



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 com-



May 8- Happy Mother's Day!
May 12- Virtual Tour of Blue Mounds State Park- 1:00pm
On this virtual hike, we'll explore the highest point in southwest WI and dive into the deep history of our state. From balmy tropical seas to cold winds blowing off massive sheets of ice, this journey will be full of stories from the past. Come enrich your understanding of the "Driftless Area" and share Memories of this fascinating state. RSVP to the Senior Center by 5/5/22, so the link can be emailed to you.

May 14-Trip to Baraboo-10:00 am RSVP/Kris-608-444-7930
May 19-Lunch Outing-Cracker Barrel-10:00 RSVP to Sr. Ctr.


May 27- Bingo- 12:30 pm-sponsored by "Bargain Nook"

May 30-Memorial Day- Senior Center Closed

Social Security offices officially opened to the public on April 7, 2022. To avoid waiting in line though, they strongly encourage people to continue with their online services at www.socialsecurity.gov. or to make a phone call to set up an appointment. Customers who walk in without an appointment, may encounter delays. Offices tend to be the busiest first thing in the morning, early in the week and during the early part of the month. Social Security's # 1-800-772-1213.

Thank You to Shamrock Farms for sponsoring March Bingo, John Scheidegger for sponsoring April Bingo, to Ruth Dobson, Jerilyn Faltz, Karen Bunke, Darlene Brewer, Chris Ballweg and Terry Lauber for Bingo prizes, Doris Stapelmann for copy machine paper and Jean Hanson for paper towels and Easter treats for Bingo and congregate and home delivered meals.

MAY 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Fish Sandwich: Breaded Fillet WW Bun Cheese (NAS to omit) Tartar Sauce Yams Peas Pears Banana Bars MO – Black bean burger NCS – BANANA</p>	<p>3</p> <p>Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Chocolate loaf cake MO – Chickpea Joe NCS – SF jell-o</p>	<p>4</p> <p>Honey Baked Chicken Broccoli Yams Macaroni Salad Pears Vanilla Ice Cream Cup MO – Veggie Honey baked chicken NCS – SF ICE CREAM</p>	<p>5</p> <p>Chicken Caesar Salad: Lettuce Grilled Chicken shaved Parmesan (NAS to omit) Croutons Caesar dressing Copper Penny salad Apple sauce Rice Pudding MO – Hummus Wrap NCS – SF pudding</p>	<p>6</p> <p>*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Mandarin Oranges Lime Sherbet Cup MO – Veggie Meatballs NCS – SF ICE CREAM</p>
<p>9</p> <p>Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail Dreamsicle Whip MO – Soy a la king NCS – MANDARIN ORANGES</p>	<p>10</p> <p>Enchilada Casserole Broccoli Cauliflower Peaches Blueberry Crisp MO – Bean and cheese burrito NCS – Fruit</p>	<p>11</p> <p>*Italian Sausage with pepper and onion NAS – chicken breast Coney Bun Oven Roasted potatoes Stewed Tomatoes Cuties or Mandarin Orange Cherry Italian Ice MO – Garden burger NCS – SF ice cream</p>	<p>12</p> <p>Chicken Broccoli Rice Casserole Carrot Coins Chickpea Salad Tropical Fruit Lemon Loaf Cake MO – Veggie Chicken and broccoli casserole NCS – SF JELL-O</p>	<p>13</p> <p>Teriyaki glazed chicken breast Brown Rice Asian Vegetable blend Edamame Salad Mandarin Oranges Chocolate Pudding Cup MO – Veggie Teriyaki glazed chicken NCS – SF pudding</p>
<p>16</p> <p>Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Butter Marble loaf cake MO – Veggie meatballs NCS – SF jell-o</p>	<p>17</p> <p>Chicken Sandwich: Chicken breast Bun Lettuce/tomato Mayo Calico Beans Green Beans Chunky Apple Sauce Candy cookie NAS – banana MO – Multigrain Burger NCS – banana</p>	<p>18</p> <p>Egg Salad On WW Bread Pickled Beets Cucumber slices Banana Orange Sherbet MO – n/a NCS – SF ice cream</p>	<p>19</p> <p>Meat Sauce Spaghetti Noodles Carrot Coins Mixed Green Salad Dressing Peaches Brownie MO – marinara sauce NCS – SF pudding</p>	<p>20</p> <p>*Pork Loin in Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Apple Crisp MO – Garden wrap NCS – spiced apples</p>
<p>23</p> <p>Cheeseburger: Beef Patty WW Bun Cheese (NAS to omit) Lettuce /tomato slice Calico Beans Potato Salad Fruit Cocktail Lemon Italian Ice MO – BBQ Garden Burger NCS – SF ice cream</p>	<p>24</p> <p>Bone-in BBQ Chicken Baked Sweet Potato WW Bread Butter Banana Ambrosia MO – BBQ veggie chicken NCS – PINEAPPLE TIDBITS</p>	<p>25</p> <p>*Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie MO – Veggie meatballs NCS – SF pudding</p>	<p>26</p> <p>Tuna Salad on bed of lettuce Sicilian Pasta Salad Creamy Corn Salad Fruit Cup Cinnamon swirl loaf cake MO – egg salad NCS – CINNAMON PEARS</p>	<p>27</p> <p>Chicken and Gravy Over White bread Carrot coins Green beans Pineapple Strawberry Jell-o MO – Veggie chicken in gravy NCS – SF JELL-O</p>
<p>30</p>  <p>MEMORIAL DAY</p>	<p>31</p> <p>Sausage Veggie Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice Cinnamon Raisin Bread Butter MO – Veggie Egg bake NCS – n/a</p>	<p>MO– Meatless Option NCS– No Concentrated Sweets</p> <p>NAS– No added salt *s-meal contains pork No substitutions allowed.</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>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.)</p>

