

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE
OUTREACH/NUTRITION

OCTOBER 2018 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: Mary Kay Sutter

Nutrition Manager:.....
Maggie Milcarek

OCTOBER EVENTS

October 6- Baraboo Shopping Trip- Leaving 9:30.

October 9- Point Cinema Movie- Bus leaving at 8:30

October 10 - "Aging Parents" 6:30 pm – by Agrace Hospice

October 12- Patsy Cline Performance- 12:30 pm

October 13 Fennimore Shopping Trip- Leaving at 9:30 am

October 16- Tour/Lunch- Agrace Hospice Bus Leaving 10:00 am RSVP by Oct.12

October 18- AARP Driving Course 1-5 pm \$15.00/person if AARP member,
\$20.00/person if non- member- RSVP at 437-6902

October 19- Volunteer Recognition Party 1:00 pm. Music by Jim Hetzel

October 20- Monroe Bus Trip- Leaving at 9:30 am

October 26- BINGO-sponsored by John Scheidegger

October 29- Energy Assistance 9:00-4:00 Call for appointment 1-800-506-5596

Grief Support Group- Thursdays, October 4, 11, 18 and 25 from 7-9 pm at the Evangelical Lutheran Church, Matthew Room. Call Mary Williams @437-4810 to register.

BUCKY BOOKS HAVE ARRIVED! The cost is \$35.00/book and they can be purchased at Miller and Sons and the Mt. Horeb Senior Center. (They contain Kwik Trip coupons this year!)

Future Events- Christmas Card Making November 5. MUST RSVP by October 21, to Ruth Ann Nemet at 437-5677 20 cards/\$30.00

Pie and Bake Sale at Senior Center- Saturday, November 17- 9:00 am-12:00 pm. Preorder Apple, Cherry or Pumpkin Pies- 6 in., \$4.00, 9 in., \$12.00 or 10 in. \$15.00, by Friday, November 9, 2018 at 437-6902.

Thank You to Finks Café for sponsoring Bingo and to all who donated Bingo prizes, fresh produce and paper products.

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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.



OCTOBER 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Sausage on WW Bun Oven Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream Cup VO – Veggie Meatballs NCS – SF ICE CREAM	2 Chili Baked Potato/Sour Cream Banana Cornbread/Butter Rice Pudding VO – Veggie Chili NCS – SF Pudding CAKE FOR CAMBRIDGE	3 Taco Chicken Tortilla Refried Beans Fiesta Corn Tropical Fruit Frosted White Cake VO – Veggie Taco NCS – SF COOKIE	4 Pulled Pork on a WW Bun Creamy Coleslaw Carrot Raisin Salad Grape Juice Vanilla Pudding VO – Black Bean Burger NCS – SF PUDDING	5 Brats with Kraut on a Bun Ketchup/Mustard Stewed Tomatoes Banana Carmel Apple Crisp VO – Cheese and Tomato Sandwich NCS – SF Cookie
8 Beef Pot Pie w/biscuit top Creamed Spinach Apple Juice Chocolate Frosted White Cake VO – Veggie Pot Pie NCS – Pineapple	9 Chicken and Gravy Over a slice of White bread Mashed Potatoes/Butter Green Beans Orange Carnival Cookie VO – Soy and Gravy NCS – SF Cookie Packet	10 Fish Sandwich on WW Bun Cheese Slice Tartar Sauce Yams Coleslaw Fruit Cup Strawberry Jello VO – Garden Burger NCS – SF Jell-o	11 Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Balsamic Vinaigrette Banana Ambrosia Salad VO – Veggie Meatballs in Marinara NCS – Mandarin Oranges	12 Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Cheesecake Brownie VO – Egg Salad NCS – SF Chocolate Pudding
15 Cheeseburger on WW Bun Ketchup/Mustard Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff VO – Black Bean Burger NCS – SF Jell-o	16 Enchilada Casserole Stewed Tomatoes Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake VO – Cheesy Bean Burrito NCS – SF Cookie Packet	17 Beef Stew Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake VO – Veggie Wrap NCS – SF Cookie	18 Chicken Mac Casserole Peas Tomato Juice Pineapple Butterscotch Pudding VO – Mac and Cheese NCS – SF Pudding	19 BBQ Ribs Cheesy Potatoes Roasted potato/ onion/carrot Soft French Roll/ Butter Apple Pie with Ice Cream VO – Veggie BBQ Meatballs NCS – SF Ice Cream
22 Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Grapes or fruit cocktail Brownie w/Peanut Butter Frosting VO – Hummus Wrap NCS – SF Cookie Packet	23 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Dressing Orange WW Bread/Butter Tapioca Pudding VO – Hummus Wrap NCS – SF PUDDING	24 Chicken a la King Over Biscuit Carrots Corn Salad Peaches Raspberry Sherbet VO – Soy a la King NCS – SF Ice Cream	25 Traditional Meatloaf Mashed Potatoes w/ Gravy Corn White Bread/Butter Apple Juice Cup Frosted White Cake VO – Black Bean Burger NCS – SF Jell-o	26 Egg Bake Diced Roasted Red Potatoes Grape Juice Biscuit/Butter Spiced Apples VO – N/A NCS – N/A
29 Pizza Burger (Beef Patty, white cheese slice, marinara, bun) Navy Bean Salad Marinated cucumbers Banana Chocolate Chip Cookie VO – Garden Burger NCS – SF COOKIE	30 Ham and Potato Casserole California Blend Fruit Cup (fresh or pkg) MG Bread/ Butter Chocolate Cream Pie VO – Soy and Potato Casserole NCS – SF Pudding	31 Enchilada Casserole Sour Cream Corn Tossed Greens w/tomatoes French Dressing Strawberry Cheesecake Brownies VO – Bean Burrito NCS – SF JELL-O	VO– Vegetarian Option NCS– No Concentrated Sweets NAS– No added Salt NAS diet should not be receiving gravy, ketchup or mustard * to note what meals contain pork	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. NO SUBSTITUTIONS ARE ALLOWED.

