

Sigh . . . there goes another summer, Snoopy!

# MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE  
OUTREACH/NUTRITION

AUGUST 2021 EDITION

## AUGUST EVENTS

- 2nd-Ageless Grace Class-10:45 am
- 9th-Ageless Grace Class-10:45 am
- 11th-Blood Pressure Checks-10:00-11:00 am -Mary Williams, RN
- 12th-Agrace- "New Adult Day Care"-10:15 am- Molly Dean
- 16th-Ageless Grace Class-10:45 am
- 19th-Lunch Outing-Olive Garden- RSVP to Senior Center
- 27th-BINGO-12:30 pm sponsored by FINKS CAFÉ

SAGE (Advocacy & Services for LGBTQ Elders) National Hotline- Talk and be heard. Members of the LGBTQ community are likely to live alone and feel isolated. Through this hotline, anyone with a phone can connect to an LGBTQ responder who is friendly, knowledgeable and ready to listen. If you are an LGBTQ Elder or care for one, call the "SAGE" hotline toll free at 1-877-360-5428, available 24/7 in English or Spanish, with translations in 180 languages. The hotline is managed by United Way Worldwide. Responders are certified in crisis response, offer support without judgement, answer questions factually and confidentially and provide information about community support resources such as healthcare, transportation, counseling, legal services and emotional support.

THANK YOU to Gerry Krantz and Donna Skogen for fresh eggs Lynn Messinger for fresh produce from the Community Garden, Jerilyn Faltz for kitchen supplies, Bingo prizes and treats for home delivered meals, to Peggy Starr for copy machine, Miller Foods for a monetary donation, to Jean Hanson for treats for home delivered meals and for Dave Zoromski for fresh veggies.

WISH LIST: Copy machine paper, paper towels and Decaf-coffee

## 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  
**Nutritional 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.



