



MOUNT HOREB AREA SENIOR NEWS

Happy Memorial Day

MAY 2024 EDITION

SOUTHWEST DANE
OUTREACH/NUTRITION

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.

Tuesday, May 7th, 14th and 21st at 1pm, Tai Chi class and at 2pm Ageless Grace a chair exercise class.

Friday, May 10th at 1pm, join us for a special Mother's Day Tea. We will have tea, snacks and a good time. Please let us know if you would like to join us!

Friday, May 17th at 10am: Agrace Hospice will be here for a meet and greet. If you want more info on services and what they have to offer please join us for coffee and donuts.

Monday, May 20th from 9-11am , Card Making, we will be making homemade greeting cards, anyone can participate.

Monday, May 20th at 1pm, Downsizing: Is your home starting to feel like too much for you to maintain? If this describes you, it may be time to consider downsizing. Join Jess Lex, local real estate agent, for a seminar all about the downsizing process. Jess will break down the pieces of a move like this and give you tools to get the process started. Let's take the first step moving forward!

Tuesday, May 21st, Badger Hearing from 1-3pm: Tracy will be here to check your hearing aides. No appointment is required.

Tuesday, May 21st at Noon, Men's Group,: any men who would like to join us for lunch and to get out of the house to socialize please make reservation 2 days prior to the group.

Wednesday, May 22nd, we will be heading to Cow Tippers in Mineral Point for the lunch outing. They are serving liver and onions that day along with the regular menu. If you would like liver and onions please let us know when you call in your reservations. The bus leaves at 10am.

Friday, May 24th, Bingo at 12:30. Join us for great prizes, snacks and fun!
Sponsored by Bargain Nook.

Sneaky Pete's Wild West Dinner Theater Show in Wisc. Dells, on Friday, June 21st, join us as we journey back in time to the era of cowboys, outlaws, and adventure. Boo Sneaky Pete and the Bandits, the notorious villains of the show, whose cunning schemes will keep you on the edge of your seat. Limited seating please call Senior Center to reserve your seat. Cost per person is \$75.00 with everything included the bus ride, lunch and show. Bus leaves at noon. Lunch at 1:30 and the show is at 2:30pm.

Wednesday, Sept 11th, we will be taking a cruise down the Mississippi on the Celebration Belle in Dubuque Iowa. We are boarding a themed Oktoberfest cruise with Barefoot Becky and Ivanhoe Dutchmen polka entertainment along with the lunch buffet. The bus, the cruise, the entertainment and lunch buffet included for \$85.00 per person. Please call to reserve your seat today. The coach bus will leave Senior Center at 8:30am and will return around 4:30pm

Senior Center will be closed on Memorial Day on May 27th!

