

FEBRUARY

FEBRUARY 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: Alexis Cox.

FEBRUARY EVENTS

Kindness is like snow. It beautifies everything it covers.

Kahlil Gibran

February 10– Foot Clinic– 8:30-11:30 am

February 14–Valentine’s Day

February 24– Foot Clinic– 8:30 am-3:30 pm

Covid 19 Info:

You can’t pay to put your name on a list to get a vaccine.

You can’t pay to get early access to a vaccine.

Nobody legitimate will call about a vaccine and ask for your Social Security Number, Bank Account or Credit Card Number.

Ignore any vaccine offers that say different or ask for personal or financial information.

Two doses are needed, 3-4 weeks apart.

The side effects from the COVID-19 vaccination may feel like the flu and may affect your ability to do daily activities.

Medicare covers FDA– approved COVID-19 vaccines under Part B.

Medicare covers the lab tests for COVID-19 testing, you pay no out-of-pocket costs .

Medicare covers all medically necessary hospitalizations.

FREE Virtual (Online) “Welcome to Medicare Seminar” - If you are turning 64 this year, we can help you make informed choices about Medicare options. March 20, 2021, 9:00 – 11:30 am . Register at aaa@countyofdane.com by March 11,2021.

Thank you to the Mt. Horeb Community Foundation for their generous grant of \$1,500.00 for the Mt. Horeb Senior Center. This grant will be used for the monthly newsletter that is mailed or distributed to 500 seniors in the Mt. Horeb area and emailed to 145 seniors, their families, local churches, municipalities and clinics.

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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.



FEBRUARY 2021 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1 Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp MO – Marinara and Cheese Tortellini NCS – SPICED PEARS | 2 Chicken a la King Brown Rice Green Beans Corn Salad Banana Raspberry Sherbet MO – Soy a la King NCS – SF ICE CREAM | 3 Pot Roast with Gravy NAS – no gravy Mashed Potatoes Carrots Orange Juice WW Bread/Butter Frosted Chocolate Cake MO – Veggie Meatballs NCS – SF JELL-O | 4 Rustic Tomato Bean Soup Dinner Roll/Butter Mixed Greens Dressing Peaches Chocolate Chip Cookie MO – Tomato Soup NCS – SF COOKIE | 5 Ham & Potato Casserole NAS – Chicken/Potato Casserole California Blend Pineapple MG Bread/Butter Tapioca Pudding MO – Soy and Potato Cass. NCS – SF PUDDING |
| 8 BBQ Chicken Breast Baked Sweet Potato/Butter WW Bread/Butter Tropical Fruit Chocolate Banana Cake MO – BBQ Veggie Chicken NCS – SF COOKIE | 9 Stuffed Green Pepper Soup Mixed greens Dressing Crackers Spiced Apple Slices MO – Egg Salad NCS – N/A | 10 Enchilada Casserole NAS – Taco Chicken w/ Rice Fiesta corn Pinto Beans Mandarin Oranges Butterscotch Swirl Ice Cream MO – Bean/Cheese Burrito NCS – SF ICE CREAM | 11 Mushroom Swiss Burger: Beef Patty WW Bun Swiss/Am. Cheese Mushrooms Green Beans Potato Salad Fruit Cocktail Vanilla Pudding MO – Black Bean Burger NCS – SF PUDDING | 12 Lemon Baked Fish Baked Potato Sour cream Butter WW Dinner roll Peaches Red Velvet Cake MO – Veggie Wrap NCS – SF JELL-O |
| 15 Tuna Casserole Stewed Tomatoes Pickled Beets Apple Sauce Lemon Bar MO – Veggie Casserole NCS – SF Jell-o | 16 Chicken Strips Honey Mustard Sauce Roasted Brussel Sprouts Coleslaw NAS – steamed peas Dinner Roll/Butter Fruit Cup Apple Crisp MO – Veggie Chicken Strips NCS – SPICED APPLES | 17 Taco Pasta Casserole Broccoli Cauliflower Pineapple Carnival Cookie MO – Veggie Taco Chicken NCS – SF COOKIE | 18 Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Frosted Marble Cake MO – Garden Burger NCS – SF Pudding | 19 Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad Cranberry Juice Rainbow Sherbet Cup MO – Hummus and Pita NCS – SF ICE CREAM |
| 22 *Meatballs in Gravy Mashed Potatoes California Blend Fruit Cup Dinner Roll/Butter Peanut Butter Cookie MO – Veggie Meatballs in Gravy NCS – SF Cookie | 23 Tuna Salad Sandwich on WW Tomato soup Tropical Fruit Strawberry Swirl Ice Cream MO – Cheese Sandwich NCS – SF ICE CREAM | 24 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Carrot Cake MO – Chickpea Joe NCS – SF Pudding | 25 Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Pears Brownie MO – Honey Baked Veggie Chicken NCS – PINEAPPLE | 26 Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Pumpkin Bars MO – Marinara Sauce NCS – SF JELL-O |
|  |  |  | 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 |

NUTRITION MANAGER'S NOTE:

On a cold winter morning, a bowl of hot oatmeal makes a good healthy breakfast. Starting your day with oatmeal gives you a serving of whole grains, which can lower cholesterol and prevent diabetes. Fiber is the main health attribute of oatmeal. Fiber slows down food processing and absorption and makes you feel full. Oatmeal comes as steel cut, rolled, quick or instant and is all providing mostly equal nutritional value. Beware of the packaged flavored instant oatmeal that often contains added sugar. For variety and healthy alternatives, try adding some milk, plain yogurt, fresh fruit, cinnamon or nuts to your bowl of oatmeal. If you want a change from a bowl of oatmeal, there are lots of recipes for healthy overnight oats or baked oatmeal.

