



MOUNT HOREB *AREA*

SEPTEMBER 2022 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 2022

Sept. 8–Men’s Story Telling Group-12:30 pm

Sept. 9 -Munchkeys Orchard-10:00am RSVP at Sr. Center

Sept.15–Tennessee Ernie Ford Music Show–1:00-1:30 pm
There will be a “Marine Drill” which features local Jim Quall in this Drill. Everyone welcome.

Sept.17–Brat & Bake Sale at Miller’s 10:00 am -2:00 pm
Baked goods are welcome and can be brought to the Senior Center on Friday or to Miller’s Saturday am.

Sept 19–October 24–Tai Chi 1:00 pm \$30.00/6 weeks RSVP by Sept 14. Gail Doty, Instructor.

Sept.20- Card Making–1:15-4:00 pm. RSVP with Stacey at 608-279-6108 by Sept. 12.

Sept. 23–Bingo–12:30 pm sponsored by the “Lion’s Club”

RSVP of Dane County will be celebrating their 50th Anniversary Volunteer Appreciation Event on October 6 at The Fields Reserve, Stoughton. Volunteers will be recognized for their service, “Box Lunches will be served, along with entertainment and door prizes. Proof of vaccinations will be checked at the door and masks required except for eating. Watch for invitations that will be sent out in Sept.

Thank you to Jerilyn Faltz for bingo prizes and sweet treats, Don Hartman and Theresa Judd for fresh veggies, to Finks Café for sponsoring August Bingo, Donna Read for coffee cups & Bingo prizes & Donna Skogen for eggs.

INSIDE THIS ISSUE



Events.....	Pg #1
Menu.....	Pg #2
Nutrition	Pg #3
Notes	Pg #4
Activities.....	Pg #5
Wellness.....	Pg #6
Supportive Services	Pg #7
Word Find.....	Pg #8

MISSION STATEMENT:

This agency supports and assists Seniors (60+) and their families by providing programs and services that promote well being, independ-



SEPTEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Dining</p>  	<p>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. *Contains pork ** NAS TO OMIT</p>	<p>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.)</p>	<p>1 Egg Salad On WW Bread Pickled Beets Cucumber slices Banana Orange Sherbet MO – n/a NCS – SF ICE CREAM</p>	<p>2 Meat Sauce Spaghetti Noodles Carrot Coins Mixed Green Salad Dressing Peach cup Chocolate chip cookie MO – Marinara Sauce NCS – SF PUDDING</p>
<p>5 Senior Center Closed</p>	<p>6 *Tuna Salad on bed of lettuce Sicilian Pasta Salad Creamy Corn Salad Fruit Cup Rice Crispy treat MO – egg salad NCS – APPLESAUCE CUP</p>	<p>7 Cheeseburger: Beef Patty WW Bun **American Cheese Lettuce/tomato Calico Beans Potato Salad Fruit Cocktail cup Oreo cookie MO – Black Bean burger NCS – SF pudding</p>	<p>8 BBQ Chicken on the bone Baked Sweet Potato WW Bread. Butter Banana Nutty buddy bar MO – Veggie BBQ chicken NCS – SF JELL-O</p>	<p>9 *Pork Loin in Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Orange cup Chocolate pudding cup MO – veggie meatballs NCS – SF pudding</p>
<p>12 Chicken and Gravy Over White bread Carrot coins Green beans Pineapple cup Jell-o cup MO – Veggie Chicken in Gravy NCS – Sf jell-o cup</p>	<p>13 *Sausage Veggie Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice Apple Cinnamon Muffin Butter MO – Veggie Egg bake NCS – n/a</p>	<p>14 Baked Mostaccioli WW Dinner Roll/Butter Broccoli Fruit cup Oatmeal Cream Pie MO – Veggie baked mostaccioli NCS – APPLESAUCE CUP</p>	<p>15 *BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Peach cup Strawb. banana yogurt MO – BBQ garden Burger NCS – SF PUDDING</p>	<p>16 Chicken Alfredo Penne Steamed Brussel Sprouts 3 Bean Salad Applesauce cup Rainbow Sherbet Cup MO – Veggie Chicken Alfredo NCS – SF JELL-O</p>
<p>19 Garlic Parm. Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Pear cup Cream Filled fudge cookie MO – Veggie garlic parmesan chicken NCS – fruit cup *</p>	<p>20 Fish Sandwich: Breaded Fillet – 1 ea. WW Bun – 1 ea. **Cheese – 1 sl. Tartar Sauce – 1 ea. Yams Peas Berry applesauce cup Chocolate chip cookie MO – Multigrain Burger NCS – SF JELL-O</p>	<p>21 Honey Baked Chicken Broccoli Yams Macaroni Peach cup Vanilla Ice Cream Cup MO – Veggie Honey baked chicken NCS – BANANA</p>	<p>22 -Chicken Caesar Salad: Lettuce Grilled Chicken **shaved Parmesan WW croutons Caesar dressing Copper Penny salad Mixed fruit cup Vanilla Pudding cup MO – Veggie chicken, ranch dressing NCS – SF PUDDING</p>	<p>23 *BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Mandarin Orange cup Lime Sherbet Cup MO – Veggie BBQ meatballs NCS – SF ICE CREAM</p>
<p>26 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Peach cup Italian ice MO – Chickpea Joe NCS – SF PUDDING</p>	<p>27 Chicken a la King Brown Rice Green Beans Vinegar Corn Salad Fruit Cocktail cup Reece's Peanut PB cup MO – Soy a la king NCS – SF JELL- -</p>	<p>28 Enchilada Casserole Broccoli Fiesta Corn Banana Oatmeal cream pie MO – Bean & Cheese Burrito NCS – SF PUDDING</p>	<p>29 *Italian Sausage with pepper and onion NAS – chicken breast Coney Bun Oven Roasted potatoes Stewed Tomatoes Pineapple cup Fudge Brownie MO – Hummus wrap NCS – FRUIT CUP</p>	<p>30 Chicken Brocc. Rice Casserole Carrot Coins Chickpea Salad Tropical Fruit cup Chocolate Ice cream cup MO – Veggie chicken and Rice Casserole NCS – SF ICE CREAM</p>

