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 Site Manager’s Note...2
Salad Menu................................2
Nutrition, Wellness, Programs, Support, & Services........3
Meal Menu................................4
Activities Calendar....................5
Word Search..............................6

Jan. 1 - Closed
Jan. 4 - Emergency Preparedness with Elizabeth Jones: 10:30am
Jan. 7 - Knitting & Crocheting Group: 12:30-1:30pm
Jan. 13 - Energy Assistance - 9:00am-12:00pm & 1:00-4:00pm.
By appointment only.
Please bring a cookbook to exchange! - 1:00pm
Jan. 18 - Inglewood vs. Inglehaven By Pam from Ingleside Manor - 10:30am
Jan. 19 - Beltone Hearing - 10:00am-12:00pm
- Community Supper - 5:30pm
Jan. 21 - Lunch Outting to Marcines - Leaving at 10:30am
- Knitting & Crocheting Group: 12:30-1:30pm
Jan. 22 - Bingo - Sponsored by Brightstar - 12:30 pm
Jan. 25 - Piano Music by Bob Lawrence - 12:30pm

Energy Services will be coming to the Mt. Horeb Senior Center on
Wed. January 13, 2016. The hours will be from 9:00am - 12:00pm and 1:00-
4:00pm. You have to call Energy Services for an appointment at 267-8601.
You will need to bring along a Social Security card, proof of gross income
from previous three months for all members of your household, and the most
current heating bill.

We are looking into starting a knitting and crocheting group in January. The
group will meet at the center on the first and third Thursdays from 12:30pm
-1:30pm. Come for the meal and stay for the group. Call the Senior Center if
you would be interested in joining this group.

Laptop/iPad classes with Wayne Haskins on Jan. 5, Jan. 12, Jan. 19, and Jan.
26 from 12:00-2:00pm.

Volunteer Drivers Make a Difference! In Dane County, the Retired and Senior
Volunteer Program’s Driver Services program is part of a transportation safety
net serving seniors and veterans/veteran’s families to help them live on their
own longer. This program partners with Senior Centers and programs in
communities across Dane County to schedule rides for seniors and veterans
and provide home-delivered meals. Volunteer drivers receive mileage
reimbursement and extra liability insurance. Passengers receive the help they
need to get to and from medical appointments. Driving as little as one hour a
month can drastically change someone’s life, who could not get to a medical
appointment. Please consider driving for RSVP of Dane County. Call the
Senior Center at 437-6902 if you would be interested in driving seniors to a
medical appointment or delivering meals.

THANK YOU

Thank You to Miller and Sons for sponsoring December Bingo, Victoria’s
Garden for lovely bouquets throughout the year, to the BMO Harris Bank,
Farmers Savings Bank, Mound City Bank, the State Bank of Cross Plains,
Mt.Horeb and the Lion’s Club for sponsoring monthly Birthday Cakes for the
Mt. Horeb Senior Center.

Wish List: 8 inch Styrofoam Plates
DIRECTOR’S NOTE: LYNN FORSHAUG

I would like to thank everyone for all their good wishes and cards before and after my recent hip surgery. The surgery went well and I am on the road to recovery! 2016 is now upon us! My staff and I welcome you to the Senior Center anytime to see what services, programs and social events are available or join us for a meal at the Center or at Fink’s Cafe on Wednesday’s. We look forward to this New Year and another new beginning!

CASE MANAGER’S NOTE: BONNIE JONES

FoodShare Wisconsin was created to help stop hunger and to improve nutrition and health. FoodShare helps people with limited money buy the food they need for good health. To qualify, your household’s gross monthly income must be $1,946.00 or less for one person, $2,622.00 or less for two people, $3,300.00 or less for three people, and $3,976.00 or less for four people. If you have any questions please stop by the Senior Center or call us at 608-437-6902. Wishing you the best in 2016!

NUTRITION MANAGER’S NOTE: MARY MACKLER & PAT MACLEAN

The Dane County Commission on Aging met this fall to plan future Food Programs through 2017. The announcement was made that any center that cannot average 90 meals a day may have to unite with another center for meals. We are very happy to announce that the Mt. Horeb Senior Center is already averaging close to 90 meals per day with congregate and home delivered meals. Last week we were able to serve almost one hundred meals to people every day. The entire “kitchen team” deserves a huge Thank You for making this possible. We are now the second largest meal site served by Consolidated Foods and the Dane County Area Agency on Aging. Mary and I would like to wish you a wonderful New Year and hope to see you at a meal in 2016!

