



OCTOBER 2015 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 Site Manager’s Note..2
 Salad Menu.....2
 Nutrition, Wellness, Programs,
 Support, & Services.....3
 Meal Menu.....4
 Activities Calendar.....5
 Word Search.....6

- October 3-4:** Fall Festival in Mt. Horeb
- October 8:** Cooking Group: 1:00pm: Dips, Mexican Food. Bring Fall Recipes!
- October 9:** Volunteer Recognition and 40th anniversary for RSVP Driver Program: 1:00 pm
- October 13:** “Brain Games”: 10:30am: Sponsored by Ingleside Manor
- October 14:** Mayflower Travel Tour: 10:30 am: Gulf Shores Alabama, 2016: RSVP at 437-6902
- October 15:** “Palliative Care”: 10:30am: Jennifer Tiedemann, Agrace Hospice
Lunch Outting: Bob’s Barbecue: Leaving at 10:00am
- October 20:** Medication Review: 9:00am-3:00pm: Sponsored by United Way
Community Supper: 5:30pm
- October 22:** “Counting Your Carbs”: 10:30am: Martha Jo Church, RN - Diabetic Educator
- October 23:** Halloween Bingo: 12:30pm: Sponsored by John Scheidegger (Wear a costume or funny hat!)
- October 26:** Nutrition Education: 10:45am: Eat Smart, Live Strong
- October 29:** Immunization Clinic: 9:30am-1:30pm by Home Health United
- October 30:** Sing-A-Long: 12:15pm

Speak Up–You Matter! Starting on October 5, seniors can visit this website: www.surveymonkey.com/r/HN5R87D to complete a survey or come to the senior center to do this survey online. Your ideas will help prioritize services for seniors from 2016 to 2018.

The Mt. Horeb Senior Center is hosting a Public Listening Session to discuss Dane County’s Area Agency on Aging 2016-2018 draft plan addressing Dementia, Caregiving, Healthy Aging, Elder Justice, and Senior Nutrition Programs. They are interested in hearing opinions of senior adults (age 60+). Your input is most welcome!

Dane County Listening Session
 Monday, October 19, 12:30-1:30pm
 Mt Horeb Senior Center

BUCKY BOOKS ARE HERE!

Sold at the Senior Center
 and Miller & Sons Grocery Store.
 All proceeds will benefit programs at
 the Mount Horeb Senior Center!

“Learning how to use an iPad” - Wayne Haskins, a former Tech Ed. teacher is willing to show seniors how to use an iPad. Classes will be held on October 13th, 16th, 20th, 22nd, 27th and 29th from 12:30 to 1:15. Call the Senior Center to sign up for the class at 437-6902.

Energy Services will be coming to the Mt. Horeb Senior Center on Wed., November 18th, December 16th, 2015 and January 13, 2016. The hours will be from 9:00 am - 12:00 am and 1:00 pm - 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.

Maggie Barnes is a third year medical student at UW Madison. She will be spending seven weeks at our Center sharing info on “Wellness” and Prevention Techniques. She will be presenting these ideas on Monday, October 5 “Blood Pressures”, October 12th “Dementia Prevention”, and October 19th “Diabetes”. These groups will meet at 2:00pm at the Center. This is a free program, everyone is welcome!

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

Director: Lynn Forshaug
Case Manager: Bonnie Jones

THANK YOU

To Trollway Insurance for sponsoring September BINGO
 and to everyone that donated fresh produce and Bingo prizes.

Wish List: Copy Machine Paper and Stamps.



Find us on
Facebook

DIRECTOR'S NOTE: LYNN FORSHAUG

RSVP (Retired Senior Volunteer Program) of Dane County is celebrating their 40th anniversary for the Driver's Escort Program. Volunteers who are part of this program have been serving and transporting seniors all over Dane County for many different medical appointments. We thank them for their time and dedication. We are always looking for more volunteers to help with this program. Contact the Senior Center if you are interested in sharing your time of driving to help seniors get to a medical appointment.

CASE MANAGER'S NOTE: BONNIE JONES

Medicare Part D Open Enrollment Gives Opportunity to Save Money: Open enrollment for Medicare plans in 2016, is October 15 through December 7, 2015. This is the time that Medicare beneficiaries who are enrolled in Part D prescription drug plans can review their plan to determine if it is still the best plan for them. Because insurance plans can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket! If you have had changes in your medications this past year, it seems obvious that looking into a different plan is a good idea. Even, if you have not had a change in medication, sometimes the different pricing structures that an insurance company imposes could mean the medication costs could increase next year. Seniors who are on Wisconsin's Senior Care Drug Plan are not affected by this open enrollment period. They only need to renew their enrollment ever 12 months. Senior Care participants will get a renewal notice in the mail. If you have any questions about your medication plan, call the Senior Center at 437-6902.