NUTRITION MANAGER'S NOTE:

REMINDER— Farmer's Market Vouchers need to be used by October 31, 2022. These vouchers worth \$25.00 can be used to purchase fresh fruit, vegetables or herbs at Farmer's Markets and roadsides in Wisconsin during the 2022 growing season! A one person household should have an income of \$2,095.00/month or a two person household should have an income of \$2,823.00/month. You must be 60+ and live in Dane County. Call Shannon Gabriel at 261-5678, who is the dietician for the Area Agency on Aging of Dane County. She will send you an application to fill out and send back. Once they receive and approve your application, vouchers will be sent to you. This program is funded by the USDA.

SALADS

Week 1 – 6th

Chicken Cranberry Bacon Bleu (CCBB) Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries, bleu cheese crumbles and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: fruit cup, rice crispy treat, Sicilian pasta salad

Week 2 – 13th

Harvest Salad

Mixed greens topped with beets, garbanzo beans, cucumber, onion, feta and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: orange juice, apple cinnamon muffin & butter pat

Week 3 – 20th

Hummus Platter

Pita wedges, hummus, roasted vegetables and mixed green garnish

Dressing: None

Meal items to be served with this: Berry applesauce, chocolate chip cookie

Week 4 – 27th

Pulled Pork Santa Fe Salad

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

Dressing: Ranch

Meal items to be served with this: fruit cocktail cup, Reece's PB cup, crackers



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DIRECTOR'S NOTE:

Late summer and fall are the most bountiful seasons at our Wisconsin Farmer's Markets. Many people are surprised to learn that Food Share benefits are federal not state dollars. In fact, it is estimated that each \$1.00 in federal benefits brings \$1.70 to the local economy. Nationally in 2009 (the peak of recession) \$50 billion in SNAP (Supplemental Nutrition Assistance Program) dollars created \$85 billion in local economy activity. Local Farmer's Markets are supporting local people! Tips for using Food Share benefits at Farmer's Markets: Locate an information stand at the markets, an attendant will swipe your Quest card and give you vouchers or tokens (sometimes \$2.00 in vouchers for every \$1.00 in Food Share dollars.) Locate stands with signs that say "EBT accepted here" and exchange tokens or vouchers for fresh produce. (Information provided by GWAAR Legal Services Team)

CASE MANAGER'S NOTE:

It is important to stay up to date on your vaccines. Vaccines protect you from serious illness and can keep you out of the hospital. Medicare covers many vaccines. Medicare Part B covers COVID-19 vaccines and booster shots, one flu shot per season (The CDC recommends getting the flu shot by end of October (to stay protected through the flu season) and two pneumococcal shots. Medicare covers the first shot at any time and a different second shot if given one year after the first shot. Medicare D may cover the following in full or part (depending on your plan). Shingles vaccine; one time vaccine given in two shots over two to six months, Tdap vaccine (tetanus, diphtheria, and pertussis/whooping cough.) One shot if you've never been vaccinated and a booster every ten years. Info from MIPPA and Medicare.gov.



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Mount Horeb Senior Center, Mount Horeb, WI

B 4C 01-2043

SEPTEMBER 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Labor Day Senior Center Closed	6	7 Miller Food– 10:00 Blood Pressure Check– 10:00-12:00 (Mt. Horeb Pharm) Euchre-12:30 pm	8 Shopping Trip to Dodgeville 9:30 Men’s Story Telling Group 12:30 pm	9 Trip to Munchkey’s Apple Orchard 10:00
12	13	14 Miller Food– 10:00 Blood Pressure Check-10:00-12:00 (Mt. Horeb Pharm. & Mary Williams) Euchre– 12:30 pm	15 Lunch Outing- 10:00-Grandma Mary’s Arena Tennessee Ernie Ford Show– 1:00	16
19 Tai Chi– 1:00 pm	20 Card Making 1:15– 4:00 pm	21 Miller Food– 10:00 Blood Pressure Check– 10:00-12:00 (Mt. Horeb Pharm) Euchre– 12:30 pm	22 Shopping Trip to Dodgeville-9:30	23 BINGO– 12:30 pm
26 Tai Chi-1:00 pm	27	28 Miller Food– 10:00 Blood Pressure Check– 10:00-12:00 (Mt. Horeb Pharm) Euchre– 12:30 pm	29	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.

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 and one meal per person.

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 608-437-2518 to reserve a ride for a medical appointment, 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 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

This 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 going on the lunch outings.

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, 9:30-11:30 am.

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

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 21, 9:00am-4:00pm

Wednesday, September 28, 9:00am-4:00pm

Cost is \$25.00 at Senior Center - \$35.00 at 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.

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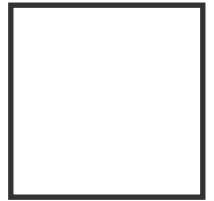
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Mount Horeb Senior Center, Mount Horeb, WI

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