

JUNE 2020 EDITION

MOUNT HOREB AREA SENIOR NEWS

**SOUTHWEST DANE
OUTREACH/NUTRITION**

SUMMER

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

JUNE EVENTS

All Programs and Activities will continue to be canceled until further notice. Case Management Services will continue through phone calls and emails. Home-delivered meals will continue on Monday, Wednesday and Friday.

FYI: Foot Clinics that were scheduled for April, May and June are being tentatively scheduled for June 23rd, 24th, 25th and 26th. Safety and sanitation procedures will be taken.

Our Carry-Out Meals from Finks Café will now be offered on Tuesday and Thursday from 11:00 am-1:00 pm for curbside pick-up. People 60+ are eligible for the meal. There is a minimum suggested donation of \$4.00/meal. A “Special” will be offered each day and only one meal per person. Please call to reserve a meal at 437-8922.

Many people are experiencing “Social Isolation” during the pandemic and are longing for social connections. Social isolation and loneliness can lead to serious mental or physical health problems. Reaching out to family, friends or neighbors through phone calls or online visits, games, exercise, music, etc. are beneficial. “Well-Connected” is a FREE program where seniors can use their phone to call an 800 number and talk to people with common interests. Each session has about 12 participants on a call and they last about 30 minutes. If you have a cell phone, check with your phone plan, so you don’t get charged for extra minutes.
YOU CAN MEET NEW FOLKS!

JUNE 26-DRIVE UP DAIRY DAY at the Senior Center. **FREE ICE CREAM BARS** will be handed out curbside from 12:30-2:00 pm. Come into parking lot from N. Grove St.

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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 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Honey Baked Chicken – 1 ea. Broccoli – #8 Yams – #8 Dinner Roll/Butter -1 ea. Pears – #8 Ambrosia Salad – #8 MO – Veggie Honey Baked Chicken Strips NCS – Orange	2	3 Lemon Dill Baked Fish – 1 ea. (3oz) Tartar Sauce – 1 ea. Baked Potato – 1 ea. Sour Cream– 1 ea. Fruit Cup – 1 ea. WW Bread/Butter – 1 sl. /1 ea. Sugar Cookie – 1 ea. MO – Veggie Wrap NCS – SF Cookie	4	5 Sweet and sour chicken – 2 #8 Brown Rice - #8 Peas - #8 Banana – 1 ea. Rice Pudding - #8 MO – Veggie Sweet and Sour Chicken NCS – SF Pudding
8 *BBQ Pulled Pork – #12 (3oz) on a WW Bun – 1 ea. Chickpea Salad - #8 Carrot Raisin Salad – #8 NAS – steamed carrots Diced Melon Mix – 1 ea. Vanilla Pudding – 1 ea. MO – Black Bean Burger NCS – SF Pudding	9	10 Egg Salad - #12 On WW Bread – 2 sl. Coleslaw - #8 Pickled Beets - #8 Strawberry Jell-o – 1 ea. MO – n/a NCS – SF Jell-o	11	12 Fish Sandwich – 1 breaded fillet on WW Bun – 1 ea. Cheese Slice – 1 ea. NAS – no cheese Tartar Sauce – 1 ea. Yams – #8 Coleslaw – #8 Fruit Cup – 1 ea. Lemon Italian Ice – 1 ea MO – Egg Salad Sandwich NCS – SF Ice Cream
15 *Meatballs in Marinara – 3 ea. Over Penne – #8 Carrots – #8 Broccoli Slaw – #8 Pineapple – #8 Cheesecake Brownie – 1 sq. MO – Veggie Meatballs in Marinara NCS – SF Cookie	16	17 *Saucy BBQ Ribs – 1 ea. (3 oz.) Calico Baked Beans – #8 Potato Salad – #8 Dinner Roll/Butter – 1 ea. Tropical Fruit – #8 Strawberry Shortcake – 1 pc. w/whipped topping – send cans of whipped topping MO – Hummus Wrap NCS – Strawberries	18	19 Hearty Chicken Noodle Soup – (2) 6 oz ladles *Mixed green salad – 1 cup *Dressing – 1 pkt *Saltine Crackers – 2 pkt. *Pears – 1 ea. Pumpkin Bar – 1 each MO – Tomato Soup NCS – Orange
22 Beef Stew – 2 6oz. ladles Biscuit – 1 ea. Green beans – #8 Chunky Apple Sauce – #8 Vanilla Pudding – 1 ea. MO – Tomato and Cheese Sandwich NCS – SF Pudding	23	24 Chicken a la King – 6 oz. ladle Brown Rice – #8 Green Beans – #8 Corn Salad – #8 Banana – 1 ea. Raspberry Sherbet – 1 ea. MO – Soy a la King NCS – SF Ice Cream	25	26 Cheese Tortellini Bake - #6 (In meat sauce) Bread Stick/Butter – 1 ea. Spinach – #8 Mandarin Oranges – #8 Blueberry Crisp – 1 pc. MO – Cheese Tortellini in Marinara NCS – SF Jell-o
29 Pot Roast with Gravy – 1 sl. (3oz) Mashed Potatoes – #8 Carrots – 2 Orange Juice– 1 ea. WW Bread/Butter – 1 sl. /1 ea. Coffee Cake – 1 ea. MO – Veggie Meatballs with Gravy NCS – SF Cookie	30	<div style="text-align: center;">  <p>The eatwell plate</p> <p>Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.</p> <p>Vegetables and fruits</p> <p>Grains, like, wheat, rice, corn, and other starchy foods</p> <p>Protein, like, meat, fish, eggs, beans, and other sources of protein</p> <p>Dairy, like, milk, cheese, and yogurt</p> <p>Oils, fats, and nuts, like, olive oil, butter, and nuts</p> <p>food.gov.uk</p> </div>		

NUTRITION MANAGER'S NOTE:

Due to COVID-19, distribution of Farmer's Market Vouchers will be predominantly through the mail. The Area Agency of Dane County offers vouchers to seniors in Dane County to use in purchasing \$25.00 worth of fruit, vegetables or herbs at Farmer's Markets and roadside stands in WI from June through October 2020. The vouchers are distributed to people 60+ who have gross incomes under \$23,606/year or (\$1,968/month) for a one person or \$31,894 (or \$2,658/month) for two people. There is one set of vouchers per household. Past participants will receive an application in the mail along with the instructions for this year's program. For those who have never participated and wish to apply, contact AAA Dietician Alyce Miller at 261-5678. Vouchers may not be mailed until June 1.

