



FEBRUARY 2018 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 Note.....2  
 Salad Menu.....2  
 Nutrition, Wellness, Programs,  
 Support, & Services.....3  
 Meal Menu.....4  
 Activities Calendar.....5  
 Word Search.....6

**HAPPY  
VALENTINES  
DAY!**

**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](mailto:swdaneoutreach@mounthorebwi.info)**

**Director: Lynn Forshaug**

**Case Manager: Carrie Reese**

**Nutrition Managers:**

**Mary Mackler**

**Pat MacLean**

**February 1 - Knitting/Crocheting - 12:30 pm**

**February 5 - Helping Hands - 9:30 am**

**February 8 - Cooking Group - 1:00 pm Valentine Potluck**

**February 12 - Choices & Wishes - (POA Health Care) -  
by Agrace Hospice 10:30 am**

**February 13 - Mardi Gras Party - 12:30 am - Music by Bill &  
Colleen Foley**

**February 14 - Valentine’s Day**

**February 15 - Lunch Outing - Longhorn’s - West Town  
Bus leaving at 10:30 am  
- Knitting/Crocheting - 12:30 pm**

**February 19 - Helping Hands - 9:30 am**

**February 22 - SMP (Kevin Brown - Senior Medical Patrol)  
Preventing Medicare Fraud - 10:30 am  
(12 participants preferred)**

**February 23 - BINGO - 12:30 pm sponsored by Ingleside**

**February 26 - Greeting Card Workshop - 1:00 pm  
RSVP by February 19 at 437-6902**

**AARP Tax Schedule:** Free tax assistance for people who use the basic State and Federal tax forms will be available at the Mt. Horeb Senior Center on Fridays, March 2nd and 16th from 9:30 am – 2:00 pm. To make an appointment, call the Senior Center at 437-6902. Remember to bring along these items; copies of 2017 federal and state returns, all W-2 forms if employed in 2017, SSA-1099 showing Social Security and SSI benefits, all 1099 interest/dividend forms, pension and annuity forms. These forms will be prepared by trained professionals through AARP.

**Bad Weather Alert:** This is a reminder that when the Mt. Horeb School District is closed due to severe weather, there will be no congregate meals at the Senior Center or Finks Café and no home-delivered meals. In addition, the Senior Center will be closed for the day and activities planned for that day will be postponed or cancelled. The staff will check phone messages throughout the day if they are not able to get into the Center. School closings are announced on the local TV and radio stations starting early in the morning.

**THANK YOU**

Thank you to all who donated stamps, Bingo prizes, paper products. Thank you to “BrightStar” Home Health agency for sponsoring Bingo.

**Wish List:** Large #10 white envelopes, paper towels, dishwasher soap, black and red thin markers.

## **DIRECTOR'S NOTE: LYNN FORSHAUG**

New Phone Scam: (By GWAAR Legal Services Team) Quartz is the new HMO (Health Maintenance Organization) that will be providing services for BadgerCare Plus members starting January 1, 2018. Please be aware that spam phone calls are being made using the Quartz name. If you get a phone call from someone saying they are from Quartz and asking for personal and or financial information, hang up right away. Do not provide any personal or financial information. If you want more information, you can call Quartz at 1-800-363-3310. It important to remember that if you are getting health care benefits through the Dept. of Health Services, they will not call you asking for this information.

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

Medicare Hospice Benefits (By GWAAR Legal Services Team): Hospice Care focuses on comfort, symptom control and pain relief for people with a life-limiting illness. A person is eligible for hospice benefits under Medicare if he or she has a life expectancy of six months or less, as certified by a doctor. The person must also be enrolled in Medicare A to be eligible for Hospice benefits to be paid for by Medicare. By choosing Hospice, a patient acknowledges that Medicare will no longer cover treatment or medications intended to cure a person's terminal illness. A person can remain in hospice longer than six months if their medical provider recertifies that the person remains terminally ill. Likewise a person can opt-out of Hospice care anytime. The Medicare Hospice benefit includes a comprehensive care team consisting of a doctor, nurse, social worker, physical and occupational therapist, counselors, hospice aides, chaplains, and volunteers. Other benefits include 24/7 crisis response, respite care, durable medical equipment and supplies, prescription drugs for symptom control and pain relief and grief counseling. Hospice care is generally provided in a person's home. Room and board is not a covered benefit under hospice. A person who requires inpatient care in a nursing home or other care setting needs to pay privately or apply for Medicaid. An exemption to this rule is the 5 day caregiver respite benefit, which provides inpatient care on an occasional basis.

