



May 2017 EDITION



# MOUNT HOREB AREA SENIOR NEWS

## SOUTHWEST DANE OUTREACH/NUTRITION

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- May 1 - **Helping Hands 9:30 am**  
- UW Ext. Nutrition Education 10:30 am –“What Makes a Meal”  
- Stepping On Class 1:00 pm

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- May 4 - **Knitting/Crocheting 12:30 pm**

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- May 8 - **UW Ext. Nutrition Education 10:30 am “Cooking for One or Two”**  
- Stepping On Class 1:00 pm

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- May 11 - **Agrace Hospice- “What to Expect When Death is Approaching” 10:45 am**  
- Cooking Group 1:00pm - Sheet Pan Meals

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- May 12 - **Mother's Day Tea 1:00 pm**

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- May 15 - **Helping Hands 9:30 am**  
- UW Ext. Nutrition Education 10:30 am “Dining Out”

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- May 16 - **Card Making 1:00 pm**  
- Massage Therapy 1:00 By appt. 15min./\$10.00-30 min./\$20.00

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- May 18 - **Lunch Outing- Leystra's Sauk City Leaving at 10:30 am RSVP**  
- Living Well with Chronic Conditions 1:00 pm

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- May 19 - **Northern Comfort Music Program 12:30 pm**

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- May 22 - **UW Ext. Nutrition Education 10:30 am “Enhancing Food's Flavor”**  
- Stepping On Class 1:00 pm

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- May 25 - **Living Well with Chronic Conditions – 1:00**

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- May 26 - **BINGO- sponsored by the Bargain Nook 12:30 pm**

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- May 29 – **Memorial Day – Closed**

**May is  
Older Americans Month!**

The Alzheimer's & Dementia Alliance of Wisconsin will be sponsoring a Memory Café at the Immanuel Lutheran Church, 310 W. Main St., Mt. Horeb, WI. It will be starting on Tuesday, May 9, 2017 from 1:00- 2:30 pm. It will be held the second Tuesday of each month. Drop in and join the fun and conversation in a relaxed environment for those with mild memory loss, mild cognition impairment or early Alzheimer's/dementia. Call Kelly Deterding at 437-1971 or email rkddeterding@charter.net

### 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**

“Put Life Back in Your Life by Living Well”. Feel better, be in control and do the things you want to do. Are you an adult with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices and learn better ways to talk with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, lung disease, anxiety or any other ongoing health condition, the Living Well Workshop can help you take charge of your life. Join us on Thursdays, May 18- June 22 from 1:00pm to 3:00pm at the Mt. Horeb Senior Center, 107 N. Grove St., Mt. Horeb. There is a cost of \$5.00/person for snacks. Please call the Senior Center at 437-6902 for a reservation or for more information.

### THANK YOU

Thank you to all who patronized our “Soup Supper” on Tuesday, March 28. Thank you also to our volunteers for their time with set-up, making posters, making, donating and serving the homemade soups, salads, desserts and door prizes and for cleaning up after the festivities. It was a great success!

Thank you to Delores Esser for her many years of service at the Mt. Horeb Senior Center and for serving on our Outreach Board!  
We wish her well in her new adventure.

**Wish List:** Zip Lock Sandwich, quart and gallon plastic bags.

## **DIRECTOR'S NOTE: LYNN FORSHAUG**

May is "Older American's Month". The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for the Older American's Month, 2017. The theme, "Age Out Loud" is intended to give aging a new voice; one that reflects what today's older adults have to say about aging. The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things and engaging in their communities. They are taking charge, striving for wellness, focusing on independence and advocating for themselves and others. They expect to continue to live their lives to the fullest and they're insisting on changes that make it possible.

## **CASE MANAGER'S NOTE: CARRIE REESE**

Consumer Alert: Don't Get Swept Away in Sweepstakes Scams

The Wisconsin Dept. of Agriculture, Trade and Consumer Protection has recently received a handful of inquiries about possible sweepstakes scam operations. They ask Wisconsin residents to be on the lookout for fraudulent calls and mailings that promise major prizes in exchange for payment for fees or taxes. These scammers are particularly keen on contacting seniors. Many older victims are enticed by the idea of paying off debts and leaving a windfall to their children and grandkids. Fake lottery, sweepstakes and contest prize pitches are old scams that never go away. You should never have to pay a fee to "win" something. If you are asked to cash a check and send back a portion for prize fees, it is a scam. A scammer may threaten that you will lose a prize if you tell anyone about it. Please be cautious. If it's too good to be true, it probably is!

