



**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**

**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.



**NOVEMBER**

November is National Family Care Giver Month, National Alzheimer’s Awareness Month & Lung Cancer Awareness Month

“Welcome to Medicare” Virtual Seminar-November 14, 2020, from 9:00-11:30 am. Email [aaa@countyofdane](mailto:aaa@countyofdane) to register by November 4, 2020.

“Medicare D” Open Enrollment is from October 15 through December 7, 2020. Contact Mary Kay at 437-6902 for more information or for an appointment. She is working with seniors over the phone, via computer and in person, with safety precautions in place, to help you look at your current plan or a new plan.

November 3– Election Day

November 26 & 27– Thanksgiving Holiday– Closed

**Suicide Prevention-** The COVID-19 Pandemic has left many folks feeling sad, depressed, isolated and alone. Now with the days getting shorter, cold weather coming, and the holidays approaching, these feelings may increase. If you or someone you know is having thoughts of harming themselves, please seek help! You can also call the National Suicide Prevention Lifeline at 1-800-273-8255. Trained counselors will listen and talk with you 24 hours/day, 7 days/week for free. They will offer support and resources in your local area. This service is available to anyone who needs to talk about stresses in their life!

Thank you to all who have been donating fresh produce, eggs, books, puzzles and magazines.

**Wish List:** Paper towels, stamps and copy machine paper

## NOVEMBER 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Sloppy Joe on WW Bun Kidney Bean Salad Mixed Vegetable Pears Brownie</p> <p><b>MO – Chickpea Joe</b> <b>NCS – SF Pudding</b></p>	<p><b>3</b> Honey Baked Chicken Broccoli Yams Dinner Roll/Butter Banana Ambrosia Salad</p> <p><b>MO – Veggie Honey Chick- en</b> <b>NCS – Mandarin Oranges</b></p>	<p><b>4</b> Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Dressing Peaches Frosted Marble Cake</p> <p><b>MO – Marinara Sauce</b> <b>NCS – SF Jell-o</b></p>	<p><b>5</b> Lemon Dill Baked Fish Tartar Sauce Baked Potato. Sour Cream Fruit Cup WW Bread/Butter Sugar Cookie</p> <p><b>MO – Veggie Wrap</b> <b>NCS – SF Cookie</b></p>	<p><b>6</b> *Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Chocolate Ice Cream Cup</p> <p><b>MO – Veggie Hot Dogs</b> <b>NCS – SF Ice cream</b></p>
<p><b>9</b> *BBQ Pulled Pork on a WW Bun Chickpea Salad Corn Tropical Fruit Vanilla Pudding <b>MO – Black Bean Burger</b> <b>NCS – SF Pudding</b></p>	<p><b>10</b> Sweet and Sour Chicken Brown Rice Peas Banana Chocolate Chip Cookie Bar <b>MO – Veggie Sweet &amp; Sour Chicken</b> <b>NCS – SF Cookie</b></p>	<p><b>11</b> Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrots WW Bread/Butter Cherry Pie <b>MO – Veggie Meatballs</b> <b>NCS – SF Pie</b></p>	<p><b>12</b> Chicken Stew Saltine Crackers Broccoli Tropical Fruit Frosted White Cake <b>MO – Veggie Stew</b> <b>NCS – SF Jell-o</b></p>	<p><b>13</b> Egg Salad On WW Bread Split Pea Soup Apple sauce Peach Pie Bar <b>MO – N/A</b> <b>NCS – Orange</b></p>
<p><b>16</b> Chicken and Gravy <b>NAS – no gravy</b> Over White bread Creamed Corn Green Beans Orange Carnival Cookie <b>MO – Veggie Chicken in Gravy</b> <b>NCS – SF Cookie</b></p>	<p><b>17</b> Fish Sandwich: Breaded Fillet WW Bun Cheese <b>NAS – no cheese</b> Tartar Sauce Yams Coleslaw Fruit Cup. Lemon Italian Ice <b>MO – Garden Burger</b> <b>NCS – SF Ice Cream</b></p>	<p><b>18</b> Beef Stew Biscuit Cauliflower/Broccoli Chunky Apple Sauce Chocolate Chip Banana Cake <b>MO – Veggie Stew</b> <b>NCS – SF Cookie</b></p>	<p><b>19</b> *Meatballs in Marinara Over Penne Carrots Mixed Greens Salad Dressing Banana Cheesecake Brownie <b>MO – Veggie Meatballs in Marinara</b> <b>NCS – SF PUDDING</b></p>	<p><b>20</b> Turkey in Gravy Mashed Potatoes Green Bean Casserole Dinner Roll/Butter Cranberries Pumpkin Pie <b>MO – Veggie Chicken in Gravy</b> <b>NCS – SF Pie</b></p>
<p><b>23</b> Cheeseburger: Beef Patty <b>NAS – no cheese</b> WW Bun Ketchup/Mustard 4 Bean Salad 4 Way Vegetable Blend Ambrosia <b>MO – Multigrain Burger</b> <b>NCS – Pineapple</b></p>	<p><b>24</b> Chicken on the bone Mashed Potatoes Gravy Brussels Sprouts Dinner Roll/Butter Mandarin Oranges Lemon Bars <b>MO – Veggie Meatballs</b> <b>NCS – BANANA</b></p>	<p><b>25</b> Hearty Chicken Noodle Soup – (2) 6 oz ladles *Mixed Greens salad *Dressing *Saltine Crackers *Pears Chocolate Chip Cookie <b>MO – Tomato Soup</b> <b>NCS – SF COOKIE</b></p>	<p><b>26</b> <b>27</b></p> 	
<p><b>30</b> Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Pineapple Chocolate Pudding <b>MO – Chickpea Joe</b> <b>NCS – SF Pudding</b></p>	<p>All menu items are pre- pared in kitchen that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. <b>NO SUBSTITUTIONS ARE ALLOWED.</b></p>	<p>O– Vegetarian Option <b>NCS– No Concentrat- ed Sweets</b> <b>NAS– No added Salt</b> <b>NAS diet should not be receiving gravy, ketchup or mustard</b> * to note what meals contain pork</p>		

