



MOUNT HOREB AREA SENIOR NEWS

SOUTHWEST DANE
OUTREACH/NUTRITION

OCTOBER 2024 EDITION

CONTACT US

Mount Horeb Senior Center

107 North Grove Street

Mount Horeb, WI 53572

Telephone:..... 608-437-6902

Hours: ... 8:30 am - 4:30 pm (M-F)

E-Mail:

swdaneoutreach@mounthorebwi.info

Director:Lynn Forshaug

Case Manager: Julie Schmocker

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.



OCTOBER EVENTS

Tuesday, Tai Chi and Ageless Grace will continue every Tuesday. The last session will end on Oct 15th. The new class will begin on Oct 22nd for 6 weeks. The cost is \$30.00 to join the class.

Tuesday, Oct 8th, at noon- Men's Group: Gentlemen are welcome to join us for lunch and get out of the house to socialize. Please make reservations two days prior for lunch, which is served at 11:15am.

Monday, Oct 14th at 1pm, Dr. Brian Steffin, MD from Orthopedic and Spine Centers of Wisconsin, will present on current non-surgical and surgical evidenced based strategies for managing hip and knee osteoarthritis.

Tuesday, Oct 15th, Badger Hearing will be here from 1-3pm. Tracy will service & clean hearing aides, do ear inspections & discuss hearing needs. No appointment needed. Call Tracy at 608-285-2772 for more information.

Thursday, Oct 17th, the "Sutter Brothers" will be here to play some great tunes at 1:30pm. Please join us for a fun afternoon.

Friday, Oct 18th, trip to Rookies Restaurant for their famous fish fry for lunch. The bus will leave here around 10:30am. RSVP at 608-437-6902

Saturday, Oct 19th, Trip to Daleyville to an Orchard and then onto the Mt. Vernon Tap for lunch. The bus will leave at 10am. RSVP at 608-437-6902

Monday, Oct 21st at 12:30, come join us to decorate pumpkins. Please RSVP by Oct 18th.

Thursday, Oct 24th, 11:30, A cooking presentation from Laura Eyer, a Personal Chef from Thyme Savor Cuisine. She will be making pumpkin alfredo and mini caramel apple pies for participants. The cost is \$10.00 a person, RSVP by Oct 18th. Limited seating.

Friday, Oct 25th, Bingo at 12:30, join us for great prizes, lunch and fun!
Sponsored by: John Scheidegger

Medicare D open enrollment runs from Oct 15th through December 7th; please sign up with Julie Schmocker, Case Manager. She will help review your Med D plan and see what options are better for you for 2025.

Thank you to the Lions Club for sponsoring Sept. Bingo, for veggies coming in from the community garden and the community. Jon & Kathleen Larsen for Bingo prizes.

OCTOBER 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1. Beef Mushroom Stroganoff Egg Noodles Winter Blend Veggies Fruit Cocktail Dessert MO: VEGGIE CHICKEN MUSHROOM STROGANOFF</p>	<p>2. Chicken Chili Cornbread Muffin Butter Mixed Green Salad Dressing Peaches Dessert MO: Veggie Chili</p>	<p>3 Herb Roasted Chicken WW Dinner Roll, Mashed Sweet Potatoes Green Beans & Baby Carrots Applesauce Dessert MO: Veggie Herb Chicken</p>	<p>4 Breaded Fish Filet Sandwich, WW Bun Tartar Sauce Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges Dessert MO: BLACK BEAN BURGER</p>
<p>7 Tater Tot Casserole WW Bread w/Butter California Blend Veggies Apricot Fruit Salad Dessert MO: Black Bean Tater Tot Casserole</p>	<p>8 Two Chicken Enchiladas Refried Beans Corn Tropical Fruit Dessert MO: Black Bean Cheese Enchilada Bake</p>	<p>9 Meatloaf Mashed Potatoes with gravy WW Bread w/Butter Green Beans Pears Dessert MO: Chickpea Patty</p>	<p>10 Chicken Veggie Stir Fry Brown Rice Stewed Tomatoes Pineapple Dessert MO: Tofu Veggie Stir Fry</p>	<p>11 Chicken Parmesan Penne Pasta Marinara Peas Applesauce Dessert MO: VEGGIE CHICKEN</p>
<p>14 Butternut Squash Bisque Half Roasted Turkey Swiss Sandwich on Wheat, Mayo Packet Mandarin Oranges Dessert MO: HALF VEGGIE HUMMUS SANDWICH</p>	<p>15 Pancakes Egg Hashbrown Sausage Links Cold Cinnamon Apples Maple Syrup Orange Juice MO: Sub Veggie Sausage</p>	<p>16 White Chicken Lasagna w/mushrooms, spinach Mixed Greens Salad Dressing Peaches Dessert MO: Vegetarian Lasagna</p>	<p>17 Sliced Turkey and Gravy WW Dinner Roll, Butter Mashed Potatoes & Gravy Succotash Pears Dessert MO: Chickpea Patty</p>	<p>18 Sweet and Sour Chicken Brown Rice Sweet and Sour Sauce Broccoli Carrots Fruit Cocktail Dessert MO: TOFU</p>
<p>21 Baked Spaghetti w/ Italian Sausage Italian Blend Veggies Tropical Fruit Dessert MO: GARBANZO MARINARA</p>	<p>22 Herb Chicken Sweet potatoes, parsnips, carrots, onion Stewed Spinach WW Bread w/Butter Applesauce Dessert MO: Chickpea patty</p>	<p>23 Chicken Taco Brown Rice Casserole Black Beans Corn Pineapple Dessert MO: VEG. CHICKEN TACO CASSEROLE</p>	<p>24 BBQ Pulled Pork Sandwich WW Bun Cheesy Potatoes Coleslaw Mandarin Oranges Dessert MO: BBQ VEGGIE CHICKEN</p>	<p>25 Shredded Chicken, Gravy WW Dinner Roll, Butter Mashed Potatoes, Gravy Green Beans Apricot Fruit Salad Dessert MO: Veg. Chicken, Gravy</p>
<p>28 Meat Marinara Rotini Pasta Peas Mixed Green Salad Dressing Packet Pears Dessert MO: Chickpea Marinara</p>	<p>29 Breakfast Sandwich w/ egg, cheese, Canadian bacon on English Muffin Creamy Cucumber Salad Hashbrown Apple Juice Cup MO: SUB VEGGIE SAUSAGE</p>	<p>30 Swiss Steak W/ Mushroom Gravy Roasted Potatoes WW Dinner Roll, Butter Green Beans & Baby Carrots Fruit Cocktail Dessert MO: BEYOND BURGER</p>	<p>31 Vegetarian Navy Bean Soup Half Turkey Provolone on Wheat Sandwich Mandarin Oranges Dessert MO: VEGETARIAN WRAP</p>	<p>All Menu items are Prepared in a kitchen That is not allergen-free. We cannot guarantee that food Allergens will not be transferred through cross-contact. No substitutions allowed.</p>