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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 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p style="text-align: center;">NO SUBSTITUTIONS ALLOWED</p>	<p>VO - Vegetarian Option NCS - No Concentrated Sweets NAS - No Added Salt</p> <p>NAS diet should not be receiving: gravy, ketchup or mustard.</p> <p>*s to note what meals contain pork.</p>	<p>1</p> <p>Shredded Roast Beef and Gravy Mashed Potatoes and Gravy WW Dinner Roll w/ Butter Carrots Fruit Cocktail Dessert MO: GARBANZO GRAVY</p>	<p>2</p> <p>Whole Wheat Pasta Meat Marinara Sauce California Vegetables Mixed Green Salad Dressing Pineapple Dessert MO: CHICKPEA MARINARA</p>	<p>3</p> <p>Baked Fish w/lemon cream sauce WW Dinner Roll Baked Potato Butter and Sour Cream Three Bean Salad Dessert MO: Beyond Burger w/Bun</p>
<p>6</p> <p>Tatar Tot Casserole WW Bread w/Butter Carrots Apricot Fruit Salad Dessert MO: BLACK BEAN TATOR TOT CASSEROLE</p>	<p>7</p> <p>Two Chicken Enchiladas Corn Black Beans Tropical Fruit Dessert MO: Black Bean and Cheese Enchiladas Salad optional: Spinach Chicken Salad</p>	<p>8</p> <p>Meatloaf Mashed Potatoes & Gravy WW Bread w/Butter Broccoli Pears Dessert MO: CHICKPEA PATTY</p>	<p>9</p> <p>Chicken Veggie Stir Fry Brown Rice Stewed Tomatoes Peaches Dessert MO: Tofu Veggie Stir Fry</p>	<p>10</p> <p>Tuna Casserole WW Bread w/Butter California Vegetables Diced Mango Cup Dessert MO: GARBANZO CASSEROLE *</p>
<p>13</p> <p>Roast Pork Loin and Gravy WW Bread w/Butter White Potatoes Green Beans Applesauce Dessert MO: VEGGIE CHICKEN AND GRAVY</p>	<p>14</p> <p>Beef Lasagna Mixed Green Salad Dressing Mandarin Oranges Dessert MO: VEGETARIAN LASAGNA W/BEYOND MEAT SALAD OPTIONAL: SOUTHWEST CHOCKEN</p>	<p>15</p> <p>Mushroom and Swiss Burger WW Bun Carrots Cucumber Salad Pineapple Dessert MO: BEYOND BURGER W/ MUSHROOMS AND SWISS</p>	<p>16</p> <p>Minestrone Soup Half Turkey and Provolone on Wheat Sandwich Apple Juice Dessert MO: Minestrone Soup and Half Vegetarian Spinach Wrap</p>	<p>17</p> <p>Pesto Penne Pasta w/ Chicken, Cherry Tomatoes, Onion, Parmesan Peas Banana Dessert MO: Vegetarian Pesto Penne Pasta w/Veggies</p>
<p>20</p> <p>Baked Penne w/Italian Sausage Corn Pears Dessert MO: Penne with Garbanzo Marinara</p>	<p>21</p> <p>Veggie Egg Bean Bake Hashbrowns Squash/zucchini Mixed Vegetables Salad Optional: Southwest salad</p>	<p>22</p> <p>Sweet and Sour Chicken Brown Rice Broccoli Carrots Sweet and Sour Sauce Fruit Cocktail MO: Sweet and Sour Tofu</p>	<p>23</p> <p>Sliced Turkey and Gravy Mashed Potatoes and Gravy WW Dinner Roll w/ butter Green Beans Cherry Crisp MO: Veggie Chickpea Patty</p>	<p>24</p> <p>BBQ Chicken Breast Macaroni and Cheese Coleslaw Peas Tropical Fruit Dessert MO: BBQ Veggie Chicken</p>
<p>27</p> 	<p>28 ROASTED TURKEY AND BACON SPINACH WRAP W/LETTUCE, TOMATO, PROVOLONE Cold Pea Salad Peaches Dessert MO: VEGGIE HUMMUS SPINACH WRAP SALAD OPTIONAL: SEASAME CHICKEN</p>	<p>29</p> <p>Teriyaki Chicken Brown Rice Casserole w/red peppers and onions Carrots Diced Mango Cup Dessert MO: TERIYAKI VEGGIE CHICKEN CASSEROLE</p>	<p>30</p> <p>Polish Sausage WW Bun Sauerkraut (hot) German Potato Salad (cold) Baked Beans Apricot Fruit Salad Dessert MO: VEGGIE SAUSAGE W/ BUN</p>	<p>31</p> <p>Chicken Alfredo Penne Pasta California Vegetables Corn Pineapple Dessert MO: VEGGIE CHICKEN ALFREDO</p>

Nutrition Manager's Note:

The Area Agency on Aging of Dane County will distribute Farmer's Market vouchers worth \$45.00 to seniors for use in purchasing fruit, vegetables or herbs at Farmer's Markets and roadside stands in Wisconsin from June through October 31, 2024. The vouchers will be distributed on a first come, first serve basis to those 60+, who live in Dane County, have gross incomes under \$27,861 per a year or \$2,321/month for one person and \$37,814 per a year or \$3,151/month for a two person household. One set of vouchers per person. This will be done by mail. Individuals who received the vouchers last year will automatically receive the application by mail. If you wish to apply for the program or need to update your mailing address, contact AAA Dietician Shannon Gabriel at 608-261-5678 or email at Gabriel.Shannon@countyofdane.gov. 608-261-5678. Applications will be mailed the week of May 8th. Once they receive and approve the application, vouchers will be mailed starting on June 1.

**May is Stroke Awareness Month:
Know the Signs of a Stroke**

Each year in the United States, there are more than 800,000 strokes. Stroke is the leading cause of death and causes more serious long-term disabilities than any other diseases. However, acting F.A.S.T. can improve outcomes. F.A.S.T. is an acronym used to help remember sign of a stroke.

F– Face Drooping– does one side of the face droop or is numb? Ask the person to smile. Is the smile uneven?

A– Arm Weakness– Is one arm weak or numb?

S–Speech Difficulty– Is speech slurred?

T–Time to call 911.

Other stroke symptoms; confusion, vision impairment, trouble walking or severe headache.



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

DHS Approved 4/22/2021

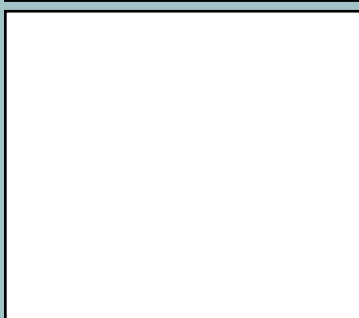
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SPRING CLEAN UP | **FALL CLEAN UP**



DIRECTOR'S NOTE:

May is Older American's Month. In 1963, President Kennedy declared May to be "Senior Citizen Month", to honor those who are 65 and older. Since that time, every President has proclaimed May to be the month to show support for older Americans. In 1980, President Carter changed the name to "Older Americans Month". The Administration for Community Living leads this observance of "Older Americans Month". The theme for 2024 is "Powered by Connection", which recognizes the profound impact that meaningful relationships and social connections have on our health and well being.

