

MOUNT HOREB *AREA* *SENIOR NEWS*

**SOUTHWEST DANE
OUTREACH/NUTRITION**

DECEMBER 2022 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**

*** EVENTS FOR DECEMBER**

**DEC. 1, 8, 15 & 29- LINE DANCING- 6:00-7:00PM \$5.00/NIGHT GAIL DOTY,
INSTRUCTOR -NO EXPERIENCE NECESSARY - RSVP BY DEC. 28. AT 608-437-6902**

DEC. 2- HOLIDAY TEA & SING-ALONG- 12:30PM

**DEC. 5 & 12 TAI CHI-1:00 PM AGELESS GRACE- 2:00PM
HOLIDAY LIGHTS TRIP - OLIN PARK- 4:00PM RSVP/608-437-6902**

**DEC.13- GUNDERSON'S FUNERAL HOME PRESENTATION-1:00 PM
"A GREEN BURIAL" RSVP BY DEC. 8**

DEC. 15-LUNCH OUTING-OLIVE GARDEN- LEAVING AT 10:15 RSVP

DEC. 16- HOLIDAY BINGO-12:30 PM SPONSORED BY MILLER'S SUPERMARKET

DEC. 23 & 26 SENIOR CENTER CLOSED MERRY CHRISTMAS!

DEC. 30- PIZZA PARTY- 12:00 NOON RSVP BY DEC. 27

**"STAND UP AND MOVE MORE"- DO YOU SIT MORE THAN 6 HOURS/DAY? JOIN A
VIRTUAL STAND UP AND MOVE MORE CLASS. THURSDAYS, JANUARY 12,19,26
AND FEBRUARY 2, 2023, FROM 2:00-3:30 PM. A REFRESHER SESSION ON
MARCH 6, 2023. THE COST IS FREE (WITH THE OPTION TO DONATE \$15.00 FOR
CLASS MATERIALS) REGISTER BY JANUARY 4 WITH SHANNON GABRIEL AT
608-261-5678. (THIS IS NOT AN EXERCISE CLASS) THIS CLASS WILL HELP YOU
ADD MORE STANDING TIME TO YOUR DAY FOR BETER HEALTH! DEVELOPED AND
RESEARCHED AT THE UW-MADISON. (MAY BE AVAILABLE AT THE SENIOR CENTER)**

**THANK YOU TO JOHN SHEIDEGGER FOR SPONSORING OCT. BINGO, TO KAREN
TETZLAFF FOR SPONSORING NOV. BINGO, TO MILLERS FOR SPONSORING DEC.
BINGO, TO JERILYN FALTZ FOR TREATS AND BINGO PRIZES.**

WISH LIST: PAPER PLATES, PAPER COFFE CUPS AND PAPER TOWELS

FINKS CAFÉ IS SERVING SENIOR MEALS ON WEDNESDAY (NOT TUES.)11:00-1:00

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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.



DECEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<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 NO SUBSTITUTIONS ARE ALLOWED.</p>	<p>VO– Vegetarian Option NCS– No Concentrated Sweets NAS– No added Salt NAS diet should not be receiving gravy, ketchup or mustard * to note what meals contain pork</p>	<p>*</p>	<p>1 *BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Cinnamon applesauce cup MO – Veggie BBQ chicken NCS – n/a</p>	<p>2 *Italian Sausage NAS – chicken breast Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Orange cup Sugar Cookie MO – Hummus/pita NCS – SF jell-o *</p>
<p>5 *Meatballs in gravy NAS – no gravy Mashed potatoes Mixed greens Dressing WW Dinner roll/butter Mixed Fruit cup Chocolate Pudding Cup MO – Veggie meatballs NCS – SF pudding</p>	<p>6 Fish Sandwich: Breaded Fillet WW Bun **Cheese Tartar Sauce Yams Peas Pear cup Oatmeal Raisin cookie MO – black bean burger NCS – Peach cup</p>	<p>7 Beef Stew WW Dinner Roll/Butter Corn Strawberry Applesauce cup Rice Crispy treat MO – Soy beef stew NCS – SF jell-o</p>	<p>8 Sausage Veggie Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice cup Blueberry muffin/butter MO – Veggie egg bake NCS – n/a</p>	<p>9 *Pork Loin in Gravy Yam Bake 3 Beans Salad WW dinner roll/butter Cinnamon Applesauce Cup Marble loaf cake MO – Hummus wrap NCS – peach cup</p>
<p>12 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit cup Sugar Cookie MO – Alfredo Penne NCS – pineapple cup</p>	<p>13 *Ham and Potato Casserole NAS – Chicken and Potato Cass. WW Dinner Roll/Butter Peas Peach cup Jell-o cup MO – Soy & potato casserole NCS – SF Jell-o</p>	<p>14 Chicken and Gravy NAS – no gravy Over White bread Carrots Broccoli Orange juice cup Chocolate chip cookie MO – Veggie chicken & gravy NCS – fruit cup</p>	<p>15 Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Chocolate Pudding cup MO – Chickpea joe NCS – SF PUDDING</p>	<p>16 Roast Beef in Gravy Croissant/butter Garlic herb mashed potatoes Carrots Pineapple cup Lemon Loaf cake MO – Veggie meatballs NCS – SF jell-o</p>
<p>19 Chicken Stew Mixed greens Dressing Crackers Copper Penny salad Pears Brownie MO – Veggie Chicken stew NCS – SF PUDDING CUP</p>	<p>20 Cheeseburger: Beef Patty WW Bun **American Cheese Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail cup Carnival Cookie MO – garden burger NCS – banana</p>	<p>21 *Meatballs in Marinara Over Penne 4 bean salad Peach cup Jell-o cup MO – veggie meatballs in marinara NCS – SF jell-o</p>	<p>22 Bone-in Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Pineapple cup Marble Loaf cake MO – Veggie garlic parm. Chicken NCS – pear cup</p>	<p>23 CLOSED FOR CHRISTMAS </p>
<p>26 CLOSED FOR CHRISTMAS </p>	<p>27 Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Fruit cup Butterscotch pudding cup MO – Veggie chicken broccoli rice casserole NCS – SF pudding</p>	<p>28 Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread/Butter Sugar Cookie MO – Garden wrap NCS – pear cup</p>	<p>29 Bone-in BBQ Chicken Cheesy Potatoes WW Bread/butter Banana Berry applesauce cup MO – Veggie BBQ chicken NCS – n/a</p>	<p>30 Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Dressing Peach cup Lemon Loaf cake MO – Marinara Sauce NCS –SF jell-o</p>

NUTRITION MANAGER'S NOTE:

WINTER MEAL CLOSING REMINDER:

With Winter coming, a reminder that when the Mt. Horeb School District is closed due to severe or cold weather, there will be no congregate or home delivered meals. The Senior Center will be closed for programs. The closings will be announced on the TV and radio in the am.

Cranberry Nut Bars

2 eggs
1 med. mashed banana
1 c. sugar
1/3 c. canola oil
1 c. flour
1 1/4 c. chopped cranberries
1/2 c. chopped walnuts
Mix all together and spread in a 8 X 8 greased pan. Bake for 35-45 minutes at 350. Frost when cool.

Salad Options for December 2022

Week 1 – 6th

Hummus Platter

Pita wedges, hummus, roasted vegetables and mixed green garnish

Dressing: None

Meal items to be served with this: pear cup, oatmeal raisin cookie

Week 2 – 13th

Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, onion, feta and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: peach cup, jell-o cup

Week 3 – 20th

Chicken Cranberry Bacon Bleu (CCBB) Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: fruit cocktail cup, carnival cookie

Week 4 – 27th

Pulled Pork Santa Fe Salad

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

Dressing: Ranch

Meal items to be served with this: fruit cup, butterscotch pudding cup



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E-mail: law@karlaott.com

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Fax: 608-437-2850
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DIRECTOR'S NOTE:

The Holiday Season is upon us! Each year, we wonder where the time has gone and it seems to go faster every year. Take time to enjoy the Holidays safely. Reach out to someone who lives alone! This is the time to be thankful for all we have received throughout the year. Thank you to Dane County, the Villages of Mt. Horeb and Blue Mounds and the Towns of Blue Mounds, Perry, Primrose and Springdale for supporting our programs and services, to Consolidated Foods in Verona for the great meals, to Millers Supermarket for their support and their grocery delivery to many Seniors, and to all of our VOLUNTEERS who are a great asset to our programs! Happy Holidays!

CASE MANAGER'S NOTE:

Medicare D Open Enrollment ends on December 7, 2022. Appointments will be available through December 6. Call for an appointment to review your plan. December 6-12 is National Influenza Vaccination Week. Getting vaccinated is especially important for those who are at high risk. These groups of people can include adults age 65 + with asthma, diabetes, HIV/AIDS, cancer and heart disease. If they get the flu, they are at high risk for pneumonia, bronchitis and sinus infections. The "Flu Season" can run from September through January. Medicare B covers one flu shot per flu season. A "Welcome to Medicare" seminar will be held virtually on Jan. 14, 2023, more info to follow.



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Mount Horeb Senior Center, Mount Horeb, WI

B 4C 01-2043

DECEMBER 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1 LINE DANCING- 6:00– 7:00pm	2 Holiday Tea & Sing-Along– 12:30
5 TAI CHI- 1:00 Ageless Grace 2:00	6	7 MILLERS' FOOD 10:00 Euchre– 12:30	8 MENS GROUP 12:30 PM SHOPPING TRIP LINE DANCING- 6:00-7:00PM	9 SHOPPING TRIP TO BARABOO– 9:30 RSVP AT 608-437-6902
12 TAI CHI- 1:00 Ageless Grace- 2:00pm	13 Gunderson Funeral Home Presentation 1:00 pm	14 MILLERS FOOD 10:00 Blood Pressure 10:00– 11:00 Euchre 12:30	15 Lunch Outing- “Olive Garden” Leave -10:15 LINE DANCING 6:00-7:00pm	16 “HOLIDAY BINGO”– 12:30
19	20	21 MILLERS FOOD 10:00 Euchre– 12:30 pm	22	23 CLOSED
26 CLOSED	27	28 MILLERS FOOD 10:00 EUCHRE– 12:30	29 LINE DANCING 6:00-7:00pm	30 Pizza Party 12:00 noon

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 offered every Tuesday. 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+.

Fink's Café is serving "My Meal My Way" every Wed. from 11:00 am-1:00 pm. No reservation 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 and raised toilet seats. 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, can 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.



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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 Finks Café or the congregate meal site. Call the Senior Center at 608-437-6902 to go out for 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 Pantry

Neighbors Helping Neighbors are managing the Mt. Horeb Food Pantry and the Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours for SENIORS ONLY: Friday, 9:00-10:30 am and hours for others; 3:00-6:00pm and Saturday 9:30-11:30 am. The Clothes Closet is open every Saturday from 0:00-11:30am