NUTRITION MANAGER'S NOTE:

Farmer's Market Vouchers must be used by October 31, 2024. The vouchers are worth \$45.00 and can be used to purchase fresh fruit, vegetables or herbs at the local Farmer's Markets and roadside stands in Wisconsin, during the 2024 growing season! Check out the Farmer's Market in Mt. Horeb on Thursdays or Peck's Market located on Hwy. 14 in Arena, WI.

Meal Site Donation Increase

Starting on October 1st, 2024, the suggested donation for meals will be \$5.00/meal. Only pay what you can afford. Full cost for a home delivered meal is \$12.67 and full cost for a congregate meal is \$13.56.

TUESDAY SALAD MENU:

OCTOBER 1: CHEF SALAD W/EGG, FRENCH DRESSING, CROUTONS

OCTOBER 8: ITALIAN SALAMI MOZZARELLA SALAD W/CROUTONS, ITALIAN DRESSING

OCTOBER 15: MANDARIN ORANGE SESAME CHICKEN SALAD W/SESAME GINGER DRESSING, CHOW MEIN NOODLES

OCTOBER 22: HARVEST CHICKEN, CRANBERRY, KALE SALAD, BALSAMIC VINAIGRETTE DRESSING, CROUTONS

OCTOBER 29: SOUTHWEST CHICKEN, CORN, BLACK BEAN SALAD W/RANCH DRESSING, TORTILLA STRIPS

Access Your Personal **my** Social Security Account

For over 10 years, my Social Security website has helped many people access their programs and services online. You will no longer be able to sign in to your personal my Social Security account using your username and password. Instead the website will guide you through the process to transition your account to Login.gov. They are doing this for better security and reduce identity theft. It will take a few minutes to create a new Login.gov account. If you have any questions, please reach out to Julie, Case Manager, and she will be able to help you set up your account.

DIRECTOR'S NOTE:

We will be honoring our Volunteers on October 17th, 2024. We are very lucky to have about 45 Volunteers who help with bringing food from Millers every Wednesday, answer phones, assist in our kitchen with packaging home-delivered meals, serving and clean up for congregate meals, delivering home-delivered meals, taking seniors to medical appointments, helping with our computer programs, helping with paperwork, coordinating rides to medical appointments, making animal pillows and lap robes for RSVP, compiling our monthly newsletter, calling Bingo and helping with the set-up and lunch, providing free tax preparation, leading our Men's Group, volunteering at Finks Café for the senior meals, donating time & food for the annual Brat & Bake sale, etc. **VOLUNTEERS ARE PRICELESS!**

CASE MANAGER'S NOTE:






MEDICARE D OPEN ENROLLMENT BEGINS OCT 15TH

MONTHLY MIPPA MOMENT: MIPPA (MEDICARE IMPROVEMENTS FOR PATIENTS AND PROVIDERS ACT) HAS A GOAL OF EDUCATING OLDER ADULTS ON MEDICARE'S COST-SAVING BENEFITS & PREVENTIVE SERVICES.