## AUGUST 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Meat Sauce Spaghetti Noodles Wax beans Peas Peaches Brownie . <b>MO – Marinara sauce</b> <b>NCS – SF COOKIE</b></p>	<p><b>3</b> *Pork Loin in Gravy . Mashed Potatoes Mixed Green Salad Dressing – WW Bread/Butter Mandarin Oranges Apple Crisp . <b>MO – Veggie Meatballs</b> <b>NCS – Spiced Apples</b></p>	<p><b>4</b> Cheeseburger: Beef Patty WW Bun – American Cheese Lettuce/tom. slice . Ketchup/mustard Green Beans Potato Salad Fruit Cocktail Lemon Italian Ice <b>MO – Black Bean Burger</b> <b>NCS – SF ice cream</b></p>	<p><b>5</b> Bone-in BBQ Chicken Baked Sweet Potato . WW Bread Butter Banana Dreamsicle whip <b>MO – BBQ Veggie Chicken</b> <b>NCS – SF PUDDING</b></p>	<p><b>6</b> Greek Chicken Pasta Salad #8 -Carrot Raisin Salad -4 bean salad Pineapple Strawberry Jell-o  <b>MO – Veggie Pasta Salad</b> <b>NCS – SF Jello</b></p>
<p><b>9</b> Fish Sandwich: Breaded Fillet WW Bun. Cheese. <b>NAS – no cheese</b> Tartar Sauce Yams Pea salad Pears Banana Bars <b>MO – Hummus/Pita</b> <b>NCS – SF Cookie</b></p>	<p><b>10</b> *Meatballs in Marinara Over Penne Broccoli Salad Banana Cheesecake Brownie  <b>MO – Veggie Meatballs</b> <b>NCS – SF Pudding</b></p>	<p><b>11</b> Sausage Veggie Egg Bake Fruit Cup Hash Brown Patty Orange Juice Cinnamon Raisin Bread/ Butter  <b>MO – Veggie Egg Bake</b> <b>NCS – N/A</b></p>	<p><b>12</b> *Pizza Pasta Dinner Roll/Butter Broccoli Peaches Marble Loaf Cake .  <b>MO – Veggie Pizza Pasta</b> <b>NCS – Orange</b></p>	<p><b>13</b> *BBQ Pulled Pork on a WW Bun Oven roasted potatoes Carrots Diced Melon Mix Strawberry Pie  <b>MO – Garden Burger</b> <b>NCS – SF JELLO</b></p>
<p><b>16</b> Chicken Strips. Honey Mustard Sauce Rstd. Brussel Sprouts 3 Bean Salad - <b>NAS – steamed peas</b> Dinner Roll/Butter Mixed Fruit Rainbow Sherbet Cup  <b>MO – Veg. Chicken Strips</b> <b>NCS – SF Ice Cream</b></p>	<p><b>17</b> *Brat Coney Bun Mustard Stewed tomatoes Coleslaw Applesauce Lemon Bar  <b>MO – Veggie Dog</b> <b>NCS – SF Pudding</b></p>	<p><b>18</b> -Tuna Salad - on bed of lettuce - Sicilian Pasta Salad - Corn Salad (creamy) Fruit Cup CC Cookie  <b>MO – Egg Salad</b> <b>NCS – SF COOKIE</b></p>	<p><b>19</b> Sloppy Joe on WW Bun. Kidney Bean Salad Mixed Vegetable Banana Frosted Strawberry Cake  <b>MO – Chickpea Joe</b> <b>NCS– SF Jello</b></p>	<p><b>20</b> Honey Bkd. Chicken Broccoli Yams Macaroni Salad Pears Vanilla Ice Cream Cup  <b>MO – Hummus Wrap</b> <b>NCS – SF Ice Cream</b></p>
<p><b>23</b> *BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner Roll/butter Mandarin Oranges Lemon bar  <b>MO – BBQ Veggie Meatballs</b> <b>NCS – SF Jello</b></p>	<p><b>24</b> -Chicken Caesar Salad: - Lettuce - Grilled Chicken - Parmesan - croutons - Caesar dressing - Copper Penny salad Apple sauce Rice Pudding  <b>MO – Veggie Wrap</b> <b>NCS – SF Pudding</b></p>	<p><b>25</b> Chicken a la King Brown Rice Green Beans Corn Salad Fruit Cocktail Raspberry Sherbet Cup  <b>MO – Soy a la King</b> <b>NCS – SF ICE CREAM</b></p>	<p><b>26</b> Taco Pasta Casserole Broccoli Cauliflower Peaches Blueberry Crisp  <b>MO – Black Beans and Rice</b> <b>NCS – SF Cookie</b></p>	<p><b>27</b> *Italian Sausage with pepper and onion Coney Bun Roasted potatoes Stewed Tomatoes Cuties or Mandarin Orange Cherry Italian Ice  <b>MO – Veggie Dog</b> <b>NCS – SF Ice Cream</b></p>
<p><b>30</b> Chicken Broccoli Rice Cas- serole – Carrot Coins Black Eyed Pea Salad Tropical Fruit Glazed Lemon Loaf Cake – .  <b>MO – Pita and Hummus</b> <b>NCS – SF COOKIE</b></p>	<p><b>31</b> - *Tuscan Tortellini Pasta (cold) - Mixed greens Dressing Dinner roll/butter Mixed Fruit Chocolate Pudding Cup  <b>MO – Veggie Tortellini Pasta</b> <b>NCS – SF PUDDING</b></p>		<p><b>MO - Meatless Op- tion</b> <b>NCS - No Concen- trated Sweets</b> <b>NAS - No Added Salt</b> <b>NAS diet should not be receiving: gravy, ketchup or mustard</b> <b>*s to note what meals contain pork</b></p>	<p>Meals provided by: Dane County Consolidated Food Services Division  All menu items are prepared in kitchen that are not aller- gen-free. We cannot guaran- tee that food allergens will not be transferred through cross contact. No substitution</p>

## NUTRITION MANAGER'S NOTE:

Do you or a loved one struggle with healthy eating? Has your doctor recommended a diet that you don't understand or one that is too difficult to follow? The Area Agency on Aging of Dane County's Registered Dietician, Shannon Gabriel will talk with seniors over the phone to answer nutrition related questions or difficulties such as severe weight loss, taste and smell changes, difficulty in chewing or swallowing, poor appetite, constipation, heart healthy diet, (limited salt and fat), diabetic diet or older adult nutrition. To learn more about this community resource or to schedule an telephone appointment, contact Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com.

