



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.

“May is Older Americans Month”

May 9– Mother’s Day- On May 9, 1914, President Woodrow Wilson issued the first Mother’s Day Proclamation, designating the second Sunday in May as a day to set aside to “express our love and reverence” for Mothers.

May 19– Foot Clinic- 8:30-11:30am

May 21– FREE “ Brats in the Lot” at the Mt. Horeb Senior Center - 12:00-1:00 pm (Seniors only)

May 26– Foot Clinic- 8:30am-3:30pm

May 27– “Virtual Tour of Devil’s Lake” with the UW Geology Museum-1:30 pm. Call the Senior Center at 437-6902 if you are interested and we will forward the zoom link.

May 31– Memorial Day-(Senior Center Closed)

FREE Virtual “Welcome to Medicare” Seminar, May 15, 2021, from 9-11:30am. If you are turning 64 this year, we can help you make informed choices about Medicare options. Email aaa@countyofdane.com to register by 5/6/21. This is provided by the Area Agency of Aging of Dane County’s Elder Benefit Specialist Program.

Thank You to Nancy Haack for paper towels, Jean Hanson and Jack Booth for sweet treats for home-delivered meals, Peggy Starr for copy machine paper, Gerry Krantz and Donna Skogen for fresh eggs.

WISH LIST: Copy Machine paper, black markers, white-out

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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 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tuna Salad on bed of lettuce Sicilian Pasta Salad Corn Salad Fruit Cup Chocolate chip cookie MO – Egg salad NCS – SF COOKIE	4 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Chickpea Joe NCS – SF Jell-o	5 Honey Baked Chicken Broccoli Yams Macaroni salad Pears Vanilla ice cream cup MO – Veggie honey baked chicken NCS – SF ICE CREAM	6 Chicken Caesar Salad: Lettuce Grilled chicken shaved Parmesan WW croutons Caesar dressing Copper Penny salad Apple sauce Rice Pudding MO – Hummus/Pita NCS – SF PUDDING	7 BBQ Ribs Cheesy Potatoes Pickled Beets Dinner roll/butter Mandarin oranges Lime Sherbet MO – Black Bean Burger NCS – SF ICE CREAM
10 Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Raspberry Sherbet MO – Soy a la king NCS – SF ICE CREAM	11 Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp MO – Bean/Cheese Burrito NCS – SPICED APPLES	12 *Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Cuties or mandarin orange Cherry Italian Ice MO – Veggie Dog NCS – SF ICE CREAM	13 Chicken Brocc. Rice Cass. Carrot Coins Black Eyed Pea Salad Tropical fruit Glazed Lemon Loaf cake MO – Veggie Chicken rice casserole NCS – SF cookie	14 Tuscan Tortellini Pasta Mixed greens Dressing Dinner roll/butter Mixed Fruit Chocolate Pudding Cup Sugar Cookie MO – Veggie Tuscan Pasta NCS – SF cookie
17 Hot Dog Coney Bun Ketchup/mustard Calico Beans Green Beans Chunky Apple Sauce Candy cookie MO – Veggie Dog NCS – SF ice cream	18 Lemon Dill Baked Fish Tartar Sauce Baked potato Coleslaw Sour Cream WW Bread/Butter Ambrosia MO – Multigrain burger NCS – banana	19 Egg Salad On WW Bread Beets Tomato Cucumber Onion Salad Banana Pineapple Upside Down Cake MO – n/a NCS – Pineapple	20 Meat Sauce Spaghetti Noodles Wax Beans Mixed Green Salad Dressing Peaches Brownie MO – Marinara Sauce NCS – SF Jell-o	21 *Pork Loin in Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Apple Crisp MO – Multigrain Burger NCS – spiced apples
24 Cheeseburger: Beef Patty WW Bun American Cheese Lettuce/tomato slice Ketchup/mustard Green Beans Potato Salad Fruit Cocktail Lemon Italian ice MO – Black Bean Burger NCS – SF ice cream	25 BBQ Chicken on the bone Baked Sweet Potato WW Bread Butter Banana Dreamsicle whip MO – BBQ veggie meatballs NCS – mandarin oranges	26 Greek Chicken Pasta Salad Carrot Raisin Salad 4 bean salad Pineapple Apple Crisp MO – Veggie Chicken Greek pasta NCS – SF PUDDING	27 Fish Sandwich: Breaded Fillet WW Bun Cheese NAS – no cheese Tartar Sauce Yams Pea salad Pears Banana Bars MO – Multigrain Burger NCS – BANANA	28 *Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie MO – Veggie meatballs NCS – SF COOKIE
31 NO MEALS 			VO - Vegetarian Op- tion NCS - No Concen- trated 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 aller- gen-free. We cannot guarantee that food allergens will not be transferred through cross- contact. NO SUBSTITUTIONS ALLOWED

