

**SOUTHWEST DANE  
OUTREACH/  
NUTRITION**

# MOUNT HOREB *AREA* SENIOR NEWS

**MARCH 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:**

[swdaneoutreach@mounthorebwi.info](mailto:swdaneoutreach@mounthorebwi.info)

**Director:**..... **Lynn Forshaug**

**Case Manager:** **Julie Schmocker**

**Nutrition Manager:** **Alexis Cox**

## **MARCH EVENTS**

**Tuesdays, March 5th, 12th, 19th, 26th - Tai Chi-1:00 pm**  
**April 2nd and 9th Ageless Grace-2:00 pm**

**Sunday, March 10– Daylight Savings Time (Set clocks ahead)**

**Tuesday, March 12 -Men’s Group– 12:00 noon**

**Tues. March 19–Badger Hearing– 1:00-3:00pm**

**Thursday, March 21-Lunch Outing–Jason’s Deli-Bus leaves at 10am**

**Friday, March 22– BINGO– 12:30 pm sponsored by Shamrock Farms,**  
**Pine Bluff**

**Thurs., March 28- Shopping Trip to Dodgeville, leave at 9:30am**

“Welcome to Medicare” Seminar will be held on Saturday, March 16 at the Colonial Club, 301 Blankenheim Dr., Sun Prairie, WI from 9-11:30am. If someone is turning 64 this year, we can help you make informed choices about your Medicare options. You will receive accurate and detailed information from unbiased experts in the Benefits Programs. Register at [aaa@countyofdane.com](mailto:aaa@countyofdane.com) by March 8, 2024. This Seminar is provided by the Area Agency on Aging of Dane County’s Elder Benefit Specialist Program.

Are you concerned about falling? Have you suffered a fall? If so, please join us this April-May at the Mt Horeb Senior Center for “Stepping On”, an evidenced-based falls prevention workshop that has been proven to reduce fall among program completers by 50% in WI. A trained facilitator and guest experts including a pharmacist, physical therapist, vision expert and community safety officer, will help participants learn why falls occur in the first place and effective strategies to prevent falls. The cost of the workshop is \$35.00 (scholarships available upon request) which includes materials and a healthy snack at each session. Please call the Mt. Horeb Senior Center at 608-437-6902 to register.

**Stress Relaxing Art Class– April 9–May 21 from 10:00-12:00. Call the Senior Center for more information.**

**Thank You to Brighton Hospice for sponsoring Bingo, to Jerilyn Faltz for Bingo treats and prizes, to Mary Ann Nelson for paper products.**

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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.



