



JUNE 2017 EDITION

MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE OUTREACH/NUTRITION



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- June 1 - Knitting Group 12:30 pm**
- June 5 - Helping Hands 9:30 am**
 - U.W. Nutrition Education 10:45 am - Food Safe - So Am I
 - Farmer’s Market Vouchers- 12:30 pm- 1:30 pm
- June 6 - Wisconsin Senior Games – Dartball 1:00pm**
- June 8 - Cooking Group 1:00 pm - Air Frying Demonstration**
- June 9 - Duane Keyes on Harmonica 12:30 pm - Special Meal (See Menu)**
- June 10 - Card Party 7:00 pm**
- June 11 - Frolic Parade 12:30 pm**
- June 12 - U.W. Nutrition Education 10:45 am - Energize Your Life**
 - Diabetic Support Group 1:00 pm
- June 13 - Memory Café 1:00 pm -2:30 pm (Immanuel Lutheran Church)**
- June 15 - World Elder Abuse Day - Knitting 12:30 pm**
- June 16 - Lunch Outing- Marcine’s Leaving at 11:00am Limited seating**
- June 18 - Father’s Day**
- June 19 - Home and Bathroom Safety – 10:30 am Nate Benjamin**
- June 20 - Massage Therapy 1:00-3:00 pm By Appt.**
 (\$10.00/ 15 min.- \$20.00/ 30 min.)
- June 23 - Bingo- sponsored by Heartland Country Village**
- June 26 - Card Making 1:00 pm**

June is Dairy 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

Director: Lynn Forshaug

Case Manager: Carrie Reese

**Nutrition Managers:
Mary Mackler
Pat MacLean**

The Area Agency of Dane County will be distributing the Farmer’s Market Vouchers on Monday, June 5, 2017, from 12:30pm-1:30pm at the Mt. Horeb Senior Center. These vouchers can be used all over Wisconsin from June 1 through October 30, 2017. They will be issued on a first come first serve basis. To qualify, one has to be 60 or older and have a gross income of \$1,860.00/person or \$2,504.00/two people. They give one set of vouchers per person. They cannot be mailed. To get the vouchers, please bring along a picture ID showing date of birth, plus one of the following showing your income; 2016 Income Tax, Homestead Credit form, Social Security allotment statement or a subsidized housing review letter. If you received vouchers last year, you should have received a letter in the mail in May regarding the vouchers.

Elder Abuse is one of the most overlooked public health issues in the United States. Research indicates that 1 out of 10 community- based elders suffer abuse, neglect or exploitation. However, it is estimated that only 1 in 23 cases are reported. Dane County Human Services investigated 359 cases of elder abuse and /neglect in 2016. This number will only grow as 10,000 baby boomers turn age 65 each day. For more information, call 261-9933.

Per our conversation with Denise from the VA Hospital Retail Shop (located within the VA Hospital at 2500 Overlook Terrace, Madison) you do not need to be a VET to shop at the Retail Store. They sell a variety of items there, especially Ensure (Vanilla and Chocolate flavors) at the lowest possible prices (maximum purchase is 5 cases). Everyone is Welcome!

THANK YOU

Thank You to everyone who patronized, volunteered, donated items and baked goods, helped with set-up and clean-up and helped with the luncheon at our Garage Sale. It was a big success and we could not do it without all of you!

Thank you to the Bargain Nook for sponsoring Bingo, to all those who donated plastic storage bags. A big Thank You to the Mt. Horeb Rotary Club for the grant. We will be purchasing weights for the Stepping On Class that is held at the Senior Center.

Wish List: Stamps, 8x11 ½ copy machine paper and paper towels.

