



MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION

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**May is
Older American’s
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](mailto:swdaneoutreach@mounthorebwi.info)**

Director: Lynn Forshaug

Case Manager: Carrie Reese

**Nutrition Managers:
Mary Mackler
Pat MacLean**

May 4 - Mother’s Day Tea 1:00 pm RSVP at 437-6902

May 7 - Helping Hands - 9:30 am

May 8 - Medication Check-Up: Protect Your Health- sponsored by United Way of Dane County and the UW School of Pharmacy- 9:00 am - 3:00 pm (By appt.) (Falls are the leading cause of injury-related deaths for older adults in Wisconsin. Do you take three or more medications, including prescriptions and over the counter? Have you experienced unexplained dizziness? Have you fallen in the past year? Do you forget important dates or events? Do you go to more than one pharmacy?) Make an appointment at 437-6902 to attend this medication review. Local pharmacists will review your medication and consult with you and your doctor.

May 10 - Cooking Group 1:00 pm - Air - Frying Food Demonstration

May 17 - Lunch Outing - Nitty Gritty - Bus Leaving at 10:30 am RSVP

May 18 - Music by Tony Hozeny - 12:30 pm

**May 21 - Helping Hands - 9:30 am
- Card Making - 1:00 pm \$10.00/6 cards RSVP with
Ruth Ann Nemet – 437-5677**

**May 24 - Wisconsin Council for Blind and Visually Impaired- 10:30 am
(Jean Kalscheur, formerly from Mt. Horeb will talk about eye
diseases and Adaptive Equipment)**

May 25 - Bingo - 12:30 pm - sponsored by the “Bargain Nook”

May 28 - Memorial Day - Closed

UPCOMING EVENTS

- Wisconsin Senior Games June 2-16, 2018 throughout Dane County. The Mt. Horeb Senior Center is hosting the Dartball Tournament on Tuesday, June 12, 2018 at 1:00pm. (Registration forms are at the Senior Center or online at www.wiseniorgames.org Registration deadline May 18, 2018)

- Farmer’s Market Voucher Distribution at Mt. Horeb Senior Center Monday, June 4, 2018 - 9:30-11:00 am

The Mt. Horeb Al-Anon Meeting will be held every Wednesday at the Mt. Horeb Chamber of Commerce, 300 E. Main St., Mt. Horeb, from 12:00 pm – 1:00 pm. (It will be held in a private meeting room upstairs). AL-Anon is for family and friends of alcoholics. A mutual support recovery program is based on the Twelve Steps of Alcoholics Anonymous. The meetings are free, anonymous and confidential.

A big “Thank You” to Ruth Duffy, who has been our RSVP Driver Escort Coordinator for the past 10 years. She has decided to “Retire” from volunteering! We want to wish her all the best and thank her for her hundreds of hours of service that benefitted seniors in the Mt. Horeb area. Thanks again Ruth and enjoy the next chapter in your life!

We want to welcome Patsy Byrnes as our new RSVP Driver Escort Coordinator. She will be starting on May 1, 2018. Her contact number is 608-437-2518.

THANK YOU

Thank You to everyone who donated dish detergent, Bingo and Door prizes, paper products, etc.

Wish List: Paper salad bowls, copy machine paper, paper towels

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 2018, “Engage at Every Age”. This reminds people of all ages that they are never too old (or young!) to take part in activities that enrich their lives. 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 are insisting on changes that make it possible.

CASE MANAGER'S NOTE: CARRIE REESE

Wisconsin’s Senior Alert Program: The Dept. Of Justice’s Silver Alert program ensures that we are taking responsibility for the well-being of some of our vulnerable citizens-our aging loved ones. This program gives law enforcement, in partnership with the community, the tools they need to help in the most desperate of situations when a loved one becomes lost. Criteria for issuance of Silver Alert: Is the person 60 years of age or older? Is the missing person, believed to have Alzheimer’s, dementia or other permanent cognitive impairment which poses a threat to their health or safety? Is there reasonable belief that the missing person’s disappearance is due to their impaired cognitive condition? Is the “Silver Alert” request within 72 hours of the individual’s disappearance? Is there sufficient information available to disseminate to the public that could assist in locating the missing person? (Clear and current photo of missing person, description of clothing, description of vehicle, license plate number, etc.) If your loved one is missing, call 911 immediately. Your local law enforcement agency will respond to your location and will subsequently notify the Dept. of Justice, if the criteria for the Silver Alert is met.

NUTRITION NOTE

Five A Day - The Color Way: Getting a colorful variety of fruits and vegetables is important! Why? Because colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body uses to help maintain a healthy weight, protect against the effects of aging, reduce the risk of heart disease, type 2 diabetes, high blood pressure and some cancers. Eat all your colors every day. Blue/purple: grapes, plums, blueberries (to lower risk of some cancers, help with urinary tract and memory functions. Green: apples, broccoli, spinach, beans, cabbage (helps with vision, strong bones and teeth). White: onions, cauliflower, mushrooms, pears (helps with heart health and cholesterol). Yellow/orange: pineapple, squash, oranges, peaches, carrots (helps with vision, immune system and heart). Red: watermelon, apples, strawberries, raspberries (helps with memory, heart and some chronic diseases). Try to eat five fruits and vegetables a day to improve your health!

SALADS

Week 1 – 05/04

Fruit Plate: Cottage cheese served with a variety of fresh fruit

Dressing: none

Meal items to be served with this: cornbread, butter, banana, vanilla ice cream

Week 2 – 05/11

Chef’s Salad: Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard-boiled egg

Dressing: Ranch

Meal items to be served with this: Rye bread, butter, strawberry shortcake

Week 3 – 05/18

Beef Taco Salad: Shredded lettuce topped with seasoned ground beef, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

Meal items to be served with this: Banana, Frosted Chocolate Cake

Week 4 – 05/25

Hummus Plate: Hummus served with pita, celery, peppers, carrots and cherry tomatoes.

