

**JUNE 2021 EDITION**

# MOUNT HOREB AREA Hello SENIOR NEWS

SOUTHWEST DANE  
OUTREACH/NUTRITION

*samemina.tumblr.com*

## **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](mailto:swdaneoutreach@mounthorebwi.info)

**Director:**.....**Lynn Forshaug**

**Case Manager: Mary Kay Sutter**

**Nutrition Manager: Alexis Cox**

## **JUNE EVENTS**

### **JUNE IS DAIRY MONTH**

June 15– World Elder Abuse Awareness Day

June 16– Foot Clinic 8:30 am-2:30 pm

June 18– Free Ice Cream Treats- 12:30-2:00 pm

June 19– Juneteenth

June 20– Father’s Day

June 23– Foot Clinic 8:30 am– 3:30 pm

July 1– **SENIOR CENTER REOPENING—FOR CONGREGATE MEALS –RSVP TWO DAYS IN ADVANCE**

July 7– Traveling Euchre will resume and be held every Wednesday– 1:00 pm

**FREE Virtual “Welcome to Medicare” Seminar, July 17, 2021, from 9:00-11:30 am. If you are turning 64 this year, we can help you make informed choices about Medicare options. Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 7/8/21. This seminar is provided by the Area Agency on Aging of Dane County’s Elder Benefit Specialist Program.**

**RESPECT YOUR ELDERS, REPORT ABUSE– Wisconsin Elder Abuse Hotline– 1-833-586-0107 or visit [ReportElderAbuse.org](http://ReportElderAbuse.org)**

**The Senior Center will resume the Miller’s Food Day on Wednesday, June 2, 2021 from 10:00 am– 12:00 pm. This will only take place on Wednesdays. Please follow safety guidelines!**

**Thank You to Bob & Doris Frame for markers, copy machine paper and white-out, Chris Ballweg for Bingo prizes and Donna Skogen for fresh eggs.**

## **INSIDE THIS ISSUE**

Events.....	Pg #1
Menu.....	Pg #2
Nutrition .....	Pg #3
Notes .....	Pg #4
Activities.....	Pg #5
Wellness.....	Pg #6
Supportive Services .....	Pg #7
Word Find.....	Pg #8