DIRECTOR'S NOTE: LYNN FORSHAUG

Wisconsin Senior games will be held all over the Dane County Area from June 3 through June 17th. This is for adults 50 and over. Events are divided by age brackets and men's and women's categories. Events include: Basketball, Bowling, Sheephead, Cribbage, Euchre, Dartball (which will be held at the Mt. Horeb Senior on Tuesday, June 6 at 1:00pm), Golf, Horseshoes, Pickleball, Pool, Softball, Swimming, Table Tennis, Tennis, Track and Field, Trap and Skeet and Volleyball. Registration is required. The cost is \$12.00 for the first event and \$5.00 for each additional event. Medals and T-shirts are handed out for the events. Look online for more information, www.wiseniorgames.org

CASE MANAGER'S NOTE: CARRIE REESE

Extreme heat or heat waves occur when temperatures reach high levels or the combination of heat and humidity become oppressive. Older adults, children, outside workers, people with disabilities and people with compromised immune systems are affected the most. Homes and cars without air conditioning can be dangerous and deadly. Even with an outside temperature of 80 degrees, the inside of a car can reach 118 degrees in 20 minutes. Try to do errands in the am, when the weather may be a little cooler. Keep curtains and shades closed in your home to keep the sun out and use a fan or ceiling fan to keep air circulating. Go to an air-conditioned facility like the Senior Center, the Library, a Shopping Mall, etc., if you need to keep cool. Stay hydrated with water and avoid sugary beverages. Wear protective, loose fitting, light-weight and light-colored clothing. Be sure to wear a hat to protect your head, face and ears and sunglasses to protect your eyes. Have a healthy and safe summer!

NUTRITION NOTE

Nutrition News: Dane County has issued new rules for making reservations or cancelling Congregate and or Home-Delivered meals. All reservations and cancellations MUST be made in advance by 12:00 noon the day before the meal is or is not needed. NO EXCEPTIONS! People can call the Senior Center at 437-6902 to order or cancel a meal. Food and money is thus being wasted. Thank you for honoring these new rules.

Salads are now available for Home-Delivered meals on Tuesdays for the Mt. Horeb Senior Center. A nice variety of salads are listed in the newsletter each month. You must call on Mondays' by 12:00 noon to order the salad. Try this fresh treat once a week! Salads have been available to seniors who eat at the congregate sites and will now be available for the home-delivered meals. Please call by noon the day before, to order meals including salads or to cancel meals. Thanks!

June 5 - Food Safe: So Am I - Participants will have an increased awareness of food safety principles and understand the reasons for them, and will adopt new food safety practices if needed.

June 12 - Energize Your Life - Participants will be able to suggest examples of ways to be physically active daily and discuss ways to make it more fun and enjoyable.

SALADS

Week 1: Tuesday, June 6

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, June 13

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, June 20

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, June 27

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

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, June 21st: 8:30-11:30am

Tuesday, June 27th: 12:30-3:30pm

Wednesday, June 28th: 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.

