

**SOUTHWEST DANE
OUTREACH/
NUTRITION**

MOUNT HOREB AREA SENIOR NEWS



17
MARCH

MARCH 2019 EDITION

CONTACT US

Mount Horeb Senior Center
107 North Grove Street
Mount Horeb, WI 53572

Telephone:608-437-6902

Hours:... 8:30 am - 5:00 pm (M-F)

E-Mail:

swdaneoutreach@mounthorebwi.info

Director: Lynn Forshaug

Case Manager: Mary Kay Sutter

Nutrition Manager:.....

Maggie Milcarek

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MISSION STATEMENT:

This agency supports and assists Seniors (60+) and their families by providing programs and services that promote well being, independence, and involvement in their community.



MARCH EVENTS

3/1–AARP Tax Prep 9:30 am- 2:00 pm By appt.

3/5– Mardi Gras Party 12:30 pm– Cajun Music by Colleen & Bill Foley

3/9– Bus Trip to Platteville– Leaving at 9:30 am

3/12– Point Cinema \$5.00 movie– Leaving at 8:30
Caregiver Support Group– 1:00 pm

3/14- “Soup Supper” 4:30-7:00 pm

3/15– AARP Tax Prep- 9:30 am-2:00 pm—By appt.
Call 437-6902

3/18– Card Making 1:00 pm RSVP to Stacey Baum
at 279-6108 by March 11

3/19– “Aging At Home” 10:45 am Agrace Hospice

3/21– Lunch Outing to Point Burger, Middleton
RSVP Bus leaving at 10:30 pm

3/22– Bingo 12:30 sponsored by “Shamrock Farms”

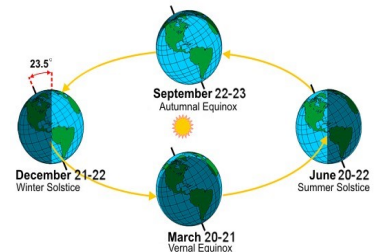
3/25– AARP Driving Course– 1:00--5:00 pm
RSVP to 437-6902. Course fee, \$15.00/AARP
member & \$20.00/non-member. Bring AARP card
and driver’s license.

3/29– Ricardo Velasquez- 12:30 pm. Will be
performing on the Marimba.

The Mt. Horeb Library will be hosting a Free
“Memory Screening” on Friday, March 15 from 9:30
am-12:30 pm. Professionals from the Dane County
Aging and Disability Resource Center will be conducting this screening. Walk-in, no
appointments.

Thank you to BrightStar Home Health for
sponsoring January Bingo and Ingleside Manor for
sponsoring February Bingo.

Thanks for the donations of copy machine paper,
paper products, and Bingo and Door prizes.
WISH LIST– stamps, coffee cups and soup bowls.



MARCH 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>VO - Vegetarian Option NCS - No Concentrated Sweets NAS - No Added Salt NAS diet should not be receiving: gravy, ketchup or mustard. *s to note what meals contain pork.</p>	<p>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 NO SUBSTITUTIONS ALLOWED</p>			<p>1 Tuna Salad Sandwich on WW Tomato Soup Pears Apple Sauce Bar MO – Egg Salad Sand. NCS – SPICED APPLE SAUCE</p>
<p>4 Enchilada Casserole Cauliflower Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO – Bean/Cheese Burrito NCS – SF COOKIE</p>	<p>5 Beef Stroganoff over Noodles Stewed Tomatoes Mixed Green Salad Dressing Butterscotch Swirl Ice Cream MO – Veggie Meatballs NCS – SF ICE CREAM</p>	<p>6 Spinach, Mushroom, Swiss Quiche Roasted Red Potatoes Stewed Tomatoes Tropical Fruit Iced Zucchini Bars MO – n/a NCS – SF Pudding</p>	<p>7 Chicken Strips BBQ Sauce Green Beans Chickpea Salad Dinner Roll/Butter Fruit Cup Apple Crisp MO – Garden Burger NCS – SPICED APPLES</p>	<p>8 Tuna Casserole Roasted Baby Carrots Pickled beets Banana Lime Sherbet MO – Tomato Cheese Sandwich NCS – SF ICE CREAM</p>
<p>11 Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/Peanut Butter Frosting MO – Veggie Wrap NCS – SF PUDDING</p>	<p>12 Taco Pasta Casserole Broccoli Cauliflower Pineapple Blueberry Crisp MO – Rice and Beans NCS – BLUEBERRIES</p>	<p>13 Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Cheesy Potatoes 4 Bean Salad Orange Frosted Chocolate Cake MO – Multigrain Burger NCS – SF COOKIE</p>	<p>14 Meatballs in Gravy Mashed Potatoes California Blend Tropical Fruit or Fresh Melon Dinner Roll/Butter Strawberry Swirl Ice Cream MO – Veggie Meatballs NCS – SF ICE CREAM</p>	<p>15 Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake MO – Soy Sloppy Joe NCS – Sf Cookie</p>
<p>18 Corned Beef Cabbage & Carrots Roasted Red Potatoes Mandarin Oranges Rye Bread/Butter Grasshopper Brownie (mint brownie) MO – Veggie Meatballs NCS – SF Pudding</p>	<p>19 Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Melon or fruit cup Sugar Cookie MO – Veggie Mac Salad NCS – SF Cookie</p>	<p>20 Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Ice Cream Cup MO – Veggie Meat Sauce NCS – Sf Ice Cream</p>	<p>21 Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Butterscotch Pudding MO – Hummus Wrap NCS – SF PUDDING</p>	<p>22 Lemon Baked Fish Tartar Sauce Baked Sweet Potato/Butter Tropical Fruit WW Bread/Butter Pound Cake MO – Black Bean Burger NCS – Banana</p>
<p>25 Italian Sausage on WW Bun Oven Roasted Potatoes Stewed Tomatoes Orange Rice Pudding MO – Veggie Wrap NCS – SF PUDDING</p>	<p>26 Chili Baked Potato/Sour Cream Banana Cornbread/Butter Strawberry Ice Cream Cup MO – Veggie Chili NCS – SF ICE CREAM</p>	<p>27 Pulled Pork on WW Bun Creamy Coleslaw Carrot Raisin Salad Melon slice Frosted White Cake MO – Hummus and Pita NCS – SF COOKIE</p>	<p>28 Chicken Stew WW Dinner Roll/Butter Broccoli Tropical Fruit Vanilla Pudding MO – Veggie Stew NCS – SF PUDDING</p>	<p>29 Pot Roast & Gravy Potatoes/Carrots/Onion Corn Dinner Roll/Butter Cinnamon Apples Blueberry Cobbler MO – Veggie Meatballs NCS – BLUEBERRIES</p>

