



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.

“May is Older Americans Month”

May 1, 8, 15, 22, June 5 & 12– Tai Chi 1:00

Ageless Grace– 2:00

May 8, 16, 22, 29, June 5 & 12– Neuro Chakra Art– 10:00-11:45 RSVP at 608-437-6902 by May 1 - Instructor– Peggy Starr

**May 9- “Life Transitions” Dane County’s Mental Health Team-12:30
988- (Suicide & Crisis Lifeline # 24hrs./day)**

May 11 & 25–Shopping Trip to Walmart, Dodgeville– 9:30 am Call Kris at 608-444-7930

May 12– MOTHER’S DAY TEA– 1:00 RSVP by May 5

May 15– Card Making –9:00–11:30–Call Stacey to reserve a spot at 608-279-6108

May 16– “Tech Day”- Wayne Haskins will be here to assist folks with their electronic devices -10:00-11:00– iPads , 11:00-12:00– Cell Phones & 1:00-3:00 Laptops RSVP at 608-437-6902

May 19–Lunch Outing– Borlands’ Restaurant, Belleville–10:00– RSVP at 608-437-6902

May 26– BINGO– 12:30– sponsored by the “Bargain Nook”

Thank You to Mary Price & Ellie Schmidt for copy machine paper, Shamrock Farms for sponsoring March Bingo & Jerilyn Faltz for Bingo treats and prizes.

WISH LIST: white out , coffee cups, black markers

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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 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger: Beef Patty WW Bun **American Cheese Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie MO – Black bean burger NCS – fruit cup or fresh fruit	2 *Meatballs in Marinara Over Penne 4 bean salad Peaches Scooby snacks MO – Veggie Meatballs in marinara NCS – fruit cup or fresh fruit	3 Fish Sandwich: Breaded Fillet WW Bun **Cheese Tartar Sauce Yams Peas Pears Nutty Buddy bar MO – Multigrain burger NCS – FRUIT CUP OR FRESH FRUIT	4 Rustic Tomato Bean Soup Crackers Mixed greens Dressing Pineapple Jell-o MO – Veggie Tomato bean soup NCS – SF JELL-O	5 BBQ Chicken Breast Mashed Potatoes WW Bread/butter Banana Applesauce MO – Veggie BBQ chicken NCS – N/A
8 Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Butter Vanilla pudding MO – Tomato Cheese Sandwich NCS – SF PUDDING	9 Chicken Brocc. Rice Casse- role Carrot Coins Chickpea Salad Fruit cup Tiger bites MO – Veggie Chicken Broc- coli rice casserole NCS – fruit cup or fresh fruit	10 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy treat MO – Veggie Chicken Alfred NCS – fruit cup or fresh fruit	11 Traditional Meatloaf Mashed potatoes Broccoli White Bread/Butter Applesauce MO – Hummus and Pita NCS – N/A	12 Chili **Cheese Baked potato Sour cream/butter Cornbread Pears Fig newton bar MO – Veggie Chili NCS – fruit cup or fresh fruit
15 Chicken a la King Brown Rice Capri blend Coleslaw Fruit Cocktail Scooby snacks MO – Veggie Chicken NCS – fruit cup or fresh fruit	16 Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Dressing Peaches Oatmeal Raisin Cookie MO – Marinara sauce NCS – fruit cup or fresh fruit	17 *Italian Sausage NAS – chicken breast Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Oranges Reese’s PB cup MO – Veggie Chicken NCS – SF jello	18 BBQ Chicken Breast Peas Pickled Beets WW Dinner Roll/butter Cinnamon applesauce MO – BBQ chickpeas NCS – n/a	19 *Meatballs in gravy NAS – no gravy Mashed potatoes Mixed greens Dressing WW Dinner roll/butter Mixed Fruit cup Chocolate Chip cookie MO – Veggie Meatballs in gravy NCS – fruit cup or fresh fruit
22 Garlic Parmesan Chicken breast Stewed tomatoes Broccoli WW Bread/Butter Peaches Nutty Buddy bar MO – Veggie Garlic Parmesan chicken NCS – fruit cup or fresh fruit	23 Chili WW Dinner Roll Butter Corn Applesauce Sugar Cookie MO – Veggie Chili NCS – SF PUDDING	24 Sausage Veggie Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice cup Blueberry muffin/butter MO – Veggie Egg Bake NCS – N/A	25 *BBQ Meatballs Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Oatmeal raisin cookie MO – Veggie BBQ meatballs NCS – fruit cup or fresh fruit	26 Pot Roast in Gravy WW Dinner Roll/butter Garlic herb mashed potatoes Carrots Pineapple Butterscotch Pudding MO – Veggie Meatballs in gravy NCS – SF PUDDING
29 	30 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	31 Sloppy Joe On WW Bun Potato Salad Mixed Vegetable Banana Oatmeal cream pie MO – Chickpea Joe NCS – fruit cup or fresh fruit	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	
NAS substitutions listed when not necessary, it is not suggested for those on NAS diet to consume cheese slices, cheese garnishes or condiment packets, (ketchup, BBQ sauce, etc.)				