SALADS:

NO SALADS FOR THE MONTH OF JUNE 2020

 <p>where the experts are</p>  <p>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</p>	<h2>WISCONSIN'S</h2> <p>PRIVATE PRACTICE OF THE YEAR RECIPIENT</p> <ul style="list-style-type: none">▶ No Referral Needed to Start PT!▶ Medicare Accepted <p>608.437.0222 1215 Springdale St. Mount Horeb, WI 53572</p>  <p>Capitol Physical Therapy</p>  <p>Garrett Rogstad</p>  <p>Sam Oehler</p>
<p>Ott Law Office, S.C. Karla J. Ott, Attorney at Law Business • Trusts & Estates Real Estate • Contracts • Probate E-mail: law@karlaott.com</p> <p>608-437-2850 Fax: 608-437-2850 P.O. Box 45, 213 E. Main St. • Mt. Horeb</p>	<p>608-663-0336 4517 Monona Dr.</p>  <p>MONONA SHOE REPAIR If the Shoe Fits, Repair It.</p> <p>We Sell SAS Shoes </p>
 <p>The Bank of New Glarus® and Sugar River Bank Branches</p> <p>Member FDIC thebankofnewglarus.bank </p> <p>12 N. Shore Dr. • Belleville, WI</p>	<p>UPGRADE TO A</p> <h1>VIBRANT ad</h1> <p>Contact us for details • 800-950-9952</p>



DIRECTOR'S NOTE:

Per GWAAR (Greater Wisconsin Agency on Aging Resources, Inc.) the IRS stated that the Stimulus Payment of \$1,200.00/person should be returned to the IRS if a person passed away before the money was received. Return the entire payment unless the payment was made to joint filers and one spouse had not died before the receipt of payment, in which case, you only need to return the portion of the payment made on account of the decedent. This amount will be \$1,200.00 unless adjusted gross income exceeded \$150,000.00. If the payment came as a check, write void in the endorsement section on the back of the check and mail the voided check. If it came as a check and it was cashed or it was direct deposited, you can send a check or money order payable to the U.S. Treasury and include 2020 EIP and person's Social Security number on check. Include a note stating reason for return. Send to: Fresno Refund Inquiry Unit, 5045 E. Butler Avenue, Fresno CA 93888. (Don't staple, bend or paper clip the check..)

CASE MANAGER'S NOTE:

BEWARE OF PHONE SCAMS! Social Security is warning folks that telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action! If you receive such a call: HANG UP, DO NOT GIVE THEM ANY MONEY OR PERSONAL INFORMATION AND REPORT THE SCAM AT OIG.SSA.GOV. Here are some things to watch for; a caller says there is a problem with your Social Security number or account, any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers or prepaid debit cards and emails that may look like official government papers or caller ID's with official looking numbers. Protect yourself! Contact the authorities, your family or Senior Center if you think you have been scammed!

 <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></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 <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 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>	



NO JUNE 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	WE MISS ALL OF YOU! Lynn, Mary Kay & Alexis		

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered on Monday, Wednesday and Friday through the Home-delivered Meal Program. The meals are ordered every Friday am for the next week, so please call by Thursday am to order or cancel your meals for the following week.

Carry-out meals are being provided by Finks Café on Tuesday and Thursday from 11:00 am-1:00 pm. Please call Finks at 437-8922 to reserve a meal to be picked up curbside. The suggested minimum donation is \$4.00/meal. One meal per person.

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

RSVP will not be providing any rides to medical appointments at this time. We will keep you updated on any changes.

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.



RETIREMENT LIVING THE LEGACY



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YOUR FAMILY GROCER
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1845 Springdale Street, Mt. Horeb, WI
Phone 608-437-3081
Hours: 6:30 a.m. to 9 p.m. • 7 Days A Week



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- Grooming & Dressing Guidance

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- Transferring & Positioning
- Incontinence Care & Toileting

608-442-1898
579 D' Onofrio Drive, Suite 10
Madison WI 53718



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Rides are still being provided to the grocery store with no more than two passengers. Call Kris at 444-7930.

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

Tues., June 23- 12:30-3:30

Wed., June 24- 8:30-12:30

Thurs., June 25- 8:30-12:30

Fri., June 25- 8:30-12:30

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.

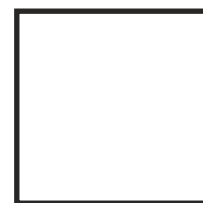
New Glarus Home offers a full spectrum of services including Independent Retirement Living, Assisted Living, Skilled Nursing, and Inpatient and Outpatient Therapy.

**For more information
or to tour The Chalet at
Glorner 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



Types of Gemstones

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

RUBY
TURQUOISE
AQUAMARINE
CITRINE
SAPPHIRE
AMETHYST
GARNET
OPAL
ONYX
PEARL
PERIDOT
TOURMALINE
EMERALD
JADE
KUNZITE
TOPAZ
AZURITE
JASPER

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