## **NUTRITION NOTE**

February is Healthy Heart Month: The keys to a healthy heart is proper diet, exercise and preventative medical care. The diet is simple; 3 meals/day and snacks 1,400 or 1,500 calories/day. Eat plenty of fruits and vegetables. Limit fat to 30% of daily calories (about 50 grams) and limit saturated fats as well as coconut and palm oil (about 17 grams). Limit foods high in cholesterol. These can include fried foods, processed foods, stick margarine, animal products, some dairy products, eggs, etc.

Sodium use should be no more than 2,300 mg. or 1 tsp. daily. Foods with high antioxidants are beneficial and include tomatoes, snap peas, spinach, onions, peppers, mushrooms, cucumbers, cauliflower, cabbage, beans, berries, melons, oranges, apples etc. You should also know your numbers. Blood pressure should be 130/80, Blood Sugar after fasting should be under 100, total cholesterol should be under 200: LDL (bad) cholesterol should be 130 or less and HDL (good) cholesterol should be 50 or greater for a woman and 45 or greater for men.

## **SALADS**

### **Week 1 – 02/02**

**Chef's Salad: Mixed Greens topped with deli ham & turkey, Swiss cheese, sliced green pepper, tomatoes, a hard boiled egg**

**Dressing: Ranch**

**Meal items to be served with this: MG Bread w/butter, Pumpkin pie**

### **Week 2 – 02/09**

**Chicken Salad: Shredded lettuce topped with Cranberry pecan chicken salad, tomatoes, cucumbers and croutons.**

**Dressing: Balsamic Vinaigrette**

**Meal items to be served with this: Banana, Chocolate chip cookie**

### **Week 3 – 02/16**

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

**Dressing: None**

**Meal items to be served with this: Apple sauce, strawberry Jell-o with pears**

### **Week 4 – 02/23**

**Hummus Plate: Hummus served with pita, cucumber slices, tomatoes, celery sticks and sliced green peppers.**

**Dressing: None**

**Meal items to be served with this: Banana, Coconut Cream Pie**

Salads are sent premade and packaged for delivery. There will be no omissions or substitutions for salad ingredients

# NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES

## MEALS

STARTING JUNE 1ST, RESERVATIONS AND OR CANCELLATIONS ARE REQUIRED FOR MEALS BY NOON THE DAY BEFORE. NO EXCEPTIONS!

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 \$10.23 for congregate and \$8.54 for home delivered.

Daily Congregate meals served at 11:15am on Monday, Tuesday, Thursday, and Friday.

Wednesday meals are served at Fink's Café from 9:00 am -1:00 pm. No reservations are needed for Fink's Café.

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. (11010 Blackhawk Dr. (off Hwy. F) Blue Mounds, WI)

**Mount Horeb:** Open 9:00-11:00am on the third Wednesday of each month. Also open every Monday from 5:00-7:00pm and every Saturday from 10:00 am-12:00pm. This is open to all Senior Citizens in the Mount Horeb area. (102 E. Lincoln St. Mt. Horeb, WI 437-7887)

The Heights Unlimited Service Center in Black Earth will be providing the Food Pantry and a Clothes Closet for people in the Wisconsin Heights School District and surrounding communities. The Pantry will be open every Tuesday from 4:30 - 6:00 pm and the second Saturday of the month from 10:00 - 11:30am. The Pantry is located behind the Children's Museum in Black Earth.