Nutrition Manager's Notes: The Area Agency on Aging of Dane County will distribute Farmer's Market vouchers to senior adults for use in purchasing fruit, vegetables or herbs at Farmer's Markets and roadside stands in Wisconsin during the growing season (June 1-October 31.)

The vouchers will be distributed on a first come/first serve basis to those 60+, who live in Dane County, have gross incomes under \$25,142/year or \$2,095/month) for one person and \$33,874/year or \$2,823/month for a two person household. Only one set of vouchers per household. 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 15. Once they receive and approve the application, vouchers will be mailed starting on June 1.

Salad options for May 2022

Week 1—5/3

Cottage Cheese Platter

Cottage cheese with cucumber, tomato wedges, strawberries and pineapple.

Dressing: none

Meal items to be served with this: WW bun, Chocolate loaf cake

Week 2 – 5/10

Tuna Salad

Mixed greens topped with tuna salad, tomato, hard boiled egg, cucumber and croutons.

Dressing: None Meal items to be served with this peaches and Blueberry Crisp

Week 3 – 5/17

Chef's Salad

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg, croutons

Dressing: Ranch

Meal items to be served with this: bun, chunky applesauce, candy cook

Week 4 – 5/24

Chicken Salad

Shredded lettuce topped with cranberry chicken salad, tomatoes and cucumbers.

Dressing: none

Meal items to be served with this: WW bread/butter, banana, ambrosia

Week 5 – 5/31

Hummus Platter

Pita wedges, hummus and roasted vegetables

Dressing: None

Meal items to be served with this: orange juice



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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1-800-963-0035

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

DHS Approved 4/22/2021



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Fax: 608-437-2850
P.O. Box 45, 213 E. Main St. • Mt. Horeb



DIRECTOR'S NOTE:

Wisconsin Help for Homeowners (WHH) is a new statewide program that can help with overdue bills like a mortgage payments, property taxes, utilities and more. The program is open to individuals and families who live in Wisconsin with overdue housing-related bills, both with and without a mortgage, who meet income and other eligibility requirements and have experienced a qualified economic hardship since January 21, 2020. WHH is funded by the Homeowners Assistance Fund established under the American Rescue Plan Act of 2021. A financial hardship is a reduction in income or increase in living expenses due to the coronavirus pandemic that has created or increased a risk of mortgage delinquency, mortgage default, foreclosure, loss of utilities or home-energy services or displacement of the homeowner. Call the Senior Center for more info. (This information is provided by GWAAR Legal services Team).

