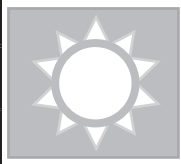


AUGUST 2017 EDITION



MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION

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August 1 - Massages by Sarah 1:00-3:00 pm
\$10.00/15 minutes -\$20.00/30 minutes - By appt.

August 3 - Knitting/Crocheting 1:00pm

August 8 - Caregiver Support Group 1:00 pm
- **Memory Café 1:00 pm at Immanuel Church**
(Harmony Rose will perform)

August 10 - Mt. Horeb Library Presentation 10:30 am
“Memory Kits”
- **Cooking Group 1:00 pm**

August 11 - Music Program 11:00 am Tom Bedtka

August 15 - Massages by Sarah 1:00-3:00 pm
\$10.00/15 minutes -\$20.00/30 minutes - By appt.

August 17 - Lunch Outing –Bob’s Barbecue –Dodgeville -
Leaving at 10:30 am - RSVP
- **Knitting/Crocheting 1:00 pm**

August 21 - Bathroom Home & Safety 10:30 am by Nate Benjamin

August 24 - “Palliative Care” 10:30 am Molly Dean
Agrace Hospice

August 25 - Bingo 12:30 pm sponsored by Ingleside

August 28 - Stepping On Booster 1:00- 3:00 pm

August 29 - Card Making 1:00 pm

Upcoming Events: “Living Well with Chronic Conditions” – start-
ing Monday, October 2 through November 6, 2017 - 1:00-3:30pm Mt.
Horeb Senior Center. Call 437-6902 to register or questions. “Brat and
Bake Sale Fundraiser” at Miller and Sons – September 16, 2017.

RSVP of Dane County (Retired Senior Volunteer Program) and the Mt.
Horeb Senior Center are looking for Driver Escorts to take seniors to
medical appointments in the Mt. Horeb and Madison area. Drivers can
get 51 cents per mile reimbursement for their mileage and some
insurance coverage. Please contact the Mt. Horeb Senior Center if you
are interested in this volunteer opportunity!

Costco in Middleton does offer Hearing and Vision services. You do not
need to be a member to get these services. Call for an appointment.

**August is
National Picnic Month!**

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

THANK YOU

Thank You to Miller and Sons for sponsoring Christmas in July,
to everyone who donated stamps, copy machine paper,
paper ware and plastic ware.

Wish List: Paper Salad Bowls, White-out, Decaf-Coffee,
Napkins, and Paper Plates.

DIRECTOR'S NOTE: LYNN FORSHAUG

I am sure you have been hearing and reading in the news about changes for the health care bill H.R. 1628, Obama Repeal Reconciliation Act 2017 for about six months. If these changes come about, in 2018, 17 million more people will be uninsured than under the current Affordable Care Act. After the elimination in 2020 of the Affordable Care Act expansion of eligibility for Medicaid and of the subsidies for insurance purchased through the market places established by the Affordable Care Act, the increase in the number of uninsured people would rise to 27 million in 2020 and 32 million in 2026. 1.2 million people in Wisconsin will be affected. Some of the programs affected will be BadgerCare Plus (which provides health care to 469,599 children, 325,070 low income adults and 21,075 pregnant women), SSI Managed Care (which provides primary and acute care services to 36,300 individuals over 19 years old, who qualify for Medicaid through an SSI disability determination) Family Care (which provides community-based managed long term care to 44,719 older adults and people with disabilities), nursing homes (372 Medicaid-certified nursing homes for a total of 32,854 beds) and 484 state operated facilities that offer long-term care, Senior Care (Wisconsin Prescription Drug Plan that has 91,717 seniors enrolled in this program), Foster Care (has 18,671 children in this program) and many other services currently covered under the Affordable Care Act.

CASE MANAGER'S NOTE: CARRIE REESE

What is Food Share and a Quest Card? Food Share helps stretch your budget by depositing money on a debit-like card once a month to help buy groceries. Many people working or receiving Social Security, SSI, SSDI or unemployment are eligible. Receiving benefits does not take away from others. 2/3 of eligible seniors are not enrolled. Unused benefits can roll over each month for up to 365 days. To qualify, a one person household has to have a gross monthly income of \$1,962.00, a two person household has to have a gross monthly income of \$2,656.00 and a three person household has to have a gross monthly income of \$3,350.00. Contact the Mt. Horeb Senior Center for more information or to apply for Food Share.