## MARCH 2024 MENU

Monday	Tuesday		Thursday	Friday
				<b>1</b> Vegetarian Chili WW Dinner Roll w/butter Mixed Greens Salad Dressing Pears Dessert <b>MO: VEGETARIAN CHILI</b>
<b>4</b> Meatloaf Mashed Potatoes & Gravy WW Bread w/butter California Blend Veggies Fruit Cocktail Dessert <b>MO: VEGAN BEYOND BURGER</b>	<b>5</b> Chicken a la King Egg Noodles Green Beans Mandarin Oranges Dessert MO: Veggie Chicken Mushroom Stroganoff	<b>6</b> Tatar Tot Casserole WW Bread w/Butter Carrots Pineapple Dessert MO: Black Bean Tatar Tot Casserole	<b>7</b> Sweet and Sour Chicken Brown Rice Sweet and Sour Sauce Peas Corn Apricot Fruit Salad Dessert MO: Sweet and Sour Tofu	<b>8</b> Breaded Fish Filet WW Bun Tartar Sauce 3 Bean Salad Coleslaw Peaches Dessert <b>MO: BLACK BEAN BURGER</b> *
<b>11</b> Baked WW Spaghetti w/ Italian Sausage Vegetable Blend w/ Zucchini and Squash Pears Dessert <b>MO: CHICKPEA MARINARA</b>	<b>12</b> Chicken Taco Brown Rice Casserole Corn Black Beans Tropical Fruit Dessert <b>MO: BLACK BEAN AND CHEESE ENCHILADAS</b>	<b>13</b> BBQ Pulled Pork WW Bun Hot Cheesy Potatoes Creamy Cucumber Salad Banana Dessert <b>MO: BBQ VEGGIE CHICKEN</b>	<b>14</b> Shepherd's Pie w/beef, vegetables, topped with mashed potatoes Biscuit Mandarin Oranges Chocolate Mint Brownie <b>MO: VEGGIE CHICKEN SHEPHERD'S PIE</b>	<b>15</b> Vegetarian White Lasagna w/ carrots, spinach, mushrooms Mixed Greens Salad Dressing Applesauce Dessert <b>MO: SAME AS ENTREE</b>
<b>18</b> Herb Roasted Chicken Brown Rice California Vegetables Stewed Tomatoes Pineapple Dessert MO: Veggie Herb Chicken	<b>19</b> Beef Mushroom Stroga- noff Egg Noodles Green Beans Fruit Cocktail Dessert <b>MO: VEGGIE CHICKEN</b>	<b>20</b> Ham and Navy Bean Soup WW Bread w/Butter Mixed Green Salad Dressing Apricot Fruit Salad Dessert MO: Vegetable Navy Bean Soup	<b>21</b> Sliced Turkey and Gravy Mashed Potatoes & Gravy WW Dinner Roll w/ Butter Broccoli Peaches Dessert MO: Garbanzo Bean Gra- vy	<b>22</b> Baked Cod Baked Potato Butter and Sour Cream WW Dinner Roll Corn Tropical Fruit Dessert MO: Black Bean Burger
<b>25</b> Hamburger, WW Bun Lettuce & Tomato Ketchup & Mustard Pkt Roasted Potatoes with veg- etables and asparagus Mandarin Oranges Dessert <b>MO: VEGAN BEYOND BURGER</b>	<b>26</b> Sliced Hot Ham Scalloped Potatoes WW Bread w/Butter California Blend Veggies Pears Dessert MO: Chickpea Patty	<b>27</b> Chicken Potato Stew WW Bread w/Butter Creamy cucumber salad Mixed Green Salad Dressing Pineapple <b>MO: BLACK BEAN VEGGIE EGG BAKE</b>	<b>28</b> Swiss Steak w/Mushroom Gravy Mashed Potatoes & Gravy Green Beans Applesauce Dessert <b>MO: VEGAN BEYOND BURG- ER</b>	<b>29</b> Black Bean, Veggie and Cheese Egg Bake Hashbrown Patty OJ cup Blueberry Muffin <b>MO: SAME AS ENTREE</b>

## NUTRITION MANAGER'S NOTE: MARCH IS NATIONAL NUTRITION MONTH

You can stretch your grocery budget with Food Share! Food Share is a program that helps offset your food costs. You may qualify if your household's gross monthly income would be \$2,430.00 for one person or \$3,288.00 for two people. You would receive a Quest card (looks like a credit card) and money would be put into this account monthly, for you to use at the grocery store. This program is a great help for folks on limited budgets. You can call the Senior Center to get an application or get more information.

March 5– Mediterranean Spinach Salad with Chicken, Balsamic Vinaigrette Dressing and Croutons

March 12– Chicken Fajita Salad with Ranch dressing and Tortilla Strips

March 19– Mandarin Orange Sesame Chicken Salad with Sesame Ginger Dressing & Chow Mein Noodles

March 26– Chef's salad with French Dressing and Croutons

Keeping your pantry or cupboards full of shelf-stable foods will allow you to create nutritious meals regardless of inclement weather. Try to look for “low sodium” when shopping for canned vegetables & meats and canned fruits packed in fruit juices.