NUTRITION MANAGER'S NOTE:

We are lucky to have a farmers market and orchards in and around Mount Horeb and this is apple season! The past couple of weeks my children and I have found delicious local apples and cider at the market. Every week there are new varieties of apples to try and they are all different colors, sizes and flavors. Apples make an excellent snack. They are rich in vitamins, antioxidants, and dietary fiber and a medium-sized apple has only 80 calories. Red apples are among the fruits highest in quercetin, which researchers are studying for possible antioxidant benefits. If you have trouble eating whole raw apples, try making homemade applesauce. The skin of apple is where the antioxidants are concentrated so don't peel it before eating or cooking. An apple (or two!) a day is a great choice in a nutritious diet.

WEEK 1: 10/5

SALAD: PULLED PORK SANTA FE SALAD DRESSING: RANCH

Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips **Meal items to be served with this:** Banana ,Carmel Apple Crisp

WEEK 2: 10/12

Salad: 7 Layer Dressing: None

Shredded lettuce topped with peas, celery onion, mayo shredded cheese, bacon and eggs

Meal items to be served with this: Mini Croissant, Peaches, Cheesecake Brown

WEEK 3: 10/19

Salad: Harvest Salad Mixed greens topped with beets garbanzo beans cucumber, red onion and feta

Dressing: Balsamic Vinaigrette

Meals to be served with this : French Rolls, butter ,Apple Pie with ice cream..

WEEK 4 : 10/26

Chicken Confetti Salad

Shredded lettuce topped with diced chicken, tomatoes, cucumber, corn and bacon.

Dressing: Ranch

Meal items to be served with this: Grape Juice, Biscuit, Butter, Spiced Apples

DIRECTOR'S NOTE:

We would like to welcome our new Case Manager, Mary Kay Sutter to the Mt. Horeb Senior Center. She has lived in the Mt. Horeb area for 35 years with her husband Mitch. and family. Stop in to meet her and say hi.

The annual Medicare D and Medicare Advantage Plan enrollment will be from October 15 through December 7, 2018. Be sure to review your plan because plans can change their premiums, drug formularies, co-pays and other details each year. Call the Senior Center at 437-6902 for an appointment. Seniors who are on Senior Care, Wisconsin's State drug plan, are not affected by this open enrollment period. If you are on Senior Care and have had medication changes, you might want to check on the cost of a Part D plan, to see if Senior Care is still the best option.

CASE MANAGER'S NOTE:

Make Your Voice Count! A group dedicated volunteers drafted goals to prioritize programs and services for Dane County senior adults (age 60+) covering 2019-2021. Please visit this link <https://www.surveymonkey.com/r/AAAGoals> during October 2018 to review the goals and provide your input. Your ideas are very important –Thank You.



