



MOUNT HOREB *AREA*

SEPTEMBER 2023 EDITION

SOUTHWEST DANE
OUTREACH/NUTRITION

SENIOR NEWS

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.

September 2023

Sept.-12, 19, 26, Oct. 3, 10, 17 Tai Chi-1:00

Ageless Grace -2:00

Sept. 5, 19 & 26 -Legal Action Consults-10:00-12:00

Sept. 7, 14, 21 & 28-Legal Action Consults-12:30-2:30

By appt.-608-437-6902

Sept. 7, 14, 21 & 28 -Trollway Diabetes, Inc.-1:00- 3:00

Sept. 14 & 28-Shopping to Walmart, Dodgeville- 9:30

Sept. 15-Munchkey Apple Orchard-9:30 RSVP 608-437-6902

Sept. 16-Brat & Bake Sale- Miller's Supermarket 10:00-2:00

(Baked Goods Welcome ! Can bring to Sr. Center or Millers)

Sept. 18-Card Making- 9:00-12:00 RSVP with Stacey-

608-279-6108

Sept. 19-Badger Hearing- 1:00-3:00 Appt. 608-285-2772

Sept. 21-Lunch Outing-10:15- Stroz Inn - Hollandale- 10:15

Sept. 22-BINGO-12:30 -sponsored by the Lion's Club

WE ARE IN NEED OF DRIVERS FOR OUR RSVP DRIVER ESCORT PROGRAM TO MEDICAL APPOINTMENTS- Contact Lynn or Mary Kay at 608-437-6902 FOR MORE INFORMATION

(There is mileage reimbursement of \$65.5/mile.)

Finks Café serves Senior Meals every Wednesday 11:00-1:00

Thank You to Finks Café for sponsoring August Bingo, to Chris Ballweg for Bingo prizes, Elaine Schmidt, Bingo door Prize, to Jerilyn Faltz, Bingo treats and prizes, Dawn Kellsvig, Bingo Prizes ,Darlene Brewer & Carol Coulliard, Bingo & Door prizes. and Gary Zwettler for sweet corn.

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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.



SEPTEMBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 WW Pasta Meat Marinara Broccoli Carrots Mandarin Oranges Dessert MO: Chickpea Marinara
4 LABOR DAY SENIOR CENTER CLOSED	5 Beef Mushroom Stroganoff Egg Noodles Carrots Pears Dessert MO: Veggie Chicken Mushroom Stroganoff	6 Chicken Lentil Stew WW Bread w/Butter Green Beans Fruit Cocktail Dessert MO: Chickpea Stew	7 Turkey Burger Tomato and Lettuce Slice WW Bun Roasted Potatoes Applesauce Dessert MO: VEGGIE BURGER	8 Ham, Broccoli, Brown Rice Casserole Peas Pineapple Dessert MO: VEGGIE CHICKEN CASSEROLE
11 Brat WW Bun Corn Baked Beans Peaches Dessert MO: Veggie Brat	12 Baked Spaghetti W/ Italian Sausage Mixed Greens Dressing Mandarin Oranges Dessert MO: SPAGHETTI W/ GARBANZO MARINARA	13 Shredded Roast Beef Mashed potatoes WW Roll w/butter California Blend Veggies Pears Dessert MO: VEGGIE CHICKPEA PATTY	14 Sweet and Sour Chicken Brown Rice Sweet and Sour Sauce Peas Carrots Tropical Fruit Dessert MO: VEGGIE CHICKEN	15 BBQ Chicken Breast Veggie Pasta Salad Broccoli Salad Applesauce Dessert MO: VEGGIE BBQ CHICKEN
18 Sliced Hot Ham Scalloped Potatoes WW Bread w/Butter Green Beans Fruit Cocktail Dessert MO: TOFU ALFREDO	19 Chicken Meatballs Spanish Rice Corn Peas Pineapple Dessert MO: CHICKPEA MEATBALLS	20 Vegetable Beef and Bean Soup WW Bread w/Butter Peaches Dessert MO: VEGETABLE BEAN SOUP	21 Chicken Alfredo Penne Pasta Carrots Broccoli Mandarin Oranges Dessert MO: VEGGIE CHICKEN ALFREDO	22 Hamburger WW Bun tomato and lettuce slice Creamy Cucumber Salad Tropical Fruit Dessert MO: BLACK BEAN BURGER
25 Sliced Turkey and Gravy WW Dinner Roll w/ Butter Mashed Potatoes Lima Beans Pears Dessert MO: GARBANZO BEAN GRAVY	26 Sausage Veggie Egg Bake Hashbrown Patty Corn OJ Cup Blueberry Muffin MO: Black Bean Veggie Egg Bake	27 Greek Chicken w/red peppers Lemon Brown Rice Zucchini Fruit Cocktail Dessert MO: VEGGIE CHICKEN W/ RED PEPPERS	28 Sloppy Joe WW Bun Coleslaw Roasted Potatoes Banana Dessert MO: SLOPPY BEYOND "BEEF" JOE	29 Chicken a la King Egg Noodles Carrots Peas Pineapple Dessert MO: VEGGIE CHICKEN A LA KING