FEBRUARY IS NATIONAL HEART MONTH. DID YOU KNOW THAT THE HEART IS A MUSCLE THE SIZE OF A FIST, THAT PUMPS ALMOST 2,000 GALLONS OF BLOOD THROUGH ALL PARTS OF YOUR BODY? THE BODY AS WELL AS THE HEART NEEDS OXYGEN. THE HEART'S TWO MAIN JOBS ARE SUPPLYING OXYGEN-RICH BLOOD TO THE BODY AND ITSELF. THE HEART GETS OXYGEN THROUGH THE BLOOD, SUPPLIED BY THE CORONARY ARTERIES.

KNOW YOUR NUMBERS:

CHOLESTEROL LEVELS SHOULD BE 200 OR BELOW.
NORMAL BLOOD PRESSURE SHOULD BE 130/80
A FASTING BLOOD GLUCOSE SHOULD BE AT 100 OR BELOW.

BAKED OATMEAL

1 1/2 TBSP. CANOLA OIL
1 TSP. VANILLA
1/2 C. BROWN SUGAR
1/2 TSP. CINNAMON
1/2 TSP. BKG. POWDER
1/4 C. APPLESAUCE
1 1/2 C. OATMEAL
3/4 C. MILK
1 EGG

MIX INGREDIENTS TOGETHER AND PUT INTO A GREASED 9X9 PAN. BAKE AT 350 FOR 30 MINUTES. COOL, CUT INTO SQUARES AND STORE IN REFRIGERATOR. GREAT FOR A SNACK OR BREAKFAST. (CAN ADD (1/2 C. OF WALNUTS, RAISONS OR DRIED CRANBERRIES TO BATTER.)



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is a managed care organization
that serves government-funded programs
to seniors and adults with disabilities
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Mount Horeb, WI 53572



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Fax: 608-437-2850

P.O. Box 45, 213 E. Main St. • Mt. Horeb



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:

We are anticipating working with AARP for their annual Tax Preparation program again. Plans on how this will happen safely with COVID-19 still all around us, is being finalized by the AARP Tax Volunteers. You can call the Senior Center at 437-6902 and we will put your name and phone number on a list. When we here the details on the plan, we will contact you.

Everyone should be aware that the Food Share program has put an emergency allotment in your account along with a 15% additional benefit amount for January. Everyone should receive a mailing to explaining why they are seeing the increase, where it is coming from and that this a temporary benefit..

CASE MANAGER'S NOTE:

The Wisconsin Senior Medicare Patrol is an agency that seniors can call to report Medicare Fraud. You should always check your Medicare statements after a medical appointment, to make sure that all of the charges, procedures, dates of service, servicing doctor, etc. are correct. If you find that something isn't correct on this statement, check with your medical clinic first to confirm the information. If the information isn't correct, it could be fraud.

If you have received any medical equipment through the mail that you or your doctor have not ordered and is being charged to Medicare, this could be fraud. You can call the Senior Center and we can help you work through this or you can call 1-888-818-2611 to report the fraud.

| | | |
|---|--|---|
|  <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> |



FEBRUARY 2020 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------|---------------------------------------|----------|--------|
| 1 | 2 | 3 | 4 | 5 |
| 8 | 9 | 10 FOOT CLINIC- 8:30-11:30 AM | 11 | 12 |
| 15 | 16 | 17 | 18 | 19 |
| 22 | 23 | 24 FOOT CLINIC- 8:30 AM-3:30 PM | 25 | 26 |
|  | | | | |

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 Dine-In (following Dane County's Public Health Guidelines) from 11:00 am-1:00 pm. Reserve a meal at 437-8922. 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

The Dane County Transportation Call Center is available for non-emergency medical rides with a four to five day notice. Call 242-6489 for a ride. Leave a message and they will return your call in two to three days, to make arrangements for a ride. Riders not eligible: Family Care Members, IRIS members, MA members with MTM, nursing home and assisted living residents.

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 stalls for pick-up and a \$4.95 pick-up charge.



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Rides are currently being provided to Miller's Supermarket 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-: Friday, 9:00-10:30 am. All shoppers: Friday 3:00-6:00 pm and Saturday 9:30-11:00 am. The distribution will shift from walk-up/curbside pick-up to a drive through pick-up.

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

February 10- 8:30– 11:30 am

February 24- 8:30 am– 3:30 pm

Call 437-6902 for an appointment.

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.

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



NEW GLARUS HOME
A RETIREMENT COMMUNITY

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.





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



JAZZ Word Search

Name _____

Class _____



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E L L I N G T O N U M B N H L
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Find the Jazz terms and the **LAST** names of these Jazz Artists.

| Jazz Artists | | Jazz Terms | |
|-----------------|-----------------|------------|--------------|
| Louie Armstrong | Herbie Hancock | Bebop | Jam Session |
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| Miles Davis | Bobby McFerrin | Blue Note | Scat Singing |
| Duke Ellington | Thelonious Monk | Break | Swing |
| Ella Fitzgerald | Charlie Parker | Chart | Tag |
| Dizzy Gillespie | Marcus Roberts | Cool Jazz | Trio |
| Lionel Hampton | Sara Vaughn | Fusion | Vamp |