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## Salad Options for August 2021

### Week 1 – 8/6

#### **Chicken Salad**

Shredded lettuce topped with cranberry chicken salad, tomatoes, cucumbers and croutons.

**Dressing:** Balsamic Vinaigrette

**Meal items to be served with this:** pineapple, strawberry jello

### Week 2 – 8/13

#### **Hummus Platter**

Pita wedges, hummus, celery sticks, cherry tomatoes, green pepper strips, and carrot sticks

**Meal items to be served with this:** diced melon mix, strawberry pie

### Week 3 – 8/20

#### **Pork Taco Salad**

Shredded lettuce topped with seasoned shredded pork, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

**Dressing:** n/a

**Meal items to be served with this:** pears, vanilla ice cream

### Week 4 – 8/27

#### **Chef's Salad**

Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg, croutons

**Dressing:** Ranch

**Meal items to be served with this:** cuties/mandarin oranges, cherry Italian ice

## **DIRECTOR'S NOTE:**

We are glad to have our Senior Center doors open again and seeing people we have not seen in 15 months!

Senior Care is Wisconsin's Prescription Drug Program. This plan is for people who are 65+ and qualify income wise. For Level 1, an individual would have to have an income of \$20,608.00 or a couple, \$27,872.00 and then pay \$5.00 for a generic prescription or \$15.00 for a name-brand prescription. For Level 2, an individual would have to have income of \$20,609.00-\$25,760.00 and a couple, \$27,873.00-\$34,840.00 and pay the deductible of \$500.00 per person and then a \$5.00 or \$15.00 co-pay, for Level 3, and individual's income would have to be \$25,761.00-\$30,912.00 or a couple's income would have to be \$34,841.00-\$41,808 and they would have to pay an \$850.00 annual deductible per/person and then the \$5.00 or \$15.00 per prescription. Call the Senior Center for more information.

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

August in National Immunization Month: An updated 2021 tally with the Public Health Madison Dane County on Covid-19 vaccinations show that current estimates of herd immunity are between 60% and 90%. There are over 69% of people in Dane County who are partially vaccinated and over 65% who are fully vaccinated. For people over 65, over 96% of people are partially vaccinated. Medicare continues to cover the Covid-19 vaccination for beneficiaries. You pay nothing for the Covid-19 vaccine. You won't pay a co-pay or deductible and your provider cannot charge an administration fee. Some folks may even be able to get the vaccine in their home, depending where you live. Contact your doctor and ask they are able to give you the vaccine in your home. Call 1-800-MEDICARE for vaccine information in your area.

## AUGUST 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Ageless Grace Class- 10:45 am	<b>3</b> FINKS CAFÉ- 11:00-1:00	<b>4</b> MILLER'S FOOD 10:00 AM  EUCHRE- 12:30 PM	<b>5</b>	<b>6</b>
<b>9</b> AGELESS GRACE Class-10:45 am	<b>10</b> FINKS CAFÉ- 11:00-1:00	<b>11</b> MILLER'S FOOD 10:00 AM  BLOOD PRESSURE CHECKS- 10-11AM EUCHRE- 12:30 PM	<b>12</b> SHOPPING TRIP- DODGEVILLE-9:30 AM	<b>13</b>
<b>16</b> AGELESS GRACE CLASS- 10:45 AM	<b>17</b> FINKS CAFÉ 11:00-1:00	<b>18</b> MILLER'S FOOD 10:00 AM  EUCHRE-12:30 PM	<b>19</b>  LUNCH OUTING- OLIVE GARDEN 10:00 AM	<b>20</b>
<b>23</b>	<b>24</b> FINKS CAFÉ 11:00-1:00	<b>25</b> MILLER'S FOOD 10:00 AM  EUCHRE-12:30 PM	<b>26</b> SHOPPING TRIP- DODGEVILLE -9:30 AM	<b>27</b> Bingo- 12:30 pm
<b>30</b>	<b>31</b>			

