

MOUNT HOREB AREA SENIOR NEWS

Happy
April

**SOUTHWEST DANE
OUTREACH/
NUTRITION**

APRIL 2021 EDITION

CONTACT US

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107 North Grove Street
Mount Horeb, WI 53572

Telephone: 608-437-6902
Hours: 8:30 am - 5:00 pm (M-F)
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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.



APRIL

“April Showers Bring May Flowers”

April 21-Foot Clinic– 8:30-12:00 noon

April 28- Foot Clinic– 8:30 am- 3:30 pm

**April 29-Virtual Medication Review - by the Pharmacy
Society of Wisconsin**


Healthy Living with Chronic Pain– BY PHONE, Tuesdays, May 4-June 8,10:00– 11:00 am . “What is Healthy Living with Chronic Pain?” It is a proven workshop...Designed for adults dealing with ongoing chronic pain, teaches skills to manage pain, improves energy, mental health and quality of life, decreases pain and dependence on others and better ability to understand pain, gain confidence and use coping skills. The workshop is facilitated by two trained Leaders, one who is affected by pain. Meets for one hour by phone for 6 weeks. Call Deanna Truedson– McKillips at 609-669-7352 to register. (THE CLASS IS FREE!)

FREE Virtual “ Welcome to Medicare” Seminar, May 15, 2021 from 9-11:30 am. If you are turning 64 this year, we can help you make informed choices about Medicare options. Email aaa@countyofdane.com to register by 5/6/21. This is provided by the Area Agency on Aging of Dane County’s Elder Benefit Specialist Program.

Dane County is providing FREE transportation to Covid-19 vaccines. Call 608-512-0000, ext. 3. For members on Medicaid and Badger-Care Plus, the number to call for a FREE ride is 1-866-907-1493.

THANK YOU TO: Ron and Mara Johnson for their donations of puzzles, books, magazines and Brain Teasers, and Jean H. & Jack B. for St. Patty’s treats in lunch bags.

