

MOUNT HOREB AREA SENIOR NEWS

Happy
April

**SOUTHWEST DANE
OUTREACH/
NUTRITION**

APRIL 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

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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 3, 10, 17– Tai Chi-1:00 pm-
Ageless Grace– 2:00pm**

April 9– Easter

April 11– “Access to Independence” - 12:30 pm

Access to Independence is a cross disability non profit organization. They serve Dane, Dodge, Columbia and Green Counties. Everyone is welcome to join us!

**April 13– Shopping Trip– Walmart– Dodgeville-9:30 am
Men’s Group– 12:30 pm**

April 20– Lunch Outing –Draft House -Verona –10:00 am

April 25– Trivia Games– 12:30 pm

**April 28– BINGO 12:30 pm – sponsored by “Traveling for Tootsies”
Amy Foster**

WISH LIST– copy machine paper,

FYI– FREE Virtual “Welcome to Medicare Seminar” will be held on Saturday, May 13, 2023 from 9-11:30 am. Register by 5/5/23 at aaa@countyofdane.com

THANK YOU to Bob & Doris Frame for water and coffee cups, to Dolores Kahl for paper towels, Donna Read for Bingo and Door Prizes, Joe Mulsch for popcorn, Ingleside Communities for sponsoring February Bingo, Shirley Loffin, stamps & Jerilyn Faltz for Bingo prizes & treats.



APRIL 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MO– Meatless Option</p> <p>NCS– No Concentrated Sweets NAS– No added Salt</p> <p>*s to note what meals contain pork.</p>	<p>All menu items are prepared in kitchen that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact.</p> <p>NO SUBSTITUTIONS ARE ALLOWED.</p>	<p>NAS Substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets, (ketchup, BBQ sauce etc.)</p>		
<p>3</p> <p>Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Butter Vanilla pudding cup</p> <p>MO – 3 Veggie Meatballs NCS – SF Pudding Cup</p>	<p>4</p> <p>Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Tiger bites</p> <p>MO – Veggie Chicken Rice Casserole NCS – SF JELL-O</p>	<p>5</p> <p>Chili **Cheese Baked potato Sour cream/butter Cornbread Pears Fig newton bar</p> <p>MO – Veggie Chili NCS – FRUIT CUP OR FRESH FRUIT</p>	<p>6</p> <p>Traditional Meatloaf Mashed potatoes Broccoli White Bread/Butter Applesauce</p> <p>MO – Hummus and Pita NCS – N/A</p>	<p>7</p> <p>Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy treat</p> <p>MO – Veggie Chicken Alfredo NCS – FRUIT CUP OR FRESH FRUIT</p>
<p>10</p> <p>Chicken a la King Brown Rice Capri blend Coleslaw Fruit Cocktail Scooby snacks MO – Soy a la king NCS – FRUIT CUP OR FRESH FRUIT</p>	<p>11</p> <p>Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Dressing Peaches Oatmeal Raisin Cookie MO – Marinara sauce NCS – FRUIT CUP OR FRESH FRUIT</p>	<p>12</p> <p>-Italian Sausage. NAS – chicken breast Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Oranges Brownie</p> <p>MO – Veggie Chicken NCS – SF JELL-O</p>	<p>13</p> <p>Boneless BBQ Chicken breast Peas Pickled Beets WW Dinner Roll/butter Cinnamon applesauce</p> <p>MO – Veggie BBQ chicken NCS – N/A</p>	<p>14</p> <p>*Meatballs in gravy NAS – no gravy Mashed potatoes Mixed greens Dressing WW Dinner roll/butter Mixed Fruit cup Butterscotch Pudding MO – Veggie Meatballs in gravy NCS – SF pudding</p>
<p>17</p> <p>Garlic Parmesan Boneless Chicken breast Stewed tomatoes Broccoli WW Bread/Butter Peaches Nutty Buddy bar MO – Veggie Garlic Parmesan chicken NCS – fruit cup or fresh fruit</p>	<p>18</p> <p>Chili WW Dinner Roll Butter Vinegar Corn Salad Applesauce Sugar Cookie MO – Veggie Chili NCS – SF PUDDING</p>	<p>19</p> <p>Sausage Veggie Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice cup Blueberry muffin/butter MO – Veggie Egg Bake NCS – n/a</p>	<p>20</p> <p>*BBQ Meatballs Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Chocolate Chip Cookie MO – Veggie Chicken Alfredo Penne NCS – FRUIT CUP OR FRESH FRUIT</p>	<p>21</p> <p>Pot Roast in Gravy WW Dinner Roll/butter Garlic herb mashed potatoes Carrots Pineapple Oatmeal raisin cookie MO – Veggie Meatballs in gravy NCS – fruit cup or fresh fruit</p>
<p>24</p> <p>*Ham & Potato Casserole NAS – Chicken and Potato Cass. WW Dinner Roll/Butter Peas Peaches Jell-o cup MO – Soy Potato Casserole NCS – SF Jell-o</p>	<p>25</p> <p>Chicken and Gravy NAS – no gravy Over White bread Carrots Broccoli Orange juice cup Chocolate chip cookie MO – Veggie Chicken & gravy NCS – FRUIT CUP OR FRESH FRUIT</p>	<p>26</p> <p>Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Oatmeal cream pie MO – Chickpea Joe NCS – FRUIT CUP OR FRESH FRUIT</p>	<p>27</p> <p>Meat Sauce Spaghetti Noodles Carrots 3 Beans Salad Cinnamon applesauce Fig newton bar MO – Marinara Sauce NCS – fruit cup or fresh fruit</p>	<p>28</p> <p>Chicken Stew – 12 oz. Mixed greens Dressing Crackers Copper Penny salad Pears Chocolate Pudding MO – Veggie Chicken Stew NCS – SF pudding</p>