Dressing: None

Meal items to be served with this: Iced cinnamon roll, strawberry yogurt

Salads are sent premade and packaged for delivery. There will be no omissions or substitutions for salad ingredients

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, May 16th: 8:30-11:30am

Tuesday, May 22nd: 12:30-3:30pm

Wednesday, May 23rd: 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, Patsy Byrnes, at 437-2518.

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.

MAY 2018 MENU

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

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.

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Chicken Macaroni Salad Marinated Tomatoes Mixed Greens French Dressing Peaches Ice Cream Cup VO – Soy Mac Salad NCS – SF Ice Cream	Cheeseburger/WW Bun Ketchup/Mustard Calico Beans Peas Fruit Cocktail Frosted Marble Cake VO – Garden Burger NCS – Diced Peached	Baked Fish Tartar Sauce ½ Baked Sweet Potato Creamy Coleslaw WW Bread/Butter Apricots Sugar Cookie VO – Veggie Wrap NCS – SF Cookie Packet	Enchilada Casserole Sour Cream Corn Salsa Black Beans Cornbread/Butter Banana Vanilla Ice Cream VO – Bean Burrito NCS – Fruit cup
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
BBQ Chicken Breast ½ Baked Potato Sour Cream Seasoned Corn WW Bread /Butter Tropical Fruit Chocolate Cake w/Powdered Sugar VO – Black Bean Burger NCS – SF Pudding Cup	Cheese Tortellini Bake Bread Stick/Butter Green Beans Mandarin Oranges Blueberry Crisp VO – Veggie Tortellini Bake NCS – SF Cookie Packet	Chicken Salad Mini Croissant Broccoli Salad Pickled Beets Peaches Pudding VO – Egg Salad NCS – SF Pudding	Shepherds Pie WW Bread/Butter Creamed Spinach Apple Juice Strawberry Jell-O VO – 3 Veggie Meatballs NCS – SF Jell-O	BBQ Ribs* Potato Salad Green Bean Almandine Rye Bread/Butter Strawberry Shortcake VO – Hummus Wrap NCS – SF Cookie Packet
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Teriyaki Pork* Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Blueberry Pound Cake VO – Veggie Burger NCS – Pineapple	Spinach, Mushroom & Swiss Quiche Diced Roasted Red Potatoes Orange Juice Spiced Apples Donut VO – N/A NCS – Orange	Meatball* Sub Carrots Mixed Greens Balsamic Vinaigrette Banana Ambrosia Salad VO – Veggie meatballs NCS – Apple	Chicken Sandwich on WW Bun Lettuce/Tomato/Mayo Bean Salad Corn Orange Strawberry Pretzel Salad VO – Multigrain Burger NCS – SF Ice Cream	Sloppy Joe on Bun Tater Tots Green Beans Banana Frosted Chocolate Cake VO – Soy Sloppy Joe NCS – SF Cookie Packet
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Tuna Salad Sandwich on WW Bread Tomato/Cucumber/Onion Salad Carrot Raisin Slaw Pears Apple Sauce Bar VO – Egg Salad NCS – Fruit Cup	Hamburger on Bun Ketchup/Mustard BBQ Baked Beans Broccoli Slaw Tropical Fruit Tapioca Pudding VO – Garden Burger NCS – SF Pudding	Mediterranean Chicken Rice Medley Marinated Tomatoes Cucumber Salad Pineapple Root Beer Float VO – Hummus and Pita NCS – Mandarin Oranges	Traditional Meatloaf Mashed Potatoes Gravy Apricots WW Bread/Butter Grape Juice Cup Frosted White Cake VO – Multigrain Burger NCS – SF Pudding Cup	Spinach, Bacon* & Swiss Quiche Herb Marinated Tomatoes Tomato Juice Iced Cinnamon Roll Strawberry Yogurt VO – Veggie Quiche NCS – SF Jell-O
Monday 28	Tuesday 29	Wednesday 30	Wednesday 31	
CLOSED	Chicken Strips BBQ Sauce Green Beans Macaroni Salad Fruit Cup Apple Crisp VO – Cheese and Tomato Sandwich NCS – Orange	Baked Mostaccioli Breadstick/Butter Broccoli Banana Brownie w/Peanut Butter Frosting VO – Veggie Mostaccioli NCS – Pineapple	Chicken and Gravy over a slice of WW bread Mashed Potatoes Green Beans Orange Carnival Cookie VO – Veggie Wrap NCS – SF Cookie Packet	

MAY 2018 ACTIVITY SCHEDULE

		Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Sat. 5
		Massage Therapy: 1:00 pm Bridge: 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 Knitting & Crocheting Group: 12:30 pm	Mother's Day Tea: 1:00 pm	
Sun. 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Sat. 12
	Helping Hands: 9:30 am	Bridge: 1:00 pm Memory Cafe: 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 Cooking Group: 1:00 pm Dodgeville Shopping		Cards: 7:00 pm
Sun. 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Sat. 19
	Miracle Ear: 9:30am	Massage Therapy: 1:00 pm Bridge: 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 Lunch Outing: Nitty Gritty: Bus leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm	Music: 12:30 pm	
Sun. 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Sat. 26
	Helping Hands: 9:30 am 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 Madison Shopping	Bingo: 12:30pm	
Sun. 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31		
	CLOSED	Bridge: 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		

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 | |