## **NUTRITION NOTE**

Focus on Fruits: Eating fruits provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have reduced risks of some chronic diseases. Fruits provide nutrients vital to health, such as potassium, dietary fiber, vitamin C and folic acid. Most fruits are naturally low in fat, sodium and calories. None have cholesterol. Any fruit or 100% juice counts as part of the Fruit Group. Keep a bowl of fresh fruit on table, counter or refrigerator. Buy fresh fruit when they are in season, they may be less expensive and at their peak in flavor. Buy fruits that are dried, frozen or canned (in water or 100% juice) to have on hand. Fruits have lots of dietary fiber. Try to include fruits at every meal. Add pineapple or apple to coleslaw, fruits to cereal, grapes, orange sections or dried cranberries to a tossed salad. Dried fruits make great snacks and easy to carry with you. Always wash your fresh fruits under water, rub briskly to remove dirt and microorganisms and dry with a towel.

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!

## **SALADS**

### **Week 1: Tuesday, May 2**

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, May 9**

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, May 16**

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, May 23**

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.

### **Week 5: Tuesday, May 30**

Italian Salad: 1 ½ c. mixed green w/shredded lettuce, ¼ c. sliced pepperoni, ¼ c. shredded asiago cheese, ¼ c. sl. cucumbers, ¼ c. black olives, ¼ c. green onion & ¼ c. diced tomatoes. Dressing: Italian Dressing.

\*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 \$8.54 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. (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, May 17th:** 8:30-11:30am

**Tuesday, May 23rd:** 12:30-3:30pm

**Wednesday, May 24th:** 8:30-11:30am

Please call 437-6902 to schedule an appointment.

## 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 May 9th 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, May 13th:** Card Party: 7:00pm

## MAY 2017 MENU

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Meat Sauce over Spaghetti Noodles Peas Banana Garlic Bread Stick Parmesan Packet Oatmeal Cookie VO- Soy Meat Sauce	Shrimp Pasta Salad German Cucumbers Apricots Half W.W. Bread/Marg Strawberry Ice Cream VO-Pasta Salad w/ Cheese	Swiss Steak Rice Mixed Greens w/ Tomatoes & Dressing Fresh Fruit Mix** W.W. Bread/Marg. Jello Cake VO- Swiss Soy Mix over Rice	Chicken Macaroni Salad Four Bean Salad Fresh Orange W.W. Roll/Marg. Lemon Dessert VO- Pasta Salad w/ Cheese	Chicken Enchilada Casserole Black Beans Banana Corn Bread Coconut Cream Pie S.M. Cinco De Mayo VO- Veggie Enchilada
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
*Au Gratin Potatoes w/ Diced Ham Mixed Vegetables Fresh Fruit** Rye Bread/Marg. Choc. Ice Cream VO- Au Gratin w/Soy Meat	Philly Cheese Steak Sandwich w/ Peppers and Onions Carrots Banana Peach Pie VO- Vegetarian Wrap	Breaded Fish Baked Potatoes w/Sour Cream/Marg. Spinach Jell-O w/Fruit Cocktail MG Bread/Marg Tartar Sauce VO- Baked Potato w/ Veggie Cheese Sauce	American Chop Suey Rice Oriental Mix W.W. Bread/Marg. Strawberry Shortcake w/Topping 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
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Chicken Cacciatore Egg Noodles Brussel Sprouts Diced Peaches Multi Grain (MG) Bread Marg. Sherbet VO- Soy Meat Sauce	*Meatloaf Mashed Potatoes Gravy Tossed Greens w/ Tomatoes & Dressing Pear Slices W.W. Bread/Marg Brownie VO- Veggie Patty	Baked Cod Boiled Potatoes Norwegian Dilled Cucumber Salad Dinner Roll/Butter Strawberry/Rhubarb Pie S.M. Syttende Mai VO- Veggie Cheese over Potatoes	Beef Burrito Bake w/ Black Beans & Rice Corn Fresh Fruit ** Cookie Packet VO- Veggie Burrito Bake	Sloppy Joe on Bun Broccoli Coleslaw Fruit Cup Chocolate Ice Cream VO- Vegetarian Sloppy Joe
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Baked Fish/Tartar Sauce Red Potatoes California Blend Mandarin Oranges W.G. Bread/Marg. Apple Pie VO- Veggie Cheese on Red Potatoes	BBQ Chicken Potato Salad Carrots Apple Juice W.W. Bread/Marg. Cherry Crisp VO- Vegetarian Wrap	Stuffed Green Pepper Soup/Crackers Turkey & Cheese on Rye w/Mayo Pkt. Lettuce/Tomato Sl. Fresh Fruit** Choc. Chip Cookie VO- Vegetarian Soup, Cheese Sandwich	*Ham Slice Yams Collard Greens Banana Multi Grain Bread Marg. Butterscotch Pudding VO- Veggie Meatballs	Hamburger on Bun Lettuce/Onion BBQ Beans Pineapple Ketchup/Mustard Blueberry Pie VO- Veggie Patty
Monday 29	Tuesday 30	Wednesday 31	<p>*Meal has pork product. VO = Vegetarian Option Cong. Only = Congregate Only</p> <p>Meals provided by: <b>DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</b></p>	
CLOSED	Baked Fish/Tartar Sauce Red Beans & Rice Green Beans Pineapple W.W. Bread/Marg. Jello w/Topping VO- Red Beans and Rice	Meat Sauce W.W. Spaghetti Noodles Parmesan Pkt Mixed Greens w/ Tomato Slices & Dressing Pear Slices Garlic Bread Stick Chocolate Pudding VO- Soy Meat Sauce		

