



MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE
OUTREACH NUTRITION

JANUARY 2024 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:

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Director: Lynn Forshaug

Case Manager: Julie Schmocker

Nutrition Manager: Alexis Cox.

JANUARY EVENTS

Jan. 1 -HAPPY NEW YEAR! Senior Center Closed

**Jan. 2–Feb. 6- Tai Chi -1:00
Ageless Grace–2:00**

Jan. 11 & 25–Shopping Trips to Dodgeville– 9:30

Jan. 15-Martin Luther King Day–Senior Center Closed

Jan. 22- Seasonal Card Making Group–9:00-11:30 RSVP with Stacey Baum at 608-279-6108

Jan. 18- Lunch Outing–Mt. Vernon– 10:00 RSVP at 608-437-6902

Jan. 26– Bingo– 12:30 Sponsored by “Badger Hearing”

A Renovation Project will be starting at the Mt. Horeb Senior Center on January 8. We will be adding another office and some storage space on the west end of the building. We will not be expanding any outside walls, only interior work. Some programs and activities may have to be rescheduled or canceled due this project. We will try to be flexible to make these programs happen. Thank you ahead of time for your patience!

Thank you to Miller & Sons for sponsoring December Bingo, Terry Forman, Chris Ballweg & Jerilyn Faltz for Bingo prizes, Jerilyn Faltz for Bingo treats, Shirley Loftin for stamps, Marge Laufenberg for paper plates and forks, Ken & Linda Kellogg for Christmas dinner ware and Bingo prizes and to the Mt. Horeb Community Foundation for a \$1,500.00 grant for postage for our monthly newsletter.

FYI– The 2024 increase for one’s Social Security income will be a 3.2 % increase or about \$50.00 more in your Social Security check.

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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 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED HAPPY YEAR!	2 Swiss Steak with Mushroom Gravy Dinner Roll w/butter Mashed Potatoes Green Beans Applesauce Dessert MO: BEYOND BURGER WITH MUSHROOM GRAVY	3 Beef Lasagna Mixed Greens Dressing Pears Dessert MO: VEGETARIAN LASAGNA	4 Tator Tot Casserole WW Bread w/Butter Corn Peaches Dessert MO: BLACK BEAN TATOR TOT CASSEROLE	5 Tuna Casserole WW Bread w/Butter Broccoli Tomato Cucumber Salad Dessert MO: GARBANZO CASSEROLE
8 Roasted Pork Loin Brown Rice Stewed Tomatoes Green Beans Fruit Cocktail Dessert MO: CHICKPEA PATTY	9 Ham & Navy Bean Soup WW Bread w/butter Mixed Greens Dressing Pineapple Dessert MO: VEGETARIAN NAVY BEAN SOUP	10 Beef Mushroom Stroganoff Egg Noodles Peas Applesauce Dessert MO: VEGGIE CHICKEN MUSHROOM STROGANOFF	11 Sloppy Joe WW Bun Coleslaw Roasted Potatoes Banana Dessert MO: Garbanzo Sloppy Joe	12 Sliced Turkey and Gravy Mashed Potatoes Dinner Roll w/Butter Broccoli Mandarin Oranges Dessert MO: GARBANZO BEAN GRAVY
15 CLOSED FOR MLK DAY	16 Beef Enchilada Bake Corn Green Beans Tropical Fruit Dessert MO: Black Bean and Cheese Enchiladas	17 Meatloaf Mashed Potatoes/ Gravy WW Bread w/butter California Blend Veggies Pears Dessert MO: VEGGIE CHICKPEA PATTY	18 Cheesy Chicken, Broccoli, Brown Rice Casserole Peas Fruit Cocktail Dessert MO: Cheesy Veggie Chicken, Broccoli, Brown Rice Casserole	19 BBQ Chicken Breast Veggie Pasta Salad Broccoli Salad Pineapple Dessert MO: BBQ VEGGIE CHICKEN
22 Chicken Potato Stew WW Bread w/Butter Green Beans Mandarin Oranges Dessert MO: CHICKPEA STEW	23 Chicken Taco Brown Rice Casserole Black Beans Corn Peaches Dessert MO: Veggie Chicken Taco Casserole	24 Baked Spaghetti w/Italian Sausage California Blend Veggies Tropical Fruit Dessert MO: Garbanzo Marinara	25 Shredded Roast Beef and Gravy Mashed Potatoes WW Roll w/butter Carrots Applesauce Dessert MO: VEGGIE CHICKEN/ GRAVY	26 Hamburger WW Bun Tomato and lettuce slice Creamy Broccoli Salad Pears Dessert MO: Black Bean Burger
29 Chicken Alfredo WW Pasta Carrots Zucchini Peaches Dessert MO: Tofu Alfredo	30 Sliced Hot Ham Scalloped Potatoes WW Bread w/Butter California Blend Veggies Banana Dessert MO: VEG. CHICKPEA PATTY	31 Sweet and Sour Chicken Brown Rice Sweet and Sour Sauce Peas Carrots Pineapple Dessert MO: VEGGIE CHICKEN	MEALS PROVIDED BY TNT'S CATERING. ALL MENU ITEMS ARE PREPARED IN A KITCHEN THAT IS NOT ALLERGEN-FREE. WE CANNOT GUARANTEE THAT FOOD ALLERGENS WILL NOT BE TRANSFERRED THROUGH CROSS-CONTACT. NO SUBSTITUTIONS ALLOWED. MO = MEATLESS OPTION.	



