



MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE
OUTREACH NUTRITION

JANUARY 2023 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: Mary Kay Sutter

Nutrition Manager: Alexis Cox.

JANUARY EVENTS

January 2– Senior Center Closed

January 10– Gunderson Funeral Home– “Seven Deadly Mistakes in Planning A Funeral” 1:00pm

January 9, 16, 23, 30, February 6 & 13– Tai Chi 1:00
Ageless Grace–2:00pm

January 12– Shopping Trip to Dodgeville Walmart– 9:30 am
Men’s Group– 12:30 pm

January 19– Lunch Outing– Gus’ Restaurant, Verona–Leaving at
10:00am RSVP at 608-437-6902

January 26– Shopping Trip to Madison Target– Leaving at 9:30 am

January 27– BINGO– sponsored by BrightStar Health Care

Care Van Service will take seniors to the Mt. Horeb Library on Monday, Tuesday or Wednesday from 9:00– 1:00 and to the Mt. Horeb Food Pantry on the second or third Friday morning of each month. Please call Kris at 608-444-7930 from 9:00am to 4:00pm, two days in advance for a ride.

WINTER WEATHER ALERT– Congregate and home delivered meals will be canceled when the Mt. Horeb School District is closed or when the Mt. Horeb Senior Center makes the decision to close due to bad weather. Meal recipients will be notified.

Thank you to Miller’s Supermarket for sponsoring December Bingo, to the Mt. Horeb Community Foundation for the generous grant of \$1,500.00 for the “Newsletter Project” and to all who donated Bingo prizes and sweet treats!

WISH LIST- White-out, 8 in. paper plates, paper coffee cups and paper towels.

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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 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">HAPPY YEAR!</p>	<p>3</p> <p>Sweet & Sour Pork Over Brown Rice* Zucchini Broccoli Slaw Pears</p> <p>MO: SWEET & SOUR TOFU</p>	<p>4</p> <p>Sloppy Joe* on WW Bun - Cheese Roasted Potatoes Pasta Salad Banana</p> <p>MO: BLACK BEAN BURGER</p>	<p>5</p> <p>Chicken Parmesan Over WW Pasta Sautéed Greens Corn Applesauce WW Bread -Butter</p> <p>MO: TOFU PARMESAN</p>	<p>6</p> <p>Turkey Tetrazzini Over Brown Rice Stewed Tomatoes Dried Apricots Cole Slaw</p> <p>MO: TOFU TETRAZZINI</p>
<p>9</p> <p>Rosemary Mustard Pork* Over Roasted Potatoes Creamed Spinach Peaches WW Bread -Butter</p> <p>MO: ROSEMARY MUSTARD TOFU</p>	<p>10</p> <p>Salisbury Steak with Mushroom Gravy Over Mashed Potatoes Butternut Squash and Sautéed Greens WW Bread -Butter Pineapple</p> <p>MO: BLACK BEAN STEAK</p>	<p>11</p> <p>WW Mac & Cheese Baked Beans Mandarin Oranges WW Bread -Butter Broccoli Slaw</p> <p>MO: MAC & CHEESE</p>	<p>12</p> <p>Beef Stroganoff Over WW Noodles Peas Carrots Dried Cranberries</p> <p>MO: TOFU STROGANOFF</p>	<p>13</p> <p>Balsamic Glazed Chicken Zucchini Creamy Cucumber Salad Banana WW Bread -Butter</p> <p>MO: BALSAMIC GLAZED TOFU</p>
<p>16</p> <p>Chicken Enchilada Pie Elote Corn Sautéed Greens Mixed Fruit WW Bread -Butter</p> <p>MO: VEGGIE ENCHILADA PIE</p>	<p>17</p> <p>Meatloaf* Over Mashed Potatoes Carrots WW Bread -Butter Pears Broccoli Slaw</p> <p>MO: BEYOND MEAT-LOAF</p>	<p>18</p> <p>Glazed Ham* Over Mashed Sweet Potatoes Peas WW Bread -Butter Applesauce</p> <p>MO: GLAZED TOFU</p>	<p>19</p> <p>Stuffed Pepper Stew with Brown Rice Yellow Squash Creamed Spinach Banana</p> <p>MO: STUFFED PEPPER STEW</p>	<p>20</p> <p>Citrus Chicken Over WW Pasta Corn Dried Apricots Mixed Green Salad -Dressing</p> <p>MO: CITRUS TOFU</p>
<p>23</p> <p>BBQ Pork* on WW Bun - Cheese Broccoli Baked Beans Cole Slaw Applesauce</p> <p>MO: Veggie Sloppy Joe</p>	<p>24</p> <p>Turkey Breast with Gravy Mashed Sweet Potatoes Peas WW Bread -Butter Pineapples</p> <p>MO: Tofu with Gravy</p>	<p>25</p> <p>Whitefish Florentine Over Brown Rice Carrots SW Pasta Salad Applesauce Mandarin Oranges</p> <p>MO: Tofu Florentine</p>	<p>26</p> <p>Roast Chicken Roasted Potatoes Butternut Squash WW Bread -Butter Dried Cranberries</p> <p>MO: ROAST TOFU</p>	<p>27</p> <p>Pork Ragu* Over Roasted Red Pepper Polenta Zucchini Creamy Cucumber Salad Banana WW Bread -Butter</p> <p>MO: Garbanzo Ragù</p>
<p>30</p> <p>Spinach Pie Roasted Potatoes Yellow Squash Mixed Fruit WW Bread -Butter</p> <p>MO: SPINACH PIE</p>	<p>31</p> <p>Chicken Parmesan Over Sautéed Greens Zucchini Pears WW Roll -Butter</p> <p>MO: Tofu Parmesan</p>	<p>Milk and Dessert are not included with the meal. Dessert will be a confection or additional serving of fruit. NCS (No concentrated Sweets) diets include a dessert made with a sugar substitute or a</p>	<p>Serving of fruit. * Contains pork All menu items are prepared in a kitchen that is not allergen-free. We can not guarantee that food allergens will not be transferred through cross contact. No substitutes allowed.</p>	

