



DECEMBER 2017 EDITION



MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION

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- December 4 - Helping Hands - 9:30am**
 - Holiday Lights Tour and Dine-Out - Bus Leaving at 4:00pm
- December 7 - Capital Physical Therapy - 10:30 am**
 - Knitting/Crocheting - 12:30 pm
- December 11 - Christmas Sing-Along - 12:30 pm**
- December 12 - Memory Café - 1:00 pm - Immanuel Lutheran Church**
 - Caregiver Support Group - 1:00 pm
- December 14 - Cooking Group - 1:00 pm Christmas Potluck**
- December 15 - Holiday Bingo - 12:30 pm - sponsored by Miller and Sons**
- December 18 - Card Making - 1:00 pm - \$10.00/person/ 6 cards - RSVP by Dec. 11**
- December 21 - Lunch Outing - Olive Garden -Bus leaving 10:30 am**
 - Cookie Exchange - 1:00 pm - Bring 3 dozen cookies/candy
 - Knitting - 12:30 pm
- December 25 - Christmas Day - Senior Center Closed**
- December 26 - Senior Center Closed**
- December 29 - Pizza Party - 12:00 pm**

HAPPY HOLIDAYS!

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

Director: Lynn Forshaug

Case Manager: Carrie Reese

Nutrition Managers:
Mary Mackler
Pat MacLean

Bad Weather Alert: Winter is just around the corner. This is a reminder that when the Mt. Horeb School District is closed due to severe weather, there will be no congregate meals at the Senior Center or Finks Café and no home-delivered meals. In addition, the Senior Center will be closed for the day and activities planned for that day will be postponed or cancelled. The staff will check phone messages throughout the day if they are not able to get into the Center. School closings are announced on the local TV and radio stations starting early in the morning.

“Tis the Season for Gift Giving” – Maintaining a well-balanced diet is one of the biggest concerns facing seniors today. Being well nourished keeps everyone physically and mentally strong and helps prevent injury and or hospitalization. Assuring that seniors are eating a “well-balanced meal” is a difficult task, however, you can help make this a reality for seniors 60+ in your community. “Gift Cards” can be purchased at local Senior Centers or Focal Points for seniors to use for nutritious congregate or home-delivered meals at one of 28 meal sites in Dane County. Each gift card is good for one meal. If the meals are purchased by a senior, the cost for one meal is \$4.00, the cost of meals for one week is \$20.00 and cost of meals for one month is \$80.00. If the meals are purchased for a senior, the cost for one meal is \$10.25, cost for meals for one week is \$51.25 and cost of meals for a for one month will be \$205.00. Call our Senior Center at 437-6902 for more information on these “Meal Gift Cards”.

THANK YOU

Thank You to everyone who donated paper products and Bingo prizes and to all who participated in and donated such delicious baked goods for our Holiday Bazaar Bake Sale!

Wish List: Stamps, paper towels, napkins, white-out, and plastic ware.

DIRECTOR'S NOTE: LYNN FORSHAUG

The Holiday Season is upon us again. Every year, we wonder where the time has gone? Each year seems to go faster. Do take the time to enjoy the company of family, friends and neighbors and enjoy the sites, sounds and smells of this special time of year. Call, stop in or send a card to see someone who lives alone. It is a time to be thankful for all we have received throughout the year. Thank you to all the seniors in the Mt. Horeb area, to the many volunteers who help keep our programs running, to Miller and Sons for their generosity, to organizations in our community who support our programs and the six municipalities who help support our programs. Merry Christmas and Happy Holidays from Pat, Mary, Carrie and Lynn.

CASE MANAGER'S NOTE: CARRIE REESE

A "Welcome to Medicare Seminar" will be held on Saturday, January 20, 2018 from 9:00 -11:30 am at the ADRC (Aging and Disability Resource Center), 2865 N. Sherman Ave., Madison, WI 53704. If you are turning 64 in 2018, 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 and actions need to take place 6 months before you turn 65, so don't wait till you are 65 to understand all you need to know about this important benefit. By attending this seminar, you will walk away with the accurate and detailed information you need from unbiased experts in benefit programs. Please call (608)261-9930 to register by January 10, 2018 for this seminar.