MONTHLY MIPPA MOMENT- MEDICARE SAVINGS PROGRAMS

To help with Medicare costs, low income beneficiaries may see if they qualify for financial assistance from Medicaid with the Medicare Savings Programs. These income-based programs help millions of Americans access health care at a reduced cost. MSPs help pay Medicare premiums and may pay Medicare deductibles, co-insurance and co-payments for those who meet the conditions of eligibility. People with Medicare interested in learning more can visit <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs>. To see if you qualify for one of the multiple Medicare Savings Programs, apply on line at access.wi.gov or call 1-888-794-5556.

Salads:

Jan. 2-Mediterranean Spinach Salad with chicken, balsamic vinaigrette dressing and croutons

Jan. 23 Chef Salad with French dressing and croutons

Jan. 9 Chicken Fajita Salad with ranch dressing and tortilla strips

Jan. 30 Crispy Chicken Caesar Salad with Caesar dressing and croutons

Jan, 16 Mandarin Orange Sesame Chicken Salad with sesame ginger dressing and chow mein noodles



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DIRECTOR'S NOTE:

HAPPY NEW YEAR AND ALL THE BEST FOR A SAFE AND HEALTHY 2024. Winter is upon us, so remember to be safe and warm in your homes and when venturing out in the elements. 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 change the batteries every 6 months. When going out, dress in layers of loose clothing, wear mittens or gloves, hat or ear warmers, warm socks and outdoor footwear, and keep your skin protected from the cold air. Frostbite is the most common injury that can happen to fingers and toes, nose, ears and chin. Hypothermia can also occur when the body's temperature drops below 95 degrees. Use a cane, ski pole or walking stick to balance when walking outdoors. STAY SAFE!

CASE MANAGER'S NOTE:

A FREE virtual "Welcome to Medicare Seminar" will be held on Saturday, January 13, 2024 from 9:00-11:30 am. If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options. Do you understand what Medicare is and isn't, how to avoid penalties for late enrollment in Medicare and how to get the most out of your health and prescription benefit plans? You will receive accurate and detailed information from unbiased experts in benefit programs. Email aaa@countyofdane.com to register by 1/5/24.

<p>WE'RE HIRING! AD SALES EXECUTIVES BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none">• Paid training • Some travel• Work-life balance• Full-Time with benefits• Serve your community	 <p>4lp</p> <p>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>	 <p>15% Off Any Single Pair</p> <p>1314 Canal St. (Hwy 14) Black Earth, WI. 53515 (608) 767-3447</p>	 <p>VIKING HARDWARE OPEN 7 DAYS A WEEK 608-437-8717</p>
 <p>GLARNER LODGE ALL INCLUSIVE INDEPENDENT AND ASSISTED LIVING 608-636-2424 NGHOME.ORG</p>		<p>LET'S GROW YOUR BUSINESS Advertise in our Newsletter!</p> <p>CONTACT ME Ruth Schlitz</p> <p>rschlitz@lpicommunities.com (800) 950-9952 x2671</p>	
<p><i>Planning isn't just for You</i></p>  <p>Pre-Arranging Service Funeral Burial Plans Funeral Cremation Plans</p>  <p>Gunderson LIFE CELEBRATION CENTERS <i>Celebrating 100 Years of Caring for Your Family</i></p> <p>608-437-5077 • GUNDERSONFH.COM</p>			