OCTOBER 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 Miller & Sons Food 10 am Helping Hands– 9:30	2 Bridge 1:00 pm Massage Therapy 1:00 pm	3 Fink’s Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	4 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm (Trip to Blue Mounds Food Pantry-Leave at 9:00 am.)	5 Miller & Sons Food 10 am
8 Miller & Sons Food 10 am	9 Movie at Marcus Theaters bus leaves at 8:30 am Caregiver Support 1:00 Bridge 1:00 pm Memory Café– 1:00 pm Immanuel Luth. Church	10 Fink’s Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm “Aging Parents” 6:30 pm By Agrace Hospice	11 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm	12 Miller & Sons Food 10 am Patsy Cline Music 12:30 pm
15 Miller & Sons Food 10 am Helping Hands– 9:30	16 Tour/Lunch- Agrace Hospice. Bus leaves at 10:00 am. RSVP by Oct.12 Bridge 1:00 pm	17 Fink’s Café 9:00 am - 1:00 pm Foot Clinic 8:30– 11:30 Miller & Sons Food 10 am Euchre 1:00 pm	18 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm (Trip to Blue Mounds Food Pantry-Leave at 9:00 am) AARP Driving Course 1-5 pm.	19 Miller & Sons Food 10.00 am. Volunteer Recognition Party 1:00pm
22 Miller & Sons Food 10 am Card Making 1:00 pm.	23 Foot Clinic 12:00-3:30 Bridge 1:00 pm	24 Foot Clinic 8:30 am - 11:30 am Fink’s Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	25 Blue Mounds Pantry 9:00 am – 11:00 am & 4:00 pm – 6:00 pm	26 Miller & Sons Food 10 am Bingo 12:30 
29 Miller & Sons Food 10 am Energy Assistance By appointment 9:00- 4:00 1-800-506-5596.	30 Medication Review 9:00-3:00- 12 Seniors needed. Sponsored by United Way. Bridge 1:00 pm	31 Fink’s Café 9:00 am –1:00 pm Miller & Sons Food 10:00 am Euchre 1:00 pm		

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered Monday - Friday at the Senior Center, Fink's Café and Home Delivered Meals. The suggested donation for those 60+ is \$4.00/meal. Anyone under 60 is asked to pay the full cost of the meal which is \$10.23 for congregate and \$8.54 for home delivered.

Congregate meals at the Senior Center are served at 11:15 am on Monday, Tuesday, Thursday and Friday.

Please call to make reservations and cancellations at 437-6902 by 12:00 pm the day before. Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm (no reservations are needed at Fink's Café).

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

For Driver Escort rides to Appointments for doctors, dentist, eye, etc., Please contact Patsy Byrnes at 608-437-2518. Persons must be 60+ or older and must be able to transfer on their own into the vehicle. A three day notice is requested.

Seniors who are on Medicaid (MA) cannot use RSVP transportation. They would need to call MTM at 1-866-907-1493.

MILLER AND SONS

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by 12:00 pm. Please call 437-3081 to order. The groceries are then delivered within Mount Horeb on Thursday. There is a \$15.00 minimum order.

Miller and Sons also donates food to the Senior Center on Mondays, Wednesdays and Fridays at 10:00 am! The number system is used.

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 by donation. The suggested donation to the meal site is \$1.00/trip, the suggested donation for local grocery shopping is \$2.00/trip and the suggested donation for out of town shopping is \$3.00/trip. No one will be denied rides for these purposes based on their ability to pay. Please call Kristi at 437-8989 to make a reservation for a ride.

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

Blue Mounds: 11010 Blackhawk Drive, Blue Mounds, WI.
Open every Thursday from 9:00 am -11:00 am and 4:00 pm - 6:00 pm.

Mt. Horeb: 102 East Lincoln Street, Mt. Horeb, WI.
Open every Monday from 5:00 -7:00 pm, and every Saturday from 10:00 am - 12:00 pm. The pantry is also open the third Wednesday of each month from 9:00 - 11:00 am, for Seniors only.

FOOTCARE CLINIC WITH RITA STANTON

October 17 8:30 am - 11:30 am
October 23 12:00 pm - 3:30 pm
October 24 8:30 am -11:30 am




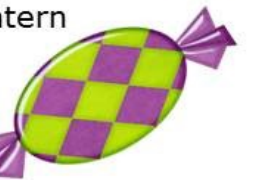
Please call for an appointment at 437-6902.



Presorted Standard US Postage
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Mount Horeb Area Senior Center
107 North Grove Street
Mount Horeb, WI 53572

HALLOWEEN WORD SEARCH

Halloween		Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
October		W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
Spooky		L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
Scary		N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
Ghost		O	O	S	U	E	D	R	L	I	R	B	J	P	B	B
Vampire		T	O	U	V	M	R	L	D	P	S	E	Z	V	O	M
Werewolf		E	B	O	Z	V	O	E	G	B	G	H	C	A	T	O
Witch		L	A	H	L	W	R	I	E	N	A	W	F	M	C	Z
Zombie		E	T	D	E	Y	A	R	A	Y	E	Y	J	P	O	S
Skeleton		K	S	E	T	A	E	R	T	R	O	K	C	I	R	T
Monster		S	N	T	K	K	O	Q	E	Y	I	O	T	R	J	O
Black		I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
Orange		K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
Candy		M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
Trick or Treat		J	E	H	F	C	T	F	J	K	T	G	B	N	N	B
Haunted House																
Jack O' Lantern																
Boo																
Spider																
Bats																