

MOUNT HOREB *AREA* SENIOR NEWS

SOUTHWEST DANE
OUTREACH NUTRITION

JANUARY 2021 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:.....
Maggie Milcarek

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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.



JANUARY EVENTS

January-National Blood Donor Month & National Glaucoma Awareness Month

Winter Closure Guidelines for Home Delivered Meals and Finks Café:

Meals will be canceled for the day, if by 6:00 am National Weather Service issues one of the following warnings or advisories to go into effect prior to noon*:

- Winter Storm Warning or Advisory
- Blizzard Warning or Advisory
- Wind Chill Warning or Advisory
- Ice Storm Warning or Advisory

*If any of the above warnings go into effect at noon or later, meals will be served as usual.

January 18– Martin Luther King Day– Senior Center Closed

January 22– Geology Bingo - “Adventure 1”- 1:30 pm. Join the UW-Madison Geology Museum in a fun Geology Bingo adventure! The Bingo cards will feature pictures of beautiful rocks, fossils and crystals from the museum and will be a way to take a “virtual tour” of the museum and exhibits. You can use the zoom link for this presentation:

<https://uwmadison.zoom.us/j/2967146620> The Senior Center will be providing the Bingo cards to play with. Gift cards from Millers and Kwik Trip will be mailed to the winners. Please call the Senior Center to sign up for this adventure or more information.

Thank You to the “Hands All Around Quilters Club ” who made beautiful sets of potholders for all the seniors who received home-delivered meals! Thanks to Gerry Krantz and Donna Skogen who donated fresh eggs. Thanks to Jerilyn Faltz, Pat Flom and Sandy Haag who baked hundreds of cookies for our “Cider and Cookie Give Away” and lunch bags and to Don Hartman and Dave Zoromski for sharing their many squash!

IT IS NOT TOO LATE TO GET YOUR ANNUAL FLU SHOT. CALL YOUR DOCTOR TODAY TO MAKE AN APPOINTMENT!

WISH LIST: Paper towels, copy machine paper and white out.