APRIL 2021 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 Chicken and Gravy – #6 NAS – no gravy Over White bread – 1 sl. Carrots – #8 Green Beans – #8 Orange juice – 1 ea. Carnival Cookie – 1 ea. MO – Veggie Chicken in gravy NCS – SF COOKIE</p>	<p>2 Lemon Dill Baked Fish – 1 ea. (3oz) Tartar Sauce – 1 ea. Baked Potato – 1 ea. Sour Cream – 1 ea. Fruit Cup – 1 ea. WW Bread/Butter – 1 ea. Banana Cream Pie – 1 sl. MO – Garden Wrap NCS – BANANA</p>
<p>5 BBQ Chicken Breast – 1 ea. Baked Sweet Potato – 1 ea. WW Bread – 1 ea. Butter – 2 ea. Tropical Fruit – #8 Sugar cookie – 1 ea. MO – Black Bean Burger NCS – SF Cookie</p>	<p>6 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 and Cheese Burrito NCS – SF JELL-O</p>	<p>7 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 – Garden Burger NCS –</p>	<p>8 Chicken Strips – 2 ea. Honey Mstd. Sauce – 1 pkt. Rstd. Brussel Sprouts – #8 Coleslaw – #8 NAS – steamed peas Dinner Roll/Butter – 1 ea. Fruit Cup – 1 ea. Chocolate pudding – 1 ea. MO – Veggie Wrap NCS – SF PUDDING</p>	<p>9 Tuna Casserole – 2 #8 Stewed Tomatoes – #8 Pickled Beets – #8 Banana – 1 ea. Lime Sherbet – 1 ea. MO – Egg Salad NCS – SF ice cream</p>
<p>12 Rstd. Turkey in Gravy – 1 sl. Rice Pilaf – #8 Creamed Corn – #6 Cranberry Sauce – #16 Fruit Cocktail – #8 Dreamsicle Whip - #8 MO – Veggie Chicken in gravy NCS – SF PUDDING</p>	<p>13 Taco Pasta Casserole – 2 #8 Broccoli – #8 Cauliflower – #8 Pineapple – #8 Strawberry Swirl Ice Cream – 1 ea. MO – Hummus and pita NCS – SF ICE CREAM</p>	<p>14 -Greek Chicken Pasta (cold)– 2 #6 -Carrot Raisin Salad - #8 -4 bean salad - #8 Apple Juice – 1 ea. Rainbow Sherbet Cup – 1 ea. MO – Veggie Pasta NCS – SF ICE CREAM</p>	<p>15 *Meatballs in Gravy – 3 ea. Mashed Potatoes – #8 California Blend – #8 Fruit cup – 1 ea. Dinner Roll/Butter – 1 ea. CC cookie – 1 ea. MO – 3 Veggie meatballs in NCS – SF Cookie</p>	<p>16 Sloppy Joe – #12 on WW Bun – 1 ea. Kidney Bean Salad – #8 Mixed Vegetable – #8 Banana – 1 ea. Blueberry Crisp – 1 pc. MO – Chickpea Joe NCS – SF JELL-O</p>
<p>19 Tuna Salad Sandwich – #12 -on WW – 2 sl. -Tomato soup – 2 #8 Tropical Fruit – #8 Blueberry Pound Cake – 1 sl. MO – Egg Salad NCS – SF Cookie</p>	<p>20 Saucy BBQ ribs – 1 ea. Potato Salad - #8 Roasted Brussel Sprouts - #8 WW Dinner Roll/Butter – 1 ea. Applesauce - #8 Peach Pie – 1 sl. MO – Veggie Burger NCS – SF PUDDING</p>	<p>21 Honey Baked Chicken – 1 ea. Broccoli – #8 Yams – #8 Dinner Roll/Butter -1 ea. Pears – #8 Ambrosia Salad – #8 MO – Honey Baked Veggie Chicken NCS – pineapple</p>	<p>22 Meat Sauce – #8 Spaghetti Noodles – #8 Wax beans – #8 Mixed Green Salad – 2 #8 Dressing – 1 ea. Peaches – #8 Brownie – 1 sq. MO – Marinara Sauce NCS – SF JELL-O</p>	<p>23 *Italian Sausage – 1 ea. on White Bun – 1 ea. Oven Roasted Potatoes – #8 Stewed Tomatoes – #8 Orange Juice – 1 ea. Chocolate Ice Cream Cup – 1 ea. MO – Veggie Dog NCS – SF ICE CREAM *</p>
<p>26 Sweet and sour chicken – 2 #8 Brown Rice - #8 Peas - #8 Diced Melon Mix – 1 ea. Rice Pudding - #8 MO – Soy Sweet and Sour NCS – SF PUDDING</p>	<p>27 Sausage Veggie Egg Bake – 1 sq. (1/24 pan) Fruit Cup – 1 ea. Hash Brown Patty – 1 ea. Orange Juice Cup – 1 ea. Cinn. Raisin Bread/Butter – 1 ea MO – Veggie Egg Bake NCS – N/A</p>	<p>28 *BBQ Pulled Pork – #12 (3oz) on a WW Bun – 1 ea. Chickpea Salad - #8 Carrots – #8 Banana – 1 ea. Frosted White Cake – 1 pc MO – 3 BBQ Veggie Meatballs NCS – SF Cookie</p>	<p>29 -Egg Salad - #12 -On WW Bread – 2 sl. -Split Pea Soup - 2 #8 -Apple sauce - #8 Cherry Italian Ice – 1 ea MO – n/a NCS – SF Ice cream</p>	<p>30 Fish Sandwich: Breaded Fillet – 1 ea. WW Bun – 1 ea. Cheese – 1 sl. NAS – no cheese Tartar Sauce – 1 ea. Yams – #8 Coleslaw – #8 Fruit Cup – 1 ea. Lemon Bar – 1 sq. MO – Black Bean Burger</p>

NUTRITION MANAGER'S NOTE:

Some FoodShare Households will continue to Receive Additional Benefits: The Dept. of Health Services will be checking in April that all households eligible for the February benefits received them. As a result, some new applicants or households reestablishing eligibility for February may receive the additional February benefits on April 11, 2021. Additional benefits for February will depend on the length of Wisconsin's public health emergency and approval from the Dept. of Agriculture's Food and Nutrition Service. Also the additional FoodShare benefit from the Federal Law passed in 2020, will give beneficiaries up to 15% more help from Jan.-June, 2021.

