



FEBRUARY 2017 EDITION

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE OUTREACH/NUTRITION



INSIDE THIS ISSUE

Upcoming Events.....1
 Contact Us.....1
 Our Wish List.....1
 Thank You.....1
 Director’s Note.....2
 Case Manager’s Note.....2
 Nutrition Site Manager’s Note..2
 Salad Menu.....2
 Nutrition, Wellness, Programs,
 Support, & Services.....3
 Meal Menu.....4
 Activities Calendar.....5
 Word Search.....6

- February 2 - “Are You Thinking of Downsizing” 10:00 am - Presented by John Edwards
 - Knitting Group 12:30 pm
- February 6 - Helping Hands 9:30 am
- February 9 - Cooking Group 1:00 pm - Valentine Recipes and Treats
- February 10 - Patsy Cline Show 12:30 pm
 - Diabetic Support Group 2:00 pm
- February 11 - Card Party 7:00 pm
- February 13 - Stepping On Group 1:00 pm
- February 14 - Caregiver Support Group 1:00 pm
- February 16 - Lunch Outing - Olive Garden Leaving 10:30 am - RSVP
 - Knitting Group 12:30 pm
- February 17 - “Safe at Home” 10:30 am by Sarah Hanneman,
 Home Health United
- February 20 - Helping Hands 9:30 am
 - US Cellular 10:30 am
- February 21 - Elections 7:00 am - 8:00 pm No Activities
- February 24 - Bingo 12:30 pm - Sponsored by Ingleside
- February 27 - Card Making 1:00 pm
- February 28 - 4th Annual Mardi Gras Party - 12:30 pm Music by
 “The Cajun Roundabouts”

*Happy
Valentine’s Day!*

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**

AARP Tax Schedule: Free tax assistance for people who use the basic State and Federal tax forms will be available at the Mt. Horeb Senior Center on Friday, March 10 and Friday April 7 from 9:30 am to 2:30 pm. To make an appointment, call the Mt. Horeb Senior Center at 437-6902. Remember to bring along these items; copies of 2016’s federal and state tax return, all W-2 forms if employed in 2016, SSA-1099 showing Social Security and SSI benefits, all -1099 interest/dividend forms, pensions and annuities forms. These forms will be prepared by trained professionals through AARP.

February is Healthy Heart Month: The keys to a healthy heart is proper diet, exercise and preventative medical care. The diet is simple; 3 meals/ day and snacks that total 1,400 or 1,500 calories/day. Eat plenty of fruit and vegetables, limit fat to 30% of daily calories (about 50 grams), limit saturated fat as well as coconut and palm oil (about 17 grams). Limit saturated fats and food high in cholesterol. These can include fried foods, processed foods, stick margarine, animal products, dairy products, eggs, etc. Sodium use should be less than 2,300 mg. or a tsp. Foods with high antioxidants include tomatoes, snap peas, spinach, onions, peppers, mushrooms, cucumbers, cauliflower, cabbage, beans, etc. Also know your numbers, Blood Pressure should be around 120/80, Blood Sugar after a fasting blood test should be under 100, Total cholesterol should be under 200: LDL (bad)cholesterol should be 130 or less and HDL (good cholesterol) should be 50 or greater for a woman and 45 or greater for men.

THANK YOU

Thank You to all the folks who donated paper products, food and prizes for Bingo and the cards, and to BrightStar Home Health Agency for sponsoring Bingo.

Wish List: Copy Machine Paper, Post It Notes, and Dishwasher Soap

DIRECTOR'S NOTE: LYNN FORSHAUG

Our Nutrition Program grew in leaps and bounds in 2016. This is due to the hard work of Pat MacLean, Mary Mackler and many volunteers who help with the set-up, packaging, serving, clean-up, paperwork and computer work. They served 18,749 congregate (including Finks Cafe) and home-delivered meals, 5,272 more meals than 2015. Congratulations and thank you for all of your hard work and team work!