Social Security income to rise 2 percent in 2018, the biggest increase in years...

More than 66 million Americans receive Social Security payments. Most recipients are seniors over age 65, but some payments also go to the severely disabled and orphans. The average check is currently \$1,377 a month, meaning next year's increase will raise the typical payment by \$27 a month. Social Security checks rose 0.3 percent in 2017. In 2016, the checks didn't go up at all, leaving many seniors saying they are struggling to keep up on their bills. There hasn't been an increase greater than 2 percent since 2012.

The new norm for Blood Pressure readings is 130/80

NUTRITION NOTE

Fluff Cran-Raspberry Salad: 2c. frozen raspberries, thawed - 1 pkg. vanilla instant pudding - ½ cranberry juice - 1 can (14 oz.) whole cranberry sauce - 1 (8 oz.) tub of whipped topping and 1c. marshmallows. Mix the raspberries, dry pudding mix, cranberry juice, cranberry sauce and whipped topping. Add the marshmallows last. Refrigerate for one hour before serving. Enjoy this tasty treat!

SALADS

Week 1 – 12/1

Chicken Santa Fe Salad: Mixed Greens topped with seasoned chicken, black bean salsa and tortilla strips

Dressing: Ranch

Meal items to be served with this: stuffing with cranberries, banana and pumpkin bar

Week 2 – 12/8

Taco Salad: Shredded lettuce topped with seasoned ground beef, diced tomatoes, green onion, cheese, salsa, black olives, sour cream and tortilla strips

Dressing: None

Meal items to be served with this: dinner roll with butter, apple pie

Week 3 – 12/15

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

Dressing: Balsamic Vinaigrette

Meal items to be served with this: diced peaches, pound cake

Week 4 – 12/22

Tuna Salad: Mixed greens topped with tuna salad, tomato and cucumber

Dressing: None

Meal items to be served with this: WW bread with margarine, mandarin oranges & banana bar

Week 5 – 12/29

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

Dressing: Ranch

Meal items to be served with this: Fruit cup, crackers & chocolate cake

Salads are sent premade and packaged for delivery. There will be no omissions or substitutions for salad ingredients

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, December 20th: 8:30-11:30am

Wednesday, December 27th: 8:30-11:30am

Tuesday, December 28th: 12:30-3:30pm

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.