NUTRITION MANAGER'S NOTE:

MARCH IS NATIONAL NUTRITION MONTH! After all the snow and cold weather, this is the time of year when I really start to crave everything green. One of the biggest changes in the government's new food pyramid is the increased emphasis on dark green vegetables and leafy greens such as spinach, collards, mustard greens and kale. Most Americans need to double or triple their intake of these veggies. These green veggies are rich in vitamin A and K and C and calcium. They are easy to add to soups, stews and pasta dishes or can be sautéed or steamed. You can chop them and add them to salads or add them to a sandwich or wrap. Instead of basil, try making a winter pesto out of kale. Finally, one of my favorite ways to use hearty greens is to put them in smoothies for my kids. With all the ways to use these hearty and healthy greens, it's easy to incorporate them into your diet all year round.

SALADS:

Week 1 – 3/1

Chicken Salad

Shredded lettuce topped with cranberry chicken salad, tomatoes, cucumbers and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: *WW bread, pears, apple sauce bar*

Week 2 – 3/8

Hummus Platter

Pitta wedges, hummus, celery sticks, cherry tomatoes, green pepper strips, and carrot sticks

Meal items to be served with this: *banana, lime sherbet*

Week 3 – 3/15

Pork Taco Salad

Shredded lettuce topped with seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

Meal items to be served with this: WW bun, banana, frosted strawberry cake

Week 4 – 3/22

Tuna Salad

Mixed greens topped with tuna salad, tomato, hand boiled egg and cucumber.

Dressing: None

Meal items to be served with this: *tropical fruit, WW bread/ butter, pound cake*

Week 5 – 3/29

Chef's Salad

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg

Dressing: Ranch

DIRECTOR'S NOTE:

The Department of Health Services has mailed IRS 1095– Tax Forms to members who had minimum essential coverage from a WI health care program in 2018. These health care programs include BadgerCare Plus and Medicaid for the Elderly, Blind and Disabled. Members who are filing taxes should provide this form, 1095-B.

Seasons of Grief-Seasons of Healing will be held at the Immanuel Lutheran, 310 W. Main St., Mt. Horeb, on Thursday's, March 21, 28 and April 4 and 11 from 7:00-9:00 pm. Contact Mary Williams at 437-4810 to RSVP by March 15.

The 2019 Medicare B monthly premium will be \$135.50 and Part A hospital deductible will be \$1,364.00.

CASE MANAGER'S NOTE:

The Wisconsin Department of Health Services announced that the normal amount for March FoodShare benefits will be available in people's accounts and ready to use on March 1, 2019.

The Medicare Advantage Open Enrollment occurs each year from January 1 through March 31. During this time, you can switch from your Medicare Advantage Plan to another advantage plan or to Original Medicare with or without a stand alone prescription plan. You can only use this enrollment period if you have a Medicare Advantage Plan. Before making any changes, make sure you know how changing your health and drug coverage will affect you. Changes made will be effective the first of the following month.

