



APRIL 2017 EDITION

MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION



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April 4 - Election – No programs
April 7 - AARP Tax Preparation 9:30 am- 2:30 pm By appt.
April 10 - Stepping On Class 1:00-3:00 pm
**April 11 - “What to Expect When Death is Approaching 10:30 am Agrace Hospice
 - Caregiver Support Group 1:00 pm**
April 13 - Cooking Group 1:00pm Making Rosettes - Bring Easter Treats
April 16 - Easter
**April 17 - Helping Hands 9:30 am
 - Stepping On Class 1:00 pm**
April 18 - Massage Therapy 1:00 pm
**April 20 - Lunch Outing - 5th Quarter Verona - Leaving at 10:30 am
 - Dane County Library Service 10:30 am – Mary Driscoll**
April 21 - BINGO 12:30 pm Sponsored by John Scheidegger
April 23 - National Volunteer Week
**April 24 - Stepping On Class 1:00 pm
 - Card Making 1:00pm**
April 28 - Garage Sale (at Senior Center) 8:00am - 4:00pm
April 29 - Garage Sale (at Senior Center) 8:00 am - 12:00pm
 The Mt. Horeb Senior Center will be part of the Village Wide Garage Sale on Friday, April 28 and Saturday, April 29. If you are cleaning closets and would like to donate items for the sale, please contact the Senior Center at 437-6902.

Happy Spring!

CONTACT US

**Southwest Dane Outreach
107 North Grove Street
Mount Horeb, WI 53572**

Telephone: 608-437-6902

Hours: 8:30am-5:00pm (M-F)

**E-Mail: [swdaneoutreach@
mounthorebwi.info](mailto:swdaneoutreach@mounthorebwi.info)**

Director: Lynn Forshaug

Case Manager: Carrie Reese

Nutrition Managers:

Mary Mackler

Pat MacLean

Did you know that Wisconsin has the highest number of people falling in the country? The Mt. Horeb Senior Center will be hosting a third “Stepping On Class” starting on April 10, 2017 and continuing through May 22, 2017. It will be held on Mondays from 1:00 pm – 3:00 pm. This class has been held all over Dane County and it is to help improve one’s balance. The classes will be two hour sessions, with a short exercise routine (where a chair can be used), videos will be shown, exercise equipment provided and discussions held. The teachers, Anne and Julie, who are trained professional will be back again. The cost is \$35.00/person for the seven weeks. We are looking for at least 14 participants and we would ask that people please make a reservation, so we know how many people will attend. Please call the Senior Center for more information at 437-6902.

May 9- FREE “Welcome to Medicare Seminar” - Mt. Horeb Senior Center
5:30 – 8:00 pm RSVP at 437-6902 (free dinner at 5:00pm)

May 18-June 22 – “LIVING WELL with CHRONIC CONDITIONS” – Mt. Horeb Senior Center- 1:00-3:30pm RSVP at 437-6902

Miller and Sons Grocery Store in Mt. Horeb is working with the Mt. Horeb Senior Center in a fundraising cause. When purchasing items at Millers, you can let the cashier know you would like to make a donation to the Mt. Horeb Senior Center. The donations will be used for programs for seniors at the Mt. Horeb Senior Center. This would be very much appreciated. Thank you in advance for supporting programs for seniors!

THANK YOU

Thank you to everyone who donated Bingo prizes, door prizes and single size quilts.

Wish List: Styrofoam or heavy duty paper plates/bowls, plastic ware, paper towels, and stamps.

DIRECTOR'S NOTE: LYNN FORSHAUG

(Article from The Medicare Blog—The official blog for the U.S. Medicare program)

WELCOME TO MEDICARE SEMINARS –SPONSORED BY THE AREA AGENCY OF DANE COUNTY

What you need to know about enrolling in Medicare:

If you are turning age 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 plans? Some decisions about Medicare need to 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. Do you want easy to understand answers to all of these complex questions? Sign up to attend one of the following two FREE WELCOME TO MEDICARE SEMINARS. By attending a seminar, you'll walk away with accurate and detailed information you need from unbiased experts in the benefit program.

Tuesday, May 9, 2017 @ 5:30 – 8:00pm (Free Dinner at 5:00pm) Mt. Horeb Senior Center 107 N. Grove St. Mt. Horeb, WI 53572 (RSVP required by May 5th!) Call 437-6902 for a reservation.