DECEMBER 2017 MENU

				Friday 1
				Homemade Chili Corn Salad Corn Bread/Marg. Lime Jell-O w/Fruit Cocktail M&M Cookie VO – Red Beans and Rice
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Cheeseburger on Bun w/Lettuce, Tomato & Ketchup Calico Beans Carrots Apple Juice Cup Pineapple Fluff VO – Veggie Burger	Italian Sausage* w/Peppers & Onions Stewed Tomatoes Seasoned Oven Roasted Potatoes WW Bread w/Marg Apricots Peanut Butter Cookie VO – Hummus Wrap	Traditional Meatloaf * Garlic Mashed Potatoes Broccoli Pineapple WW Bread/Marg. Chocolate Frosted Cake VO – Veggie Meatballs	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O w/Pears VO – Veggie Wrap	Meat Sauce Spaghetti Noodles Bread Stick Fresh Mixed Greens French Dressing Diced Peaches Vanilla Pudding VO – Soy Marinara Sauce
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Chicken a la King Brown Rice Corn Pickled Beets Mandarin Orange Chocolate Chip Cookie VO – Soy a la King	Green Pepper Soup Kidney Bean Salad WW Bread/Butter Banana Chocolate Pudding VO – Tomato Cheese Sandwich	Meatballs in Gravy* Oven Roasted Potatoes Fresh Mixed Greens French Dressing MG Bread/Butter Fruit cup Carrot Cake VO – Veggie Meatballs in Gravy	Baked Mostaccioli Bread Stick/Marg. Spinach Diced Peaches Oatmeal Cookie VO – Veggie Mostaccioli	Special Holiday Meal Buffet Ham* Au Gratin Potatoes Glazed Baby Carrots Chunky Applesauce Dinner Roll/Marg Christmas Cookie VO-Au Gratin Potatoes w/Soy
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Roasted Turkey w/gravy Stuffing with Cranber- ries Fresh Greens Ranch Dressing Banana Pumpkin Bar VO – Black Bean Burger	Ham Slice* Yams Spinach Sliced Spiced Pears WW Bread /Marg. Brownie VO – Quiche	Hearty Bean Soup Fresh Mixed Greens Creamy French Dress- ing WW Dinner Roll/ Marg. Apple Vanilla Ice Cream Cup	Meatballs in Marinara* WW Penne Noodles Oven Roasted Brussel Sprouts Diced Peaches Pineapple Upside Down Cake VO – Veggie Meatballs in Marinara	Roasted Pork Loin* w/Gravy Mashed Potatoes Baked Cabbage w/ Apples WW Bread/Marg Mandarin Oranges Banana Bar VO – Garden Burger
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
CLOSED	Potato Crusted Fish Tartar Sauce 1/2 Baked Potato/ Marg. Sugar Snap Peas Pineapple Dinner Roll w/Marg. Confetti Cake VO – Veggie Wrap	Homemade Beef Stew Green Beans Dinner Roll/Butter Apple Sauce Chocolate Cake VO – Baked Potato with Veggie Cheese Sauce	Hungarian Goulash w/Macaroni Noodles Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO – Soy Hungarian Goulash	White Chili Tossed Salad w/Tomato Wedges Ranch Dressing Fruit Cup Crackers Chocolate Cake VO – Black Bean Burger

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

DECEMBER 2017 ACTIVITY SCHEDULE

					Friday 1	Sat. 2
Sun. 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Sat. 9
	Helping Hands: 9:30 am	Bridge: 1:00pm Massage Therapy: 1:00 pm 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 Capitol Physical Therapy: 10:30 am Knitting & Crocheting Group: 12:30 pm		
Sun. 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Sat. 16
	Holiday Sing-a- long: 12:30 pm	Caregiver Support: 1:00 pm Memory Cafe: 1:00pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 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 Cooking Group: 1:00 pm Dodgeville Shopping	Holiday Bingo: 12:30 pm	
Sun. 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Sat. 23
	Helping Hands: 9:30 am Card Making: 1:00 pm	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: 9:00 am -1:00 pm Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Lunch Outing: Olive Garden: Bus leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm Cookie Exchange: 1:00 pm		
Sun. 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Sat. 30
	CLOSED	CLOSED	Foot Clinic: 8:30-11:30 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 Foot Clinic: 12:30 - 3:30 pm Madison Shopping	Pizza Party: 12:00 pm	
Sun. 31						

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

NAMES OF SANTA CLAUS

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

- BABBO NATALE (ITALY)
- BLACK PETER (MOROCCO)
- DED MOROZ (RUSSIA)
- FATHER CHRISTMAS (ENGLAND)
- HOTEIOSHO (JAPAN)
- JOULUPUKKI (FINLAND)
- JULENISSEN (NORWAY)
- JULTOMTEN (SWEDEN)
- KALEDU SENELIS (LITHUANIA)
- KANAKALOKA (HAWAII)
- KRIS KRINGLE
- MIKULAS (HUNGARY)
- PAPAI NOEL (BRAZIL)
- PELZNICKEL (GERMANY)
- PERE NOEL (FRANCE)
- SAINT NICHOLAS
- SANTA CLAUS (USA/CANADA)
- SHENGDAN LAOREN (CHINA)
- SINTER KLAAS (HOLLAND)
- SWIETY MIKOLAJ (POLAND)