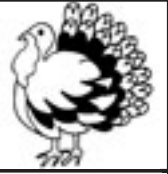




NOVEMBER 2017 EDITION



MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION

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- November 4 - Shopping Trip and Lunch to Baraboo -
 Bus leaving at 10:00 am**
- November 5 - Daylight Savings Time (Set Clocks Back)**
- November 6 - Winter Safety Tips - 10:30 am - Upland Hills Health
 - Living Well with Chronic Conditions - 1:00 pm**
- November 9 - Medicare Minutes- Medicare B versus Medicare D -
 10:45 am - Kate Doyle, Intern /ADRC
 - Cooking Group - 1:00 pm - Baking pies/ Sweet Treats
 for Holiday Bazaar**
- November 11 - Holiday Bazaar - 9:00 am to 4:00 pm - Will be held
 at the Mt. Horeb Middle School (The Mt. Horeb
 Senior Center will be selling baked goods at the
 bazaar, donations are welcomed!)
 - Card Party - 7:00 pm**
- November 13 - “Aging Well” - 10:45 am - by Molly Dean, Agrace
 Hospice**
- November 14 - Caregiver Support Group - 1:00 pm
 - Memory Café - 1:00 pm - Immanuel Lutheran
 Church**
- November 17 - Bingo - 12:30 pm - Sponsored by Fink’s Cafe**
- November 20 - Card Making - 1:00pm**
- November 23 - THANKSGIVING - Senior Center Closed**
- November 24 - Senior Center Closed**
- November 30 - Energy Assistance - 9:00 am to 4:00 pm
 (By Appt. call 1-800- 506-5596)**

BUCKY BOOKS ARE HERE!

Sold at the Senior Center
 and Miller & Sons Grocery Store.

Books will only be sold until
 November 16!

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 all our Volunteers who help keep our programs and services running for the Senior Citizens in the Mt. Horeb area. We could not do our jobs at the Senior Center without all of you! Thank you to John Scheidegger for sponsoring the music for our Volunteer Recognition Party, to everyone who donated paper plates, bowls, plastic ware, dish soap and Bingo prizes.

November is “Caregiver Month”. Thank you to all who are Caregivers and caring for spouses, family members, friends or neighbors. It is not an easy task. Join a Support Group or talk to Medical Professionals who can help guide you through this process. These folks are lucky to have you!

Wish List: Stamps, Dawn Dish Soap, Dishwasher Soap, Whiteout, and Plastic ware.

DIRECTOR'S NOTE: LYNN FORSHAUG

The "Opioid Epidemic" – (from the AARP Bulletin) – What are Opioids? Opioids are powerful drugs or narcotics that act on the nervous system to relieve pain. They can affect your mood and make you drowsy. They work by attaching to receptors in the brain and other area in your body, inhibiting the transmission of pain signals. Americans over 50 are using narcotic pain pills in surprisingly high numbers and many are becoming addicted. While we focus on younger folks buying and using illegal opioids, dependence can start with a legitimate prescription. Almost one-third of all Medicare patients or 12 million people were prescribed opioid painkillers by their physicians in 2015. Also in 2015, that same 2.7 million Americans over the age of 50 abused painkillers. The hospitalization rate due to opioid abuse quintupled for folks 65 and older in the past 20 years. Nearly 14,000 people age 45+ died from opioid overdose in 2015, 42 % of such deaths in the U.S. The actual number is likely much higher; overdoses in older people is often mislabeled as heart failure or falls. The names of some of these opioids include OxyContin, Vicodin and Percocet. Kidney and liver function slows with age, increasing the time that drugs remain in the system. Memory loss can also make it harder to manage opioid medication effectively. Seniors become addicted through no fault of their own, due to injuries, surgeries and chronic diseases. Be sure to talk with your doctor and pharmacist when getting a new prescription!

