

# MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE  
OUTREACH/NUTRITION

DECEMBER 2021 EDITION

## CONTACT US

Mount Horeb Senior Center

107 North Grove Street  
Mount Horeb, WI 53572

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Hours: ... 8:30 am - 5:00 pm (M-F)

E-Mail:

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Director: .....Lynn Forshaug

Case Manager: Mary Kay Sutter

Nutrition Manager: Alexis Cox

## \* EVENTS FOR DECEMBER\*

**3-HOLIDAY TEA- 1:00PM RSVP BY 12/1**

**6-TAI CHI-1:00PM**

**9-SHOPPING TRIP TO WALMART- RSVP AT 608-444-7930**

**13-CARD MAKING- 9:00- 1:00- 8 CARDS/\$20.00 RSVP  
TO STACEY AT 608-279-6108 BY 12/6**

**13-TAI CHI- 1:00PM**

**16-LUNCH OUTING- 10:00 AM LONGHORN STEAKHOUSE**

**17-BINGO- 12:30 PM-SPONSORED BY MILLER'S**

**20-HOLIDAY SING ALONG 1:00 PM**

**23 & 24- CLOSED FOR CHRISTMAS HOLIDAY**

**25-MERRY CHRISTMAS**

**30-NEW YEAR'S EVE PIZZA PARTY- 12:30 PM RSVP BY  
12/27**

The Social Security Administration announced the COLA (Cost of Living Adjustment) for 2022 will be 5.9%, the largest increase since 1982. The average recipient will see a \$92.00 monthly increase over 2021.

“Welcome to Medicare” Seminar– January 22, 2022 9-11:30 am  
If you are turning 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs. This seminar is provided by the Area Agency on Aging of Dane County's Elder Benefits Specialist Program.  
Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by 1/13/22.

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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.



Thank You to Gerry Krantz & Donna Skogen for eggs, to Ingleside for November Bingo, to Jean Hanson & Jack Booth for Halloween Treat Bags, to Vicki Sutter and Mary Ann Nelson for paper towels to Chris Ballweg for Bingo prizes and to the Shirley Martinson Family for a Memorial.

