



JULY 2017 EDITION

MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION



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July 4 - Senior Center Closed

July 6 - Knitting/Crocheting 12:30 pm

July 11 - Caregiver Support Group 1:00 pm
- Memory Café 1:00 pm Immanuel Lutheran Church

July 17 - AARP Safe Driving Refresher Course 1:00- 5:00 pm

July 18 - Massage Therapy 1:00 pm
(By appt.- \$10.00/15 minutes -\$20.00/30 minutes)

July 20 - Medication Review 9:00 am -3:00 pm By appt.
- Lunch Outing Gus’s Diner in Verona, Bus leaving at
10:45 am
- Knitting/Crocheting 12:30 pm

July 24 - Card Making 1:00 pm (\$10.00 per person)

July 28 - Christmas in July Bingo 12:30 pm – Sponsored by Miller and Sons

AARP will be sponsoring a Safe Driver Refresher Course on Monday, July 17 from 1:00 pm to 5:00 pm. Dennis McKinnley has been teaching the class for many years.

The course is \$15.00 /person. He will show videos and have handouts to follow along. Check with your car insurance company to see if they give discounts on your premium if you participated in this class.

United Way of Dane county, in partnership with Pharmacy Society of Wisconsin and the Wisconsin Pharmacy Quality Collaborative pharmacies will be sponsoring a “Medication Review” on Thursday, July 20, from 9:00 am – 3:00 pm at the Mt. Horeb Senior Center. This review is to prevent falls with seniors, since Wisconsin has the highest number of falls in the country. Seniors are asked to bring in all of their medication, over the counter and prescription. Two local pharmacists, along with pharmacy students will spend one on one time with participants looking over their medication and suggesting any changes to the senior and their doctor. To qualify for this review a person has to be 65 years or older, must live in Dane County, have \$47,080.00 or less income for a single person or \$63,720.00 for a couple and have answered yes to a risk assessment. \$10.00 gift cards from the Mount Horeb Chamber of Commerce will be given to each participant. Call the Senior Center for more information or to make a reservation.

**Have a happy and safe
4th of July!**

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 everyone who donated stamps, napkins, paper towels, paper bowls, plastic ware and mailing labels.

Wish List: Copy machine paper, Binder clips, paper plates and bowls.

DIRECTOR'S NOTE: LYNN FORSHAUG

Beware of Scams! - Scams are happening all around us, big cities and small towns. Scammers are soliciting by phone, mail and computers. A local senior was just involved in a scam and wanted to share this experience. The senior received a phone call from a young lady pretending to be this person's granddaughter. (The scammers even had the correct name of this senior's granddaughter.) The granddaughter was crying and stated she had been involved in a traffic violation and was in jail. She did not want to call her parents for fear they would get mad at her. A man then came on the phone, who said he was a Dane County Sherriff and said they need \$2,000.00 for her to get out of jail. They told the senior to go to a "Best Buy" store and buy a gift card for \$2,000.00. The senior then went to "Best Buy" and bought the gift card with a check. The senior then went back to his car where the man called the senior again. He told the senior to scratch off the black area on the back card to see a code. The senior scratched off the area and gave the person the code number. The sheriff then said that because your granddaughter was verbally abusive to the police officer, they need another \$2,000.00 in a gift card from Target. The senior then went to Target to get another gift card. The senior talked with a sales person who saw "red flags". Target called the police, who are now involved in this case. They helped the senior call the bank to stop payment on the check. This senior was scammed because it sounded so real! Luckily the senior did not lose any money!

CASE MANAGER'S NOTE: CARRIE REESE

Depression: a True and Treatable Medical Condition- By GWAAR Legal Services Team

Depression is a true and treatable medical condition, not a normal part of aging. Older adults are at an increased risk of experiencing depression, yet depression in the elderly is often underdiagnosed and undertreated. Symptoms of depression overlap with symptoms of various medical illnesses, such as reduced energy, weight loss and sleep disturbance. This overlap makes the diagnoses of depression challenging. Depression is not just having "the blues". The effects of depression extend far beyond changes in mood. People become less energetic, experience changes in sleep patterns, appetites or a decline in physical health. It is a medical condition that is treatable like diabetes or hypertension. Changes in one's later life can cause depression like medical illnesses, death of a spouse or loved one and retirement. Depression can create a cycle and last for years. It can also make suicide more likely. Older Americans have the highest suicide rate of any age group. Treatment can help older adults better deal with long term problems, so they can enjoy their lives. Contact your doctor for more information.

NUTRITION NOTE

FYI-STARTING JULY 1, SALADS WILL BE SERVED ON FRIDAYS AND NOT TUESDAYS

Eating to Keep Your Heart Healthy: Blueberries, strawberries, raspberries and asparagus are all beneficial because they are high in antioxidants. Oranges are high in potassium which help maintain blood pressure. Apples are good in removing cholesterol, which helps lower LDL (bad) cholesterol. Nuts are full of a good fat, which also helps lower cholesterol. Some cold water fish like salmon, trout and tuna reduce triglycerides and raise HDL (good cholesterol). Oatmeal (unprocessed, free of sugar) can also reduce cholesterol due to its beta-gluten content. Get out and get some fresh fruits and vegetables at your local store and or Farmer's Markets this time of year.