CASE MANAGER'S NOTE: CARRIE REESE

Seniors Living at Home- By GWAAR Legal Services Team

Nearly 90% of people over age 65 want to stay at home for as long as possible, according to AARP. Living independently can be very good for a senior's mental health and can have other positive impacts. There are also some risks for living alone. These are some steps seniors can take to decrease the risks of living alone. 1. Avoid slippery conditions and tripping hazards in the home. Put down non-slip floor mats in bathrooms and door entrances, install grab bars in tubs and showers and next to toilets. Stray cords and rugs that don't lie flat can cause falls. 2. Keep your house well lit. Make sure your bulbs are proper wattage. Consider installing nightlights in halls, bathrooms and bedrooms. 3. Get to know your neighbors. If you get to know your neighbors, they may notice when something is wrong. 4. Test smoke alarms and carbon monoxide detectors and change their batteries every six months. 5. Organize a daily check -in. Ask a family member, friend or neighbor to call each day to make sure everything is OK. This check will also help with isolation. 6. Don't place items in hard to reach places. Climbing to reach something can cause falls. 7. Make sure someone other than you can get into your house. Give a spare key to someone you trust, so they could get in to check on you or for an emergency. 8. Keep a list of medications, allergies and personal information in your wallet or purse. This info will help emergency medical personnel if they are called to your home. 9. Appear "busy". When the doorbell rings call out, "I will get it!", place extra shoes by the door, or keep a radio on when gone. Use lights on timers when going away. When it appears that several people live in your home, you're less likely be a target to strangers.

NUTRITION NOTE

Soluble Fiber and Blood Cholesterol: Soluble fiber and cholesterol from foods travel to the stomach and then small intestine. Cholesterol also reaches the small intestine from the blood. Soluble fiber forms a gel which binds some cholesterol in the small intestine and takes it out of the body. Eating foods that contain soluble fiber can help you lower your cholesterol. A variety of foods that contain soluble fiber include: Whole grain foods made from barley, oats and rye (whole grain cereals and breads, oatmeal), legumes and nuts, kidney beans, almonds, chickpeas, fruits and vegetables; apples, oranges, sweet potatoes, green beans. Make whole grain cereals, eat fresh fruit for snacks and meals, add more vegetables to sandwiches, pizza, pasta and salads and make soups, chili, or salads with more kidney, pinto, or black beans for more fiber.

SALADS

Week 1 – 11/3

Chicken Santa Fe Salad: Mixed Greens topped with seasoned chicken, black bean salsa and tortilla strips,
Dressing: Ranch

Meal items to be served with this: stuffing with cranberries, banana and pumpkin bar

Week 2 – 11/10

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

Dressing: None

Meal items to be served with this: dinner roll with butter, apple pie

Week 3 – 11/17

Harvest Salad: Mixed greens topped with beets, garbanzo beans, cucumber, red onion, feta and croutons.

Dressing: Balsamic Vinaigrette

Meal items to be served with this: diced peaches, pound cake

Week 4 – 11/24

Closed

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, November 15th: 8:30-11:30am

Wednesday, November 22nd: 8:30-11:30am

Tuesday, November 28th: 12:30-3:30pm

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.