NUTRITION MANAGER'S NOTE: PAT MACLEAN

Squash is a fruit that comes in many different varieties. There is winter, butternut, acorn, zucchini, spaghetti among some of the more common squash. It is low in saturated fat, cholesterol and sodium. Squash has many nutrients like Vitamin A, B6, C and D. It is also a great source of calcium, iron, potassium, magnesium and omega-3's. There are 82 calories in 1 cup of squash. It is great in soups, casseroles, pies or just eaten by itself! Enjoy this fruit all year long.

Creamy Butternut Squash Soup

Cook 1 c. chopped celery, 3 sliced carrots, 1 medium chopped onion in 2 Tbsp. olive oil about 10 minutes. Add 1 lb. cubed butternut squash and 1/2 lb. cubed potatoes and 4 c. water. Cover and simmer for 25 minutes until all is tender. Let soup cool and then put into a blender or food processor to puree. Reheat to serve.

FLU SEASON

The flu season is upon us -- it typically lasts from October-May. Washing hands, getting a flu shot and coughing or sneezing into a kleenex may help prevent the flu. The actual flu can last up to five days. It is spread through particles in the air by someone who is coughing or sneezing within 6 ft. of other people. The flu can be dangerous for people with compromised health conditions. Talk with your doctor and take precautions to stay healthy!

SALADS

Week 1: Tuesday, October 6

Garden Salad: 1 1/2 c. mixed green w/shredded lettuce, 1/4 c. cheese, 1/2 c. garbanzo beans, 1/4 c. cucumbers, 1/4 c. broccoli, 1/4 c. diced tomatoes, & 1/4 c. peas. Choice of dressing.

Week 2: Tuesday, October 13

Taco Salad: 1 1/2 c. of shredded lettuce, 1/3 c. meat (beef), 1/4 c. cheese, 1/2 c. diced tomato, 2 tablespoons diced onions, 3.5 oz. salsa, 1oz sour cream & tostado chips.

Week 3: Tuesday, October 20

Chef's Tuna Salad: 1 1/2 c. shredded lettuce, 1/4 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, October 27

Chicken Ranch Salad: 1 1/2 c. mixed green w/shredded lettuce, 1/3 c. diced chicken, 1/4 c. bacon crumbled, 1/4 c. cucumbers, 1/4 c. diced tomatoes, 1/4 c. peas & 1/4 c. purple onion or 3-4 slices. Ranch Dressing.

*Salad served only at the Senior Center.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

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, October 21st: 9:00-11:00am

Tuesday, October 27th: 12:30-3:30pm

Wednesday, October 28th: 9:00-11:00am

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.

GRIEF SUPPORT GROUP

Seasons of Grief-Seasons of Healing Grief Support Group. Please mark your calendars for our next grief support group offering. It will take place in October on Saturdays, Oct 10, 17th, 24th, and 31st. They will run from 9:30am till 11:30am at Evangelical Lutheran Church in one of the new classrooms. These rooms are handicap accessible. Please call Mary Williams at 437-4810 to register, as I will need to get reading material out to the participants the week prior to our first session. These sessions are open to anyone who has lost a loved one no matter how long ago. Refreshments will be served.

HEARING AID CHECKS & CLEANING

Jack Schulte of Beltone will be here on Tuesday, October 20th at 10:00am. No appointment needed, walk-ins are welcome!

Miracle Ear will be moving to Ingleside Manor, 407 N. 8th St., Mt. Horeb for their monthly appointments in Mt. Horeb, starting on Wednesday, October 21, 2015. 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.

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, 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

A new Caregiver Support Group meeting is up and running. It is held at the Center, led by Mary Williams and Richard Lornson.

Start time is at 1:00pm on the 2nd Tuesday of the month.