## **NUTRITION MANAGER'S NOTE:**

A sure sign that November is here is seeing pumpkins, gourds and other winter squash at the Farmer's Markets and on the shelves at the grocery store. The most common squash are the butternut, acorn and spaghetti. They contain lycopene, folate, potassium, Vitamins A and C and are a good source of dietary fiber. Enjoy as a vegetable, in a soup, casserole or in a dessert

Four Easy Steps to Outsmart Your Age:

1. Sleep Soundly
  2. Strengthen Your Grip
  3. Pick Up the Pace
  4. Improve Your Balance
-

## DIRECTOR'S NOTE:

Senior Care is the State of Wisconsin's Prescription Drug Plan that a person 65+ can enroll in anytime of the year, not just from October 15-December 7. There are four income levels for this program. Level 1– An individual's income of \$20,416.00 or a couple's income of \$27,584.00 or less will only have a co-pay of \$5.00 for a generic prescription or \$15.00/for a name brand prescription, and no annual deductible. Level 2a– An individual's income of \$20,417.00-\$25,520.00 or a couple's income of \$27,585.00-\$34,480.00 will have a \$500.00 deductible and then a co-pay of \$5.00 or \$15.00 for the prescriptions. Level 2b- An individual's income of \$25,521.00-\$30,624.00 or a couple's income of \$34,481.00-\$41,376.00 will have an annual deductible of \$850.00 and then co-pays of \$5.00 or \$15.00 co-pay. Level 4 will entail a spend down. Contact the Senior Center for more information.