NUTRITION NOOK: VITAMIN K

Did you know that food can affect how your medicine works? Warfarin (Coumadin) is a medicine prescribed for people who are at risk of forming blood clots. Sometimes a medical condition can make blood clots too easily and quickly. Blood clots are formed through a series of chemical reactions in your body. Vitamin K is essential for those reactions. Warfarin works by decreasing vitamin K, lengthening the time it takes for a clot to form. It is important to keep your vitamin K consistent. If you eat foods with vitamin K, you should be consistent to eat the same amount daily. If you do not eat foods with vitamin K daily, you should abstain from them or eat very small amounts, so it doesn’t interfere with the warfarin. Some foods that contain vitamin K are kale, spinach, broccoli, cabbage, brussel sprouts, stewed prunes, asparagus, tuna in oil, black or blueberries and peas. Check with your doctor or a dietician on what foods you can eat when taking a blood thinner medication.

SALADS

**Week 1: Tuesday, January 5**
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, January 12**
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, 1 oz sour cream & tostado chips.

**Week 3: Tuesday, January 19**
Chef’s Tuna Salad: 1 ½ c. shredded lettuce, ¼ c. flaked tuna, 2 oz. cheese strips, 4 tomato wedges, 2 TB. radishes sliced, 2 TB. diced green peppers, 2 TB. shredded carrots. French Dressing.

**Week 4: Tuesday, January 26**
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.

*Salad served only at the Senior Center.*
**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 $7.50 for congregate and $7.75 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.

**Mount Horeb:** Open 9:00-11:00am on the third Wednesday of each month. This is open to all Senior Citizens in the Mount Horeb area.

**Second Harvest Mobile Food Pantry:** Open the second Tuesday of each month in Black Earth at the New Heights Lutheran Church, 1705 Center Street, from 4:00-5:00pm.

**Note:** Please bring your own boxes & bag!

**FOOTCARE CLINICS WITH RITA**

Wednesday, January 20th: 8:30-11:30am
Tuesday, January 26th: 12:30-3:30pm
Wednesday, January 27th: 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 10:30am.

Number system is used.

**SOCIAL SECURITY INFORMATION**

The Social Security Administration announced there will be no Social Security cost of living increase for 2016. As a result, by law, most people with Medicare Part B will be “held harmless” from any increase in premiums in 2016 and will pay the same monthly premium as last year, which is $104.90. Beneficiaries not subject to the “hold harmless” provision will pay $121.80, as calculated reflecting the provisions of the Bipartisan Budget Act signed into law. Medicare B beneficiaries not subject to the “hold harmless” provision are those not collecting Social Security benefits, those who will enroll in Part B for the first time in 2016 dual eligible beneficiaries who have had their premiums paid by Medicaid and beneficiaries who pay an additional income-related premium.

**HEARING AID CHECKS & CLEANING**

Jack Schulte of Beltone will be here on Tuesday, January 19th at 10:00am. No appointment needed, walk-ins are welcome!

Miracle Ear has moved Ingleside Manor, 407 N. 8th St., Mt. Horeb for their monthly appointments. They will be there the third Wednesday of each month. They will no longer be at the Senior Center for these appointments. You will still have to call Miracle Ear at 829-3777 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, etc., please contact our Coordinator, Ruth Duffy, at 437-8984.

**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, Madison shopping is on the 2nd & 4th Tuesdays of each month, suggested fare for this trip is $3.00 round trip. Please call Care Van Service to schedule a ride at 437-8989.

**CAREGIVER SUPPORT GROUP**

The Caregiver Support Group is meeting at 1:00pm on the 2nd Tuesday of the month.

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, January 9: Card Party: 7:00pm
# JANUARY 2016 MENU

*Meal has pork product          VO = Vegetarian Option          Cong. Only = Congregate Only