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

## MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Wednesday, Thursday and Friday at 11:15 am. Home-delivered meals will continue Monday through Friday. Please call 437-6902 to make a reservation or to cancel two days in advance. The suggested minimum donation for those 60+ is \$4.00/meal.

Finks Café is serving the “My Meal My Way” on Tuesdays from 11:00 am-1:00 pm. Reservations are not needed. The suggested minimum donation for those 60+ is \$4.00/meal and one meal per person.

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## 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 Driver Escort Program will be resuming slowly. Please call Patsy Byrnes at 437-2518 for a medical ride. She will let try to arrange for transportation to a medical appointment, but it is not be guaranteed due to the small number of volunteer drivers. Thank you for your patience and cooperation.

Seniors who are on Medical Assistance (Medicaid) and need a medical ride, should call MTM at 1-866-907-1493.

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**WHY IS A SUNDAE CALLED A SUNDAE? NEW YORK AND WISCONSIN HAVE LONG –DEBATED CLAIMS OVER THE ORIGIN OF THE THIS LATE 1880’S SYRUPY CREATION, BUT IN BOTH ACCOUNTS, IT WAS FIRST SERVED ON SUNDAY, HENCE IT’S NAME.**

**THE FLOAT—PHILLY SODA-SHOP OWNER ROBERT MACKAY GREEN INADVERTENTLY MADE THE FIRST FLOAT IN 1874, WHE HE WAS FORCED TO SUBSTITUTE ICE CREAM FOR REGULAR CREAM IN THE CLASSIC CREAM SODA.**

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

## CARE VAN SERVICE

This service provides rides for Senior Citizens in the Mt. Horeb area. Transportation to meal sites and shopping is on a donation basis. The suggested donation to the meal sites is \$1.00/trip, the suggested donation to the grocery store is \$2.00/trip and the suggested donation for a shopping trip is \$3.00/trip. RSVP to Kris S. at 444-7930 for riding for shopping trips or meals and RSVP to the Senior Center for lunch outings at 437-6902.

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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

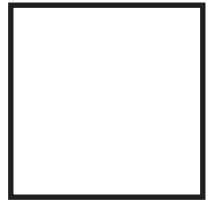
“Neighbors Helping Neighbors” are managing the local Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours for SENIORS ONLY: Friday, 9:00-10:30 am. Hours for everyone; Friday, 3:00-6:00 pm and Saturday, 9:30-11:00 am. The Pantry will now be open for In-House Shopping. The no-contact option is still available. Prepare a shopping list ahead of time, this will be more efficient for all. Masks will be required! Heights Unlimited Service Center in Black Earth (next to the BP station) is a Food Pantry for people in the WI Heights School district and local area. Tues.- 4:00-6:00pm Second Sat.-10:00-11:30 am

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## FOOTCARE WITH RITA STANTON & AMY FOSTER