Foods that can give you more energy and help you stay focused: Despite what generations have said in the past, that eating candy and other sugar-laden foods will give you energy, the opposite actually happens. People become more fatigued and have less focus. Snacks that give you more energy and help you stay productive would include protein and produce. Cheese/grapes, walnuts/ Clementines, rice or almond crackers/carrots peanut butter/apple, blueberries, yogurt, etc.

Ham & Asparagus Strata

6 English Muffins, broken into pieces and put in a greased 9x13 pan.
1 c. cubed ham
1 # asparagus, chopped
1/2 c. chopped onion
1 c. shredded cheese
8 beaten eggs
1/2 c. sour cream
2 Tbsp. Dijon mustard
2 1/2 c. milk— mix all ingredients and pour over muffins.. Bake at 325 for 1 hour..

DIRECTOR'S NOTE:

April is Volunteer Month: Volunteering is service beyond oneself, contribution of time and effort beyond normal personal responsibilities.

We would like to thank all of our Volunteers, especially those who have been loyal and brave enough to volunteer throughout this last year, during this pandemic. Our Volunteers were crucial in getting the home delivered meals packaged and delivered to up to 50 seniors a day. The seniors receiving the meals were grateful and happy to see and talk to another person during this time of isolation and uncertainty. Thanks again to all of our Volunteers for being a Lifeline for our seniors

CASE MANAGER'S NOTE: (FROM GWAAR'S LEGAL SERVICE TEAM)

After a long winter, the signs of Spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all the season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health. Preventative services can help you prevent illnesses and detect health problems early, when treatment works best. If you are new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Medicare B. The visit includes a review of your medical and social history, as well as education and counseling on preventive services, certain screenings, shots and referrals for other care. The Wellness Visit is not the same as an annual physical exam. Medicare also covers screenings for breast cancer, diabetes, heart disease, obesity, osteoporosis, etc.

APRIL 2021 ACTIVITIES

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

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-1:00 pm. Reserve a meal at 437-8922. The suggested minimum donation is \$4.00/meal and 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.

RSVP

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. Riders not eligible include: Family Care members, Medical Assistance Members with MTM and Nursing Home or Assisted Residents.

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 also designated parking stalls for pick-up and a \$4.95 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 Clothes Closet, at 102 E. Lincoln St. Mt. Horeb. New hours: Seniors Only:: Friday, 9:00-10:30 am. All shoppers: Friday, 3:00-6:00 pm and Saturday, 9:30-11:00 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, Tues. 4:00-6:00 pm & 2nd Sat. 10:00-11:30 am.

FOOTCARE CLINIC : RITA STANTON & AMY FOSTER

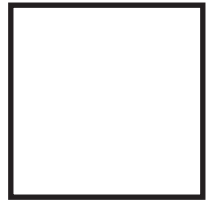
April 21 – 8:30 am – 12:00 noon

April 28 – 8:30 am – 3:30 pm

The new cost will be \$25.00/person.



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



Nature and the Outdoors

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

- ROADS
- HUNTING
- FISHING
- LANES
- CAMPING
- DRIVE WAY
- PARKS
- WATER
- BUSHES
- PONDS
- BARN
- PICNIC
- GRASS
- TREES
- WAGONS
- ANIMALS
- LAKES
- RACCOON
- BIRDS
- TUNNEL

Play this puzzle online at : <http://thewordsearch.com/puzzle/316/>