

AUGUST EVENTS

August 1,8,15, 22 & 29-Ageless Grace 1:00pm RSVP by July 29
August 11– Men’s Group– 12:30 pm

August 12– Trip to New Glarus– Leave at 10:15 am

August 15, 22, 29, Sept.12, 19, 26– Neuro Chakra-Art 10:00-11:30
RSVP by Aug. 9 at 608-437-6902. Neuro Chakra-Art is program that brings art, feelings and creativity together. The class will be conducted by Peggy Starr, who is certified in Neurographica. The cost is a \$10.00 donation to the Senior Center.

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
Nutritional 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.



Aug. 11 & 25-Shopping Trips to Dodgeville– Leave at 10:00 am
RSVP to Kris at 608-444-7930

August 18– Lunch Outing– Sugar River Pizza, Verona- Leave at 10:15 am RSVP to the Senior Center– 608-437-6902

August 26– BINGO– 12:30 pm -Sponsored by Fink’s Café

A FREE VIRTUAL “WELCOME TO MEDICARE SEMINAR” will be held on Saturday, September 17, 2022. If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You will receive accurate and detailed information from unbiased experts in benefit programs. Email aaa@countyofdane.com to register for this program.

Thank You to Jerilyn Faltz for baked goods and prizes for Bingo, and to Miller & Sons for sponsoring “Christmas in July Bingo”.

WISH LIST– plastic forks, plastic cups

AUGUST 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Pork Loin in Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Orange Cup Cream Filled Fudge cookie MO – Hummus wrap NCS – SF JELL-O	2 Cheeseburger: Beef Patty WW Bun **American Cheese Lettuce/tomato Calico Beans Potato Salad Fruit cup Lemon Italian Ice MO – Black Bean Burger NCS – SF ICE CREAM	3 Bone-in BBQ Chicken Baked Sweet Potato WW Bread Butter Cinnamon Applesauce cup Rice Crispy treat MO – Veggie BBQ chicken NCS – Peach cup	4 *Meatballs in Marinara Over Penne Broccoli Salad Banana Fudge Brownie MO – Veggie Meatballs NCS – SF PUDDING	5 Tuna Salad on bed of lettuce Sicilian Pasta Salad Creamy Corn Salad Fruit Cup Fig newton bar MO – Egg Salad NCS – PINEAPPLE CUP
8 Chicken and Gravy Over White bread Carrot coins Green beans Pineapple cup Jell-o cup MO – Veggie Chicken in Gravy NCS – SF JELL-O	9 Sausage Veggie Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice carton Apple Cinn. Muffin/Butter MO – Veggie Egg bake NCS – N/A	10 Baked Mostaccioli WW Dinner Roll/Butter Broccoli Peach cup Chocolate chip cookie MO – Veggie mostaccioli NCS – SF PUDDING	11 *BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Fruit cup Reese's peanut butter cu MO – Garden Burger NCS – SF JELL-O	12 Chicken Alfredo Penne Steamed Brussel Sprouts 3 Bean Salad Berry Applesauce cup Rainbow Sherbet Cup MO – Veggie Chicken Alfredo NCS – SF ICE CREAM
15 Garlic Parmesan Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Pineapple cup Oatmeal cream pie MO – Veggie Garlic Parmesan Chicken NCS – SF jell-o	16 Fish Sandwich: Breaded Fillet WW Bun **Cheese Tartar Sauce Yams Peas Peach cup Oreo cookie packet MO – Multigrain burger NCS – SF PUDDING	17 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Nutty Buddy Bar MO – Chickpea Joe NCS – CINNAMON AP- PLESAUCE CUP	18 Honey Baked Chicken Broccoli Yams Macaroni Salad Pear cup Vanilla Ice Cream Cup MO – Veggie Honey baked chicken NCS – SF ICE CREAM	19 Chicken Caesar Salad: Lettuce Grilled Chicken **Parmesan WW croutons Caesar dressing Copper Penny salad Strawberry Applesauce cup Chocolate Pudding cup MO – Veggie chicken, ranch dressing NCS – SF PUDDING
22 Chicken Broccoli Rice Casse- role Carrot Coins Chickpea Salad Tropical Fruit cup Jell-o cup MO – Veggie Chicken Broccoli Rice Casserole NCS – SF jell-o	23 Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit cup Strawberry Banana Yogurt MO – Soy a la king NCS – SF PUDDING	24 Enchilada Casserole Broccoli Fiesta Corn Peach cup Chocolate Chip cookie MO – Bean and Cheese burrito NCS – PINEAPPLE CUP	25 *Italian Sausage with pepper and onion NAS – chicken breast Coney Bun Oven Roasted potatoes Stewed Tomatoes Cuties or Mand. Orange Cherry Italian Ice MO – Veggie meatballs NCS – SF ice cream	26 *BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Mandarin Orange cup Lime Sherbet Cup MO – BBQ meatballs NCS – SF ice cream
29 Teriyaki glazed chicken Brown Rice Asian Vegetable blend Edamame Salad Pineapple cup Vanilla Pudding Cup MO – Veggie Teriyaki chicken NCS – SF PUDDING	30 Chicken Sandwich: Chicken breast Bun Lettuce/tomato Mayo Calico Beans Green Beans Applesauce cup Oreo cookie NAS – banana MO – Garden Burger NCS – BANANA	31 Lemon Dill Baked Fish Tartar Sauce Baked potato Sour Cream Coleslaw WW Bread Butter Cream Filled Fudge cookie MO – Hummus wrap NCS – SF JELL-O	Meals provided by: Dane County Consolidated Food Service <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</i> NAS Diets: 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, mustard, BBQ sauce, etc.) *CONTAINS PORK **NAS TO OMIT	

