - 1 each Mustard/Ketchup- 1 each Green Beans - #8 Marinated cucumbers - #8 Fruit Cocktail - #8 Apple Crisp - 1 pc. <b>MO - Veggie Hot Dog</b> <b>NCS - Spiced Applesauce</b>	<b>19</b>	<b>20</b> Rustic Tomato Bean Soup - (2) 6 oz ladles *Dinner Roll/Butter - 1 ea. *Mixed Greens - 1 cup *Dressing - 1 pkt *Peaches - #8 Chocolate Chip Cookie - 1 ea. <b>MO - Veggie Tomato Bean Soup</b> <b>NCS - SF Cookie</b>	<b>21</b>	<b>22</b> Roasted Turkey in Gravy - 1 sl. (3oz) Rice Pilaf - #8 Creamed Corn - #6 Cranberry Sauce - #16 Fruit Cocktail - #8 Brownie w/Peanut Butter Frosting - 1 sq. <b>MO - Veggie Chicken in Gravy</b> <b>NCS - Banana</b>
<b>25</b> <b>NO MEALS</b> 	<b>26</b>	<b>27</b> *Meatballs in Gravy - 3 ea. Mashed potatoes - #8 California Blend - #8 Tropical Fruit with Fresh Melon - #8 Dinner Roll/Butter - 1 ea. Blueberry Crisp - 1 pc. <b>MO - Veggie Meatballs</b> <b>NCS - SF PUDDING</b>	<b>28</b>	<b>29</b> Tuna Salad Sandwich - #12 (3oz) on WW - 2 sl. Tomato soup - 2 #8 Fruit Cup - 1 ea. Blueberry Pound Cake - 1 sl. <b>MO - Hummus Wrap</b> <b>NCS - SF Cookie</b>

Nutrition Manager's Note:

Did you know that May is National Asparagus Month? 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.

THANKS TO DANE COUNTY CONSOLIDATED FOODS FOR PROVIDING A SPECIAL TREAT, A CANDY FILLED EASTER EGG WITH THE MEAL ON APRIL 10TH.

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## **SALADS:**

**NO SALADS SERVED  
FOR THE MONTH OF  
MAY!**

## DIRECTOR'S NOTE:

The Dept. of the Treasury stated on April 1, that they will use information from the Social Security Benefit Statement 1099, to generate the economic impact payments for those who did not file taxes in 2018 or 2019. This form is sent out each January and indicates the amount of benefits the beneficiary received the prior year. The government is working closely with the Treasury Dept. to address questions about our SSI recipients in an attempt to make the issuance of the impact payments as efficient as possible. The IRS will provide additional information on the CORONAVIRUS TAX RELIEF when available. The IRS will not consider economic impact payments as income for SSI recipients. The Dept of the Treasury will make payments to the beneficiary through direct deposit or mailing a check.

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## CASE MANAGER'S NOTE:

Medicare Savings Programs and Extra Help for Cost Savings on Health Care and Medications: In uncertain times, you may find that you have limited income and resources. Our program wants to remind you that you may qualify for Medicaid, a joint federal and state program that helps with medical coverage. If you don't qualify for Medicaid, there are other programs that may help pay for Medicare premiums and other costs. The four Medicare Savings programs are: Qualified Medicare Beneficiary( QMB) Program, Specified Low-Income Medicare Beneficiary (SLMB) Program, Qualifying Individual (QI) Program and Qualified Disabled and Working Individuals (QDWI) Program. If you qualify for a Medicaid or Medicare Savings Program, you'll automatically get "Extra Help" for paying for prescription drugs. Call 437-6902 for more info.

# NO MAY 2020 ACTIVITIES "BE WELL !"

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Mother's Day !				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

## MEALS

Nutritious lunches are offered Monday, Wednesday and Fridays' through the Home delivered Meal Program. The meals are ordered every Friday for the next week, so please call by Thursday am for the following week, if you do or do not want meals.

Carry Out Meals are being provided by Finks Café on Tuesday, Wednesday and Fridays from 11:00 am-1:00 pm. Please call Finks to reserve a meal to be picked up curbside at 437-8922. The suggested donation is still \$4.00/meal.

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## 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.

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## 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.

# 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.

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## 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.

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## FOOTCARE CLINIC WITH RITA STANTON



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



## Memorial Day - USA

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

ANNUAL  
CEMETERIES  
DIED  
FEDERAL HOLIDAY  
GRAVES  
LAST MONDAY  
MEMORIAL DAY  
MILITARY  
REMEMBERING  
SERVICE  
UNITED STATES

ARMED FORCES  
DECORATION DAY  
DINNER ON THE GROUND  
FLAG  
HONOR  
MAY  
MEMORIALS  
POPPY  
REMEMBRANCE  
SERVING  
WAR DEAD