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

FOOT CARE with AMY FOSTER

Wednesday, December 21-9:00-4:00

Wednesday, December 28-9:00-4:00

Cost is \$25.00/Senior Center- \$35.00/Home
Call Senior Center at 608-437-6902 for appt.
Call Amy at 608-576-8986 for 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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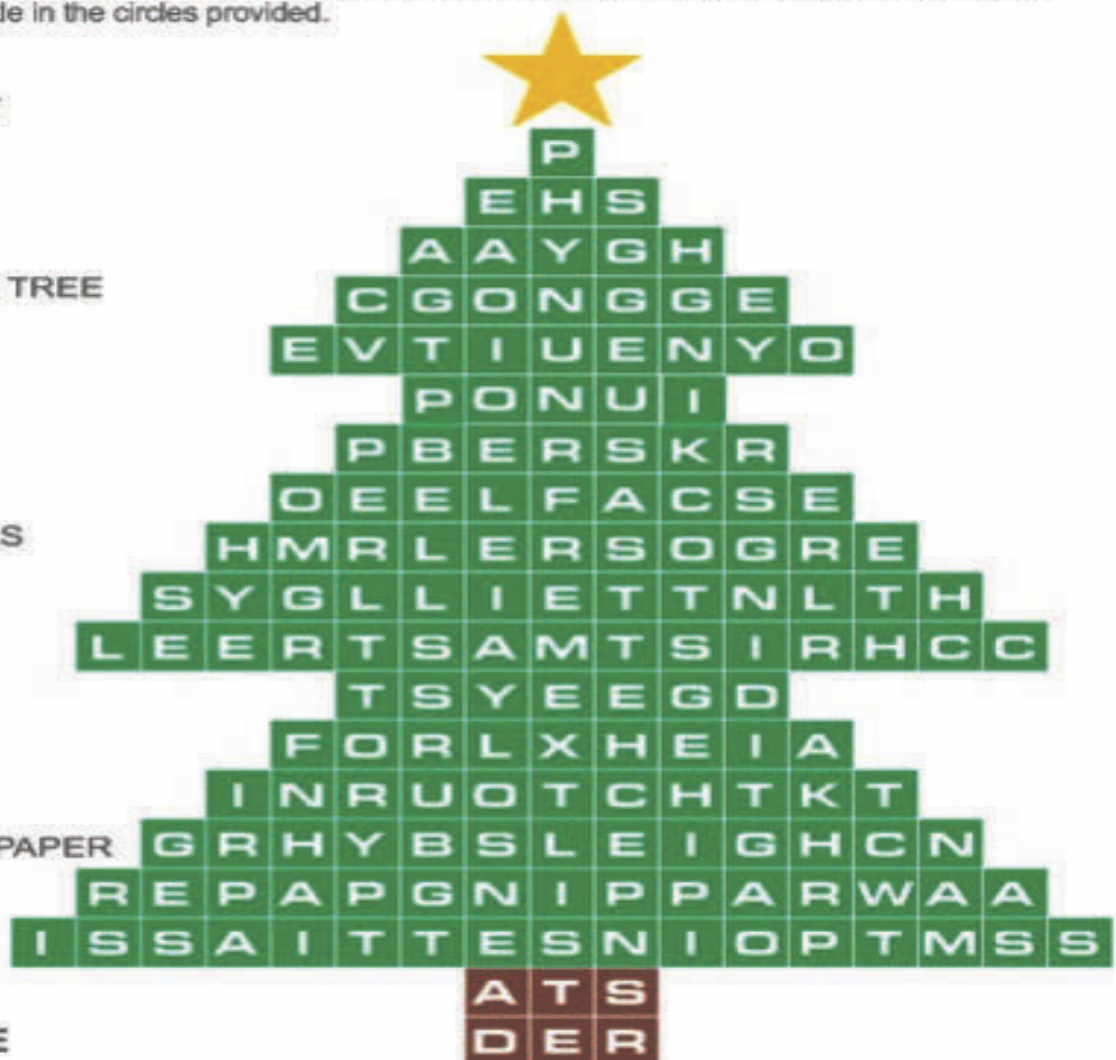
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2

Find words associated with the Christmas season hidden in the puzzle below. They are hiding forwards, backwards, up, down, and diagonally. As you find the words, cross them off the word list. The remaining letters, reading left to right, top to bottom, spell out the title of a popular Christmas song. Write the title in the circles provided.

WORD LIST

BELLS
BOUGH
BOXES
CHEER
CHRISTMAS TREE
EGGNOG
GIFTS
GREEN
LIGHTS
LIST
MYRRH
PEACE
POINSETTIAS
RED
SACK
SANTA
SEASON
SHOPPING
SLEIGH
STOCKING
TIDINGS
TOYS
WRAPPING PAPER
YULE



SONG TITLE