NOVEMBER 2017 MENU

		Wednesday 1	Thursday 2	Friday 3
		Green Pepper Soup Kidney Bean Salad WW Bread Banana Frosted Cake VO – Veggie Wrap	Meatballs in Gravy Oven Roasted Potatoes Fresh Mixed Greens French Dressing MG Bread w/Butter Fruit cup Carrot Cake VO – Veggie Meatballs w/Gravy	Roasted Turkey w/ gravy Stuffing with Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar VO – Veggie Burger
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Baked Mostaccioli Bread Stick Spinach Diced Peaches Oatmeal Cookie VO – Vegetarian Baked Mostaccioli	Ham Slice Yams Spinach Sliced Spiced Pears WW Bread w/Marg. Brownie VO – Cheese Sandwich	Hearty Bean Soup Fresh Mixed Greens WW Dinner Roll Apple Vanilla Ice Cream Cup	Meatballs in Marinara Over WW Noodles Oven Roasted Brussel Sprouts Diced Peaches Pineapple Upside Down Cake VO – Veggie Meatballs in Marinara	BBQ Ribs Cheesy Potatoes Corn Dinner Roll/Butter Apple Pie VO – Black Bean Burger
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Roasted Pork Loin Mashed Potatoes Baked Cabbage with Apples WW Bread w/Marg Mandarin Oranges Banana Bar VO – Veggie Patty	Potato Crusted Fish Tartar Sauce Packet 1/2 Baked Potato Sugar Snap Peas Pineapple Dinner Roll w/Marg Confetti Cake VO – Veggie Wrap	Homemade Beef Stew Green Beans Dinner Roll w/Butter Apple Sauce Chocolate Cake VO – Veggie Patty	Roasted Turkey Mashed Potatoes w/Gravy Green Beans W.W. Dinner Roll/Marg Pumpkin Pie VO - Veggie Burger	Hungarian Goulash w/ Macaroni Noodles Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO – Baked Potato & Veggie Cheese Sauce
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Vegetable Barley Soup ½ Tuna Salad Sandwich on WW Bread Banana Carrot Slaw Choc. Reece's Pieces Cookie VO – Hummus Wrap	Oven Roasted Chicken Breast Baked Sweet Potato w/butter Peas MG Bread w/Marg. Pumpkin Pie VO – Veggie Meatballs	Pizza Casserole Fresh Mixed Greens Italian Dressing Peaches WW Dinner Roll Brownie VO – Cottage Cheese	CLOSED	CLOSED
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
Lemon Baked Fish Tartar Sauce Packet ½ Baked Potato Peas Apricot WW Dinner Roll Tapioca Pudding Cup VO – Hummus Wrap	Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing WW Dinner Roll w/ Marg Cherry Cobbler VO – Black Bean Burger	Sausage Gravy over a Biscuit Oven Roasted Potatoes Orange Juice Cup Spiced Pears Cinnamon Roll VO – Veggie Egg Bake	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie VO – Veggie Enchilada	

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.

*contains pork

NOVEMBER 2017 ACTIVITY SCHEDULE

Sun. 1	Monday 2	Tuesday 3	Wednesday 1	Thursday 2	Friday 3	Sat. 4
			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		Shop- ping Trip: 10:00 am
Sun. 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Sat. 11
	Helping Hands: 9:30 am Living Well: 1:00 pm	Bridge: 1:00pm Massage Therapy: 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 Medicare B vs. D: 10:30 am Cooking Group: 1:00 pm Dodgeville Shopping		Card Party 7:00pm
Sun. 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Sat. 18
	Aging Well: 10:45 am	Caregiver Support: 1:00 pm Memory Cafe: 1:00pm Bridge: 1:00 pm Heights Unlimited Service Center 4:30-6:00 pm	Mt. Horeb Food Pantry 9:00 - 11:00 am 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 Lunch Outting: Fifth Quarter: Bus Leaving at 10:30 am Knitting & Crocheting Group: 12:30 pm	Bingo: 12:30 pm	
Sun. 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Sat. 25
	Helping Hands: 9:30 am Card Making: 1:00 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	CLOSED	CLOSED	
Sun. 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 30	
		Foot Clinic: 12:30-3:30 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 Energy Assistance: 9:00 am - 4:00 pm		

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

THANKSGIVING

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

- AUTUMN
- CORN
- CORNUCOPIA
- CRANBERRY
- FAMILY
- FEAST
- FRIENDS
- GRATITUDE
- GRAVY
- MASSACHUSETTS
- MASSASOIT
- MAYFLOWER
- NEW WORLD
- PATUXET INDIANS
- PILGRIMS
- PLYMOUTH ROCK
- PUMPKIN PIE
- SQUASH
- STUFFING
- SWEET POTATO
- THANKSGIVING
- THURSDAY
- TISQUANTUM
- TRADITION
- TURKEY
- WAMPANOAG INDIANS
- WISHBONE