Saturday, September 23, 2017 @ 9:00-11:30 am Stoughton Area Senior Center, 248 W. Main St. Stoughton, WI 53589 RSVP by September 20, 2017 Call 608-873-8585 for a reservation.

CASE MANAGER'S NOTE: CARRIE REESE

Starting in April 2018, the Centers for Medicare and Medicaid Services (CMS) will begin mailing new Medicare cards to beneficiaries. The issuance of new cards is part of a major effort to remove social security numbers from all Medicare cards by April 2019 and replace them with a new, randomly generated Medicare Beneficiary Number (MBI). This change provides unscrupulous conartists with the opportunity to prey on Medicare beneficiaries in an attempt to steal their personal information. That information can be used to bill Medicare for services not received, identity theft and much more.

SMP recognizes the need to make all seniors and their caregivers aware of the possibility of fraud and scams relating to the new cards.

NUTRITION NOTE: HOME DELIVERED MEAL UPDATE

The Community Service Block Grant and Community Development Block grants do not fund the home-delivered meals provided through the Dane County program. It is funded by the Federal Older Americans Act under the DHS/ACL division. The federal level DHS has been asked to make an approximate 17% cut, which may or may not include the meal funding. They usually try to stay away from meals for older folks. Even if cut, how that cut would be implemented across 50 states is not known, but in any case, the program would not go away in Dane County. There are many options to consider from putting a cap on meals to those at lower nutritional risk, to increased community level funding, and a whole host of options in between. We are watching the issue closely and people should feel free to make their concerns known by contacting their senators and congress members via letter or phone.

SALADS

Week 1: Tuesday, April 4

Garden Salad: 1 ½ c. mixed green w/shredded lettuce, ¼ c. cheese, ½ c. garbanzo beans, ¼ c. cucumbers, ¼ c. broccoli, ¼ c. diced tomatoes, & ¼ c. peas. Choice of dressing.

Week 2: Tuesday, April 11

Chicken Ranch Salad: 1 ½ c. mixed green w/shredded lettuce, 1/3 c. diced chicken, ¼ c. bacon crumbled, ¼ c. cucumbers, ¼ c. diced tomatoes, ¼ c. peas & ¼ c. purple onion or 3-4 slices. Ranch Dressing.

Week 3: Tuesday, April 18

Chef Salad: 1 ½ c. shredded lettuce, 1 oz. each of ham, turkey, & cheese, 4 tomato wedges, ¼ c. shredded carrots, 2-3 radishes sliced, ¼ c. diced cucumbers. Choice of dressing.

Week 4: Tuesday, April 25

Taco Salad: 1 ½ c. of shredded lettuce, 1/3 c. meat (beef), ¼ c. cheese, 1/2 c. diced tomato, 2 tablespoons diced onions, 3.5 oz. salsa, 1oz sour cream & tostado chips.

*Salad served only at the Senior Center.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

MEALS

Nutritious lunches are offered Monday-Friday at both the Senior Center and by home delivery. Suggested donation for those 60+ is \$4.00 per meal. Anyone under 60 is asked to pay the full amount of cost which is \$10.23 for congregate and \$8.54 for home delivered.

Daily Congregate meals served at 11:15am on Monday, Tuesday, Thursday, and Friday.

Please make reservations and cancellations at 437-6902 by Noon the day before.

LOCAL FOOD PANTRIES

Blue Mounds: Open every Thursday 9:00-11:00am & 4:00-6:00pm. (11010 Blackhawk Dr. (off Hwy. F) Blue Mounds, WI)

Mount Horeb: Open 9:00-11:00am on the third Wednesday of each month. Also open every Monday from 5:00-7:00pm and every Saturday from 10:00 am-12:00pm. This is open to all Senior Citizens in the Mount Horeb area. (102 E. Lincoln St. Mt. Horeb, WI 437-7887)

The Heights Unlimited Service Center in Black Earth will be providing the Food Pantry and a Clothes Closet for people in the Wisconsin Heights School District and surrounding communities. The Pantry will be open every Tuesday from 4:30 - 6:00 pm and the second Saturday of the month from 10:00 - 11:30am. The Pantry is located behind the Children's Museum in Black Earth.

Springdale Lutheran Church - Clothing Connection will be open every Thursday and the 3rd Saturday of each month from 9:00am to Noon. (2752 Town Hall Rd. Mt. Horeb, WI)

Note: Please bring your own boxes & bags!