## DECEMBER 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<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 <b>NO SUBSTITUTIONS ARE ALLOWED.</b></p>	<p><b>VO</b>– Vegetarian Option <b>NCS</b>– No Concentrated Sweets <b>NAS</b>– No added Salt <b>NAS</b> diet should not be receiving gravy, ketchup or mustard * to note what meals contain pork</p>	<p style="text-align: center;"><b>1</b></p> <p>*Italian Sausage <b>NAS</b> – chicken breast Coney Bun Roasted potatoes Stewed Tomatoes Mandarin Orange Vanilla Ice Cream Cup <b>MO</b> – Veggie Dog <b>NCS</b> – SF ICE CREAM</p>	<p style="text-align: center;"><b>2</b></p> <p>Chicken Broccoli Rice Cass. Carrot Coins Chickpea Salad Tropical Fruit Glzd. Lemon Loaf Cake</p> <p><b>MO</b> – Veggie Brocc. Cass. <b>NCS</b> – SF COOKIE</p>	<p style="text-align: center;"><b>3</b></p> <p>*Meatballs in gravy Mashed potatoes Mixed greens Dressing WW Dinner roll/butter Mixed Fruit Choc. Pudding Cup <b>MO</b> – Veggie Meatballs <b>NCS</b> – SF Pudding</p>
<p style="text-align: center;"><b>6</b></p> <p>Bone-in Garlic Parm. Chicken Stewed tomatoes Spinach Casserole WW Bread/Butter Peaches Lemon Bar <b>MO</b> – Black Bean Burger <b>NCS</b> – SF Cookie</p>	<p style="text-align: center;"><b>7</b></p> <p>Beef Stew Biscuit Corn Chunky Apple Sauce Banana Bar <b>MO</b> – Veggie Stew <b>NCS</b> – Banana</p>	<p style="text-align: center;"><b>8</b></p> <p>Sausage Veg. Egg Bake Fruit Cup Oven Roasted potatoes Orange Juice Cinnamon Raisin Bread Butter <b>MO</b> – Veggie Egg Bake <b>NCS</b> – N/A</p>	<p style="text-align: center;"><b>9</b></p> <p>Chicken Strips Honey Mustard Sauce Stmd Brussel Sprouts Calico Beans <b>NAS</b> – steamed peas WW Dinner roll/butter Pineapple tidbits Sugar Cookie <b>MO</b> – Veggie Chicken <b>NCS</b> – SF cookie</p>	<p style="text-align: center;"><b>10</b></p> <p>Pot Roast in Gravy Garlic Herb Mashed Potatoes Carrots Mixed Fruit WW Dinner Roll/butter Frosted Pumpkin Bar</p> <p><b>MO</b> – Garden Burger <b>NCS</b> – SF Pudding</p>
<p style="text-align: center;"><b>13</b></p> <p>*Ham &amp; Potato Casserole WW Dinner Roll/Butter Peas Peaches Strawberry jell-o w/pears <b>MO</b> – Veggie &amp; potato casserole <b>NCS</b> – SF jell-o</p>	<p style="text-align: center;"><b>14</b></p> <p>Chicken and Gravy (NAS to omit gravy) Over White bread Carrots Broccoli Orange Carnival Cookie <b>MO</b> – Veggie Chicken in gravy <b>NCS</b> – SF Cookie</p>	<p style="text-align: center;"><b>15</b></p> <p>Sloppy Joe on WW Bun Potato Salad Mixed Vegetable Banana Frosted Strawberry Cake</p> <p><b>MO</b> – Chickpea Joe <b>NCS</b> – SF jell-o</p>	<p style="text-align: center;"><b>16</b></p> <p>*BBQ Ribs Cheesy Potatoes Pickled Beets WW Dinner roll/butter Warm spiced pears</p> <p><b>MO</b> – BBQ multigrain burger <b>NCS</b> – n/a</p>	<p style="text-align: center;"><b>17</b></p> <p>Roast Beef in Gravy Mashed Potatoes Green Bean Casserole Mandarin Oranges Croissant/butter Cherry pie</p> <p><b>MO</b> – Veggie Meatballs <b>NCS</b> – SF Cherry Pie</p>
<p style="text-align: center;"><b>20</b></p> <p>Chicken Stew Mixed Greens Dressing Crackers Copper Penny Salad Pears Chocolate Pudding <b>MO</b> – Veggie stew <b>NCS</b> – SF Pudding</p>	<p style="text-align: center;"><b>21</b></p> <p>*Pork Loin in Gravy Cranberry stuffing Yam Bake California Vegetables Apple Sauce Chocolate Pie <b>MO</b> – Hummus Wrap <b>NCS</b> – SF chocolate pie</p>	<p style="text-align: center;"><b>22</b></p> <p>Cheeseburger: Beef Patty WW Bun Am. Cheese (NAS to omit) Ketchup/mustard Calico Beans Potato Salad Fruit Cocktail Candy cookie <b>MO</b> – Garden Burger <b>NCS</b> – SF Cookie</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>CLOSED FOR CHRISTMAS</b></p>	<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;"><b>CLOSED FOR CHRISTMAS</b></p> <div style="text-align: center;">  </div>
<p style="text-align: center;"><b>27</b></p> <p>Fish Sandwich: Breaded Fillet WW Bun Cheese (NAS to omit) Tartar Sauce Yams Peas Pears Frosted Choc. Banana Cake – <b>MO</b> – Hummus Wrap <b>NCS</b> – BANANA</p>	<p style="text-align: center;"><b>28</b></p> <p>Rstc. Tom. Bean Soup WW Dinner roll/butter Caesar Salad: - Lettuce - shaved Parm. (NAS to omit) - homemade WW croutons Caesar Dressing Pineapple Strawberry Jell-o <b>MO</b> – Veggie Bean soup <b>NCS</b> – SF jell-o</p>	<p style="text-align: center;"><b>29</b></p> <p>Bone-in BBQ Chicken Baked Potato WW Bread Butter Banana Apple Crisp <b>MO</b> – BBQ veggie chicken <b>NCS</b> – Spiced Apples</p>	<p style="text-align: center;"><b>30</b></p> <p>Traditional Meatloaf Baked Potato Casserole Broccoli White Bread/Butter Chunky Applesauce <b>MO</b> – Veggie Meatballs <b>NCS</b> – n/a</p>	<p style="text-align: center;"><b>31</b></p> <p>Meat Sauce Spaghetti Noodles Carrots Mixed Green Salad Dressing Peaches Brownie <b>MO</b> – Marinara Sauce <b>NCS</b> – SF Cookie</p>

