



MOUNT HOREB AREA SENIOR NEWS

**SOUTHWEST DANE
OUTREACH/NUTRITION**

OCTOBER 2020 EDITION

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

Director:**Lynn Forshaug**

Case Manager: **Mary Kay Sutter**

Nutrition Manager: **Alexis Cox**

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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.



“WE WILL NOT GO BACK TO NORMAL. NORMAL NEVER WAS. OUR PRE-CORONA EXISTENCE WAS NOT NORMAL OTHER THAN WE NORMALIZED THE GREED, INEQUITY, EXHAUSTION, DEPLETION, EXTRACTION, DISCONNECTION, CONFUSION, RAGE, HOARDING, HATE AND LACK. WE SHOULD NOT LONG TO RETURN MY FRIENDS. WE ARE BEING GIVEN THE OPPORTUNITY TO STITCH A NEW GARMENT. ONE THAT FITS ALL OF HUMANITY AND NATURE.” SONYA RENEE TAYLOR, AUTHOR

THE SENIOR CENTER DOORS ARE OPEN. MASKS ARE REQUIRED ALONG WITH SOCIAL DISTANCING PROPER HAND WASHING AND SANITIZING.

VOTING INFORMATION:

OCT. 20-30 MONDAY-FRIDAY, EARLY VOTING IN PERSON AT THE MT. HOREB MUNICIPAL BUILDING. CHECK FOR TIME.

OCT. 29- DEADLINE TO REQUEST AN ABSENTEE BALLOT

“WELCOME TO MEDICARE” VIRTUAL SEMINAR- NOVEMBER 14, 2020, 9-11:30 AM . EMAIL aaa@countyofdane to register by 11/4/20.

THANK YOU TO ALL WHO HAVE BEEN DONATING FRESH PRODUCE, BOOKS AND PUZZLES.