Nutrition Manager's Note:

Senior Farmer's Market Vouchers: The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25.00 worth of fruit, vegetables or herbs at farmer's markets and roadside farm stands in Wisconsin during the 2021 season (June to October). The vouchers are distributed on a first come, first serve basis to those 60+, who have gross incomes under \$23,828.00/year or \$1,986.00/month for a one person household and \$32,227.00 (or \$2,686.00 for a two person household and live in Dane County. One set of vouchers per household. Past participants will receive applications in the mail by the end of May. For those who have not participated

in the program, you can contact Shannon Gabriel, the Dietician at the Area Agency on Aging of Dane County at 261-5678. Once the agency receives and approves your application, vouchers will be mailed starting on June 1, 2021.

NUTS: Are a healthy snack and easy to carry. Five servings of peanuts, walnuts, almonds or pistachios/week can decrease inflammation in the body. 1 ounce or 1/4 c. is a serving

Power Pudding

- 3 c. pitted prunes
- 2 c. applesauce
- 1 1/2 c. prune juice
- 1 c. bran cereal

Mix all in a blender, pour into a container with a lid and refrigerate. Eat 2 Tbsp. daily. Could spread on toast or English muffins.



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is a managed care organization
that serves government-funded programs
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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:

Every May, the Administration for Community Living leads our nation's observance of Older American's Month. The theme for 2021 is "Communities of Strength". Older adults have built resilience and strength over their lives through successes, failures, joys and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. There are many things we can do to nurture ourselves, but one of the most important things we can do is connecting with others. This plays a big part in our health and well-being. Seniors be sure to reach out to family, friends, neighbors, church family, etc. through a phone call, email, card or visit. This will keep your spirits high!

CASE MANAGER'S NOTE:

May is Arthritis Awareness Month: 54 million people in the United States have arthritis and it is expected to increase to 67 million by 2030. Arthritis is the nation's No.1 cause of disability and there are over 100 types of arthritis, with osteoarthritis (OA) and rheumatoid arthritis (RA), the most common. While OA occurs from normal wear and tear, RA is caused by your immune system attacking the tissues of the body. Among older Americans with RA and OA, studies have shown that preventative tests and services such as influenza and pneumococcal vaccinations were under utilized. Original Medicare parts A& B only) will cover services and supplies for any arthritis treatment and comorbid preventative services, if your doctor deems it medically necessary.

 <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><i>Best Kept Secret in New Glarus</i></p> <p>Glarner Lodge</p> <p>Assisted Living at its Finest</p> <p>Call for a Tour Today</p> <p>608-636-2466</p> <p>900 Glarner Avenue New Glarus, WI 53574</p> 	<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Jeff Parkinson to place an ad today! jparkinson@4LPi.com or (800) 950-9952 x5887</p>
 <p>KAREN TETZLAFF</p> <p>(608) 575-1298 ktetz@att.net</p> <p>www.movewithkaren.com</p> <p>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</p> <p>608-437-HIVE (4483)</p> <p>325 N. 8th St. • Mt. Horeb, WI 53572 https://beehivehomes.com/location/mount-horeb/</p>



MAY 2021 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19 Foot Clinic- 8:30—11:30 am	20	21 BRATS IN THE LOT 12:00– 1:00P M (Senior Center)
24	25	26 Foot Clinic- 8:30 am– 3:30 pm	27 Virtual “ Tour of Devil’s Lake- 1:30	28
31 CENTER CLOSED 				

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 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 and 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 this free ride. Riders not eligible include: Family Care Members, Medical Assistance Members, Nursing Home or Assisted Living Residents.

MILLER AND SONS

Miller's Supermarket continues to deliver groceries on Thursday, if you are a current customer of this service. They also offer online shopping. Go to Miller and Sons Supermarket.com There are also 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 Service, 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. Hours: Seniors Only—Friday, 3:00-6:00pm and Saturday, 9:30-11:00am. 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. Tuesday, 4:00-6:00pm and second Saturday, 10:00-11:30am

FOOTCARE CLINIC :Rita Stanton & Amy Foster

May 19- 8:30-11:30pm

May 26- 8:30-3:30pm

The cost for the footcare is \$25.00/person.

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

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