MARCH 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AARP TAX PREP- 9:30
4 Helping Hands- 9:30 Miller & Sons Food 10:00 am	5 Massage Therapy 1:00 pm MARDI GRAS PARTY 1:00 pm	6 Miller & Sons Food 10 am Euchre 1:00 pm	7 Knitting/Crocheting 1:00pm Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm	8 Miller & Sons Food 10:00 am
11 Miller & Sons Food 10:00 am	12 \$5 Movie at Marcus Theaters bus leaves at 8:30 am Caregiver Support-1:00 Bridge 1:00 pm Memory Café-1:00 pm Immanuel Church	13 Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	14 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00- 6:00 pm Shopping Trip-9:30 am Soup Supper- 4:30- 7:00 pm	Miller & Sons Food 10:00 am AARP TAX PREP- 9:30 am- 2:00 pm
18 Helping Hands-9:30 am Miller & Sons Food 10:00 am Card Making- 1:00 pm	19 Bridge 1:00 pm	20 Foot Clinic 8:30 am - 11:30 am Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	21 Knitting/Crocheting 1:00 am Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 pm - 6:00 pm Lunch Outing- Point Burger- Bus leaving 10:30 am	22 Miller & Sons Food 10:00 am BINGO 12:30 pm
25 Miller & Sons Food 10:00 am AARP Driver Refresher Course 1:00-5:00 pm	26 Foot Clinic- 12:30- 3:30 pm Bridge 1:00 pm	27 Foot Clinic 8:30 am - 11:30 am Fink's Café 9:00 am - 1:00 pm Miller & Sons Food 10 am Euchre 1:00 pm	28 Blue Mounds Pantry 9:00 am - 11:00 am & 4:00 - 6:00 pm Shopping Trip- 9:30 am	29 Miller & Sons Food 10:00 am Music Program 12:30

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered Monday - Friday at the Senior Center, Fink's Café and Home Delivered Meals. The suggested donation for those 60+ is \$4.00/meal. Anyone under 60 is asked to pay the full cost of the meal which is \$8.97 for congregate and \$9.46 for home delivered.

Congregate meals at the Senior Center are served at 11:15 am on Monday, Tuesday, Thursday and Friday.

Please call to make reservations and cancellations at 437-6902 by 12:00 pm the day before. Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm (no reservations are needed at Fink's Café).

LOAN CLOSET

Durable medical equipment is available for loan at no cost. We have wheelchairs, walkers, bath benches, commodes, canes, raised toilet seats, etc. Please check with the Senior Center before purchasing adaptive equipment.

RSVP

For Driver Escort rides to Appointments for doctors, dentist, eye, etc., Please contact Patsy Byrnes at 608-437-2518. Persons must be 60+ or older and must be able to transfer on their own into the vehicle. A three day notice is requested.

Seniors who are on Medicaid (MA) cannot use RSVP transportation. They would need to call MTM at 1-866-907-1493.

MILLER AND SONS

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by 12:00 pm. Please call 437-3081 to order. The groceries are then delivered within Mount Horeb on Thursday. There is a \$15.00 minimum order.

Miller and Sons also donates food to the Senior Center on Mondays, Wednesdays and Fridays at 10:00 am! The number system is used.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mt. Horeb area. Transportation to meal sites and shopping is by donation. The suggested donation to the meal site is \$1.00/trip, the suggested donation for local grocery shopping is \$2.00/trip and the suggested donation for out of town shopping is \$3.00/trip. No one will be denied rides for these purposes based on their ability to pay. Please call Kristi at 437-8989 to make a reservation for a ride.

THE LITTLE FREE PANTRY

The Little Free Pantry is now available to provide nonperishable food and other necessities in and near the Mt Horeb Area. The three outdoor Pantries are available 24 hours a day and can be found at New Hope Evangelical Free Church (639 S. 8th Street); Immanuel Lutheran Church (310 West Main Street); and Zwingli UCC (1693 Washington Street, also known as Hwy 92) in Mt. Vernon. **“Take what you Need, Share what you Can.”** Those who are interested in donating items, please contact the church secretaries at locations listed above.

LOCAL FOOD PANTRIES

Blue Mounds: 11010 Blackhawk Drive, Blue Mounds, WI.
Open every Thursday from 9:00 am -11:00 am and 4:00 pm - 6:00 pm.

Mt. Horeb: 102 East Lincoln Street, Mt. Horeb, WI.
Open every Monday from 5:00 -7:00 pm, and every Saturday from 10:00 am - 12:00 pm. The pantry is also open the third Wednesday of each month from 9:00 - 11:00 am, for Seniors only.

FOOTCARE CLINIC WITH RITA STANTON

Wednesday, March 20– 8:30 - 11:30 am
Tuesday, March 26, 12:30 pm - 3:30 pm
Wednesday, March 27, 8:30 am -11:30 am

Please call for an appointment at 437-6902.



Mount Horeb Area Senior Center
 107 North Grove Street
 Mount Horeb, WI 53572

Presorted Standard US Postage
 Paid Mt. Horeb,
 WI Permit No. 1

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Start Over

Word List

- SAINT
- PATRICK
- IRISH
- BLARNEY
- BLESSING
- EMERALD
- LEPRECHAUN
- GOLD
- GREEN
- IRELAND
- LIMERICK
- MAGIC
- PARADE
- RAINBOW
- SHAMROCK
- LUCKY
- WISH
- FAIRY
- MARCH
- PARTY
- CLOVER
- POT
- SNAKES

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