The Commodity Supplemental Food Program, a program under the U.S. Department of Agriculture provides a free monthly box of food for people 60+ with a gross monthly income of \$1,307.00 for one person, \$1,759.00 for two people, \$2,212.00 for three people, etc. The box contains cereal, canned fruits and vegetables, juice, cheese, canned tuna or chicken, pasta and dry and liquid milk. Contact the Senior Center for more information or to sign up for this food box.

NUTRITION NOTE

“Don’t Eat This If You’re Taking That”- from a new book written by Madelyn and John Fernstrom. Beware: The foods you eat and the medications you take could be working against each other. Harmful interactions aren’t limited to competing drugs you ingest, anything you put in your body can potentially alter a medication’s effectiveness or cause other problems. If you are taking blood thinners, avoid fish oil supplements. Large amounts of fish oil can thin the blood. Fish contains small amounts of fish oil, so consuming fish is safe. If you take certain statins for high cholesterol, avoid grapefruit and grapefruit juice. Grapefruit interferes with your body’s metabolism of these statins (like Lipitor, Zocor, Altoprev or Mevacor), so your intended dose might not be accurate. If you take medicine for diabetes, avoid too much cinnamon. This spice in large amounts can lower blood sugar, which is exactly what diabetes drugs do. That means your blood sugar could get dangerously low. A sprinkle of cinnamon in cooking is safe. If you take certain antidepressants, avoid red wine, hard cheese and chocolate. This applies to monoamine oxidase inhibitor (MAOI) antidepressants. Red wine, hard cheese (like Swiss and Parmesan) and chocolate contain ingredients that can be harmful to the body because they raise your blood pressure. If you take certain heart medicines, avoid too much calcium. Drugs called calcium channel blockers work to lower blood pressure. Too much calcium in the diet can work against this process. If you take a certain blood pressure medicine, take it easy on bananas, potatoes and other high potassium foods.

SALADS

Week 1: Friday, August 4

Santa Fe Chicken Salad: Mixed greens or lettuce topped with seasoned chicken, black bean salsa, shredded cheese and tortilla strips. Dressing: Ranch

Week 2: Friday, August 11

Fruit and Veggie Plate: A plate with pineapple, fresh melon, cottage cheese, cherry tomatoes and cucumbers.

Week 3: Friday, August 18

Caprese Salad: Mixed greens and spinach topped with basil marinated tomatoes, fresh mozzarella cheese and croutons. Dressing: Balsamic Vinaigrette

Week 4: Friday, August 25

7 Layer Salad: Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.

*Salad served only at the Senior Center.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

MEALS

STARTING JUNE 1ST, RESERVATIONS AND OR CANCELLATIONS ARE REQUIRED FOR MEALS BY NOON THE DAY BEFORE. NO EXCEPTIONS!

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.

Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm. No reservations are needed for Fink's Café.

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, August 16th: 8:30-11:30am

Tuesday, August 22nd: 12:30-3:30pm

Wednesday, August 23rd: 8:30-11:30am

Please call 437-6902 to schedule an appointment.

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.

MILLER & SON'S

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by noon. The groceries are then delivered on Thursdays. Call 437-3081 to order. There is a \$15.00 minimum order.

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

Number system is used.