FOOTCARE CLINICS WITH RITA

Wednesday, April 19th: 8:30-11:30am

Tuesday, April 25th: 12:30-3:30pm

Wednesday, April 26th: 8:30-11:30am

Please call 437-6902 to schedule an appointment.

MILLER & SON'S

Food Donations are delivered to the Center on Mondays, Wednesdays & Fridays at 10:00am.

Number system is used.

LOAN CLOSET

Durable medical equipment is available for loan at no cost. We have wheelchairs, walkers, bath benches, commodes, canes, etc.

Before you buy, check with us first!

RSVP

For Driver Escort rides to doctor, dentist, eye, etc., please contact our Coordinator, Ruth Duffy, at 437-8984.

Note: Persons must be age 60 or older and able to transfer on their own into a vehicle. A three day notice is requested.

CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mount Horeb area. Transportation to meals sites and local grocery shopping is by donation. The suggested donation to the meal site for meals is \$1.00 round trip, and the suggested donation for local grocery shopping is \$2.00 round trip. No one will be denied rides for these purposes based upon their ability to donate.

In addition, Dodgeville Walmart shopping on the 2nd Thursday and Madison Walmart shopping on the fourth Thursday, suggested fare for this trip is \$3.00 round trip. Will include shopping and lunch. Please call Care Van Service to schedule a ride at 437-8989.

CAREGIVER SUPPORT GROUP

The Caregiver Support Group will be meeting on April 11th at 1:00 pm.

It is held at the Center, led by Mary Williams and Richard Lornson.

ON-GOING ACTIVITIES

1:00pm every Tuesday: Bridge

1:00pm every Wednesday: Traveling Euchre

Saturday, April 8th: Card Party: 7:00pm

APRIL 2017 MENU

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Sloppy Joe on Bun Broccoli Coleslaw Fruit Cup Chocolate Ice Cream VO- Vegetarian Sloppy Joe	BBQ Chicken Potato Salad Carrots Apple Juice W.W. Bread/Marg. Cherry Crisp VO- Vegetarian Wrap	Stuffed Green Pepper Soup/Crackers Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Fresh Fruit** Frosted Cake VO- Vegetarian Soup, Cheese Sandwich	*Ham Slice Yams Collard Greens Banana Multi Grain Bread Marg. Butterscotch Pudding VO- Veggie Meatballs	Baked Fish/Tartar Sauce Red Beans & Rice Green Beans Pineapple W.W. Bread/Marg. Jello w/Topping VO- Red Beans and Rice
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Hamburger on Bun Lettuce/Onion BBQ Beans Pineapple Ketchup Mustard Blueberry Pie VO- Veggie Patty	Meat Sauce W.W. Spaghetti Noodles Parmesan Pkt. Mixed Greens w/ Tomato Slices & Dressing Pear Slices Garlic Bread Stick Chocolate Pudding VO- Soy Meat Sauce	Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll/Marg. Confetti Cake VO- Cheese Broccoli Rotini Salad	Salisbury Steak Brown Rice Carrots Fruit Cocktail Rye Bread/Marg. Cookie Packet VO- Salisbury Veggie Patty	Turkey Roast w/Gravy Mashed Potato/Gravy Broccoli Fresh Fruit** W.W. Bread/Marg. Pumpkin Bar Lent: Fish Sandwich VO- Cheese Tortellini
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
*Brat/Bun Baked Beans Chunky Applesauce Ketchup Mustard Candy Cookie VO- Veggie Dogs	Baked Chicken Twice Baked Potato California Blend Pineapple Dinner Roll/Butter Strawberry Ice Cream VO- Veggie Meatballs	*Buffet Ham Cheesy Potatoes Glazed Baby Carrots Chunky Applesauce Small Croissant/Butter Lemon Bar. VO- Hummus Wraps	Three Cheese Lasagna Tossed Greens w/ Tomato Slices & Dressing Fresh Orange Bread Stick/Marg. Strawberry Short Cake w/Topping	Open Face Hot Beef Sandwich w/Gravy Mashed Potatoes Broccoli w/Cheese Sauce Tropical Fruit Cup Apple Pie Ala Mode VO- Veggie Meatballs
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Grilled Chicken on Bun w/ Lettuce & Tomato Italian Green Beans Grape Juice Sherbet Mayo Packet VO- Black Bean Patty	Roast Beef/Gravy Roasted Red Potato w/ Marg. Roasted Vegetables Jell-O w/Peach Slices Multi Grain Bread Marg. VO- Veggie Patty	Chicken Salad on W.W. Bun w/Lettuce Copper Penny Salad Fruit Cup Sugar Cookie VO- Egg Salad on Bun	Tomato Barley Lentil Soup Crackers *Ham & Swiss Med. Croissant w/Lettuce Leaf & Mayo Pkt. Fresh Apple Brownie VO- Cheese Sandwich w/Mayo	*Roast Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread/Marg. Pudding w/Topping VO- Veggie Patty

