



OCTOBER 2017 EDITION

MOUNT HOREB AREA SENIOR NEWS
SOUTHWEST DANE OUTREACH/NUTRITION



INSIDE THIS ISSUE

Upcoming Events.....1
 Contact Us.....1
 Our Wish List.....1
 Thank You.....1
 Director’s Note.....2
 Case Manager’s Note.....2
 Nutrition Note.....2
 Salad Menu.....2
 Nutrition, Wellness, Programs,
 Support, & Services.....3
 Meal Menu.....4
 Activities Calendar.....5
 Word Search.....6

- October 2 - Living Well with Chronic Conditions - 1:00-3:30 pm
 October 3 - Massages by Sarah - 1:00-3:00 pm Call 437-6902 for an appt.
 October 5 - Knitting Group - 12:30 pm
 October 6 - Energy Assistance - 9:00 am– 4:00 pm Call 1-800-506-5596 for an appt. at the Mt. Horeb Senior Center
 October 9 - Living Well with Chronic Conditions - 1:00 -3:30 pm
 October 10 - Caregiver Support Group - 1:00 pm
 - Memory Café - Immanuel Lutheran Church - 1:00 pm
 October 12 -Volunteer Recognition Party - 1:00 pm
 October 13 - Agrace Hospice and new Grief Support Center Tour / Lunch (cost for lunch) - Bus Leaving at 9:45 am - RSVP at 437-6902
 October 14 - Trip to Amish Farm/Stores/Lunch Outing - Bus Leaving at 9:00 am (Limited seating)
 October 16 - Living Well with Chronic Conditions - 1:00- 3:00 pm
 October 17 - Massages by Sarah - 1:00 - 3:00 pm Call 437-6902 for an appt.
 October 19 - AARP Refresher Driving Course - 1:00-5:00 pm \$15.00/ person
 RSVP to 437-6902
 - Lunch Outing – Marcine’s, Mt. Vernon – Bus Leaving at 10:30 am -
 RSVP to 437-6902
 October 23 - Living Well with Chronic Conditions - 1:00-3:30 pm
 October 24 - Card Making - 9:00 am - 4:00 pm
 RSVP to 437-6902 by October 10 to participate
 October 26 - Cooking Group - 1:00 pm - Sharing Fall Recipes, bring dish for potluck, meat provided
 October 27 - Halloween Bingo - 12:30 pm - Sponsored by John Scheidegger
 October 28 - Trip to Monroe; Swiss Colony, Super Walmart and Lunch
 Bus leaving at 9:30 am - RSVP
 October 30 - Living Well with Chronic Conditions - 1:00 - 3:30 pm
 October 31 - United Way Medication Review - 9:00 am - 4:00 pm

BUCKY BOOKS ARE HERE!

Sold for \$35 each at
the Senior Center
and Miller & Sons Grocery Store
All proceeds will benefit programs
at the Mount Horeb Senior Center!

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

Seasons of Grief- Seasons of Healing Support Group will be held on Thursdays, October 5, 12 19 and 26 at the Evangelical Lutheran Church, St. Olaf’s Room from 7:00 -900pm. Contact Mary Williams at 437-4810 to register for the group by September 26. All are welcome who have lost a loved one no matter how long ago it has been. It would be helpful to have at least 6 participants.

THANK YOU

Thank You to everyone who donated paper products, copy machine paper and Bingo prizes.

Thank you to everyone who donated baked goods and their time for the Brat and Bake Sale at Miller’s on September 16, 2017. It was a great success thanks to all of you!

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

ENERGY ASSISTANCE QUALIFICATIONS- Bring to the appointment: Your most recent energy bill, photo ID, Social Security number for all members and written proof of your household’s gross income for 3 months prior to application.

Number in Household	Gross Income for 3 months
1.....	\$6,650.00
2.....	\$8,696.00
3.....	\$10,743.00

DIRECTOR'S NOTE: LYNN FORSHAUG

Many preventable diseases can cause serious illness or death in unvaccinated seniors. Many adults believe they do not need to be vaccinated or worry about side effects, but people over 65 are at a higher risk of complications from these diseases. There are many reasons why seniors should be vaccinated. They may not have been vaccinated when they were children, new vaccines have come out and their immunity may have expired over the years. The more important vaccinations that seniors should talk to their doctor about are the flu vaccine, pneumococcal vaccine to prevent pneumonia, the shingles vaccine, Hepatitis B, (recommended for people with diabetes), tetanus diphtheria-pertussis vaccine and certain vaccines if you are traveling out of the country. Over 60% of seasonal flu related hospitalizations occur in people 65 +. Pneumonia causes 60,000 deaths year. There are more than 90 types of pneumococcal bacteria. There is a series of two vaccines to prevent pneumonia. These shots also protect against meningitis and blood infections.