## NUTRITION MANAGER'S NOTE:

SALADS: 12/3– Tuna Salad: Mixed greens topped with tuna, tomato, and cucumber dinner roll/butter, mixed fruit and chocolate pudding cup

12/10– Beef Taco Salad: Shredded lettuce topped with seasoned ground beef, corn, cheese, salsa, black olives, sour cream and tortilla strips., dinner roll/butter, mixed fruit and pumpkin bar

12/17– Chicken Cranberry Bacon Bleu Salad: Mixed greens topped with diced chicken, bacon crumble, dried cranberries and bleu cheese crumbles. with Balsamic vinaigrette, mandarin oranges croissant/butter and cherry pie

12/4 -Site Closed

12/31- Site Closed

WINTER MEAL CLOSINGS REMINDER:  
With Winter coming, a reminder that when the Mt. Horeb School District is closed due to severe or cold weather, there will be no congregate or home-delivered meals. The Senior Center will be closed for programs. School closings will be announced on local radio and TV stations early in the morning.

### Cranberry Nut Bars

2 eggs

1 med. mashed banana

1 c. sugar

1/3 c. canola oil

1 c. flour, mix all together and add:

1 1/4 c. fresh chopped cranberries

1/2 c. chopped walnut– spread into a greased 9X9 pan and bake for 35-45 minutes at 350.

## **DIRECTOR'S NOTE:**

The Holiday Season is upon us! Each year, we wonder where the time has gone, since it seems to go faster every year. This has been a long and challenging year! Take time to enjoy the Holidays safely. Call or send a card to someone who lives alone. This is also a time to be thankful for all we have received throughout the year. Thanks to Dane County Consolidated Foods in Verona for preparing and delivering delicious meals to thousands of seniors in Dane County throughout this pandemic, to all of our volunteers who packaged and delivered these meals, to Millers Supermarket for delivering groceries to local seniors and being open for the community, to Dane County and the Villages of Blue Mounds and Mt. Horeb and the Towns of Blue Mounds, Perry, Primrose and Springdale for supporting our services for seniors. May 2022 bring a new and safe normal for everyone! Happy Holidays!

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

The Medicare D Open Enrollment will end on December 7, 2021. Appointments will be available through Dec. 6, 2021. Call for more information or appointment.

December 5-11, 2021 is National Influenza Vaccination Week. The CDC recommends that anyone over the age of 6 months get the flu vaccination. Getting vaccinated is especially important for those who are at a high risk of experiencing flu-related complications. These groups of people, among others, can include adults over the age of 65, those with asthma, diabetes, HIV/AIDS, cancer and heart disease. If these people get the flu, they are at high risk of getting other illnesses. These include pneumonia, bronchitis and sinus infections. Medicare B will cover one flu shot per season, which can run from early September to as late as January. This shot also prevents spreading influenza.