NUTRITION MANAGER'S NOTE:

How much water should I drink in a day? According to the U.S. National Academies of Science, Engineering and Medicine, men should be drinking about 15.5 c. fluids/day, and women 11.5 c./day. Try to set time each day to remember to drink water, including first thing when you wake up, with meals and in between meals. Some ways to jazz up water include: adding a lemon, lime or cucumber or caffeine free teas. Treat yourself to a mocktail or smoothie made with fresh fruits.

SALADS

Week 1 - 8/2 -Chicken Confetti Salad: Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn, bacon crumbles, croutons ranch dressing, fruit cup, & lemon Italian ice.

Week 2-8/9-Harvest Salad: Mixed green, topped with beets, garbanzo beans, cucumber, onion, Feta, croutons, balsamic vinaigrette & OJ carton

Week 3-8/16- Cottage Cheese Platter-cottage Cheese with cucumber, tomato wedges, strawberries, pineapple, crackers, peach cup, Oreo cookie packet

Week 4 8/23-7 Layer Salad: Shredded lettuce Topped with peas, celery, onion, mayo, shredded cheese, bacon crumbles, eggs, crackers, fruit cup, strawberry banana yogurt.

Week 5 8/30-Pulled Pork Santa Fe Salad: Mixed Greens topped with seasoned shredded pork, Black bean salsa, tortilla strips, applesauce cup & Oreo Cookie packet.



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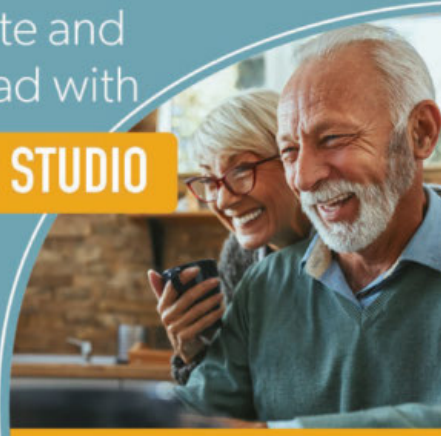
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DHS Approved 4/22/2021

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Mount Horeb Senior Center, Mount Horeb, WI

A 4C 01-2043

DIRECTOR'S NOTE:

As of July 16, 2022, anyone in the United States can call or text 988 or use an online chat tool to access the National Suicide and Crisis Lifeline. 988 will accept calls, texts and online chats from anyone who needs support for a suicidal, mental health and substance use crisis. People can also contact 988 if they are concerned about a loved one in crisis. Wisconsin Lifeline counselors are trained to reduce the stress of your challenge, provide emotional support and connect you with local resources.