NUTRITION MANAGER'S NOTE:

Starting in January 2023, "Little John's" will be the new Dane County Senior Nutrition Program caterer. We are very excited to be working with Little John's to continue to provide you with nutritious and delicious lunches. Together we will continue to serve over 500 home-delivered and congregate meals per day. Take a look at the new menu! We hope that you enjoy trying some of the new lunch offerings. If you have any questions or concerns related to this change, please contact your local Dining Site at 608-437-6902. Nutrition related concerns can be directed to Shannon Gabriel, the Nutrition Director at the Area Agency on Aging of Dane County at 608-261-5678.

Salad Options for January 2023

Week 1: 3rd

Asian Noodle Salad

Noodles with cabbage, carrots, snap peas, green onions, and tofu

Dressing: Sesame vinaigrette

Meal items included: Pears, dessert, broccoli slaw

Week 2: 10th

Winter Harvest Salad

Mixed greens with beets, garbanzo beans, apples, and onions

Dressing: Apple cider vinaigrette

Meal items included: Whole wheat bread, pineapple, dessert

Week 3: 17th

Taco Salad

Lettuce, seasoned ground beef, cheese, black olives, tortilla chips

Dressing: Salsa and sour cream

Meal items included: Whole wheat bread, pears, dessert

Week 4: 24th

Chef's Salad

Lettuce, ham, turkey, cheese, black olives, eggs, croutons

Dressing: Ranch

Meal items included: Whole wheat bread, pineapple, dessert

Week 5: 31st

Chicken Caesar Salad

Romaine, chicken, parmesan cheese, croutons

Dressing: Caesar

Meal items included: Whole wheat roll, pears, dessert



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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

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DIRECTOR'S NOTE:

HAPPY NEW YEAR AND ALL THE BEST FOR A SAFE AND HEALTHY 2023. 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 14, 2023 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 1/6/23.



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JANUARY 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">CLOSED</p>	<p>3</p>	<p>4</p> <p>MILLER'S FOOD- 10:00 FINKS CAFÉ- 11-1</p> <p>EUCHRE- 12:30</p>	<p>5</p>	<p>6</p>
<p>9</p> <p>TAI CHI- 1:00</p> <p>AGELESS GRACE- 2:00</p>	<p>10</p> <p>Gunderson Funeral Home Presentation 1:00 pm</p>	<p>11</p> <p>MILLER'S FOOD- 10:00 BLOOD PRESSURE 10:00-11:00 FINKS CAFÉ- 11-1 Euchre- 12:30</p>	<p>12</p> <p>SHOPPING TRIP TO DODGEVILLE-10:00</p> <p>MEN'S GROUP - 12:30</p>	<p>13</p>
<p>16</p> <p>Shopping in Verona 9:30 am</p> <p>Tai Chi- 1:00</p> <p>Ageless Grace- 2:00</p>	<p>17</p>	<p>18</p> <p>MILLERS FOOD- 10:00</p> <p>FINKS CAFÉ- 11-1</p> <p>EUCHRE- 12:30</p>	<p>19</p> <p>LUNCH OUTING- 10:00 - VERONA</p>	<p>20</p>
<p>23</p> <p>TAI CHI- 1:00</p> <p>AGELESS GRACE- 2:00</p>	<p>24</p>	<p>25</p> <p>Millers Food 10:00</p> <p>Finks Café- 11-1</p> <p>Euchre-12:30</p>	<p>26</p> <p>SHOPPING TRIP TO TARGET-10:00</p>	<p>27</p> <p>BINGO- 12:30</p>
<p>30</p> <p>TAI CHI- 1:00</p> <p>AGELESS GRACE- 2:00</p>	<p>31</p>			

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. 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 and wear a mask. 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 now 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 18-9:00am-4:00pm
Wednesday, January 25-9:00am-4:00 pm

The cost is \$25.00/ Senior Center- \$35.00/In-Home
Call the Senior Center for an appointment.
Call Amy at 608-576-8986 for an in-home appointment.

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.

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NEW GLARUS HOME
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Mount Horeb Area Senior Center

107 North Grove Street

Mount Horeb, WI 53572

Music Word Search

O Z S S M D S R E X W M G T D
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A V K A N T L L A L O E Y E U
I F B C R O O O L L M N N R M
P F L A H P S E D U E K O R N
W S U H H G T R R Y P D M H O
O Q I O R W A T E R B U R Y I
O G N X N S S H Y N R L A T T
D E N Q T N E I G H T H H H A
B H N O I E L G N A I R T M P
L E I P S N E K C O L G A D O
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C L H W H O L E T O S U Q O N
K S U R O H C O R H O U W C Y
H M Q L N F K M F R M R M G S

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