NUTRITION MANAGER'S NOTE:

REMINDER— Farmer's Market Vouchers need to be used by October 31, 2023. These vouchers worth \$35.00 can be used to purchase fresh fruit, vegetables or herbs at Farmer's Markets and roadside stands in Wisconsin during the 2023 growing season! Pecks Market located at 895 Springdale Street in Mt. Horeb and Pecks Market on Hwy. 14 in Arena will also honor the vouchers. This program is funded by the USDA.

The Flu Season is right around the corner. Yearly flu vaccinations prevent illness, hospitalization and deaths. People with chronic conditions are at a higher risk for poor health outcomes from influenza. Flu vaccinations help protect against these negative outcomes, so please consider getting your annual flu vaccine.

SALADS

Sept. 5-Chef Salad/French Dressing, Croutons

Sept. 12-Mediterranean Spinach Salad/Chicken, Balsamic Dressing, Croutons

Sept. 19-Crispy Chicken Caesar Salad, Caesar Dressing, Croutons

Sept. 26-Chicken Fajita Salad, Ranch Dressing, Tortilla Strips

Americans 65 and older and those with compromised immune systems who got a Covid-19 booster shot at least four months ago are eligible for another dose, federal officials have announced. Any adult who never received a booster after the initial vaccine series would benefit from getting a bivalent booster. The bivalent boosters, from vaccine makers Moderna and Pfizer-BioNTech became available in Sept., 2022. They target both the original coronavirus and subvariants of the omicron strain. In April, 2023, the Centers for Disease Control and Prevention approved the additional round of booster shots for the two targeted groups.



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DIRECTOR'S NOTE:

A FREE Virtual "Welcome to Medicare" Seminar- What you need to know about enrolling in Medicare! If you are turning 64 this year, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't...how to avoid penalties for late enrollment in Medicare and how to get the most out of your health and prescription benefit plan? Some decisions and actions can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit. Want easy to understand answers to all of these complex questions? Sign up to attend this seminar, you will walk away with accurate and detailed information from unbiased experts in benefit programs. Saturday, Sept. 16, 2023, 9:00-11:30. Via Zoom Register at aaa@countyofdane.com by Sept. 8, 2023.

CASE MANAGER'S NOTE:

September is National Alcohol & Drug Addiction Recovery Month in the U.S. Millions of Americans have a substance use disorder and it remains an important health issue in our country. With effective treatment, recovery is possible. Medicare can help. Screening and counseling may help identify, manage, and treat alcohol misuse. Medicare Part B covers an annual alcohol misuse screening. Medicare only covers counseling afterwards if your primary care provider (PCP) determines you are misusing alcohol –A woman under age 65, who has more than 3 drinks at a time or 7 drinks/week, A man under age 65 who has more than 4 drinks at a time or 14 drinks/week, An individual age 65+ who has more than 3 drinks at a time or 7 drinks/week or if your PCP determines you are eligible, Medicare will pay for up to 4 brief consults every year.

