

MOUNT HOREB AREA SENIOR NEWS

Happy
April

**SOUTHWEST DANE
OUTREACH/
NUTRITION**

APRIL 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

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

Case Manager: Julie Schmocker

Nutrition Manager: Alexis Cox

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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.



APRIL

**“April is Sexual Assault Awareness Month”
& “Volunteer Recognition Month”**

April 1– April Fool’s Day

April 2– SPRING ELECTION

**April 4– Mental Health Awareness– 1:30 Danielle Sigler, RN-
What do we mean when we say mental health, risk factors and warning
signs, coping skills, and Dane County resources.**

April 2 & 9 - Tai Chi-1:00 pm- Ageless Grace– 2:00pm

**April 16, 23, 30, May 7, 14 & 21 Tai Chi-1:00 Ageless Grace 2:00 –New
Sessions \$30.00/program**

April 16– Men’s Group-12:00 noon

April 16– Badger Hearing– 1:00– 3:00 Walk-In or by appt. 608-437-6902

April 11 & 25– Shopping Trip– Walmart–Dodgeville-9:30 am

April 18– Lunch Outing – Bob’s Bitchin Barbecue, Dodgeville– 10:00

April 22– Trivia Games–12:30 pm

**April 26– BINGO 12:30 pm – sponsored by “Traveling for Tootsies”
Amy Foster**

WISH LIST– Paper Plates and Manilla Folders

**FYI– FREE Virtual “Welcome to Medicare Seminar” will be held on
Saturday, May 11, 2024 from 9-11:30 am. If you are turning 64
informed choices about Medicare options. Register by 5/3/23 at
aaa@countyofdane.com**

**THANK YOU to Brighton Hospice for sponsoring Feb. Bingo, Cheri Karls
for Bingo Prizes, Jerilyn Faltz for Bingo prizes and treats., Carolyn Trumpy,
plasticware and Pat Glynn, Bingo and Door prizes.**

APRIL 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tator Tot Casserole WW Bread w/Butter Carrots Peaches Dessert MO: Black Bean Tator Tot Casserole	2 Two Chicken Enchiladas Corn Black Beans Pineapple Dessert MO: Black Bean and Cheese Enchiladas	3 Meatloaf Mashed Potatoes & Gravy WW Bread w/Butter Broccoli Pears Dessert MO: CHICKPEA PATTY	4 Chicken Veggie Stir Fry Brown Rice Stewed Tomatoes Fruit Cocktail Dessert MO: TOFU VEGGIE STIR FRY	5 Tuna Casserole WW Bread w/Butter California Vegetables Diced Mango Dessert MO: Garbanzo Casserole
8 Sliced Ham Scalloped Potatoes WW Bread w/Butter Carrots Pears Dessert MO: BLACK BEAN TATER TOT CASSEROLE	9 Turkey Tetrizzini w/peas and mushrooms Broccoli Apricot Fruit Salad Dessert MO: Tofu Tetrizzini w/peas and mushrooms	10 Beef Chili Cornbread w/Butter Mixed Green Salad French Dressing Applesauce Dessert MO: Veggie Chili	11 Herb Roasted Chicken WW Dinner Roll w/butter Mashed Sweet Potatoes Green Beans Peaches Dessert MO: Veggie Herb Chicken	12 Breaded Fish Filet WW Bun Tartar Sauce Roasted Potatoes Creamy Broccoli Salad Mandarin Oranges Dessert MO: Black Bean Burger
15 Chicken Taco Brown Rice Casserole Corn Black Beans Tropical Fruit Dessert MO: BLACK BEAN AND CHEESE ENCHILADAS	16 Cinnamon French Toast Bake, syrup on side Pork Sausage Hash Brown Patty Zucchini Cold Cinnamon Apples Dessert MO: SAME ENTREE WITH VEGGIE SAUSAGE	17 Swiss Steak w/Mushroom Gravy Mashed Potatoes & Gravy WW Dinner Roll w/Butter Green Beans Applesauce Dessert MO: VEGAN BEYOND BURGER	18 Swiss Steak w/Mushroom Gravy Mashed Potatoes & Gravy WW Dinner Roll w/Butter Green Beans Applesauce Dessert MO: VEGAN BEYOND BURGER	19 Vegetarian White Lasagna w/carrots, spinach, mushrooms Mixed Greens Salad French Dressing Peaches Dessert MO: SAME AS ENTREE
22 Beef Mushroom Stroganoff Egg Noodles Green Beans Apricot Fruit Salad Dessert MO: Veggie Chicken	23 Chicken Meatballs Spanish Brown Rice Corn Zucchini Fruit Cocktail Dessert MO: CHICKPEA MEATBALLS	24 BBQ Pulled Pork WW Bun Baked Beans Coleslaw Apple Juice Dessert MO: BBQ Veggie Chicken	25 Country Fried Steak w/Gravy Roasted Potatoes California Vegetables Pears Dessert MO: VEGGIE BREADED CHICKEN AND GRAVY	26 Vegetarian Corn Chowder Half Egg Salad on Wheat Cold Sliced Beets Mandarin Oranges Dessert MO: same as entree
29 Breakfast Sandwich with egg, cheese, and sausage English Muffin Squash Vegetable Mix Hashbrown Patty Orange Juice Cup MO: VEGGIE SAUSAGE	30 Balsamic Chicken Breast Scalloped Potatoes WW Bread w/Butter Green Beans Peaches Dessert MO: VEGAN CHICKEN			