JUNE 2017 MENU

<p>*Meal has pork product. VO = Vegetarian Option Cong. Only = Congregate Only</p> <p>All menu items are prepared in kitchens that are not allergen-free.</p> <p>We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</p> <p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p>			<p>Thursday 1</p> <p>Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll/Marg. Confetti Cake VO- Cheese Broccoli Rotini Salad</p>	<p>Friday 2</p> <p>Salisbury Steak Brown Rice Carrots Fruit Cocktail Rye Bread/Marg. Cookie Packet VO- Salisbury Veggie Patty</p>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Turkey Roast w/Gravy Mashed Potato w/Gravy Broccoli Fresh Fruit W.W. Bread/Marg. Pumpkin Bar VO- Cheese Tortellini	*Brat/Bun Baked Beans Chunky Applesauce Ketchup Mustard Candy Cookie VO- Veggie Dogs	Baked Mostaccioli Tossed Greens w/Tomato Slices & Dressing Fresh Orange Bread Stick/Marg. Frosted Cake	Grilled Chicken on Bun w/ Lettuce & Tomato Ital. Green Beans Grape Juice Sherbet Mayo Packet VO- Black Bean Patty	BBQ Chicken Potato Salad Cucumber Salad Banana Bread/ Marg. Applesauce Lemon Bars VO- Vegetarian Wrap
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Roast Beef/Gravy Roasted Red Potato w/Marg. Broccoli 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 w/Crackers *Ham & Swiss Med. Croissant w/Let- tuce Leaf & Mayo Pkt. Fresh Apple Lemon Bar VO- Cheese Sandwich w/Mayo	*Roast Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread/Marg. Pudding VO- Veggie Patty	BBQ Chicken Potato Salad Cucumber Salad Tropical Fruit Salad Dinner Roll/Marg. Banana Bars VO- Vegetarian Wrap
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Meat Sauce over Spaghetti Noodles Peas Banana Garlic Bread Stick Parmesan Packet Jello Cake VO- Soy Meat Sauce	Shrimp Pasta Salad German Cucumbers Apricot Halves W.W. Bread/Marg Strawberry Ice Cream VO-Pasta Salad w/ Cheese	*Pulled Pork on Bun Baked Beans Pickle Spear Coleslaw Strawberry Shortcake w/ Topping VO- Black Bean Burger on Bun	Swiss Steak Rice Mixed Greens w/Tomato Slices & Dressing Fresh Fruit Mix W.W. Bread/Marg. Oatmeal Cookie VO- Swiss Soy Mix Over Rice	*Au Gratin Potatoes w/Diced Ham Mixed Vegetables Fresh Fruit** Rye Bread/Marg. Choc. Ice Cream VO- Au Gratin w/Soy Meat
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Chicken Macaroni Salad Four Bean Salad Fresh Orange W.W. Roll/Marg. Lemon Dessert VO- Pasta Salad w/ Cheese	Philly Cheese Steak Sandwich w/ peppers and onions Carrots Banana Peach Pie VO- Vegetarian Wrap	Breaded Fish w/tartar sauce Baked Potatoes w/Sour Cream/Marg. Spinach Jell-O w/Fruit Cocktail MG Bread/Marg Cake VO- Baked Potato w/ Veggie Cheese Sauce	American Chop Suey Rice Oriental Mix W.W. Bread/Marg. Strawberry Shortcake Cookie VO- Soy Chop Suey	Cheeseburger on W. W. Bun w/Leaf Lettuce & Tomato Slice Pea Salad Mandarin Oranges Ketchup/Mustard Ice Cream Treat VO- Egg Salad Sandwich

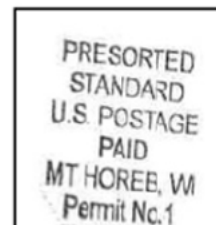
JUNE 2017 ACTIVITY SCHEDULE

				Thursday 1	Friday 2	Sat. 3
				Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm Knitting & Crocheting Group: 12:30 pm		
Sun. 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Sat. 10
	Helping Hands: 9:30 am Nutrition Education: 10:45 am Farmer's Markert Vouchers: 12:30-1:30 pm	Bridge: 1:00 pm Dart Ball: 1:00 pm Caregiver Support Group: 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 Cooking Group: 1:00 pm Dodgeville Shopping	Music Program: 12:30 pm	Card Party
Sun. 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Sat. 17
	Nutrition Education: 10:45 am Diabetic Support Group: 1:30 pm	Bridge: 1:00pm Caregiver Support: 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 Knitting & Crocheting Group: 12:30 pm	Lunch Outting: Marcine's: Bus Leaving at 11:00 am	
Sun. 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Sat. 24
	Helping Hands: 9:30 am Home Safety: 10:30 am	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 Madison Shopping	Bingo: 12:30 pm	
Sun. 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
	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: 9:00am -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

TYPES OF CHEESE

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

- | | |
|-----------------|------------|
| ASIAGO | LIMBURGER |
| BEAUFORT | MARBLE |
| BLUE | MOZZARELLA |
| BRIE | MUNSTER |
| BUTTERKÄSE | NEUFCHÂTEL |
| CHEDDAR | NØKKELOST |
| DOLCELATTE | PARMESAN |
| FONTINA | PROVOLONE |
| GOUDA | RICOTTA |
| GRUYÈRE | ROMANO |
| HAVARTI | SWISS |
| HERVE | |
| GORGONZOLA | |
| MASCARPONE | |
| MONT DES CATS | |
| MONTEREY JACK | |
| STINKING BISHOP | |