CASE MANAGER'S NOTE: CARRIE REESE

“Eat Right When Money Is Tight”- Food Share is a monthly benefit deposited on a debit-like card, the Quest Card, to help with food purchases, freeing up money for bills, medications, and other necessities. It's easier than ever to apply and you get free, confidential assistance. Eligibility is based on income and certain expenses. Receiving benefits does not take away from others. Anyone could be eligible. Household size 1 person – income less than \$1,980.00, household size 2 people- less than \$2,670.00 and 3 people –less than \$3,360.00. Call 1-877-366-3635 or the Mt. Horeb Senior Center for more information or help to sign up.

NUTRITION MANAGER'S NOTE: MARY MACKLER & PAT MACLEAN

2017: The Year of Kindness

Kindness has many benefits. Oxford University in Great Britain analyzed 400 studies on kindness. All of studies agreed that kindness makes everyone happier.

These studies found that acts of kindness contributed to better communication, less bullying, better business for the kind individuals and the people who were the recipient of kindness. “Random Acts of Kindness Week” is February 12th through 18th. So in this world of turmoil and uncertainty , perhaps we can make a difference in our own small groups. Try to set the goal of one random act of kindness a day for one month. You can start with a simple “Please” and “Thank You to everyone around you. Opening doors, compliments and gratitude are acts of kindness. Being kind is free, it feels good and makes a difference.

SALADS

Week 1: Tuesday, January 31

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, February 7

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, February 14

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, February 21

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 \$8.04 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.

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 10:00am-12:00pm. This is open to all Senior Citizens in the Mount Horeb area.

Second Harvest Mobile Food Pantry: Open the second Tuesday of each month in Black Earth at the New Heights Lutheran Church, 1705 Center Street, from 4:00-5:00pm.

Note: Please bring your own boxes & bags!

FOOTCARE CLINICS WITH RITA

Wednesday, February 15th: 8:30-11:30am

Wednesday, February 22nd: 8:30-11:30am

Thursday, February 23rd: 12:30-3:30pm

Please call 437-6902 to schedule an appointment.

AGRACE HOSPICE

Agrace Hospice will be offering two Support Groups starting in February: "Bridges Weekly Support Group" (for adults, registration not required) every Wednesday from 9:30- 11:00 am and "Spouse/Partner Loss Support Group"- Tuesday's, February 21-March 28, 5:00-7:00 pm. Call Jody to register at (608) 327-7118 or visit agrace.org/griefgroups.

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 February 14th 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, February 11th: Card Party: 7:00pm