NUTRITION MANAGER'S NOTE:

Diabetes Education for Type 2 Diabetes: Join Kayla, a Pharmacist from the Mt. Horeb Family Pharmacy, to **learn ways to manage diabetes that fit your life.** Diabetes Education classes will be starting soon at the Mt. Horeb Senior Center. Dates will be announced once we have a better understanding of interest. This class is designed for those currently diagnosed with type 2 diabetes. To register or to learn more, please contact the Mt. Horeb Senior Center at 608-437-6902 or the Mt. Horeb Family Pharmacy at 608-437-3001. These services are **fully covered** by Medicare. Non-Medicare patients can inquire with the pharmacy about costs.

SALADS:

April 2 -Crispy Chicken Caesar Salad, Caesar Dressing, Croutons

April 9-Southwest Chicken, Black Bean Corn Salad with Ranch Dressing, Croutons

April 16- BBQ Chicken Salad with Crispy Onions, Ranch Dressing, Croutons

April 23- Chef's Salad with French Dressing, Croutons

April 30- Mandarin Orange Sesame Chicken Salad with Sesame Ginger Dressing, Chow Mein Noodles

Did you know that eating nuts as a part of a healthy diet could be good for your heart? Nuts like pecans, walnuts, cashews, almonds and hazelnuts are a good source potassium, low in saturated fat, free of cholesterol and high in unsaturated fat. Nuts are healthy but can be high in calories. They can be added to oatmeal, yogurt and salads. Nut butters are good with apples, bananas and w/wheat toast. **GO NUTS!**



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For more information on your long-term care options, contact your local ADRC.

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DIRECTOR'S NOTE:

April is Volunteer Recognition Month! We want to THANK our 40 some Volunteers who help us with many programs here at the Senior Center. These jobs include: delivering meals, taking seniors to medical appointments, helping package, serve and clean up for our congregate and home delivered meal programs, bringing free food from Miller's Supermarket every Wednesday and setting it out on tables, baking and helping with our fundraisers, answering the phone, compiling our monthly newsletter, assisting with computer programs and helping our staff. They are caring, compassionate, dedicated folks who brighten the day for our seniors and staff! Join us in saying "THANK YOU" to our Volunteers for serving the seniors in the Mt. Horeb area!