 <p>My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.</p> <p><b>Visit us today:</b> <a href="http://mychoicewi.org/LPI">mychoicewi.org/LPI</a> <b>1-800-963-0035</b></p> <p>For more information on your long-term care options, contact your local ADRC.</p> <p><small>DHS Approved 4/22/2021</small></p>	<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"><li>• Burglary</li><li>• Fire Safety</li><li>• Flood Detection</li><li>• Carbon Monoxide</li></ul> <p> </p> <p> Authorized Provider   <b>SafeStreets</b>   <b>833-287-3502</b></p>
 <p><b>FREE</b> AD DESIGN with purchase of this space</p> <p><b>CALL 800-950-9952</b></p>	 <p><b>MOWING</b> <b>608-574-6283</b> <small>JANDHLAWNBUSINESS@GMAIL.COM</small></p> <p><b>SPRING CLEAN UP</b> <b>FALL CLEAN UP</b></p>





## DIRECTOR'S NOTE: RSVP TO THE RESCUE!

Do you remember the feeling of independence that came with earning your driver's license? And now, can you imagine not being able to go where you want to go, when you want? For many seniors, independence is a memory. The average person outlives their ability to safely drive often by years. What does that mean? That a very large portion of the population struggles to find ways to get to medical appts., grocery shopping, community events, etc. Public transportation can help, but may not be available in rural areas or may be expensive. The Retired & Senior Volunteer Program makes a significant impact, by providing rides for seniors. Call the Sr. Center to become a Volunteer Driver!

## CASE MANAGER'S NOTE: MONTHLY MIPPA MOMENT

"Medicare part D Extra Help", also called the Part D Low-Income Subsidy through Social Security, helps some people pay their Medicare D costs, like premiums, deductibles, co-insurance and other costs if you have limited income. For 2024, the annual income level to qualify for this help would be for one person, \$21,870.00 and for a couple. You can call the Senior Center for more information, or call the Local SSA office in Madison at 1-866-770-2262.

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



## MARCH 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Tai Chi –1:00pm  Ageless Grace 2:00pm	6 Miller food 10:00 Blood Pressure 10:00-11:00 Euchre– 12:30	7	8
11	12 Men’s Group- 12:00pm  Tai Chi–1:00  Ageless Grace- 2:00pm	13 Miller Food- 10:00  Euchre– 12:30	14	15
18  Card Making 9:00-12:00	19  Tai Chi–1:00  Ageless Grace- 2:00pm	20  Miller Food 10:00  Euchre– 12:30	21  Lunch Outing  10:00am	22  BINGO-12:30
25	26 Tai Chi– 1:00  Ageless Grace- 2:00	27 Miller Food- 10:00  Euchre– 12:30	28	29

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

## MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Tuesday, Thursday and Friday at 11:15 am. Home-delivered meals are offered Monday through Friday. The "Salad Meal" will not be offered at this time. 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" on Wednesdays from 11:00-1:00. No reservation needed. The suggested minimum meal 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 Medical Assistance and need a ride to a medical appt., should call 1-866-907-1493.

## MILLER AND SONS

Miller's Supermarket delivers groceries to seniors on Thursdays. Call Judy at 608-437-3081 to inquire about this service, since there is a limited number of customers that they can deliver to. \$15.00 minimum order.

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 Millers 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 costs 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 for congregate meals at the Senior Center or Finks Café. Call the Senior Center at 608-437-6902 to RSVP for lunch outing 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. Hours- Friday, 9:00-10:30 am and 3:00-4:30 pm and Saturday, 10:00-11:30 am. The Clothes Closet is also open every Saturday from 10:00-11:30.

RUBY’S PANTRY– Drive Up-Pick Up, second Tuesday of each month from 4:00-5:30pm at the New Hope Evangelical Free Church, 639 8th St. Cost is \$25.00/car.

## FOOTCARE CLINIC WITH AMY FOSTER

Wednesday, March 20– 8:30-3:30

Wednesday, March 22– 8:30-3:30

Cost- \$25.00/Senior Center- \$35.00/Home

Call the Senior Center at 608-437-6902 for an appoint.  
Call Amy at 608-576-8986 for In-Home appt.

**Concerned about Medicare fraud?**  
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f WisconsinSeniorMedicarePatrol

  
**Preventing Medicare Fraud**



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**NEVER MISS OUR NEWSLETTER!**

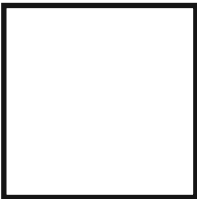
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