NUTRITION MANAGER'S NOTE:

GRAPE SALAD

1 8oz. cream cheese

1 c. light sour cream

1/4 c. sugar

2 TBSP. brown sugar

3 TBSP. chopped pecans -Mix all together and refrigerate. Add 2#'s each of green grapes and red grapes right before serving.

“EAT RIGHT”- 10 ways to Enjoy more Fruits & Vegetables: 1. Mix a breakfast smoothie with fruit and low fat yogurt. 2. Eat crunchy vegetables with low fat dressing. 3. Add color to salads with baby carrots, grape tomatoes or mandarin oranges. 4. Keep cut vegetables handy in your refrigerator. 5. Puree apples, berries, peaches, etc. in a blender for a sweet sauce over grilled poultry or pancakes. 6. Add fruits and vegetables to a sandwich. 7. Top a baked potato with beans, salsa, broccoli or cottage cheese. 8. Add grated, shredded or chopped vegetables like zucchini, spinach, carrots to lasagna, meatloaf or mashed potatoes. 9. Stuff an omelet with vegetables like peppers, tomatoes,

onions, spinach, etc. 10. Make fruit your dessert.

Foods that Give You More Energy and Help You Stay Focused: Despite what generations have said in the past, that eating candy and other sugar-laden foods will give you energy, the opposite actually happens. People become more fatigued and have less focus.

Snacks that give you more energy and help you stay productive include protein and produce like cheese/grapes, walnuts/ clementines, rice or almond cracker/carrots, peanut butter/apple or blueberries/yogurt.



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:

April is Volunteer Recognition Month! We want to THANK our 50 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 meals program, 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 of our seniors! Join us in saying "THANK YOU" to our Volunteers for serving the seniors in the Mt. Horeb area!

CASE MANAGER'S NOTE: (MIPPA MOMENT)

April is Medicaid Awareness Month: Medicaid is the country's most extensive health care program specifically designed to meet the needs of low-income individuals, many who have disproportionate medical needs, health challenges and obstacles to getting care. Medicaid has been especially critical as the nation responded to the Coronavirus Pandemic, providing necessary funding for hospitals and helping patients get the care they need. Currently 1 in 5 Americans have health insurance through Medicaid and CHIP. Medicaid provides high quality, affordable coverage to nearly 80 million low income individuals, families and disabled. Over one million Wisconsinites receive Medicaid.



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Mount Horeb Senior Center, Mount Horeb, WI

B 4C 01-2043

APRIL 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
3 Tai Chi- 1:00 Ageless Grace- 2:00	4 Election	5 Miller's Food-10:00 Euchre- 12:30	6	7
10 Tai Chi- 1:00 Ageless Grace- 2:00	11 ACCESS TO INDEPENDENCE- 12:30	12 Miller's Food- 10:00 Blood Pressure- 10:00-11:00 Euchre- 12:30	13 Shopping Trip- 9:30 DODGEVILLE Men's Group - 12:30	14
17 SHOPPING TRIP - VERONA Tai Chi-1:00 Ageless Grace-2:00	18 Table Games-12:30	19 Miller's Food-10:00 Euchre-12:30	20 Lunch Outing- 10:00 DRAFT HOUSE- VERONA	21 BINGO-12:30
24	25 Trivia- 12:30	26 Miller's Food-10:00 Euchre-12:30	27 Shopping Trip- 9:30 - Target	28

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 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.

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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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. New hours: Seniors Only: Friday, 9:00-10:30 am. All shoppers: Friday, 3:00-6:00 pm and Saturday, 9:30-11:00 am. The Clothes Closet is open on the 2nd and 4th Saturday from 10:00-11:00 noon and the 3rd Thursday from 5:00-7:00pm. 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 19– 9:00-4:00

Wednesday– April 26– 9:00-4:00

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.

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.

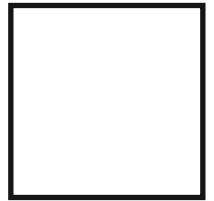
New Glarus Home offers a full spectrum of services including Independent Retirement Living, Assisted Living, Skilled Nursing, and Inpatient and Outpatient Therapy.

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