## **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.



## JUNE 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>Sausage Veggie Egg Bake Fruit Cup Hash Brown Patty Orange Juice Cinnamon Raisin Bread/Butter</p> <p><b>MO – Veggie Egg Bake</b> <b>NCS – N/A</b></p>	<p><b>2</b></p> <p>*Pizza Pasta WW Dinner Roll/Butter Broccoli Peaches Marble loaf cake</p> <p><b>MO – Veggie Pizza Pasta</b> <b>NCS – SF Cookie</b></p>	<p><b>3</b></p> <p>*BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Diced Melon Mix Strawberry pie</p> <p><b>MO – 3 BBQ Veggie Meatballs</b> <b>NCS – Spiced Applesauce</b></p>	<p><b>4</b></p> <p>Chicken Strips Honey Mustard Sauce Roasted Brussel Sprouts 3 Bean Salad <b>NAS – steamed peas</b> WW Roll/Butter Mixed Fruit Rainbow Sherbet Cup</p> <p><b>MO – Tomato Cheese Sand.</b> <b>NCS – SF Ice Cream</b></p>
<p><b>7</b></p> <p>Brat Coney Bun Mustard Stewed tomatoes Coleslaw Applesauce Lemon Bar <b>MO – Veggie Dog</b> <b>NCS – Peaches</b></p>	<p><b>8</b></p> <p>Tuna Salad on bed of lettuce Sicilian Pasta Salad Corn Salad Fruit Cup Chocolate chip cookie</p> <p><b>MO – Egg Salad</b> <b>NCS – SF Cookie</b></p>	<p><b>9</b></p> <p>Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake.</p> <p><b>MO – Chickpea Joe</b> <b>NCS – SF Jell-o</b></p>	<p><b>10</b></p> <p>Honey Baked Chicken Broccoli Yams Macaroni salad Pears Vanilla ice cream cup</p> <p><b>MO – Honey Baked Veggie Chicken</b> <b>NCS – SF Ice Cream</b></p>	<p><b>11</b></p> <p>Chicken Caesar Salad: Lettuce Grilled chicken shaved Parmesan WW croutons Caesar dressing Copper Penny salad Apple sauce Rice Pudding <b>MO – Hummus and Pita</b> <b>NCS – SF Pudding</b></p>
<p><b>14</b></p> <p>BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner roll/butter Mandarin oranges Lime Sherbet</p> <p><b>MO – 3 Veggie Meatballs</b> <b>NCS – SF Ice Cream</b></p>	<p><b>15</b></p> <p>Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Chocolate Chip Cookie Bar</p> <p><b>MO – Soy a la king</b> <b>NCS – SF Pudding</b></p>	<p><b>16</b></p> <p>Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp</p> <p><b>MO – Beans and Rice</b> <b>NCS – SF Jell-o</b></p>	<p><b>17</b></p> <p>*Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Cuties or mandarin orange Cherry Italian Ice</p> <p><b>MO – Multigrain Burger</b> <b>NCS – SF ice cream</b></p>	<p><b>18</b></p> <p>Tuscan Tortellini Pasta Mixed greens Dressing Dinner roll/butter Mixed Fruit Chocolate Pudding Cup</p> <p><b>MO – Veggie Tuscan Tortellini Pasta</b> <b>NCS – SF cookie</b></p>
<p><b>21</b></p> <p>Chicken Broccoli Rice Casserole Carrot Coins Black Eyed Pea Salad Tropical fruit Glazed Lemon Loaf cake</p> <p><b>MO – Veggie Broccoli Rice Casserole</b> <b>NCS – SF Jell-o</b></p>	<p><b>22</b></p> <p>Hot Dog Coney Bun Ketchup/mustard Calico Beans Green Beans Chunky Apple Sauce Candy Cookie</p> <p><b>MO – Veggie Dog</b> <b>NCS – SF Cookie</b></p>	<p><b>23</b></p> <p>Lemon Dill Baked Fish Tartar Sauce Baked potato Coleslaw Sour Cream WW Bread/Butter Ambrosia</p> <p><b>MO – Black Bean Burger</b> <b>NCS – Spiced Pears</b></p>	<p><b>24</b></p> <p>Egg Salad On WW Bread Pickled Beets Tomato Cucumber Onion salad Banana Pineapple upside down cake</p> <p><b>MO – n/a</b> <b>NCS – pineapple</b></p>	<p><b>25</b></p> <p>Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Brownie</p> <p><b>MO – Marinara Sauce</b> <b>NCS – SF Pudding</b></p>
<p><b>28</b></p> <p>*Pork Loin in Gravy Mashed Potatoes Peas WW Bread/Butter Mandarin Oranges Apple Crisp</p> <p><b>MO – Hummus Wrap</b> <b>NCS – Spiced Apples</b></p>	<p><b>29</b></p> <p>Cheeseburger: Beef Patty WW Bun American Cheese Lettuce/tomato slice Ketchup/mustard Green Beans Potato Salad Fruit Cocktail Lemon Italian ice</p>	<p><b>30</b></p> <p>Bone-in BBQ Chicken Baked Sweet Potato/butter WW Bread/butter Banana Dreamsicle whip</p> <p><b>MO – Veggie BBQ Chicken</b> <b>NCS – Mandarin Oranges</b></p>		

## NUTRITION MANAGER'S NOTE:

For many seniors, summer is the perfect chance to get out and make connections with friends and family. But, while the nice weather is enticing, the excessive heat that comes with the sun's powerful rays can be life threatening. Seniors especially need to safeguard themselves from the threat of heat exhaustion, heat stroke and dehydration. Why is water so important? It regulates body temperature, transports nutrients and oxygen to body cells, protects and cushions vital organs and prevents constipation. Signs of dehydration: flushed skin, fatigue, increased body temperature, increased breathing and heart rate, dizziness, increased weakness, difficulty swallowing and dry eyes and mouth. Aim to drink 6-8 cups of water per day.

---

## SALADS:

Add more fruit to your diet. A "serving" of fruit is not as much as you may think. One serving equals one piece of fruit such as an apple or banana, one melon wedge, 3/4 c. juice, 1/2 c. of canned fruit or 1/4 c. dried fruit. Fruit soups can be eaten hot or cold. Grapes, kiwi or fresh berries can be added to a salad or dessert. Fruit can be added to yogurt for a smoothie. Be adventurous, and try some new fruits like mangos or star fruit.