SALADS

Week 1: Friday, July 7

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, July 14

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

Week 3: Friday, July 21

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

Week 4: Friday, July 28

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, July 19th: 8:30-11:30am

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

Wednesday, July 26th: 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.

JULY 2017 MENU

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
BBQ Ribs Potato Salad Baked Beans Watermelon Corn Bread & Butter Sweet Potato Pie VO- Black Bean Burger	CLOSED	Chicken Cacciatore Egg Noodles Pea Salad Diced Peaches WW Bread & Marg. Frosted Cake VO – Black Bean Burger	*Meatloaf Mashed Potatoes w/G Tossed Greens w/Tom. & Dressing Pear Slices W.W. Bread/Marg Brownie VO- Veggie Patty	Beef Burrito Bake Spanish Rice Corn Fresh Fruit ** Cookie Packet VO- Veggie Burrito Bake
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Baked Fish w/Tartar Sauce ½ Baked Potato w/Marg Cole slaw Pineapple W.G. Bread/Marg. Apple Pie VO- Veggie Cheese Sauce over Red Potatoes	Sloppy Joe on Bun Broccoli Carrots Raisin Salad Fruit Cup Chocolate Ice Cream VO- Vegetarian Sloppy Joe	BBQ Chicken Baked Beans Marinated Cucumbers/Tomatoes Orange 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 Yams Mixed Greens w/Dressing Banana Multi Grain Bread w/Marg. Butterscotch Pudding VO- Veggie Meatballs
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Enchilada Casserole Black Beans & Rice Mandarin Oranges Preach Crumble VO- Veggie Enchilada	Hamburger on Bun w/Lettuce/Onion Corn Coleslaw Pineapple Ketchup/Mustard Blueberry Cobbler VO- Veggie Patty	Chili w/3 Cracker pkts. Mixed Greens w/Tom. & Dressing Pear Slices Chocolate Pudding VO- Soy Meat Sauce	Chicken Broccoli Rotini Salad Celery/Carrot sticks Peach Slices Dinner Roll/Marg. Confetti Cake VO- Cheese Broccoli Rotini Salad	BBQ Ribs Corn on the Cob Potato Salad Baked Beans Melon cubes Cornbread & Butter Apple Pie VO- Veggie Burger
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Turkey Roast Garlic Mashed Potatoes w/Marg Broccoli Fresh Fruit** W.W. Bread/Marg. Banana Cake VO- Cheese Tortellini	*Brat/Bun BBQ Baked Beans Copper Penny Salad Chunky Applesauce Ketchup/Mustard Candy Cookie VO- Veggie Dogs	Baked Mostaccioli Tossed Greens w/Dressing Orange Bread Stick/Marg. Sherbet VO- Veggie Meatballs in Tomato Sauce w/Mozzarella Cheese	Grilled Chicken on Bun w/Let. Tom. & Mayo Gold Fish Pretzels Green Beans Fruit Cocktail Brownie VO- Black Bean Burger	Roast Beef w/G Mashed Potatoes w/G Roasted Corn Jell-O w/Peach Slices MG Bread w/Marg. Apple Crisp VO- Veggie Patty
Monday 31	*Meal has pork product. VO = Vegetarian Option Cong. Only = Congregate Only 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. Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION			
Chicken Salad on W.W. Bun w/Lettuce Carrots 1 c. Fruit Cup Sugar Cookie VO- Egg Salad on Bun				

JULY 2017 ACTIVITY SCHEDULE

Sun. 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Sat. 8
		CLOSED	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		Card Party
Sun. 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Sat. 15
		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 Cooking Group: 1:00 pm Dodgeville Shopping		
Sun. 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Sat. 22
	Helping Hands: 9:30 am Driver Safety Course: 1:00-5:00pm	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 Medication Review: 9:00am-3:00pm Lunch Outting: Gus's Diner in Verona: Bus Leaving at 10:45am Knitting & Crocheting Group: 12:30 pm		
Sun. 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Sat. 29
	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 Madison Shopping	Bingo: 12:30 pm	
Sun. 30	Monday 31					

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

SIGNATURES ON THE DECLARATION OF INDEPENDENCE

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

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| ADAMS (2)
BARTLETT
BRAXTON
CARROLL
CHASE
CLARK
CLYMER
ELLERY
FLOYD
FRANKLIN
GERRY
GWINNETT
HALL
HANCOCK
HARRISON
HART
HEWES
HEYWARD
HOOPER
HOPKINS
HOPKINSON
HUNTINGTON
JEFFERSON
LEE (2)
LEWIS
LIVINGSTON
LYNCH | MCKEAN
MIDDLETON
MORRIS (2)
MORTON
NELSON
PACA
PAINE
PENN
READ
RODNEY
ROSS
RUSH
RUTLEDGE
SHERMAN
SMITH
STOCKTON
STONE
TAYLOR
THORNTON
WALTON
WHIPPLE
WILLIAMS
WILSON
WITHERSPOON
WOLCOTT
WYTHE |
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