CASE MANAGER'S NOTE:

FREE WELCOME TO MEDICARE SEMINAR: FREE VIRTUAL "WELCOME TO MEDICARE SEMINAR" WILL BE HELD ON SATURDAY, MAY 11TH, 2024, FROM 9-11AM. IF YOU ARE TURNING 64 THIS SEMINAR WILL HELP YOU MAKE INFORMED CHOICES ABOUT YOUR OPTIONS. REGISTER BY 5/3/2024. PLEASE EMAIL AAA@COUNTYOFDANE.COM. IF YOU NEED HELP PLEASE FEEL FREE TO REACH OUT TO JULIE AND SHE CAN HELP YOU GET REGISTERED. PLEASE CALL SENIOR CENTER AT 608.437.6902.

<p>WE'RE HIRING! AD SALES EXECUTIVES</p> <p>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>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. 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</p> <p>Place Your Ad Here and Support Our Parish!</p> <p>CONTACT ME Nick Palasini</p> <p>Npalasini@lpicommunities.com (800) 950-9952 x2162</p>	
<p>Planning isn't just for You</p>  <p>Pre-Arranging Service Funeral Burial Plans Funeral Cremation Plans</p>  <p>608-437-5077 • GUNDERSONFH.COM</p>		



MAY 2024 ACTIVITIES

	Tuesday	Wednesday	Thursday	Friday
		1 Miller's Food- 10:00 Euchre-12:30	2	3
6	7 Tai Chi 1:00pm Ageless Grace Chair exercises 2:00pm	8 Miller's Food- 10:00 Blood Pressure Checks 10-11am Euchre-12:30	9 Shopping Trip 9:30	10  <i>Happy Mother's Day!</i>
13	14 Tai Chi 1:00pm Ageless Grace Chair exercises 2:00pm	15 Miller's Food- 10:00 Euchre-12:30 FOOT CLINIC 8:30-3:30PM	16	17 Agrace Hos- pice Meet & Greet Coffee and Doughnuts 10AM
20 CARD MAKING 9-11AM DOWNSIZING 1PM	21 MEN 'S GROUP NOON Tai Chi 1:00pm Badger Hearing 1-3:00pm Ageless Grace Chair exercises 2:00pm	22 Miller's Food 10:00 Euchre-12:30 COW TIPPERS BUS LEAVES AT 10AM FOOT CLINIC 8:30-3:30PM	23 Shopping Trip 9:30	24 BINGO- 12:30
27 	28	29 Miller's Food 10:00 Euchre-12:30	30	31 Fireside "Nonsense " Bus leaves at 9:30am Foot Clinic 8:30-11:30am

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered Monday, Wednesday and Fridays' through the Home delivered Meal Program. The meals are ordered every Friday for the next week, so please call by Thursday am for the following week, if you do or do not want meals.

Carry Out Meals are being provided by Finks Café on Tuesday, Wednesday and Fridays from 11:00 am-1:00 pm Please call Finks to reserve a meal to be picked up curb side at 437-8922. The suggested donation is still \$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.

Medical Assistance rides are provided by the VEYO Company. Please call 1-866-907-1493, four days in advance.

MILLER AND SONS

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by 12:00 pm. Please call 437-3081 to order. The groceries are then delivered within Mount Horeb on Thursday. There is a \$15.00 minimum order.

Miller and Sons also donates food to the Senior Center on Mondays, Wednesdays and Fridays at 10:00 am! The number system is used.



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THRIVE LOCALLY



NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mt. Horeb area. Transportation to meal sites and shopping is by donation. The suggested donation to the meal site is \$1.00/trip, the suggested donation for local grocery shopping is \$2.00/trip and the suggested donation for out of town shopping is \$3.00/trip. No one will be denied rides for these purposes based on their ability to pay. Please call Kristi at 437-8989 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 managing the Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours -Friday-9:00-10:30 am. 3:00-4:30pm. Saturday, 10:00–11:30 am and Thursdays from 6:00-7:30pm The Clothes Closet is open every Saturday from 10:00-11:30. Ruby’s Pantry Drive-Up, 2nd Tuesday/month, 4:00-5:30, New Hope Church, 639 8th St. \$25.00/car

FOOTCARE CLINIC WITH AMY FOSTER

Wednesday, May 15–8:30 am–3:30pm
Wednesday, May 22-8:30 am–3:30pm
Friday, May 31– 8:30am-11:30am

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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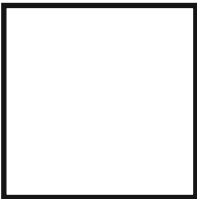
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Memorial Day - USA

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SERVICE
UNITED STATES

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POPPY
REMEMBRANCE
SERVING
WAR DEAD