### "Impossible Pie"

2 c. milk  
2/3 c.. Sugar  
4 eggs  
4 Tbsp. butter  
1 tsp. vanilla  
1/4 tsp. salt  
Mix all together in a blender. Pour into a 10 in. pie plate. Sprinkle with 1 c. chopped rhubarb & 1/2 c. coconut. Bake 1 hr./350

## **DIRECTOR'S NOTE:**

If you are or know of someone living with a diagnosis of Alzheimer's Disease or a dementia, there are things you can do to help cope with symptoms you may be experiencing. It can help to acknowledge how you feel about your diagnosis and learn to accept any cognitive changes as your "new normal". Learning ways to cope with symptoms often associated with dementia related diseases can improve daily living. Use post it notes to make reminders for yourself, do one thing at a time, set timers when cooking, follow daily routines, avoid large crowds, try listening to audio books or videos if reading is no longer enjoyable and use a pill dispenser to keep track of medication. It is important to remain active and involved. Look for opportunities to participate in at your local Senior Center, Community Center, faith community, library, etc. Contact the Alzheimer's & Dementia Alliance in Madison at 608-232-3400 for help and guidance in navigating the course of this disease.

---

## **CASE MANAGER'S NOTE:**

June 28 of each year is National Insurance Awareness Day. This is to encourage all of us to be aware of and review our insurance policies, including health insurance annual enrollment timelines and checking to make sure you are not over or under-insured, as well as are utilizing cost-saving measures. One benefit to be aware of with Medicare are the various preventative services and screenings it may cover. Starting in 2011, Medicare began covering more preventative services and screenings, all at low or no cost. Preventative health care focuses on preventing disease and maintaining proper health which will allow beneficiaries to live a longer, healthier life.

## JUNE 2021 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2  MILLER FOOD- 10:00- 12:00	3	4
7	8	9  MILLER FOOD- 10:00-12:00	10	11
14  <b>FLAG DAY</b>  	15	16  FOOT CLINIC- 8:30 AM-2:30 PM  MILLER FOOD 10:00-12:00	17	18  <b>Ice Cream Treats</b> <b>12:30-2:00 pm</b>  
21  <b>First Day of Summer!</b>  	22	23  FOOT CLINIC- 8:30 AM-2:30 PM  MILLER FOOD- 10:00-12:00	24	25
28	29	30  MILLER FOOD- 10:00-12:00		

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

## MEALS

Home Delivered Meals are offered Monday through Friday. Please call Alexis at 437-6902 to order meals at least three days in advance.

Finks Café is providing Carry-Out Meals on Tuesday and Thursday for curbside pick-up or Dine-In (following Dane County's Public Health Guidelines) from 11:00 am to 1:00 pm. Reserve a meal at 437-8922. The suggested minimum donation is \$4.00/meal and one meal per person. Please contribute what you can afford.

---

## 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

RSVP will be resuming the Driver Escort Program with Special guidelines in the near future. Call the Senior Center for more information.

The Dane County Transportation Call Center is available for non-emergency medical rides with a four to five day notice. Call 242-6489 for a ride. Leave a message and they will return your call in two to three days, to make arrangements for this free ride.

---

## MILLER AND SONS

Miller's Supermarket continues to deliver groceries on Thursday, if you are a current customer of this service. They also offer online shopping. Go to Miller and Sons Supermarket.com. There are designated parking stalls for pick-up and a \$4.94 pick-up charge.

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

## CARE VAN SERVICE

Rides are currently being provided to Miller's Supermarket by Care Van Service, with no more than two passengers. Care Van will also take seniors to medical appointments in Mt. Horeb. Please call Kris at 444-7930 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

"Neighbors Helping Neighbors" are now managing the Food Pantry and Clothe Closet" at 102 E. Lincoln St., Mt. Horeb. Hours: Seniors Only-Friday, 9:00-10:30 am and 3:00-6:00 pm and Saturday, 9:30-10:30 am.. The distribution will shift from walk-up/curbside pick-up to a drive through pick-up.

Heights Unlimited Service Center next to BP gas station in Black Earth. Tuesday, 4:00-6:00 pm and second Saturday, 10:00-11:30 am.

---

## FOOTCARE with RITA STANTON and AMY FOSTER

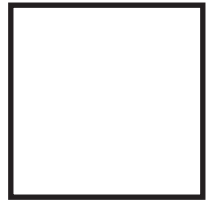
June 16, 8:30 am-2:30 pm

June 23, 8:30 am-3:30 pm

The cost for the footcare is \$25.00/person.



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



# Father's Day Word Search

Father's Day is Sunday.  
Can you find  
these words that have  
to do with dad?

- |          |        |
|----------|--------|
| ATHLETIC | FUNNY  |
| BRAVE    | GOLF   |
| DAD      | KIND   |
| DADDY    | SPORTS |
| ESPN     | TENNIS |
| FATHER   | TIE    |
| FISHING  | TOOLS  |
| FOOTBALL |        |

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



MARTY WESTMAN/MCT