AUGUST 2017 MENU

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	*Ham & Swiss (NAS – Turkey Croissant) Croissant w/ Lettuce & Mayo Pkt. Kidney Bean Salad Fresh Apple Lemon Bar VO- Cheese Sandwich	*Roast Pork w/Gravy Mixed Greens Corn Fruit Cocktail W.W. Bread/Marg. Pudding VO- Veggie Patty	Meat Sauce over Spaghetti Noodles Peas Garlic Bread Stick Parmesan Packet Jell-o with Fruit VO- Soy Meat Sauce	Biscuits and Gravy Hash Brown Patty Tomato Juice (NAS – 3 Tomato Slices) Mandarin Oranges Cinnamon Roll VO- Spinach/Cheese Quiche
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Swiss Steak Rice Mixed Greens Tomato Slices & Dressing Fruit cup Oatmeal Cookie VO- Veggie Meatballs	Chicken Macaroni Salad Four Bean Salad Fresh Orange Jell-o with Peaches VO- Pasta Salad w/ Cheese	Cheeseburger on WW Bun w/Let. & Tom. BBQ Baked Beans Mandarin Oranges Ketchup/Mustard Ice Cream Treat VO- Egg Salad Sandwich	*Italian Sausage (NAS – Grilled Chicken Sandwich) w/Peppers and Onions Carrots Banana Pineapple Cake with Frosting VO- Vegetarian Wrap	Lemon Baked Fish ½ Baked Potato W/Sour Cream/Butter Coleslaw Rye Bread/Butter Apple Crisp VO- Black Bean Burger
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
*Au Gratin Potatoes w/Diced Ham (NAS – Au Gratin Potatoes w/Diced Chicken) Mixed Vegetables Tropical Fruit Cup Rye Bread/Marg. Choc. Ice Cream VO- Au Gratin w/Soy Meat	Beefy Mac-N-Cheese Carrots Apple Strawberry Shortcake w/topping VO- Mac-N-Cheese	Chicken Cacciatore Egg Noodles Pea Salad Diced Peaches WW Bread/Marg. Sherbet VO- Soy Meat Sauce	*Meatloaf Mashed Potatoes w/G Tossed Greens w/Tom. & Dressing W.W. Bread/Marg Jell-o with fruit VO-Veggie Patty	Beef Burrito Bake Spanish Rice Corn Fresh Fruit Cookie Packet VO- Veggie Burrito Bake
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Sloppy Joe on Bun Broccoli Carrot Raisin Salad Fruit Cup Chocolate Ice Cream VO- Vegetarian Sloppy Joe	Baked Fish w/Tartar Sauce ½ Baked Potato w/Marg. Coleslaw W.G. Bread/Marg. Brownie VO- Veggie Cheese Sauce over Red Potatoes	BBQ Chicken Baked beans Marinated Cucumbers/ Tomatoes Oranges W.W. Bread/Marg. Root beer float VO- Vegetarian Wrap	Stuffed Green Pepper Soup ½ Cheese Sand. on Rye w/Let. & Tom. Fresh Fruit** Choc. Chip Cookie VO- Vegetarian Soup, Cheese Sandwich	*Ham Slice (NAS – Chicken breast) Yams Banana M.G. Bread w/Marg. Strawberry Jell-o with Peaches VO- Veggie Meatballs
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
Chili w/3 Cracker Pkts (NAS – 3 NAS Cracker Packets) Mixed Greens w/3 Tomato Slices & Dressing Pear Slices Chocolate Pudding VO- Soy Meat Sauce	Hamburger on Bun Ketchup/Mustard Corn Kidney Bean Salad Orange Chocolate Banana Cake VO- Veggie Patty	Chicken Enchilada Casserole Black Beans Peaches Apple Crisp VO – Veggie Enchilada	Chicken Broccoli Rotini Salad Carrot Sticks Mandarin Oranges Confetti Cake VO- Cheese Broccoli Rotini Salad	

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

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

AUGUST 2017 ACTIVITY SCHEDULE

		Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Sat. 5
		Bridge: 1:00 pm Massage Therapy: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Knitting & Crocheting Group: 12:30 pm		
Sun. 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Sat. 12
	Helping Hands: 9:30 am	Bridge: 1:00pm Caregiver Support: 1:00 pm Memory Cafe: 1:00pm Heights Unlimited Service Center 4:30-6:00pm	Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Library Presentation: 10:30 am Cooking Group: 1:00 pm Dodgeville Shopping	Music Program: 11:00 am	Card Party 7:00pm
Sun. 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Sat. 19
		Bridge: 1:00 pm Massage Therapy: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 am Mt. Horeb Food Pantry 9:00 - 11:00 am Fink's Restaurant: 9:00am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Lunch Outting: Bob's Barbaque: Bus Leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm		
Sun. 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Sat. 26
	Helping Hands: 9:30 am Bathroom Home Safety: 10:30 am Card Making: 1:00 pm	Foot Clinic: 12:30-3:30 pm 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: 9:00-11:00 am & 4:00-6:00 pm Palliative Care: 10:30 am Madison Shopping	Bingo: 12:30 pm	
Sun. 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31		
	Booster Stepping On Class: 1:00- 3:00 pm	Bridge: 1:00 pm Card Making: 1:00 pm	Fink's Restaurant: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm		

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

PICNIC FUN

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

- | | |
|-------------|--------------|
| ANTS | HOTDOG |
| BAKED | LEMONADE |
| BEANS | KETCHUP |
| BASKET | MUSTARD |
| BLANKET | NAPKINS |
| CHEESE | PAPER PLATES |
| CHIPS | PARK |
| COOKIES | PICKLES |
| COOLER | PIE |
| CUTLERY | POTATO SALAD |
| FRUIT SALAD | SANDWICH |
| GRASS | SODA |
| GRILL | SUNSHINE |
| HAMBURGER | WATERMELON |