CASE MANAGER'S NOTE:

May is Mental Health Awareness Month in the United States. It is estimated that 20% of people age 55 years or older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment and mood disorders such as depression and bipolar disorder. Medicare covers a one time "Welcome to Medicare" preventative visit, which includes a review of your potential risk factors for depression. You pay nothing for this visit if your doctor or other health care provider accepts assignment. (This visit is only covered if you get it within the first 12 months you have Part B.) Medicare Part B also covers a yearly "Wellness" visit once every 12 months, if you have had Part B for longer than 12 months. This would be a good time to talk with your doctor about changes in your mental health.



An assisted living facility for the elderly in a personalized home setting. We offer a warm and safe place to live while encouraging self-sufficiency whenever possible.

Please call or drop by today and take a tour

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MAY 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 MILLER FOOD 10:00 EUCHRE - 12:30 ?	6	7
10	11	12 Miller's Food 10:00 Euchre- 12:30 ?	13 Shopping to Dodgeville- 10:00	14
17	18 Men's Story Telling Group- 1:00pm ?	19 Miller's Food 10:00 Euchre-- 12:30 ?	20 Lunch Outing 10:00 Cracker Barrel	21
24	25	26 MILLER'S FOOD 10:00 EUCHRE- 12:30 ?	27 Shopping Trip to Dodgeville- 10:00	28 Bingo- 12:30
30 CENTER CLOSED 				

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior on Mon., Wed., Thurs., and Fri. 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 \$4.00/meal for those 60+. Finks Café is serving meals on Tuesday from 11:00 am- 1:00 pm. RSVP not needed.

RSVP

The RSVP Driver Escort Program is providing rides to medical appointments. ALL Drivers and Passengers must be vaccinated. Call Patsy Byrnes at 608-437-2518 to reserve a ride for appointments, 4-5 days in advance, since there is paperwork to be completed before riding. Masks are required for all drivers and passengers. Seniors who are on Medical Assistance and need a ride to a medical appointment, can call 1-866-907-1493.

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.

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.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Service provides rides for 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/rd. trip and for lunch or shopping, \$3.00/rd. trip. Please call Kris at 608-444-7930 to go on shopping or bus trips or for congregate meals at the Senior Center or Finks Café. Call the Senior Center at 608-437-6902 for lunch outings. 6902 for the lunch outing

LOCAL FOOD PANTRIES

“Neighbors Helping Neighbors” are now managing the Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours: Seniors Only—Friday, 3:00-6:00pm and Saturday, 9:30-11:00am. The Clothes Closet is open On the 2nd & 4th Saturday from 10:00– 12:00noon and the 3rd Thursday from 5:00-7:00pm.

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

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.

FOOT CARE WITH AMY FOSTER

Wednesday- May 18– 9:00-4:00

Wednesday - May 25– 9:00-4:00

Call 608-437-6902 for an appointment.
\$25.00—cost for footcare at Senior Center
\$35.00— cost for footcare in home. Call Amy at
608-576-8986 for an appointment in home.

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.

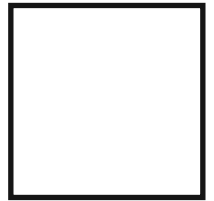
New Glarus Home offers a full spectrum of services including Independent Retirement Living, Assisted Living, Skilled Nursing, and Inpatient and Outpatient Therapy.

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



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Memorial Day - USA

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Q Y R P U C P B J A C V H K O X S

ANNUAL
CEMETERIES
DIED
FEDERAL HOLIDAY
GRAVES
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MEMORIAL DAY
MILITARY
REMEMBERING
SERVICE
UNITED STATES

ARMED FORCES
DECORATION DAY
DINNER ON THE GROUND
FLAG
HONOR
MAY
MEMORIALS
POPPY
REMEMBRANCE
SERVING
WAR DEAD