FEBRUARY 2017 MENU

		Wednesday 1	Thursday 2	Friday 3
		Philly Cheese Sandwich Four Bean Salad Banana Pumpkin Bar VO: Hummus Wrap w/ Tomato, Cucumbers & Leaf Lettuce	*BBQ Pork on W.W. Bun Baked Beans 2 x #8 Grape Juice Brownies VO: Veggie BBQ	Chicken & Dumplings Carrots Tropical Fruit Salad Enriched Bread/Butter Sugar Cookie VO: Vegetarian Dumplings and Gravy
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Meat Sauce over W.W. Mostaccioli Penn Pasta Parmesan Cheese Brussel Sprout Mandarin Oranges Garlic Breadstick Cookie Pkt. VO: Veggie Spaghetti Sauce	Vegetable Barley Soup Crackers Turkey & Cheese on Croissant, Mayo Pkt. V-8 Juice Fruit Cup Peach Pie VO: Cheese on Croissant	Lemon Baked Fish ½ Baked Potato w/Butter & Sour Cream Capri Blend Banana Enriched Bread/Butter Candy Cookie Tartar Sauce VO: Veggie Cheese Sauce over Baked Potato	Beef Stew Biscuit/Marg. Fresh Fruit Butterscotch Pudding VO: Vegetarian Stew	*BBQ Ribs Cheesy Potatoes Bean Salad Chunky Applesauce Bread/Butter Blueberry Pie VO: Hummus Wrap w/ Tomato, Cucumbers & Leaf Lettuce
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Sloppy Joe on Bun Peas & Carrots Tropical Fruit Salad Carnival Cookie VO: Veggie Sloppy Joe	Chicken Cordon Blue Cheesy Potatoes Green Bean w/Almonds Ambrosia Salad Bread/Butter Valentine Cookie VO: Burger	Chili Crackers Tossed Greens Tomato Wedges & Dressing Fruit Cocktail Key Lime Tart VO: Veggie Chili	*Pork Cutlet w/ Mushroom Gravy Mashed Potato Oriental Blend Sliced Pears Enriched Bread/Butter Vanilla Pudding VO: Baked Pot w/ Veggie Cheese Sauce	Chicken Gumbo Mild Spicy Greens Banana Corn Bread/Butter Pecan Pie VO: Hummus Wrap w/ Tomato, Shredded Carrots & Leaf Lettuce
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Chicken Alfredo over W.W. Fettucine Noodles Garden Blend Pineapple/Mand. Orange Mix Garlic Breadstick Vanilla Ice Cream VO: Veggie Alfredo	Swiss Burger on Bun Onion Slice & Tomato Slice Baked Beans Peaches Ketchup /Mustard Brownies VO: Mediterranean Burger	Pepper Steak w/Onions Brown Rice Broccoli Flowerets W.W. Bread/Butter Fruit Cocktail in Jell-O w/Topping VO: Veggie Pepper Mixture	*Ham Slice Saucy Sweet Potatoes Turnip Greens w/Dice Turnips Cinn. Pears Dinner Roll/Butter Sugar Cookie VO: Vegetarian Burger	Chicken-Ala-King Biscuit Brussel Sprout Apricots Half Jell-O cake VO: Veggie Ala-King
Monday 27	Tuesday 28	<p>*Meal has pork product VO = Vegetarian Option Cong. Only = Congregate Only</p> <p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>		
Meat Sauce over W.W. Spaghetti Parmesan Cheese California Blend Cinn. Applesauce Garlic Breadstick Chocolate Pudding VO: Veggie Spaghetti Sauce	Baked Lemon Fish Tartar Sauce Cheesy Potatoes Beets Fresh Fruit Whole Wheat Roll/Marg. Lemon Bar. VO: Cheesy Pot. Casserole			

FEBRUARY 2017 ACTIVITY SCHEDULE

			Wednesday 1	Thursday 2	Friday 3	Sat. 4
			Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Downsizing Presentation: 10:00am Knitting & Crocheting Group: 12:30pm		
Sun. 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Sat. 11
	Helping Hands: 9:30am	Bridge: 1:00pm	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	Patsy Cline Show: 12:30pm Diabetic Support Group: 2:00pm	Card Party
Sun. 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Sat. 18
	Stepping On Group: 1:00 pm	Bridge: 1:00pm Caregiver Support Group: 1:00pm Black Earth Mobile Pantry 4:00pm Community Meal: 5:30-6:30pm	Foot Clinic: 8:30-11:30am 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 Lunch Outting: Olive Garden: Bus Leaving at 10:30am Knitting & Crocheting Group: 12:30pm		
Sun. 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Sat. 25
	Helping Hands: 9:30am US Cellular: 10:30am	Elections: 7:00am-8:00pm	Foot Clinic: 8:30-11:30am Fink's Restaurant: 9:00am -1:00pm Foot Clinic: 12:30-3:30pm Cards: 1:00pm	Foot Clinic: 12:30-3:30pm Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Madison Shopping	Bingo: 12:30pm	
Sun. 26	Monday 27	Tuesday 28				
	Card Making: 1:00 pm	Mardi Gras Party: 12:30pm Bridge: 1:00pm				

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

VALENTINE'S DAY

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

ADORE, AFFECTION,
 BELOVED, BE MINE,
 BOUQUET, BOX OF
 CHOCOLATES,
 CHERISH, CUPID,
 DOVES, FALL IN LOVE,
 FEBRUARY, FONDNESS,
 FORGET-ME-NOTS,
 FRIENDSHIP, GREETING
 CARD, HEART, HUG,
 KISS, LOVE, POEM,
 PRESENTS, RED,
 ROMANCE, ROSE,
 SECRET ADMIRER,
 ST. VALENTINE,
 SWEETHEART,
 TRUE LOVE