Springdale Lutheran Church - Clothing Connection will be open every Thursday and the 3rd Saturday of each month from 9:00am to Noon. (2752 Town Hall Rd. Mt. Horeb, WI)

**Note:** Please bring your own boxes & bags!

## FOOTCARE CLINICS WITH RITA

**Wednesday, February 21st:** 8:30-11:30am

**Tuesday, February 27th:** 12:30-3:30pm

**Wednesday, February 28th:** 8:30-11:30am

Please call 437-6902 to schedule 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, eye, 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, Dodgeville Walmart shopping on the 2nd Thursday and Madison Walmart shopping on the fourth Thursday, suggested fare for this trip is \$3.00 round trip. Will include shopping and lunch.** Please call Care Van Service to schedule a ride at 437-8989.

## MILLER & SON'S

Seniors are welcome to order groceries from Miller and Sons on Monday, Tuesday or Wednesday by noon. The groceries are then delivered on Thursdays. Call 437-3081 to order. There is a \$15.00 minimum order.

Food Donations are delivered to the Center on Mondays, Wednesdays & Fridays at 10:00am.

Number system is used.

## FEBRUARY 2018 MENU

			Thursday 1	Friday 2
			Hungarian Goulash w/Macaroni Noodles Roasted Garlic Lemon Broccoli Kidney Bean Salad Diced Peaches Pound Cake VO – Black Bean Burger NCS – SF Jell-O	Oven Roasted Chicken Breast ½ Baked Sweet Potato w/Butter Peas MG Bread w/Butter Pumpkin Pie VO – Egg Bake NCS - Apple
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Pizza Casserole* Spinach Peaches WW Dinner Roll w/ Butter Brownie VO – Veggie Pizza Cas- serole NCS –SF Ice Cream	Lemon Baked Fish Tartar Sauce ½ Baked Potato w/Butter & Sour Cream Peas Apricot WW Bread Tapioca Pudding Cup VO – Veggie Burger NCS – SF Pudding	Chicken Parmesan Casserole Fresh Mixed Greens Ranch Dressing Dinner Roll w/Butter Cherry Cobbler VO – Pasta w/Tomato Sauce and Mozzarella NCS – Diced Peaches	Homemade Chili Corn Salad Corn Bread Lime Jell-O w/Fruit Cocktail M&M Cookie NCS – Fruit Cup VO – Red Beans and Rice	Chicken Enchilada Casserole Fiesta Black Beans Mandarin Oranges Banana Chocolate Chip Cookie VO – Veggie Enchiladas NCS – Fruit cup
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Cheeseburger on WW Bun Lettuce Leaf Ketchup Calico Beans Carrots Apple Juice Cup Pineapple Fluff VO – Black Bean Burger NCS – SF Pudding	Italian Sausage* w/Peppers & Onions Stewed Tomatoes Seasoned Oven Roasted Potatoes WW Bread w/Butter Orange Chocolate Cake w/Frosting VO – Veggie Dog NCS – SF Cookie Packet	Baked Fish Au Gratin Potatoes Peas Mini Croissant w/Butter Mandarin Oranges Red Velvet Cake w/ Frosting VO – Veggie Wrap NCS - Pineapple	Traditional Meatloaf* Garlic Mashed Potatoes Broccoli Pineapple WW Bread w/Butter Peanut Butter Cookie VO – Veggie Meatballs NCS – SF Jell-O	Open Faced Chicken & Gravy Sandwich Mixed Vegetables Apple Sauce Strawberry Jell-O w/ Pears VO – Veggie Burger NCS – Mandarin Oranges
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Meat Sauce Spaghetti Noodles Bread Stick w/Butter Corn Diced Peaches Vanilla Pudding VO – Soy Meat Sauce NCS – Apple	Chicken a la King Brown Rice Fresh Mixed Greens French Dressing Pickled Beets Mandarin Orange Chocolate Chip Cookie VO – Soy a la King NCS –SF Ice Cream	Green Pepper Soup Kidney Bean Salad WW Bread w/Butter Banana Chocolate Pudding VO – Hummus Wrap NCS –Diced Peaches	Meatballs in Gravy* Oven Roasted Potatoes Fresh Mixed Greens French Dressing MG Bread w/Butter Fruit cup Carrot Cake VO – Veggie Meatballs NCS – SF Cookie Packet	Baked Chicken on the Bone Caribbean Rice Tropical Fruit Bananas Coconut Cream Pie VO – Garden Burger NCS – SF Pudding
Monday 26	Tuesday 27	Wednesday 28	Meals provided by: <b>DANE COUNTY CONSOLIDATED FOOD                      SERVICES DIVISION</b>  All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.  *contains pork	
Baked Mostaccioli Bread Stick w/Butter Spinach Diced Peaches Oatmeal Cookie VO – Veggie Mostac- cioli NCS – Fruit Cup	Baked Ham & Pineapple ½ Sweet Potato w/Butter Tossed Salad Ranch Dressing Dinner Roll w/Butter Key Lime Pie VO - Quiche NCS – Mandarin Oranges	Roasted Turkey w/ Gravy Stuffing w/Cranberries Fresh Greens Ranch Dressing Banana Pumpkin Bar VO – Veggie Meatballs NCS –SF Cookie Packet		