## MAY 2017 ACTIVITY SCHEDULE

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Sat. 6
	Helping Hands: 9:30 am	Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Knitting & Crocheting Group: 12:30pm	Diabetic Support Group: 1:30pm	
Sun. 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Sat. 13
	Stepping On: 1:00pm	Bridge: 1:00 pm Caregiver Support Group: 1:00pm  Heights Unlimited Service Center 4:30-6:00 pm	Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm  Agrace Hospice: 10:30am  Cooking Group: 1:00pm  Dodgeville Shopping	Mother's Day Tea: 1:00pm	Card Party
Sun. 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Sat. 20
	Helping Hands: 9:30 am  Nutrition Education: 10:30am  Stepping On: 1:00pm	Bridge: 1:00pm Card Making: 1:00pm  Massage Therapy: 1:00pm Heights Unlimited Service Center 4:30-6:00pm	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: Leystas: Bus Leaving at 10:30am  Knitting & Crocheting Group: 12:30pm  Living Well: 1:00pm	Northern Comfort Music Program: 12:30pm	
Sun. 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Sat. 27
	Nutrition Education: 10:30am  Stepping On: 1:00pm	Foot Clinic: 12:30-3:30pm 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  Living Well: 1:00pm	Bingo: 12:30 pm	
Sun. 28	Monday 29	Tuesday 30	Wednesday 31			
	Closed	Bridge: 1:00pm Heights Unlimited Service Center 4:30-6:00pm	Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm			

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

## FLOWERS

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

- |                    |           |
|--------------------|-----------|
| AMARYLLIS          | IRIS      |
| ASTER              | LARKSPUR  |
| CALLA LILY         | LILAC     |
| CARNATION          | MARIGOLD  |
| COSMOS             | ORCHID    |
| DAFFODIL           | PANSY     |
| DAHLIA             | PEONY     |
| DAISY              | PETUNIA   |
| DELPHINIUM         | PHLOX     |
| FOXGLOVE           | POPPY     |
| FREESIA            | ROSE      |
| GARDENIA           | SWEET PEA |
| HEATHER            | TULIP     |
| HOLLYHOCK          | ZINNIA    |
| BABY'S BREATH      |           |
| CORN FLOWER        |           |
| HYDRANGEA          |           |
| LILY OF THE VALLEY |           |