JANUARY 2021 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. *s to note what meals contain pork.	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. NO SUBSTITUTIONS ALLOWED			1 SENIOR CENTER CLOSED 
4 Sloppy Joe – #12 on WW Bun – 1 ea. Kidney Bean Salad – #8 Mixed Vegetable – #8 Pears – #8 Lemon Bar – 1 sq. MO – Chickpea Joe NCS – PINEAPPLE TIDBITS	5 Honey Baked Chicken – 1 ea. Broccoli – #8 Yams – #8 Dinner Roll/Butter -1 ea. Banana – 1 ea. Blueberry cobbler – #8 MO – Veggie Honey Chicken NCS – SF Cookie	6 Meat Sauce – #8 Spaghetti Noodles – #8 Wax beans – #8 Mixed Green Salad –2 #8 Dressing – 1 ea. Peaches – #8 Frosted White Cake – 1 pc MO – Marinara Sauce NCS – SF PUDDING	7 Lemon Dill Baked Fish –1 ea. Tartar Sauce – 1 ea. Baked Potato – 1 ea. Sour Cream– 1 ea. Fruit Cup – 1 ea. WW Bread/Butter – 1 ea. Sugar Cookie – 1 ea. MO – Black Bean Burger NCS – SF COOKIE	8 *Italian Sausage – 1 ea. on White Bun – 1 ea. Oven Roasted Potatoes – #8 Stewed Tomatoes – #8 Orange – 1 ea. Choc. Ice Cream Cup – 1 ea MO – Veggie Hotdog NCS – SF ICE CREAM
11 Sweet & Sour Chicken – 2 #8 Brown Rice - #8 Peas - #8 Mandarin oranges – #8 Chocolate Chip Cookie Bar – 1 ea. MO – Egg Salad NCS – SF COOKIE	12 *BBQ Pulled Pork – #12 on a WW Bun – 1 ea. Chickpea Salad - #8 Carrots – #8 Fruit Cocktail - #8 Vanilla Pudding – 1 ea. MO – Black Bean Burger NCS – SF PUDDING	13 Chicken Stew – 2 #8 Saltine Crackers – 2 pkts. Broccoli – #8 Tropical Fruit – #8 Brownie – 1 sq. MO – Veggie Stew NCS – APPLESAUCE	14 *Egg Salad - #12 *On WW Bread – 2 sl. Split Pea Soup - 2 #8 *Apple Sauce - #8 Peach Pie Bar – 1 sq. MO – n/a NCS – SF Jell-o	15 *BBQ Ribs – 1 ea. Baked Potato – 1 each Sour cream/Butter – 1 ea. Peaches - #8 Roll/butter – 1 ea. Peanut butter cookie – 1 ea. MO – Garden Burger NCS – SF COOKIE
18 Senior Center Closed	19 Fish Sandwich: Breaded Fillet – 1 ea. WW Bun – 1 ea. Cheese – 1 sl. NAS – no cheese Tartar Sauce – 1 ea. Yams – #8 Coleslaw – #8 Fruit Cup – 1 ea. Lemon Italian Ice – 1 ea MO – Multigrain Burger NCS – SF Ice Cream	20 *Meatballs in Marinara – 3 ea. Over Penne – #8 Carrots – #8 Mixed Greens Salad –2 #8 Dressing – 1 ea. Banana – 1 ea. Cheesecake Brownie – 1 sq. MO – Veggie Meatballs in Marinara NCS – SF Pudding	21 *Pork Loin in Gravy – 1 sl. Mashed Potatoes – #8 Garden Blend Veg. – #8 WW Bread/Butter – 1 ea. Mandarin Oranges – #8 Carnival Cookie – 1 ea. MO – Hummus Wrap NCS – SF COOKIE	22 Hearty Chicken Noodle Soup – (2) 6 oz ladles *Mixed green salad – 1 cup *Dressing – 1 pkt *Saltine Crackers – 2 pkt. *Pears – #8 Pumpkin Bar – 1 each MO – Tomato Soup NCS – SF Jell-o
25 Cheeseburger: Beef Patty – 1 ea. Cheese – 1 slice NAS – no cheese WW Bun – 1 ea. Ketchup/Mustard – 1 ea. 4 Bean Salad – #8 4 Way Vegetable Blend – #8 Warm Spiced Apples – #8 MO – Black Bean Burger NCS – N/A	26 Turkey in Gravy – 1 slice Mashed potatoes - #8 Broccoli - #8 Pineapple tidbits - #8 Mini croissant/butter – 1 ea. Frosted Marble Cake – 1 sq. MO – Garden Wrap NCS – SF Cookie	27 Beef Stew – 2 6oz. ladles Biscuit – 1 ea. Green beans – #8 Chunky Apple Sauce – #8 Chocolate Chip Banana Cake (no frosting) – 1 pc. MO – Tomato Cheese Sandwich NCS – SF JELL-O	28 Traditional Meatloaf – 1 sl. Sweet Potato/Butter – 1 ea. White Bread/Butter – 1 ea. Cinnamon Apple Sauce – #8 MO – 3 Veggie Meatballs NCS – n/a	29 Sloppy Joe - #12 WW Bun – 1 ea. Carrot Coins – #8 Black Eyed Pea Salad – #8 Pineapple – #8 Chocolate Pudding – 1 ea. MO – Hummus/Pita NCS – SF Pudding

NUTRITION MANAGER'S NOTE:

The WI Dept. of Health Services is now offering eligible retailers across the state, the opportunity to obtain free equipment that allows them to process Food Share purchases wirelessly. Use of this equipment will increase Food Share members' access to alternative grocery shopping options, such as curbside pickup and payment.

Food Share has been a crucial lifeline to safe and nutritious food for almost 700,000 Wisconsinites during the Covid-19 pandemic. However, smaller retailers who accept these benefits have not had the opportunity to offer alternative services for Food Share members due to technology limitations. Using funds from the CARES (Coronavirus Aid, Relief and Economic Security) Act, Wisconsin hopes to offer safer shopping experience for all involved.

If FIBER gives you visions of prunes and chalky mix-ins, you're not alone. Don't forget oats, bran, beans, berries, avocado and even popcorn are loaded with fiber. Dietary fiber is a component of plants and minimally processed carbs that pass through our gastrointestinal tract to keep our digestive tract working smoothly. Scientific evidence also suggests that it is a powerful aid to overall health. Recent research found that folks who ate the most fiber-rich diets were 80% more likely to have long and healthy lives compared to those who ate less fiber. Fiber also lowers the risk of heart disease, helps control blood sugar, may lower cancer risks, may soothe inflammation and help in weight control. 25 grams of fiber is a daily recommendation.

Cowboy Caviar
1 15 oz. can corn, drained
1 15 oz. can pinto beans, drained
1 15 oz. can black beans, drained
1 15 oz. can diced tomatoes
1/4 c. chopped onions
1/4 c. chopped pepper
3/4 c. Lt. Italian Salad Dressing
Mix all together and refrigerate for a few hours before serving. Serve with whole wheat crackers.



Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

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is a managed care organization
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For ad info. call 1-800-950-9952 • www.lpiseniors.com

Mount Horeb Senior Center, Mount Horeb, WI A 4C 01-2043

DIRECTOR'S NOTE:

Happy New Year and all the best for a SAFE and HEALTHY 2021! With Winter upon us, we have to remember to be safe and warm in our homes and when venturing out in the cold. Make sure your furnace has been serviced by a professional, for safety in heating your home. Smoke and carbon monoxide detectors are great safety features. Make sure to replace the batteries every six months. When going out, dress in layers of loose clothing, wear mittens or gloves, hats or ear warmers, warm socks and outdoor footwear, to keep the skin protected from the elements. Frost-bite is the most common injury that can happen to our fingers, toes, nose, ears and chin. Hypothermia can also occur when the body's temperature drops below 95 degrees. Use a cane, walking stick or walker to balance when walking outdoors.

CASE MANAGER'S NOTE:

Medicare's General Enrollment Period: January 1 of every year is also the beginning of Medicare's General Enrollment Period. If you missed your Medicare Initial Enrollment Period, when you are first eligible at age 65, you can also sign up for Parts A & B during Medicare's General Enrollment Period from Jan. 1-March 31 and your coverage will start in July 1 of that year. You can enroll online (<https://www.ssa.gov/benefits/medicare/>) or by calling Social Security (local, 1-866-770-2262; Federal, 1-800-772-1213). You can enroll in Part A, Part B or both during this time. You may pay a late enrollment penalty of 10% for each 12 month period you were eligible but didn't have Part B, with the exception of special circumstances. You may be eligible to enroll in a Medicare C (Advantage Plan) or a prescription drug plan (Part D).

 <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>SPREAD THE WORD A Thriving, Vibrant Community Matters</p>  <p>SUPPORT OUR ADVERTISERS</p>		<p>➤ Reach the Senior Market ADVERTISE HERE</p> <p>CONTACT</p> <p>Jeff Parkinson to place an ad today! jparkinson@4LPi.com or (800) 950-9952 x5887</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>



JANUARY 2021 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18 Martin Luther King Day Senior Center Closed	19	20 Foot Care– 8:30– 11:30	21	22 Zoom Geology Bingo– 1:30
25	26 Foot Care– 12:30- 3:30 pm	27 Foot Care– 8:30– 11:30	28	29

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Home Delivered meals are offered Monday through Friday. Please call Alexis at 437-6902 to order meals at least three days in advance.

Finks Café is providing Carry-Out Meals on Tuesday and Thursday for a curbside pick-up or in restaurant dining (following Dane County's Public Health's Guidelines) from 11:00 am-1:00 pm. Reserve a meal at 437-8922. The suggested minimum donation is \$4.00/meal.

RSVP

The Dane County Call Center is available for non-emergency medical rides with a four to five day notice. Call 242-6489 for a ride. You can leave a message and they will return your call in two to three days, to make arrangements for a ride.

Care Van Services can also transport a senior to a medical appointment in Mt. Horeb. Call Kris at 444-7930 to make an appointment for a ride.

MILLER AND SONS

Miller's Supermarket continues to deliver groceries on Thursday, if you are a current customer of this service.

Miller's also offers online shopping. Go to Miller and Sons Supermarket.com. There are designated parking spots for pick-up and a \$4.95 pick-up charge.

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.



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Rides are currently being provided to Miller's Grocery by Care Van Services, with no more than two passengers. Care Van will also take seniors to medical appointments in Mt. Horeb.

Please call Kris at 444-7930 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

"Neighbors Helping Neighbors" are now managing the Food Pantry and Clothes Closet at 102 E. Lincoln St. Mt. Horeb. New hours: Seniors only: Fridays 9:00-10:30 am. All shoppers: Fridays 3:00-6:00 pm & Saturdays 9:30-11:00 am. The distribution will shift from a walk-up/curbside pickup to a drive-through pickup. Heights Unlimited Service Center (next to BP gas station in Black Earth) Hours: Tuesday- 4:00-6:00 pm & second Saturday, 10:00-11:30 am

FOOTCARE CLINIC WITH RITA STANTON

Wednesday January 20-8:30 –11:30 am

Tuesday, January 26- 12:30-3:30 pm

Wednesday, January 27– 8:30-11:30 am

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

Music Word Search

O	Z	S	S	M	D	S	R	E	X	W	M	G	T	D
N	C	E	G	N	E	E	C	Y	T	A	D	N	S	R
A	V	K	A	N	T	L	L	A	L	O	E	Y	E	U
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MUSIC
NOTE
PARTNERSONG
PIANO
QUARTER
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RHYTHM
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