

MOUNT HOREB *AREA* *SENIOR NEWS*

SOUTHWEST DANE
OUTREACH/NUTRITION

DECEMBER 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: Julie Schmocker

Nutrition Manager: Alexis Cox

*** EVENTS FOR DECEMBER**

DEC. 4-TRIP TO HOLIDAY LIGHTS- 4:30PM RSVP

DEC. 6-LAST APPT. DAY FOR MEDICARE D OPEN ENROLLMENT

DEC. 8- HOLIDAY TEA & SING-ALONG- 12:30 PM

DEC. 11- "BRAIN HEALTH PRESENTATION -1:00

15 MINUTE SCREENINGS- 2:30-4:00 RSVP AT 608-437-6902

DEC. 14 & 28- SHOPPING TRIPS TO DODGEVILLE-9:30 AM

DEC. 15- HOLIDAY BINGO- 12:30PM SPONSORED BY MILLER & SONS

DEC. 19- BADGER HEARING-1-3PM -WALK IN OR BY APPT.

DEC. 21- LUNCH OUTING- OLIVE GARDEN -10:00 AM CALL 608-437-6902

DEC. 29- PIZZA PARTY-12:15 PM RSVP BY DEC. 20

FYI-TAI CHI & AGELESS GRACE CLASSES STARTING TUES. JAN. 2-FEB. 6, 2024

"STAND UP AND MOVE MORE"- DO YOU SIT MORE THAN 6 HRS./DAY? JOIN A VIRTUAL STAND UP FOR YOUR HEALTH CLASS, TO LEARN HOW TOO MUCH SITTING CAN AFFECT YOUR HEALTH, HOW TO STICK TO GOALS AND IDENTIFY AND ADDRESS THE BARRIERS. THE CLASSES WILL BE ON THURSDAYS, JAN. 4, 11, 18, 25 & FEB. 22 AT 2:30 PM. THE COST IS FREE (BUT AN OPTION TO DONATE \$15.00 TO COVER THE CLASS MATERIAL.) REGISTER BY DEC. 15, 2023, TO SHANNON GABRIEL AT 608-261-5678 OR GABRIEL.SHANNON@COUNTYOFDANE.COM (THIS IS NOT AN EXERCISE CLASS)

THANK YOU TO PAUL YAPP FOR SPONSORING NOV. BINGO, TO GERILYN FALTZ FOR BINGO TREATS AND PRIZES, BARB SCHOLL FOR PAPER PRODUCTS, AGGIE SCHULENBERG FOR PLASTIC WARE, TO GEORGE JOHNSON FOR 20 QUARTS OF HOMEMADE GRAPE JUICE FOR OUR BAKE & BRAT SALE & TO ALL WHO MADE BAKED GOODS, VOLUNTEERED OR PATRONIZED THE SALE AT MILLERS.

WISH LIST- PAPER TOWELS, PAPER COFFEE CUPS, NAPKINS

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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 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Meals provided by TNT Catering. All menu items are prepared in a kitchen that is not allergen free. We cannot guarantee that food allergens will not be transferred through cross-contact.	No substitutions allowed. MO = Meatless Option			1 Chicken a la King Egg Noodles Carrots Peas Tropical Fruit Dessert MO: Garbanzo a la King *
4 Sliced Hot Ham Scalloped Potatoes WW Bread w/Butter California Blend Veggies Applesauce Dessert MO: Veg. Chickpea Patty *	5 BBQ Chicken Breast Veggie Pasta Salad Broccoli Salad Pineapple Dessert MO: Veggie BBQ Chicken	6 Tator Tot Casserole WW Bread w/Butter Corn Pears Dessert MO: BLACK BEAN TATOR TOT CASSEROLE	7 Sweet and Sour Chicken Brown Rice Sweet and Sour Sauce Peas Carrots Fruit Cocktail Dessert MO: Veggie Chicken	8 Beef Chili WW Dinner Roll Mixed Greens Salad Dressing Peaches Dessert MO: Veggie Chili
11 Ham, Broccoli, Brown Rice Casserole Peas Tropical Fruit Dessert MO: Veggie Chicken Broccoli Casserole	12 Beef Mushroom Stroganoff Egg Noodles Green Beans Applesauce Dessert MO: Veggie Chicken Mushroom Stroganoff	13 Brat WW Bun Corn Baked Beans Pineapple Dessert MO: Vegan Beyond Burger	14 Chicken Stew w/Barley Carrots Peas Dessert MO: VEGETABLE BEAN SOUP	15 Tuna Casserole WW Bread w/Butter Broccoli Tomato Cucumber Salad Dessert MO: Garbanzo Casserole
18 Grilled Chicken Sandwich WW Bun Potato Salad Peas Peaches Dessert MO: Veg. Chickpea Patty	19 Chicken Taco Brown Rice Casserole Black Beans Corn Pineapple Dessert MO: Veggie Chicken Taco Casserole	20 Baked Spaghetti w/Italian Sausage California Blend Veggies Fruit Cocktail Dessert MO: GARBANZO MARINARA	21 Shredded Roast Beef/Gravy WW Dinner Roll w/Butter Mashed Potatoes/Gravy Normandy Vegetables Cranberry Sauce Holiday Frosted Sugar Cookie Bar MO: Vegan Chicken/Gravy	23 CLOSED FOR CHRISTMAS 
25 CLOSED FOR CHRISTMAS 	26 Herb Roasted Chicken Brown Rice Peas Stewed Tomatoes Applesauce Dessert MO: Veggie Chicken	27 Sausage Veggie Egg Bake Hashbrown Patty Zucchini OJ Cup Blueberry Muffin MO: Black Bean Veggie Egg Bake	28 BBQ Pulled Pork Sandwich WW Bun Baked Beans Cucumber Salad Tropical Fruit Dessert MO: BBQ Veggie Chicken	29 Meat Marinara WW Pasta Broccoli Carrots Mandarin Oranges Dessert MO: Garbanzo Marinara