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## CASE MANAGER'S NOTE:

Social Security announces Benefit Increase for 2021. Social Security and Supplemental Security Income (SSI) Benefits for approximately 70 million Americans will increase 1.3% for 2021. The 1.3% (COLA) Cost-of-Living Adjustment will begin with benefits payable to more than 64 million Social Security beneficiaries in January, 2021. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. (Some people receive both Social Security and SSI benefits.) Some other adjustments that take effect in January each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase from \$137,700.00 to \$142,800.00. Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. People can also view their COLA notice online at [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

## NOVEMBER 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>16</b>	<b>17</b>	<b>18</b> Foot Clinic 8:30- 11:30	<b>19</b>	<b>20</b>
<b>23</b>	<b>24</b> Foot Clinic 12:30 – 3:30 pm	<b>25</b> Foot Clinic– 8:30- 12:30 pm	<b>26</b> Thanksgiving Closed	<b>27</b> Closed
<b>30</b>	:			

# 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 two days in advance.

Finks Café is providing Carry-Out Meals on Tuesday and Thursday from 11:00 am-1:00 pm for a curbside pick-up. Reserve as meal at 437-8922. The suggested minimum donation is \$4.00/meal. One can also dine in with limited seating.

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## LOAN CLOSET

Durable medical equipment is available for a 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

The Dane County Call Center is available for non-emergency medical rides with a four to five day notice. Call 249-6489 for a ride. You can leave a message and they will call you back with arrangements.

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## MILLER AND SONS

Miller's Grocery continues to deliver groceries on Thursday, if you are a current customer of this service.



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

## CARE VAN SERVICE

Rides are currently being provided to Miller's Grocery Store by Care Van Services, with no more than two passengers. Care Van will also take seniors to medical appointments in Mt. Horeb. Call Kris at 444-7930 to reserve a ride.

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## 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

Mt. Horeb Food Closet, 102 East Lincoln Street, Mt. Horeb, WI. (the former Mt. Horeb Food Pantry) is now being managed by “Neighbors Helping Neighbors”. Volunteers are at the Pantry on Fridays from 3:00-6:00 pm and Saturdays from 9:30-10:30 am.

Heights Unlimited Service Center in Black Earth, (building next to the BP gas station) is a Food Pantry for people in the WI Heights school district and local area. Hours are: Tuesday, 4:00-6:00 pm and the second Saturday 10:00-11:30 am

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## FOOTCARE CLINIC WITH RITA STANTON

November 18- 8:30 am -11:30 am

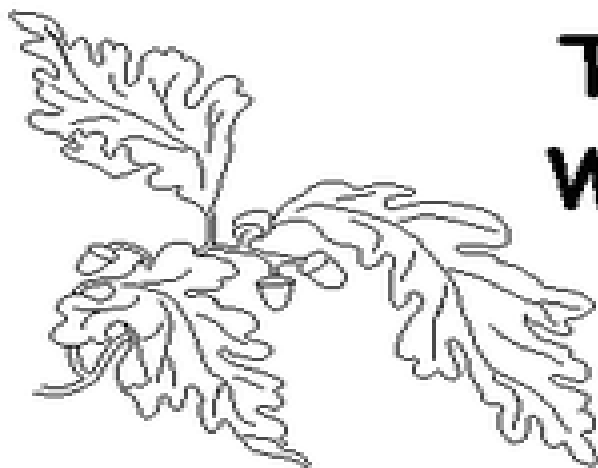
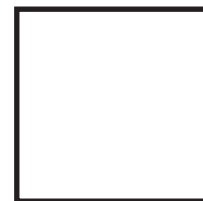
November 24-12:30 pm - 3:30 pm

November 25-8:30 am -11:30 am

Please call for an appointment at 437-6902



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



# Thanksgiving Word Search



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

AMERICA  
COLONY  
COOK  
CORN  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRAVY  
HARVEST  
INDIANS  
MAIZE  
MAYFLOWER  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
SAIL  
SETTLERS  
SICKNESS  
SQUASH  
STUFFING  
THANKSGIVING  
TURKEY  
YAMS