Meals provided by:
DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

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<thead>
<tr>
<th>Monday 4</th>
<th>Tuesday 5</th>
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<th>Thursday 7</th>
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<tr>
<td>Philly Cheese on Bun Buttered Mixed Vegetables Fresh Orange Brownies VO: Hummus Wrap w/ Peppers &amp; Tomato *Meatloaf Baked Potato w/Butter &amp; Sour Cream Buttered Brussel Sprout Fruit Cocktail in Jell-O W.W. Bread/Butter VO: Broccoli Cheese Sauce over Baked Potato *Pork Roast Gravy Brown Rice Beets Pineapple/Orange Mix Multi Grain Bread Butter Cake VO: Brown Rice &amp; Beans</td>
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<td>Monday 11</td>
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<td>*Scalloped Potatoes W/ Ham Buttered Brussel Sprout Apricots Half W.W. Bread/Butter Vanilla Ice Cream VO: Scalloped Potato Casserole *Meatloaf in Gravy Egg Noodles Buttered Squash Sliced Pear’s Blueberry Pie VO: Veggie Noodle Casserole Hearty Bean Soup Crackers – 1Pkt. Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Chocolate Chip Cookie VO: Cheese Sandwich Baked Chicken Mashed Potatoes w/ Gravy Buttered Green Beans Fresh Orange Enriched White Bread w/Butter VO: Baked Potato w/Veggie Cheese Sauce Pepper Steak w/Onions Rice Buttered Oriental Mix Apple Slices W.W. Bread/Butter VO: Veggie Pepper Mixture</td>
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<td>Chicken &amp; Dumplings Buttered Peas &amp; Onions Mandarin Oranges Enriched White Bread/Butter Sugar Cookie VO: Hummus Wrap w/ Tomato, Cucumbers &amp; Leaf Lettuce Swiss Burger on Bun Onion Slice Buttered Corn Coleslaw Fruit Cup Ketchup /Mustard VO: Veggie Burger Turkey Roast w/Gravy Stuffing Squash V-8 Juice Sliced Peaches Chocolate Ice Cream VO: Veggie Dog w/Bun/ Potato Salad Lasagna Buttered California Blend Tropical Fruit Salad W.W. Roll/Butter Jell-O w/Topping VO: Vegetarian Lasagna Potato Crusted Fish on Bun w/Shredded Lettuce/Tartar Sauce Buttered Carrots Pea Salad Fresh Fruit VO: Veggie Soup &amp; Cheese Sub.</td>
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<td>Monday 25</td>
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### JANUARY 2016 ACTIVITY SCHEDULE

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<th>Sun. 3</th>
<th>Monday 4</th>
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<th>Thursday 7</th>
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<th>Sat. 9</th>
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<tbody>
<tr>
<td>Helping Hands: 9:30am</td>
<td>Bridge: 1:00pm</td>
<td>Fink’s Restaurant: 9:00am - 1:00pm</td>
<td>Blue Mounds Food Pantry: 9:00-11:00am &amp; 4:00-6:00pm</td>
<td>Card Party</td>
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<td>Emergency Preparedness: 10:30am</td>
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<td>Cards: 1:00pm</td>
<td>Knitting &amp; Crocheting Group: 12:30pm</td>
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<td>Sun. 10</td>
<td>Monday 11</td>
<td>Tuesday 12</td>
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<td>Thursday 14</td>
<td>Friday 15</td>
<td>Sat. 16</td>
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<tr>
<td>Bridge: 1:00pm</td>
<td>Caregiver Support Group: 1:00pm</td>
<td>Fink’s Restaurant: 9:00am - 1:00pm</td>
<td>Blue Mounds Food Pantry: 9:00-11:00am &amp; 4:00-6:00pm</td>
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<tr>
<td>Black Earth Mobile Pantry 4:00pm</td>
<td>Madison Shopping</td>
<td>Community Meal: 5:30-6:30pm</td>
<td>Cards: 1:00pm</td>
<td>Cooking Group: 1:00pm</td>
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<td>Sun. 17</td>
<td>Monday 18</td>
<td>Tuesday 19</td>
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<td>Thursday 21</td>
<td>Friday 22</td>
<td>Sat. 23</td>
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<tr>
<td>Helping Hands: 9:30am</td>
<td>Bridge: 1:00pm</td>
<td>Foot Clinic: 8:30 - 11:30am</td>
<td>Lunch Outing at Marcines: Leaving at 10:30am</td>
<td>Bingo: 12:30pm</td>
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<td>Inglewood vs. Inglehaven: 10:30am</td>
<td>Community Supper: 5:30pm</td>
<td>Mt. Horeb Food Pantry 9:00 - 11:00am</td>
<td>Knitting &amp; Crocheting Group: 12:30pm</td>
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<td>Sun. 24</td>
<td>Monday 25</td>
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<td>Thursday 28</td>
<td>Friday 29</td>
<td>Sat. 30</td>
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<tr>
<td>Music Program: 12:30pm</td>
<td>Bridge: 1:00pm</td>
<td>Foot Clinic: 8:30-11:30am</td>
<td>Fink’s Restaurant: 9:00am - 1:00pm</td>
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<tr>
<td>Fink’s Restaurant: 12:30-3:30pm</td>
<td>Foot Clinic: 8:30-11:30am</td>
<td>Cards: 1:00pm</td>
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<td>Bingo: 12:30pm</td>
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<td>Sun. 31</td>
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<td>Madison Shopping</td>
<td>Fink’s Restaurant: 9:00am - 1:00pm</td>
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All programs and activities are subject to change.