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 in the am.

SALADS: Dec. 5– Chicken Fajita Salad with Ranch Dressing, Tortilla Chips

Dec. 12- Mandarin Orange Sesame Chicken Salad with Sesame Ginger Dressing, Chow Mein Noodles

Dec. 19–Chef's Salad with French Dressing, Croutons

Dec. 26-Crispy Chicken Caesar Salad with Caesar Dressing, Croutons

PANTRY STAPLES:

Canned items; salmon, chicken, tuna, kidney, pinto & white beans, soups and broths, peas, carrots, tomatoes, beets & green beans . Strive to consume 2.5 cups of vegetables per day.

Canned fruit such as pineapple, mandarin oranges, peaches, fruit cocktail, applesauce, and dried fruits such as raisins, cranberries, prunes & dates are always great ways to consume the recommended 1.5 c. per day.

Grains; brown rice, quinoa, oats, whole grain pastas, crackers, rice cakes and cereals like raisin bran offer energy, Vitamin B and fiber.

Oils, vinegar, mayonnaise, marinara sauce, herbs and spices are also essentials.



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

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DIRECTOR'S NOTE:

We would like to WELCOME Julie Gough Schmocker, our new Case Manager! She is familiar with our Senior Center and many seniors, since she worked here from 2006-2012. Stop in to meet her! The Holiday Season is upon us! Each year, we wonder where the year has gone? Take time to enjoy the holidays with family and friends. Reach out to others who live alone or send a card. Thank you to Dane County and the Villages of Blue Mounds & Mt. Horeb and Towns of Blue Mounds, Perry, Primrose & Springdale for supporting programs and services for Seniors. Thank you to all of our Volunteers who are an asset to our programs. Have a safe and happy Holiday, Lynn, Julie & Alexis

CASE MANAGER'S NOTE:

December 4-8 is the 2023 National Influenza Vaccination Week. The CDC recommends that anyone over the age of 6 months get the flu vaccination. Getting vaccinated is especially important for those at a high risk of experiencing flu-related complications. These groups of people among others, can include adults over the age of 65, those with asthma, diabetes, HIV/AIDS, cancer and heart disease. If these folks get the flu, they are at high risk of getting other illnesses. These can include pneumonia, bronchitis, and sinus infections. Medicare Part B covers one flu shot per season. The flu season can run from September through January.

<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>4LPi</p> <p>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>	 <p>15% Off Any Single Pair</p> <p>1314 Canal St. (Hwy 14) Black Earth, WI. 53515 (608) 767-3447</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>			



DECEMBER 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Holiday Lights Trip-4:30pm	5 TAI CHI-1:00 AGELESS GRACE- 2:00	6 MILLERS FOOD 10:00 EUCHRE-12:30	7 TROLLWAY DIABETES 12:00	8 HOLIDAY TEA & SING-ALONG 12:30
11	12 MEN'S GROUP 12:30	13 MILLERS FOOD 10:00 BLOOD PRESSURE CHECK-10-11 EUCHRE-12:30	14 Tollway Diabetes 12:00 Shopping Trip to Walmart- 9:30	15 BINGO-12:30
18	19 BADGER HEARING 1:00-3:00	20 Millers Food- 10:00 Euchre- 12:30 Foot Clinic-9:00- 3:30	21 Trollway Diabetes 12:00 LUNCH OUTING 10:00	22 Closed
25 Closed	26 Trivia- 12:30	27 Millers Food- 10:00 Euchre-12:30 Foot Clinic- 9:00 3:30	28 Shopping-9:30 Trollway Diabetes 12:00	29 Pizza Party 12:15

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. Masks are recommended but not required. Call Patsy Byrnes at 608-437-2518 to reserve a ride for a medical appointment three to five days in advance. The new mileage reimbursement is \$.65.5/mile.

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 10:00-11:30 am. The Clothes Closet is open every Saturday from 10:00–11:30am

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–Dec. 20– 9:00–3:30

Wednesday–Dec. 27– 9:00– 3:30

Cost is \$25.00/Sr. Center- \$35.00/Home

Call 608-437-6902 for an appt. at Senior Center

Call 608-576-8986 for an In-Home appt.

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CHRISTMAS WORD SEARCH 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

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
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