CASE MANAGER'S NOTE:

August is National Immunization Awareness Month. We all need vaccinations to help protect us from diseases. Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots you need and when to get them. A common misconception is that vaccines are just for kids. That is not true! In fact, the Centers for Disease Control and Prevention estimate that at least 1 million Americans get shingles every year, about half of them are over 60 years old. As we get older, our immune system tends to weaken, putting us at higher risk for certain diseases. That is why in addition to the seasonal flu vaccine and the Tdap vaccine (tetanus, diphtheria and pertussis) it is also recommended that older adults get the pneumococcal vaccine (prevents pneumonia) and Zoster vaccine (prevents shingles).



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Mount Horeb Senior Center, Mount Horeb, WI

B 4C 01-2043

AUGUST 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ageless Grace 1:00pm	2	3 MILLER'S FOOD- 10:00 EUCHRE- 12:30	4	5
8 Ageless Grace 1:00pm	9 Elections	10 MILLER'S FOOD- 10:00 BLOOD PRESSURE 10:00 EUCHRE- 12:30	11 SHOPPING TRIP 9:30	12 Trip to New Glarus- 10:00
15 NEURO CHAKRA ART 10:00- 11:30 Ageless Grace 1:00pm	16 MEN'S STORY TELLING GROUP 1:00	17 MILLER'S FOOD 10:00 EUCHRE- 12:30	18 LUNCH OUTING- 10:15 SUGAR RIVER PIZZA	19
22 NEURO CHAKRA ART 10:00-11:30 Ageless Grace- 1:00pm	23	24 MILLER'S FOOD 10:00 EUCHRE- 12:30	25 SHOPPING TRIP 9:30	26 BINGO-12:30
29 NEURO CHAKRA ART 10:00-11:30 Ageless Grace 1:00pm	30			

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Wednesday, Thursday and Friday at 11:15 am. Home-delivered meals will continue Monday through Friday. Please call 437-6902 to make a reservation or to cancel two days in advance. The suggested minimum donation for those 60+ is \$4.00/meal. A "Salad Meal" is offered every Tuesday.

Finks Café is serving the "My Meal My Way" on Tuesdays from 11:00 am-1:00 pm. Reservations are not needed. The suggested minimum donation for those 60+ is \$4.00/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. Please call Patsy Byrnes at 437-2518 to reserve a ride for a medical appointments, 4-5 days in advance. Masks are required for all drivers and passengers.

Seniors who are on Medical Assistance (Medicaid) and need a medical ride, should call MTM at 1-866-907-1493.

MILLER AND SONS

Miller's Supermarket delivers groceries to seniors on 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 order.

Volunteers deliver free Miller Food to the Senior Center every Wed. by 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 Services provides rides for seniors in the Mt. Horeb area. Transportation costs to meal sites and shopping is on a donation basis. The suggested donation to the meal sites is \$1.00/trip, the suggested donation to the grocery store is \$2.00/trip and the suggested donation for a shopping trip or lunch outing is \$3.00/trip. RSVP to Kris at 444-7930 to ride for shopping trips or meals. RSVP to the Senior Center at 608-437-6902 for lunch outings.

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 local Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours for SENIORS ONLY: Friday, 9:00-10:30 am. Hours for everyone; Friday, 3:00-6:00 pm and Saturday, 9:30-11:00 am.

The Clothes Closet is open on the 2nd and 4th Saturday of each month from 10:00 am-12:00 pm.

Ruby’s Pantry-Drive Up, second Tuesday/month, 4:00-5:30 pm at the New Hope Church, 639 S. 8th St. Cost is \$25.00/car.

FOOTCARE WITH AMY FOSTER

Wed.-August 17- 9:00 am- 4:00 pm.

Wed.-August 25- 9:00 am-4:00 pm

Cost is \$25.00 at Senior Center \$35.00 at home

Call all Senior Center at 608-437-6902 for an appointment.

Call Amy at 608-576-8986 for an in-home appointment.

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.

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Mount Horeb Senior Center, Mount Horeb, WI

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Mount Horeb Area Senior Center

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