CASE MANAGER'S NOTE: CARRIE REESE

The Centers for Medicare and Medicaid Services (CMS) released the finalized defined standard benefits for 2018 Medicare Part D Prescription Drug Plan coverage. Here are a few of the changes: 1. The 2018 standard Initial Deductible will increase by only \$5.00 from \$400.00 to \$405.00. This means, you will only pay slightly more out-of-pocket in 2018 before you and your drug plan begin sharing your drug cost. 2. The Initial Coverage Limit (ICL) will increase \$50.00 from \$3,700.00 to \$3,750.00. This means you will be able to buy slightly more medication before reaching the Donut Hole or Coverage Gap. (Please note, if you purchase medications with an average retail value of less than \$312.00/month, you will not enter the 2018 Donut Hole. 3. The Donut Hole discount will increase from 49% to 56% for generic drugs. This means that if you reach the 2018 Donut Hole and your generic medication has a retail cost of \$100.00, you will pay \$44.00 for your medication and the \$44.00 that you spend will count toward your 2018 out-of-pocket spending limit of \$5,000.00. 4. The 2018 brand-name drug discount will increase from 60% to 65% and 85% of your brand name retail drug cost will count toward meeting your 2018 total out-of-pocket maximum or Donut Hole exit point. This means if you reach the 2018 Donut Hole and purchase a brand-name medication with a retail cost of \$100.00, you will pay \$35.00 for the medication (65% discount) and receive \$85.00 towards meeting your 2018 out-of-pocket spending limit.

Also a reminder: Call me at 437-6902 starting on October 1, 2017, to make an appointment, if you want to make changes to your Medicare Part D Prescription Drug Plan.

NUTRITION NOTE

Changes for most FoodShare Members: A letter titled "About Your Benefits" with new benefit amounts was mailed in September, 2017. This year most FoodShare members will see a change in their benefit amounts. Changes in benefits are effective October 1, 2017. The minimum monthly allotment is decreasing to \$15.00 (a \$1.00 decrease) for households of one to two people. The maximum allotments are decreasing for all households. Allotments are based on household size and net income. The standard deduction is increasing slightly for all members. The rent and shelter deduction is increasing to \$535.00 (\$18.00 increase). The limited utility credit is increasing to \$338.00 (\$31.00 increase). The heating standard utility allowance is decreasing to \$448.00 (9.00 decrease). FoodShare members who will not see a change in their benefits will not get a letter.

Just a reminder to all the folks who received the Farmer's Market Vouchers in June; all of the vouchers will expire on October 31, 2017. Go out and purchase some great fall fruits and vegetables!

SALADS

Week 1 – October 6th

Hummus Plate: Hummus, pita bread, celery, carrots, cucumber & cherry tomatoes.

Meal items to be served with this: Mandarin oranges, banana, chocolate chip cookie

Week 2 – October 13th

Pulled Pork Santa Fe Salad: Mixed Greens topped with seasoned shredded pork, black bean salsa and tortilla strips

Dressing: Ranch

Meal items to be served with this: Bread stick, vanilla pudding cup

Week 3 – October 20th

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

Dressing: Balsamic Vinaigrette

Meal items to be served with this: Dinner roll w/margarine, pumpkin pie

Week 4 – October 27th

Tuna Salad: Mixed greens topped with tuna salad, tomato, and cucumber

Meal items to be served with this: Apple sauce, chocolate cake w/orange frosting

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, October 18th: 8:30-11:30am

Tuesday, October 24th: 12:30-3:30pm

Wednesday, October 25th: 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.