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<p>Planning isn't just for You</p> <p>Pre-Arranging Service Funeral Burial Plans Funeral Cremation Plans</p> <p>Gunderson LIFE CELEBRATION CENTERS Celebrating 100 Years of Caring for Your Family</p> <p>608-437-5077 • GUNDERSONFH.COM</p>		



SEPTEMBER 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Labor Day Senior Center Closed	5 LEGAL ACTION- 10:00- 12:00 TAI CHI-1:00 AGELESS GRACE-2:00	6 MILLER'S FOOD 10:00 EUCHRE- 12:30	7 LEGAL ACTION- 12:30- 2:30	8
11 TRIVIA- 12:30	12 "STORIES THAT SHAPED US" - 12:00 TAI CHI- 1:00 AGELESS GRACE-2:00	13 MILLER'S FOOD 10:00 Blood Pressure Check- 10:00 EUCHRE- 12:30	14 LEGAL ACTION- 12:30 -2:30	15 MUNCHKEY APPLE ORCHARD TRIP 9:30
18	19 LEGAL ACTION- 10:00-12:00 TAI CHI- 1:00 AGELESS GRACE-2:00 Badger Hearing 1:00-3:00	20 MILLER'S FOOD 10:00 EUCHRE- 12:30	21 Lunch Outing- 10:00 LEGAL ACTION- 12:30-2:30	22 BINGO-12:30
25	26 LEGAL ACTION- 10:00-12:00 TAI CHI -1:00 AGELESS GRACE-2:00	27 MILLER'S FOOD 10:00 EUCHRE- 12:30	28 LEGAL ACTION- 12:30-2:30	29

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 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 \$4.50/meal.

Finks Café is serving the “My Meal My Way” on Wednesdays from 11:00 am-1:00 pm. Reservations are not needed. The suggested minimum donation for those 60+ is \$4.50/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. Masks are strongly recommended, but not required. Please call Patsy Byrnes at 608-437-2518 to reserve a ride for a medical appointment, 4-5 days in advance. Vaccines are still required for passengers and drivers.

Seniors on Medical Assistance (Medicaid) and need a medical ride, should call VEYO 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 10:00am. 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 Senior Citizens in the Mt. Horeb area. Transportation to meal sites and shopping is on a donation basis. The suggested donation to the meal site is \$1.00/trip, to the grocery store is \$2.00/trip and for lunch outing or shopping trips, it is \$3.00/trip. RSVP to Kris at 444-7930 for going shopping, to congregate meals, Finks Café or grocery store. RSVP to the Senior Center at 437-6902 for Lunch Outings and trips.

THE LITTLE FREE PANTRY

"The Little Free Pantry" is 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., Mt. Horeb and the Zwingli UCC, 1693 Washington St. (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 the locations listed.

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, 10:00-11:30 am.

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

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

Foot Care with Amy Foster

Wednesday, September 20-9:00-4:00

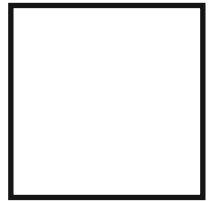
Wednesday, September 27-9:00-4:00

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.





Types of Drink

T	E	I	D	W	A	L	O	C	V	V	W	T	E
T	W	E	M	L	L	T	A	D	M	A	L	T	M
D	P	H	O	T	E	L	I	S	P	E	P	R	I
Y	R	S	O	I	M	S	A	S	I	Y	O	F	L
T	Y	O	F	A	O	A	A	B	N	D	P	H	K
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A	A	R	O	Y	A	N	E	C	L	E	E	Y	T
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VANILLA
WATER
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LEMONADE
COLA
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CHERRY
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MALT
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SOUR
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