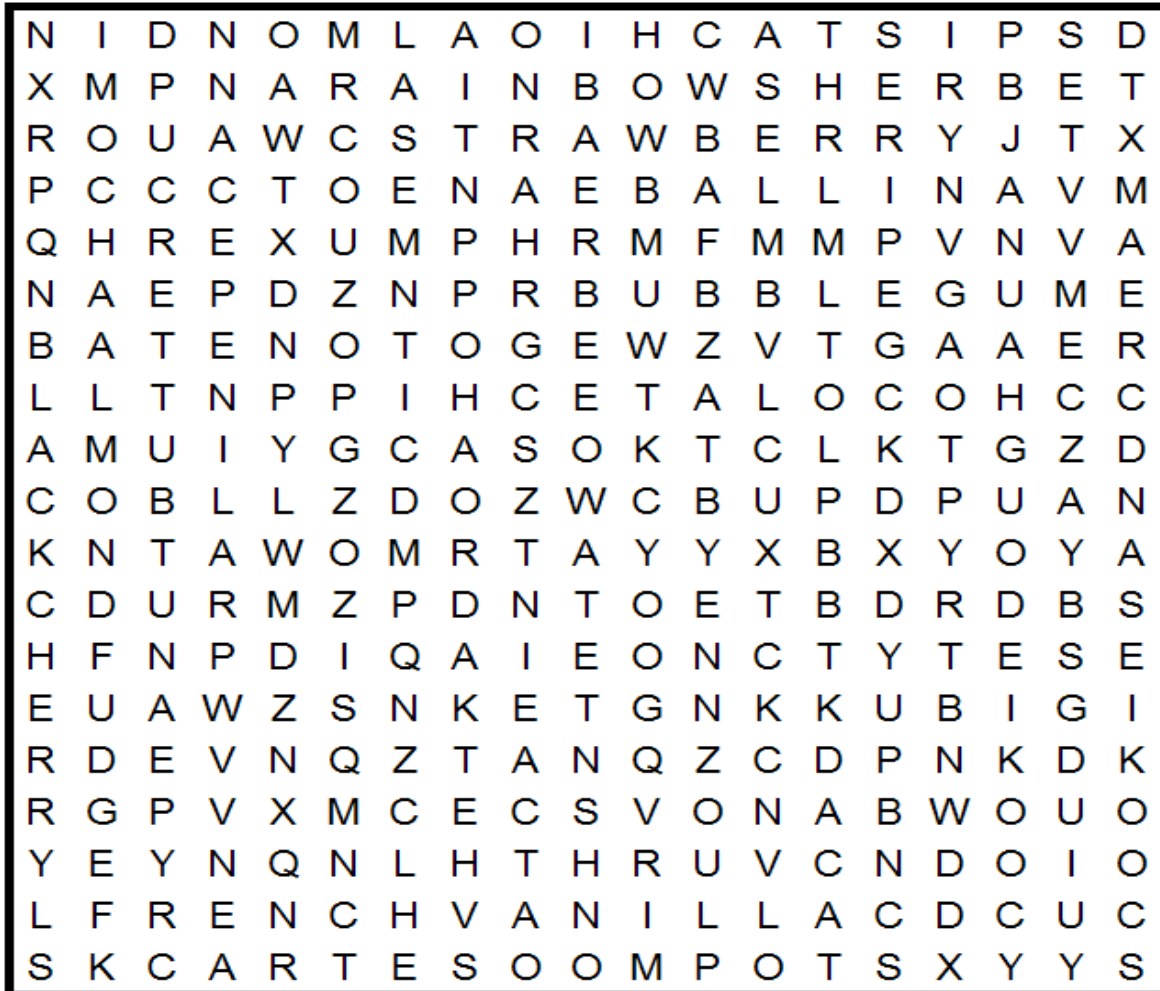
Wednesday, August 18-8:30 am-3:30 pm  
Wednesday, August 25-8:30 am-3:30 pm

The cost is \$25.00/person



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

## ICE CREAM FLAVORS WORD SEARCH PUZZLE



BLACK CHERRY  
BUBBLE GUM  
BUTTER PECAN  
CHOCOLATE CHIP  
COOKIE DOUGH

COOKIES AND CREAM  
COTTON CANDY  
FRENCH VANILLA  
MINT CHIP  
MOCHA ALMOND FUDGE

MOOSE TRACKS  
NEAPOLITAN  
NUTTY COCONUT  
PEANUT BUTTER CUP  
PISTACHIO ALMOND

PRALINE PECAN  
RAINBOW SHERBET  
ROCKY ROAD  
STRAWBERRY  
VANILLA BEAN