Nutrition Manager's Notes: The Area Agency on Aging of Dane County will distribute Farmer's Market vouchers worth \$35.00 to seniors for use in purchasing fruit, vegetables or herbs at Farmer's Markets and roadside stands in Wisconsin from June through October 31, 2023. The vouchers will be distributed on a first come, first serve basis to those 60+, who live in Dane County, have gross incomes under \$26,973/year or \$2,248/month for one person and \$36,482 year or \$3,041/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. 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?

Ask the person to raise both arms. Does one arm drift downward?

S–Speech Difficulty– Is speech slurred?

T–Time to call 911.

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



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:

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 2023 is "Aging Unbound", which offers an opportunity to explore diverse aging experiences and how communities can combat stereotypes.

CASE MANAGER'S NOTE: "MONTHLY MIPPA MOMENT"

May is Mental Health Awareness Month which aims to raise awareness about mental health issues and reduce the stigma surrounding mental illness. One important aspect of mental health awareness is the promotion of depression screenings. Depression is a common and treatable mental health condition that affects millions of people each year. Screening for depression can help identify individuals who may be at risk and connect them with appropriate treatment and resources. Medicare covers a wide range of Medical services, including preventative services, mental health services and prescription drugs. Mental health services covered by Medicare may include counseling, psychotherapy and medication management. As mental health awareness continues to grow, Medicare has become an important resource for those seeking affordable and accessible mental health care. FREE screenings are available under Part B.

<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>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>	 <p>THRIVE LOCALLY</p>	 <p>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 Advertise in our Newsletter!</p> <p>CONTACT ME Ruth Schlitz</p> <p>rschlitz@lpicommunities.com (800) 950-9952 x2671</p>	
<p><i>Planning isn't just for You</i></p>  <p>Pre-Arranging Service Funeral Burial Plans Funeral Cremation Plans</p>  <p>Gunderson LIFE CELEBRATION CENTERS <i>Celebrating 100 Years of Caring for Your Family</i></p> <p>608-437-5077 • GUNDERSONFH.COM</p>			



MAY 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 TAI CHI-1:00 AGELESS GRACE- 2:00	2	3 Miller's Food-10:00 Euchre- 12;30	4	5
8 TAI CHI 1:00 AGELESS GRACE 2:00	9 LIFE TRANSITIONS- 12:30 PM	10 MILLER'S FOOD- 10:00 Blood Pressure Clinic- 10-11 EUCHRE- 12:30	11 Shopping Trip Walmart- 9:30 Men's Group- 12:30 pm	12 Mother's Day Tea-1:00
15 Shopping- Verona 9:30 TAI CHI 1:00 AGELESS GRACE 2:00	16	17 MILLER'S FOOD- 10:00 EUCHRE- 12:30	18	19 Lunch Outing- 10:00 Borlands Restaurant- Belleville
22 TAI CHI 1:00 AGELESS GRACE 2:00	23 TRIVIA GAMES 12:30	24 MILLER'S FOOD 10:00 EUCHRE- 12:30	25 Shopping Trip Walmart- 9:30	26 BINGO-12:30
29	30	31 MILLER'S FOOD 10:00 EUCHRE- 12:30		

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. 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 Wednesday for seniors 60+, from 11:00 am-1:00 pm. RSVP not needed. \$4.50 suggested donation/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 any 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 are provided by the VEYO Company. Please call 1-866-907-1493, four days in advance.

MILLER AND SONS

Miller's Supermarket delivers groceries to seniors on Thursday's. Call 608-437-3081 to inquire about this service, since there is limited number of customers that they can deliver to. There is a \$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 Miller's for the Sr. Center.



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Services 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 a meal site is \$1.00/round trip, and for lunch outings and 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 non-perishable food and other necessities in and near the Mt. Horeb area. The three outdoor Pantries are available 24 hours/day and can be found at the New Hope Evangelical Free Church (639 S. 8th St.), Immanuel Lutheran Church (310 W. Main St.) and Zwingli UCC (1693 Washington St.), also known as Hwy 92) in Mt. Vernon, WI. "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 for Seniors Only-Friday-9:00-10:30 am. All Shoppers Friday, 3:00-6:00pm. Saturday, 9:00- 10:30 am. The Clothes Closet is open every Saturday from 9:00-10:30 am.

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

FOOT CARE with AMY FOSTER

Wednesday, May 17- 9:00 am- 4:00 pm

Wednesday, May 24-9:00 am- 4:00pm

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.

**For more information
or to tour The Chalet at
Glorner Village,
call us today at
(608) 527-2126
or visit nghome.org.**



Mount Horeb Area Senior Center

107 North Grove Street

Mount Horeb, WI 53572



Memorial Day - USA

W F N D H C D V X C T U P R H R Z
A Y E U S S E R V I N G O E B Y P
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D I N N E R O N T H E G R O U N D
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A T K R E M E M B R A N C E O R I
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ANNUAL
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MILITARY
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DINNER ON THE GROUND
FLAG
HONOR
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POPPY
REMEMBRANCE
SERVING
WAR DEAD