*Meal has pork product
VO = Vegetarian Option
Cong. Only = Congregate Only

Meals provided by:
DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

APRIL 2017 ACTIVITY SCHEDULE

						Sat. 1
Sun. 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Sat. 8
	No Programs	Election (No Programs at Senior Center) Heights Unlimited Service Center 4:30-6:00pm	Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Knitting & Crocheting Group: 12:30pm	AARP Taxes: 9:30 am - 2:30 pm	Card Party
Sun. 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Sat. 15
	Stepping On: 1:00pm	Bridge: 1:00pm Caregiver Support Group: 1:00pm Heights Unlimited Service Center 4:30-6:00pm	Mt. Horeb Food Pantry 9:00 - 11:00am Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Cooking Group: 1:00pm Dodgeville Shopping		
Sun. 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Sat. 22
	Helping Hands: 9:30 am Stepping On: 1:00pm	Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 am Fink's Restaurant: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Lunch Outting: Fifth Quarter: Bus Leaving at 10:30am Knitting & Crocheting Group: 12:30pm	Bingo: 12:30 pm	
Sun. 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Sat. 29
	Card Making: 1:00 pm Stepping On: 1:00pm	Foot Clinic: 12:30-3:30pm Heights Unlimited Service Center 4:30-6:00pm	Foot Clinic: 8:30-11:30am Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Madison Shopping	Garage Sale: 8:00am-4:00pm	Garage Sale: 8:00am to 12:00pm
Sun. 30						

All programs and activities are subject to change.



Southwest Dane Outreach
 107 North Grove Street
 Mount Horeb, WI 53572



ADDRESS SERVICE REQUESTED

ALL THINGS SPRING

W	R	N	E	S	B	L	C	H	D	A	O	R	I	S	E	B	F	G
G	A	R	D	E	N	T	U	F	W	G	U	Y	C	M	T	O	L	V
N	A	T	I	M	P	R	P	O	R	O	B	I	N	E	N	L	O	T
L	E	G	E	Y	S	T	B	U	T	T	E	R	F	L	Y	P	W	M
P	R	N	V	R	M	N	Q	U	V	G	W	Z	E	T	D	O	E	N
T	O	S	B	B	I	U	R	H	L	E	T	S	B	E	R	G	R	H
I	B	L	U	A	P	N	C	V	G	B	Q	U	M	G	Z	A	S	S
H	F	I	R	E	Z	T	G	A	L	O	S	H	E	S	O	E	G	B
F	R	C	N	T	A	H	W	C	M	P	U	D	D	L	E	S	R	L
B	O	K	Y	H	L	A	N	B	A	L	R	S	W	Z	B	P	V	O
L	G	E	T	O	U	W	G	S	U	N	S	H	I	N	E	R	N	R
O	M	R	N	Q	L	C	R	Y	M	I	M	N	U	M	U	I	O	A
S	S	I	A	L	T	D	Z	P	B	W	A	R	L	F	A	N	Q	B
S	T	B	U	S	H	O	W	E	R	S	T	H	N	R	R	G	E	B
O	R	G	V	P	S	E	Q	P	E	N	E	S	T	U	E	P	Y	I
M	P	R	C	R	I	U	R	T	L	U	R	A	I	N	C	O	A	T
E	A	E	T	O	M	S	F	O	L	N	G	Y	S	P	U	B	T	O
N	H	E	G	U	T	O	E	B	A	O	R	B	G	O	E	A	R	M
S	O	N	A	T	U	L	I	P	M	S	V	L	S	T	N	N	H	L

- | | |
|-----------|--------------|
| BLOSSOM | RABBIT |
| BREEZE | RAIN |
| BULBS | RAINBOW |
| BUTTERFLY | RAINCOAT |
| FLOWERS | ROBIN |
| FROG | SEASON |
| GALOSHES | SHOWERS |
| GARDEN | SLICKER |
| GREEN | SPRING |
| GRASS | SPROUT |
| GROW | SUNSHINE |
| HATCH | THAW |
| MELT | TULIP |
| NEST | UMBRELLA |
| PUDDLES | WATERING CAN |