OCTOBER 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>VO– Vegetarian Option NCS– No Concentrated Sweets NAS– No added Salt NAS diet should not be receiving gravy, ketchup or mustard * to note what meals contain pork</p>	<p>All menu items are prepared in kitchen that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. NO SUBSTITUTIONS ARE ALLOWED</p>		<p>1 Beef Stew – 2 6oz. ladles Biscuit – 1 ea. Green beans – #8 Chunky Apple Sauce – #8 Chocolate Chip Banana Cake – 1 pc. MO – Veggie Stew NCS – SF Cookie</p>	<p>2 Sloppy Joe - #12 WW Bun – 1 ea. Carrot Coins – #8 Black Eyed Pea Salad – #8 Pineapple – #8 Chocolate Pudding – 1 ea. MO – Chickpea Joe NCS – SF Pudding</p>
<p>5 Cheese Tortellini Bake - #6 (In meat sauce) Bread Stick/Butter – 1 ea. Spinach – #8 Mandarin Oranges – #8 Blueberry Crisp – 1 pc. MO – Cheese Tort. In marinara NCS – SF Jell-o</p>	<p>*6 Pot Roast with Gravy – 1 sl. NAS – no gravy Mashed Potatoes – #8 Carrots – 2 Orange Juice– 1 ea. WW Bread/Butter – 1 sl. /1 ea. Tapioca Pudding – # 8 MO – Veggie Wrap NCS – SF Pudding</p>	<p>7 Chicken a la King – 6 oz. ladle Brown Rice – #8 Green Beans – #8 Corn Salad – #8 Banana – #8 Frosted Marble Cake – 1 pc. MO – Soy a la king NCS – SF ICE CREAM</p>	<p>8 Traditional Meatloaf – 1 sl. Sweet Potato/Butter – 1 ea. White Bread/Butter – 1 ea. Cinnamon Apple Sauce – #8 MO – Veggie Meatballs NCS – n/a</p>	<p>9 Sausage Veggie Egg Bake – 1 sq. (1/24 pan) Fruit Cup – 1 ea. Hash Brown Patty – 1 ea. Prune Juice Cup – 1 ea. Cinnamon Raisin Bread/Butter – 1 ea. MO – Veggie Egg Bake NCS – N/A</p>
<p>12 *Ham/Potato Casserole - #6 NAS – Chicken/Potato Casserole California Blend – #8 Orange – 1 ea. MG Bread/ Butter – 1 ea. Chocolate Banana Cake – 1 sl MO – Veggie Potato Cass. NCS – SF PUDDING</p>	<p>13 Brat in sauerkraut – 1 ea. on White Bun – 1 ea. Mustard – 1 ea. Ketchup – 1 ea. Peas and Carrots – #8 Potato Salad – #8 Dreamsicle Whip – #8 MO – Veggie Dog NCS – Orange</p>	<p>14 Rustic Tomato Bean Soup – (2) 6 oz ladles *Dinner Roll/Butter – 1 ea. *Mixed Greens – 1 cup *Dressing – 1 pkt *Peaches – # 8 Chocolate Chip Cookie – 1 ea. MO – Tomato Bean Soup NCS – SF COOKIE</p>	<p>15 BBQ Chicken Breast – 1 ea. Baked Sweet Potato/Butter – 1 ea. WW Bread /Butter – 1 ea. Tropical Fruit – #8 Raspberry Sherbet – 1 ea. MO – Veggie BBQ Chicken Strips NCS – SF Ice Cream</p>	<p>16 Enchilada Casserole – 1/24 pan NAS – Taco Chicken w/Rice Fiesta corn - #8 Pinto Beans - #8 Mandarin Oranges – #8 Frosted Churro Cake – 1 pc. MO – Bean Cheese Burrito NCS – Pineapple</p>
<p>19 Mushroom Swiss Burger: Beef Patty – 1 ea. WW Bun – 1 ea. Swiss/Am. Cheese – 1 sl. Mushrooms – 1 oz. Green Beans – #8 Potato Salad – #8 Fruit Cocktail – #8 Apple Crisp – 1 pc. MO – Black Bean Burger NCS – SPICED PEARS</p>	<p>20 Stuffed Green Pepper Soup – (2) #6 ladles *Mixed greens – 1 cup *Dressing – 1 pkt. *Crackers – 2 pkt. *Spiced Apple Slices - #8 MO – Veggie Green Pepper Soup NCS – n/a</p>	<p>21 Chicken Strips – 2 ea. Honey Mustard– 1 pkt. Roasted Brussel Sprouts – #8 Coleslaw – #8 NAS – steamed peas Dinner Roll/Butter – 1 ea. Fruit Cup – 1 ea. Butterscotch Swirl Ice Cream – 1 ea. MO – Veggie Chicken Strips NCS – SF ICE CREAM</p>	<p>22 Tuna Casserole – 2 #8 Stewed Tomatoes – #8 Pickled Beets – #8 Banana – 1 ea. Lemon Bar – 1 ea. MO – Egg Salad NCS – SF Cookie</p>	<p>23 Cabbage Rolls in Tomato Sauce – 1 ea. Brown Rice – #8 Roasted Carrots – #8 Tropical Fruit – #8 Blueberry Pie Bar – 1 ea. MO – Hummus and Pita NCS – SF Jell-</p>
<p>26 Roasted Turkey in Gravy – 1 sl. Rice Pilaf – #8 Creamed Corn – #6 Cranberry Sauce – #16 Fruit Cup – 1 ea. Brownie w/Peanut Butter Frosting – 1 sq. MO – Veggie Chicken in Gravy NCS – SF PUDDING</p>	<p>27 Taco Pasta Casserole – 2 #8 Broccoli – #8 Cauliflower – #8 Pineapple – #8 Peach Crisp – 1 pc. MO – Red Bean and Rice NCS – Mandarin oranges</p>	<p>28 *Greek Chicken Pasta – 2 #6 *Carrot Raisin Salad - #8 *4 bean salad - #8 Orange – 1 ea Rainbow Sherbet Cup – 1 ea MO – Veggie Chicken Pasta NCS – SF Ice Cream</p>	<p>29 *Meatballs in Gravy – 3 ea. Mashed Potatoes – #8 California Blend – #8 Tropical Fruit – #8 Dinner Roll/Butter – 1 ea. Chocolate Chip Cookie Bar – 1 ea. MO – Veggie Meatballs NCS –</p>	<p>30 *Tuna Salad Sandwich – #12 *on WW – 2 sl. Tomato Soup – 2 #8 *Fruit Cocktail – 1 ea. Blueberry Pound Cake – 1 sl.– Hummus Wrap NCS –SF Cookie</p>

NUTRITION MANAGER'S NOTE:

FYI: Farmer's Market Vouchers must be redeemed by October 31, 2020.