## FEBRUARY 2018 ACTIVITY SCHEDULE

	Monday 1	Tuesday 2	Wednesday 3	Thursday 1	Friday 2	Sat. 3
				Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm  Knitting & Crocheting Group: 12:30 pm		
Sun. 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Sat. 10
	Helping Hands: 9:30 am	Massage Therapy: 1:00 pm  Bridge: 1:00 pm  Heights Unlimited Service Center 4:30-6:00 pm	Fink's Restaurant: 9:00am -1:00 pm  Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm  Cooking Group: 1:00 pm  Dodgeville Shopping		
Sun. 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Sat. 17
	Choices and Wishes: 12:30 pm	Mardi Gras Party: 12:30 pm  Memory Cafe: 1:00pm  Heights Unlimited Service Center 4:30-6:00pm	Fink's Restaurant: 9:00 am -1:00 pm  Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm  Lunch Outing: Longhorn Steakhouse: Bus leaving at 10:30 am  Knitting & Crocheting Group: 12:30 pm		
Sun. 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Sat. 24
	Helping Hands: 9:30 am	No Activities  Election Day	Foot Clinic: 8:30-11:30 am  Mt. Horeb Food Pantry 9:00 - 11:00 am  Fink's Restaurant: 9:00 am -1:00 pm  Cards: 1:00 pm	Blue Mounds Food Pantry: 9:00-11:00 am & 4:00-6:00 pm  Senior Medical Patrol: 10:30 am  Madison Shopping	Bingo: 12:30 pm	
Sun. 25	Monday 26	Tuesday 27	Wednesday 28			
	Card Making: 1:00 pm	Foot Clinic: 12:30 - 3:30 pm  Bridge: 1:00 pm  Heights Unlimited Service Center 4:30-6:00 pm	Foot Clinic: 8:30-11:30 am  Fink's Restaurant: 9:00am -1:00 pm  Cards: 1:00 pm			

All programs and activities are subject to change.





Southwest Dane Outreach  
 107 North Grove Street  
 Mount Horeb, WI 53572



ADDRESS SERVICE REQUESTED

## VALENTINE'S DAY

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

ADORE, AFFECTION,  
 BELOVED, BE MINE,  
 BOUQUET, BOX OF  
 CHOCOLATES,  
 CHERISH, CUPID,  
 DOVES, FALL IN LOVE,  
 FEBRUARY, FONDNESS,  
 FORGET-ME-NOTS,  
 FRIENDSHIP, GREETING  
 CARD, HEART, HUG,  
 KISS, LOVE, POEM,  
 PRESENTS, RED,  
 ROMANCE, ROSE,  
 SECRET ADMIRER,  
 ST. VALENTINE,  
 SWEETHEART,  
 TRUE LOVE