JANUARY 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR SENIOR CENTER CLOSED	2 TAI CHI- 1:00 AGELESS GRACE 2:00	3 MILLER'S FOOD- 10:00 FINKS CAFÉ- 11-1 EUCHRE- 12:30	4	5
8	9 TAI CHI- 1:00 AGELESS GRACE 2:00	10 MILLER'S FOOD- 10:00 BLOOD PRESSURE 10:00-11:00 FINKS CAFÉ- 11-1 Euchre- 12:30	11 SHOPPING TRIP TO DODGEVILLE - 10:00	12
15	16 TAI CHI-1:00 BADGER HEARING 1:00-3:00 AGELESS GRACE- 2:00	17 MILLER'S FOOD- 10:00 FINKS CAFÉ- 11-1 EUCHRE-12:30	18 LUNCH OUTING- 10:00 - MT. VERNON	19
22 Card Making- 9:00-11:30	23 TAI CHI- 1:00 AGELESS GRACE 2:00	24 Millers Food 10:00 Finks Café- 11-1 Euchre-12:30	25 SHOPPING TRIP TO DODGEVILLE - 10:00	26 BINGO- 12:30
29	30 TAI CHI-1:00 AGELESS GRACE 2:00	31 MILLER'S FOOD 10:00 FINKS CAFÉ 11-1 EUCHRE- 12:30		

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Tuesday, Thursday and Friday at 11:00 am. Home-delivered meals are offered Monday through Friday. A "Salad Meal" is now offered on Tuesdays. Call 608-437-6902 to reserve or cancel a meal two days in advance. The suggested minimum donation is \$4.50/meal for those 60+.

Finks Café is serving "My Meal My Way" every Wed. from 11:00 am–1:00 pm. No reservations needed. The suggested minimum donation is \$4.50/meal.

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 RSVP Driver Escort Program is providing rides to medical appointments. All drivers and passengers must be vaccinated. Masks are recommended but not required. Please call Patsy Byrnes at 608-437-2518 to reserve a ride for a medical appointment three to five days in advance.

Seniors who are on Medicaid and need transportation to a medical appointment, should call 1-866-907-1493.

MILLER AND SONS

Millers Supermarket delivers groceries to seniors every Thursday. Call Judy at 608-437-3081 to inquire about this service, since there is a limited number of customers that they can deliver to. There is a \$15.00 minimum purchase.

Miller's donates food to the Senior Center every Wed. at 10:00 am. The number system is used. Monetary donations can be made at Miller's for the Senior Center. Thank you in advance.



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Service provides rides for Seniors in the Mt. Horeb area. Transportation to meal sites, shopping and outings is on a donation basis. The donation to ride to the meal site is \$1.00/round trip and for lunch or shopping trips, \$3.00/round trip. Please call Kris at 608-444-7930 to go shopping or to come to the congregate meals at the Senior Center or Finks Café. Call the Senior Center at 608-437-6902 to go on the lunch outings or bus trips.

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 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-3:00-6:00 pm and Saturdays 10:00-11:30 am.

The Clothes Closet is open every Saturday from 10:00-11:30 am

Ruby’s Pantry Drive Up—2nd Tuesday of month 4:00-5:30 pm at The New Hope Evangelical Free Church, 639 8th St. Mt. Horeb
Cost -\$25.00/car

FOOTCARE CLINIC WITH AMY FOSTER

Wednesday, January 17— 9:00-3:30

Wednesday, January 24 —9:00-3:30

Cost is \$25.00/Senior Center- \$25.00/Home
Call the Senior Center at 608-437-6902/appt.
Call Amy at 608-576-8986 for in-home appt.

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