## DECEMBER 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Miller's 10:00  Euchre-12:30	2	3 Holiday Tea Party- 1:00
6 Tai Chi -1:00	7 Finks Café 11:00-1:00	8 Miller's Food- 10:00 Blood Pressure Check-10:00-11:00 Euchre- 12:30 pm	9  <b>SHOPPING TRIP- 10:00</b>	1
13 Card Making- 9:00-1:00  Tai Chi-1:00 pm	14  <b>FINKS CAFÉ 11:00- 1:00</b>	15  <b>Miller's Food- 10:00</b>  <b>Euchre- 12:30 pm</b>	16 <b>LUNCH OUTING 10:00</b>	17 <b>HOLIDAY BINGO 12:30 PM</b>
20  <b>HOLIDAY SING ALONG 11:45</b>	21  <b>FINKS CAFÉ 11:00-1:00</b>	22  Miller's Food-10:00  Euchre- 12:30 pm	23  <b>CLOSED FOR CHRISTMAS</b>	24 Closed for Christmas
27	28  Finks Café 11:00-1:00	29 <b>Miller's Food- 10:00</b>  <b>Euchre- 12:30 pm</b>	30 <b>New Year's Eve Pizza Par- ty 12:00 noon</b>	31

# 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 are offered Monday through Friday. A Salad Meal is offered. Call 608-437-6902 to reserve or cancel a meal two days in advance. The suggested minimum donation is \$4.00/meal for those 60+.

Fink's Café is serving "My Meal My Way" on Tuesday from 11:00 am-1:00 pm. No reservations needed. The suggested minimum donation is also \$4.00/meal.

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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 RSVP Driver Escort Program is open and more Volunteers are currently being recruited. All Driver Escorts and passengers must now be vaccinated. Please call Patsy Byrnes at 608-437-6902 to reserve a ride for a medical appointment. Masks are required!

Seniors who are on Medicaid and need transportation to a medical appointment, should call 1-866-907-1493.

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## MILLER AND SONS

Seniors are welcome to order groceries from Miller's on Monday, Tuesday, Wednesday by 12:00 noon. Call 608-437-3801 to order. The groceries are delivered on Thursday. \$15.00 minimum order.

Miller's donates food to the Senior Center every Wed. at 10:00 am. The number system is used. Monetary donation can be made at Miller's for the Senior Center.

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

## CARE VAN SERVICE

Care Van Service provides rides for Seniors in the Mt. Horeb Area. Transportation to meal sites, shopping and outings is on a donation basis. The donation to ride to the meal site is \$1.00/round trip and for lunch or shopping trips, \$3.00/round trip. Please call Kris at 608-444-7930 to go shopping or to come to Finks Café or the congregate meal site. Call the Senior Center at 608-437-6902 to go out for lunch outings or bus trips.

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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 Pantry

\* “Neighbors Helping Neighbors” are managing the Mt. Horeb 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: 3:00-6:00pm and Saturday 9:30-11:30 am. There is now in-house shopping.

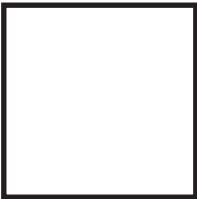
\* Ruby’s Pantry— 2nd Tuesday of each month 4:00-5:30pm. at New Hope Evang. Free Church, 639 8th St. \$22.00/family.

## FOOTCARE CLINIC WITH Amy Foster

**December 15– 9:00 am - 4:00 pm**

**December 22 - 9:00 am - 4:00 pm**

**Call for an appt. at 437-6902**



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

# CHRISTMAS WORD SEARCH 2

Find words associated with the Christmas season hidden in the puzzle below. They are hiding forwards, backwards, up, down, and diagonally. As you find the words, cross them off the word list. The remaining letters, reading left to right, top to bottom, spell out the title of a popular Christmas song. Write the title in the circles provided.

## WORD LIST

- BELLS
- BOUGH
- BOXES
- CHEER
- CHRISTMAS TREE
- EGGNOG
- GIFTS
- GREEN
- LIGHTS
- LIST
- MYRRH
- PEACE
- POINSETTIAS
- RED
- SACK
- SANTA
- SEASON
- SHOPPING
- SLEIGH
- STOCKING
- TIDINGS
- TOYS
- WRAPPING PAPER
- YULE

A	T	S
D	E	R

## SONG TITLE

○○○○ ○○○○○○○○ ○ ○○○○○  
 ○○○○○○ ○○○○○○○○○