OCTOBER 2017 MENU

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Baked Fish w/Tartar Sauce ½ Baked Potato w/ Marg. Corn Orange WW Dinner Roll Tapioca Pudding Cup VO – Baked Potato & Veggie Cheese Sauce	Chicken Parmesan Casserole Mixed Greens Ranch Dressing WW Dinner Roll w/ Marg. Lime Jell-O w/Fruit Cocktail VO – Veggie Meatballs in Tomato Sauce with Mozzarella Cheese	Chili Black Beans Corn Bread Orange Jell-O w/Pineapple Frosted Cake VO – Veggie Chili	Sausage Gravy over a Biscuit Hash Brown Patty Tomato Juice Diced Pears Chocolate Pudding Cup VO – Veggie Egg Bake	Chicken Enchilada Casserole Black Beans Mandarin Oranges Banana Chocolate Chip Cookie VO – Veggie Enchilada
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Burger on WW Bun w/Let./Tom./Mayo Calico Beans Copper Penny Salad Apple Juice Cup Vanilla Ice Cream Cup VO – Black Bean Burger	Italian Sausage w/Peppers & Onions Stewed Tomatoes Green Beans Orange Chocolate Cake VO – Hummus Wrap	BBQ Ribs Cheesy Potatoes Tossed Salad Italian Dressing Dinner Roll/Butter Pumpkin Bar VO – Veggie Burger	Chicken and Gravy 2 WW Bread w/1 Butter Mixed Vegetables Apple Sauce Lime Jell-O w/Pears VO – Veggie Meatballs w/Gravy	Meat Sauce Spaghetti Noodles Bread Stick Fresh Mixed Greens French Dressing Vanilla Pudding VO – Soy Meat Sauce
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Ham Slice Yams Spinach Diced Pears WW Bead w/Marg. Brownie VO – Cheese Sandwich	Hearty Bean Soup Fresh Mixed Greens Creamy French Dressing WW Dinner Roll Strawberry Jell-O w/Diced Pears	Meatballs in Marinara Oven Roasted Brussel Sprouts Diced Peaches WW Diner Roll w/ Marg. Chocolate Pudding Cup VO – Veggie Meatballs in Marinara	Roasted Pork Loin 1/2 Baked Potato w/Marg. Cabbage Apple Sugar Cookie VO – Veggie Patty	Roast Beef Mashed Potatoes Glazed Carrots Dinner Roll/Butter Pumpkin Pie VO – Black Bean Burger
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Chicken Breast Baked Sweet Potato w/Marg. Spinach MG Bread w/Marg. Apple Crisp VO – Veggie Wrap	Cheese Burger on WW Bun w/Let./Tom./Mayo Corn Kidney Bean Salad Strawberry Jell-O w/Diced Peaches VO – Veggie Burger	Vegetable Barley Soup ½ Tuna Salad Sand. on WW Bread Banana Diced Pears Choc. Reece's Pieces Cookie VO – Cheese Sandwich	2 French Toast w/Syrup Sausage Patty Oven Roasted Potatoes Apple Juice Cup Banana Cinnamon Roll VO – Cottage Cheese	Sloppy Joe Tatter Tots Pea Salad Apple Sauce Chocolate Cake w/Orange Frosting VO – Vegetarian Sloppy Joe
Monday 30	Tuesday 31	<p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</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 substitutions allowed.</p> <p>*contains pork</p>		
Chicken a la King Brown Rice Corn Pickled Beets Orange Chocolate Chip Cookie VO – Soy a la King	BBQ Pulled Pork on Bun Potato Salad Corn w/Pimentos Apple Halloween Cookie VO – Veggie Burger			

OCTOBER 2017 ACTIVITY SCHEDULE

Sun. 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Sat. 7
	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 Knitting & Crocheting Group: 12:30 pm	Energy Assistance: 9:00 am-4:00 pm	
Sun. 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Sat. 14
	Living Well: 1:00 pm	Caregiver Support: 1:00 pm Memory Cafe: 1:00pm Bridge: 2:00 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 Dodgeville Shopping	Agrace Tour: Leaving at 9:30 am	Card Party 7:00pm
Sun. 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Sat. 21
	Helping Hands: 9:30 am Living Well: 1:00 pm	Bridge: 1:00 pm Massage Therapy: 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: Marcine's: Bus Leaving at 10:30 am AARP Driving Course: 1:00-5:00 pm		
Sun. 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Sat. 28
	Living Well: 1:00 pm	Card Making: 9:00 am - 4:00 pm Foot Clinic: 12:30-3:30 pm Bridge: 2:00 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 Cooking Group: 1:00 pm Madison Shopping	Bingo: 12:30 pm	Trip to Monroe: Leaving at 9:30 am
Sun. 29	Monday 30	Tuesday 31				
	Living Well: 1:00 pm	Bridge: 1:00 pm				

All programs and activities are subject to change.



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



ADDRESS SERVICE REQUESTED

HALLOWEEN

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

- | | |
|----------------|----------------|
| BATS | MAGIC |
| BLACK CAT | MASKS |
| BROOMSTICK | MONSTER |
| CANDY | MUMMIES |
| CAULDRON | OWLS |
| CEMETERY | POTIONS |
| COBWEBS | RATS |
| COSTUME | SHADOWS |
| DRACULA | SKELETON |
| FRANKENSTEIN | SKULLS |
| FRIGHT | SPELLS |
| FULL MOON | SPIDERS |
| GHOST | SPOOKY |
| GOBLINS | TRICK OR TREAT |
| HALLOWEEN | VAMPIRE |
| HOCUS POCUS | WEREWOLVES |
| JACK O LANTERN | WITCH |