Federal Orders from the CDC will Temporarily Halt in Residential Evictions to Prevent the Further Spread of COVID-19 effective Sept. 4 through Dec. 31, 2020 in WI residential prop.

High fiber foods may help in lowering heart disease and cancer risks, aid in weight control, may soothe inflammation and control blood sugar. High fiber foods include oatmeal bran, nuts, beans, lentils, berries, vegetables, popcorn, etc. Also drink plenty of water to help the fiber pass through your system!

“Healthy Living with Diabetes” is a researched and proven workshop that is designed to help adults with diabetes or pre-diabetes learn skills and increase their confidence in managing their condition. This online workshop will run six Tuesdays Oct.13 through Nov.17 from 1:00- 2:30 pm. The cost is \$20.00 for the book, “Living Well with Chronic Conditions”. Register at stoughtonhealth.com and click on “Classes & Events.” or call Jen at 608-877-3485

The buttons on my jeans have started social distancing from each other.

When Does Season Two of 2020 Start? I Do Not Like Season One.

If I had only known in March it would be my last time in a restaurant, I would have ordered dessert.

I am going to stay up on New Year's Eve this year. Not to see New Year in, but to make sure this one leaves.

DIRECTOR'S NOTE:

The flu season is upon us. Flu is most common in fall, winter and spring. The flu occurs in 5 to 20% of the U.S. population. Groups most affected by the flu are the elderly, newborns and people with certain chronic illnesses. People are most likely to spread the flu in the first three to four days of their illness, however the virus can spread a day ahead of the symptoms and up to seven days after symptoms. Try to avoid contact with sick people and keep your hands away from your mouth, nose and eyes, cover your cough or sneeze and wash hands often. Check with your doctor about getting your vaccinations. It is especially important this year with the coronavirus pandemic!

CASE MANAGER'S NOTE:

Energy Services will not be coming to the Mt. Horeb Senior Center for appointments. You can call their office at 1-800-506-5596 for a phone appointment or go to energybenefit.wi.gov

Is Your Money Tight? A person can apply for FoodShare benefits, which will help buy nutritious food by depositing money on a QUEST card (a debit like card) once a month. If your monthly income is \$2,082.00 or less for one person, \$2,820.00 or less for 2 people or \$3,555.00 or less for 3 people, you would qualify. Contact the Senior Center for more information or call 1-877-366-3635.

OCTOBER 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14 Volunteer Recognition Drive-Up 1:00-2:30 pm	15	16
19	20	21 Foot Clinic 8:30-11:30 am	22	23
26	27 Foot Clinic 12:30- 3:30 pm	28 Foot Clinic- 8:30-11:30 am	29	30

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Home Delivered Meals are offered Monday through Friday. Please call Alexis at 437-6902 to order your meals 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 a meal at 437-8922. The suggested minimum donation is \$4.00/meal. One meal per person.

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.

TRANSPORTATION

The Dane County Call Center is available for non-emergency medical rides, with a two to three day notice. Call 242-6489 for a ride.

Seniors who need transportation and are on Medicaid (MA) can call MTM at 1-866-907-1493 for a ride.

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 by Care Van Services, with no more than two passengers. Call Kris at 444-7930 to reserve a seat on the bus.

LOCAL FOOD PANTRIES

The Mt. Horeb Food Closet (the former Mt. Horeb Food Pantry) 102 East Lincoln Street, Mt. Horeb, WI as new hours.

Heights Unlimited Service Center in Black Earth, (building next to the BP station) is a Food Pantry for people in the WI Heights school district and local area.
Hours: Tuesday, 4:00-6:00 pm and the 2nd Saturday, 10:00-11:30 am

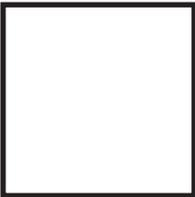
THE LITTLE FREE PANTRY

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.

FOOTCARE CLINIC WITH RITA STANTON

Wednesday, October 21- 8:30 - 11:30 am
Tuesday, October 27- 12:30 - 3:30 pm
Wednesday, October 28- 8:30-11:30 am

Please call 437-6902 for an appointment.



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

HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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