CASE MANAGER'S NOTE: April is IBS Awareness Month- (MIPPA- Medicare Improvements for Patients & Providers Act)- If you have irritable bowel syndrome (IBS), you are not alone. IBS is common, and it affects an estimated 10%-15% of the population. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder. IBS is a disorder with symptoms of abdominal pain or discomfort and altered bowel habit. Incidentally, 2 out of 3 IBS patients are female. Certain foods are possible culprits for IBS. Some of these foods include yogurt, sauerkraut, glucose and fructose (sugar), ice cream, jams, baked goods, fruits & vegetables. Doctors may treat IBS by changes in your diet, medicines, probiotics & mental health therapy. Medicare B covers medically necessary tests ordered by you doctor to diagnose IBS, including an exam & diagnostic imaging such as a colonoscopy, cat scan, or lab tests. If you have Part B, Medicare generally pays 80% of allowable charges once you meet your Part B deductible.

<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>The helpful place.</p> <p>VIKING HARDWARE OPEN 7 DAYS A WEEK</p> <p>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>Planning isn't just for You</p>  <p>Pre-Arranging Service Funeral Burial Plans Funeral Cremation Plans</p>  <p>Gunderson LIFE CELEBRATION CENTERS Celebrating 100 Years of Caring for Your Family</p> <p>608-437-5077 • GUNDERSONFH.COM</p>			



APRIL 2024ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 TAI CHI- 1:00 AGELESS GRACE (LOWER LEVEL)	3 Miller's Food-10:00 Euchre- 12:30	4	5 FIRESIDE THEATER- BUS LEAVING AT 9:30
8	9 Men's Group- 12:00 TAI CHI- 1:00 AGELESS GRACE 2:00	10 Miller's Food-10:00 Blood Pressure Check 10:00-11:00 Euchre- 12:30	11 Shopping Trip to Dodgeville-9:30	12
15	16 Badger Hearing 1:00-3:00 Tai Chi-1:00 Ageless Grace- 2:00	17 Miller's Food-10:00 Blood Pressure- 10:00-11:00 Euchre- 12:30	18 Lunch Outing- 10:00- Bob's Bitchin Barbecue	19
22 TRIVIA-12:30	23 Tai Chi- 1:00 Ageless Grace- 2:00	24 Miller's Food- 10:00 Euchre- 12:30	25 Shopping Trip to Dodgeville-9:30	26 BINGO- 12:30
29	30 Tai Chi- 1:00 Ageless Grace- 2:00pm:			

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Mon., Tues. Thurs. and Fri. at 11:15 am. Home-delivered meals are offered Monday through Friday. 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 meals on Wednesday from 11:00-1:00. RSVP not needed, \$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 reserve a ride for a medical appointment, three to five days in advance. Call Patsy@ 608-437-2518 for a ride. Medical Assistance Rides-Call-1-866-907-1493.

MILLER AND SONS

Miller's Supermarket delivers groceries to seniors on Thursdays. Call Judy 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. Volunteers deliver Miller food to the Senior Center on Wed. by 10:00am. The number system is used. Monetary donations can be made at Millers for the Sr. Center.



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THRIVE LOCALLY



NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Service provides rides for the 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 a lunch outing or bus trip.

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 & 3:00-4:30 pm, Saturday, 10:00-11:30 am. The Clothes Closet is open every Saturday from 10:00-11:30. and Thursdays from 6:00-7:30pm.

Ruby’s Pantry-Drive-Up, 2nd Tuesday/month, 4:00-5:30
New Hope Free Church, 639 8th St. \$25.00/car

FOOTCARE CLINIC with AMY FOSTER

Wednesday– April 17– 8:30-3:30

Wednesday– April 24– 8:30-3:30

Cost- \$25.00/Senior Center- \$35.00/Home
Call the Senior Center at 608-437-6902 for an appt. Call Amy at 608-576-8986 for an In-Home appt.

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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

NEVER MISS OUR NEWSLETTER!

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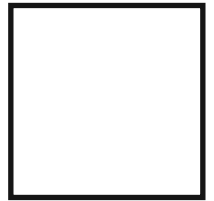
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