ON-GOING ACTIVITIES

1:00pm every Tuesday: Bridge

1:00pm every Wednesday: Traveling Euchre

Saturday, October 10th: Card Party: 7:00pm

OCTOBER 2015 MENU

			Thursday 1	Friday 2
			Vegetable Lasagna Tossed Salad w/Diced Tomatoes Dressing Fruit Cup Garlic Bread Jell-O w/Topping ~World Vegetable Day~	Hearty Bean Soup Chicken Salad on W.W Bread w/Lettuce Tomato Juice Fruit Cocktail Choc. Chip Cookie VO: Cheese Sandwich
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Chicken & Dumplings Buttered Peas & Onions Mandarin Oranges Enriched White Bread /Butter Sugar Cookie VO: Hummus Wrap w/ Tomato, Cucumbers & Leaf Lettuce	Pepper Steak w/Onions Rice Buttered Oriental Mix Apple Slices W.W. Bread/Butter VO: Veggie Pepper Mixture	*Scalloped Potatoes W/ Ham Buttered Brussel Sprouts Apricots Enriched White Bread /Butter Cake VO: Scalloped Potato Casserole	Mac & Cheese Buttered Broccoli Flow-erets Pear Half Dinner Roll/Butter Apple Pie	Baked Chicken Baked Potato w/Butter & Sour Cream Buttered Green Beans Fresh Orange Enriched White Bread /Butter VO: Baked Potato w/ Veggie Cheese Sauce
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Swiss Burger on Bun Onion Slice Buttered Corn Coleslaw Tropical Fruit Salad Ketchup /Mustard VO: Veggie Burger	Turkey Roast w/Gravy Stuffing Squash V-8 Juice Chocolate Ice Cream VO: Veggie Sausage/ Potato Salad	Potato Crusted Fish on Bun w/Shredded Let-tuce/Tatar Sauce Buttered Carrots Pea Salad Fresh Fruit VO: Veggie Soup & Cheese Sub.	Meat Sauce over Mostaccioli Noodles Parmesan Cheese Buttered Brussel Sprouts Apricots Garlic Bread VO: Veggie Spaghetti Sauce	Beef Stew Pineapple Biscuit/Marg. Vanilla Pudding w/ Topping VO: Vegetarian Casserole
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
*Meatloaf Boiled Red Potatoes w/ Butter Buttered Peas Chunky Applesauce W.W. Bread/Butter VO: Veggie Patty	*BBQ Pork on Bun Three Bean Salad Banana Pumpkin Bar VO: Veggie BBQ	Chili Crackers Fresh Apple Orange Juice Enriched White Bread /Butter Jell-O Cake VO: Veggie Chili	Chicken-Ala-King Biscuit Buttered Italian Green Beans Pears Lemon Bar VO: Veggie Ala-King	*BBQ Rib Sweet Potatoes w/Cin-namon Sugar & Butter Ham Flavored Greens Tropical Fruit Salad Corn Bread w/Butter Banana Cream Pie VO: Veggie Sausage S.M.– Madison Sites
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
*Meat Ball Sub Sand-wich Buttered Peas & Carrots Fruit Cup Carnival Cookie VO: Wrap w/Cucum-bers, Tomato, & Cheese	Chicken Alfredo over Fettucine Noodles Buttered Winter Blend Mandarin Oranges Enriched White Bread/ Butter Ice Cream Cup V.O. Veggie Alfredo	*Sliced Ham Sweet Potato Nuggets Buttered Brussel Sprouts Peaches Butterscotch Pudding w/ Topping V.O. Cheese Sandwich	Roast Beef Mashed Potatoes/Gravy Buttered Spinach Pineapple/Mand. Or-ange Mix W.W. Roll/Butter VO: Veggie Burger	Baked Chicken Breast Cheesy Potatoes Roast-ed Root Vegetables Ambrosia Salad Frosted Halloween Cookie V.O: Cheesy Potato Cass. S.M.– Fitchburg

*Meal has pork product

VO = Vegetarian Option

Cong. Only = Congregate Only

Meals provided by:

DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

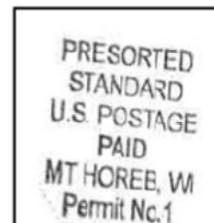
OCTOBER 2015 ACTIVITY SCHEDULE

				Thursday 1	Friday 2	Sat. 3
				Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm		
Sun. 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Sat. 10
	Helping Hands: 9:30am	Bridge: 1:00pm	Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Cooking Group: 1:00pm		Card Party
Sun. 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Sat. 17
		Bridge: 1:00pm Caregiver Support Group: 1:00pm Black Earth Mobile Pantry 4:00pm Madison Shopping	Foot Clinic: 9:00-11:00am Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm Agrace Hospice: 10:30am Folklore Village Concert: Irish Duo: 2:00-3:00pm		
Sun. 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Sat. 24
	Helping Hands: 9:30am Dane County Listening Session: 12:30- 1:30pm	Beltone: 10:00am Bridge: 1:00pm Madison Shopping Community Meal: 5:30-6:30pm	Mt. Horeb Food Pantry 9:00 - 11:00am Foot Clinic: 9:00-11:30am Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm	Halloween Bingo: 12:30pm	
Sun. 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Sat. 31
	Nutrition Education: 10:45am	Foot Clinic: 12:30-3:30pm Bridge: 1:00pm	Foot Clinic: 9:00-11:30am Fink's Restaurant: 9:00am -1:00pm Cards: 1:00pm	Blue Mounds Food Pantry: 9:00-11:00am & 4:00-6:00pm		

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

- | | |
|--|---|
| <ul style="list-style-type: none"> BATS BLACK CAT BROOMSTICK CANDY CAULDRON CEMETERY COBWEBS COSTUME DRACULA FRANKENSTEIN FRIGHT FULL MOON GHOST GOBLINS HALLOWEEN HOCUS POCUS JACK O LANTERN | <ul style="list-style-type: none"> MAGIC MASKS MONSTER MUMMIES OWLS POTIONS RATS SHADOWS SKELETON SKULLS SPELLS SPIDERS SPOOKY TRICK OR TREAT VAMPIRE WEREWOLVES WITCH |
|--|---|