OCTOBER 15TH THROUGH DECEMBER 7TH IS MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD. IT IS THE TIME OF YEAR WHEN YOU CAN MAKE CHANGES TO YOUR MEDICARE COVERAGE. ANY CHANGES YOU MAKE WILL TAKE EFFECT ON JANUARY 1. YOU CAN MAKE AS MANY CHANGES AS YOU WANT DURING THIS PERIOD, BUT ONLY YOUR LAST COVERAGE CHOICE WILL TAKE EFFECT ON JANUARY 1. THE CHANGES YOU CAN MAKE INCLUDE: JOINING A NEW MEDICARE ADVANTAGE PLAN OR PART D PRESCRIPTION DRUG PLAN, SWITCHING FROM ORIGINAL MEDICARE TO A MEDICARE ADVANTAGE PLAN, AND SWITCHING FROM A MEDICARE ADVANTAGE PLAN TO ORIGINAL MEDICARE. CALL JULIE SCHMOCKER, CASE MANAGER AT 608-437-6902 FOR AN APPOINTMENT. THIS IS A GOOD TIME TO REVIEW YOUR CURRENT PLAN, SINCE THERE COULD BE CHANGES IN COSTS OR MEDICATIONS COVERAGE. THERE IS ALSO THE "EXTRA HELP PROGRAM", A MEDICARE SAVINGS PROGRAM AND SENIORCARE.

TO MAKE CHANGES YOURSELF: YOU CAN CALL 1-800-MEDICARE OR VISIT [MEDICARE.GOV](https://www.medicare.gov) TO COMPARE OPTIONS AND ENROLL.

OCTOBER 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tai Chi 1pm Ageless Grace 2pm	2 Millers Groceries 10am Euchre at 12:30	3	4
7	8 Men's Group Noon Tai Chi 1pm Ageless Grace 2pm	9 Millers Groceries 10am Euchre at 12:30 Blood Pressure Checks 10-11am	10 Dodgeville Shopping 9:30am	11
14 Orthopedic and Spine Centers of Wisconsin Presentation 1pm	15 Tai Chi 1pm Ageless Grace 2pm Badger Hearing 1-3pm	16 Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	17 Sutter Brothers Music 1:30pm 	18 "Rookles" for Lunch bus leave at 10:30am 
21 Pumpkin Decorating 12:30 	22 Tai Chi 1pm Ageless Grace 2pm	23 Millers Groceries 10am Euchre at 12:30 Foot Clinic 8:30-3:30pm	24 Dodgeville Shopping 9:30am Thyme Savor Cook- ing Presentation 11:30-1pm	25 Bingo 12:30 
28	29 Tai Chi 1pm Ageless Grace 2pm	30 Millers Groceries 10am Euchre at 12:30	31 	

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior on Monday, Tuesday, Thursday and Friday at 11:15 am. Home-delivered meals are offered Monday through Friday. A “Salad Meal” is offered every Tuesday. Call 437-6902 to reserve or cancel a meal two days in advance. The suggested minimum donation for those 60+ is \$5.00 a meal.

Finks Café, is serving the “My Meal, My Way” on Wed. from 11:00-1:00. No reservations needed. The suggested minimum meal donation is \$5.00/meal.

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.

TRANSPORTATION

The RSVP Driver Escort Program is providing rides to medical appointments. Please call Patsy Byrnes at 608-437-2518 to reserve a ride for a medical appointment 4-5 days in advance. New riders will need to fill out an application at the Senior Center, bring a Drivers License/photo ID & your covid vaccine card. Masks are recommended but not required.

Seniors who need transportation and are on Medicaid (MA) can call VEYO at 1-866-907-1493 for a ride.

MILLER AND SONS

Miller’s Supermarket delivers groceries to seniors every Thursday. Call Judy at 608-437-3081 to inquire about this service, since there is a limited number of customers that they can deliver to. There is a \$15.00 minimum to order.

Volunteers deliver free food from Miller’s to the Senior Center every Wednesday by 10:00am. The number system is used. Monetary donations can also be made at Miller’s for the Senior Center.

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van 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/ trip, to the grocery store, \$2.00/trip and for lunch or shopping trips is \$3:00/trip. RSVP with Kris S. at 608-444-7930 for Finks Café, senior meals and shopping. RSVP with the Senior Center at 437-6902 for the lunch outings and trips.

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: Thursday, 6:00-7:30pm, Friday, 9:00-10:30 am & 3:00-4:30 pm and Sat.10:00-11:30 am.

The Clothes Closet is open every Saturday from 10:00-11:30am.

Ruby’s Pantry Drive-Up, 2nd Tuesday/month, 4:00-5:30. New Hope Church, 639 S. 8th St. \$25.00/car

FOOTCARE CLINIC WITH Amy Foster

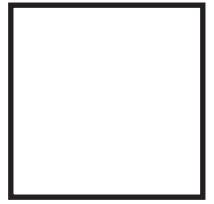
Wednesday, Oct. 16-8:30-3:30 pm

Wednesday, Oct. 23-8:30-3:30 pm

Cost-\$25.00/Senior Center- \$35.00/Home

Call the Senior Center for appt.-608-437-6902

Call Amy at 608-576-8986 for In-Home appt.



HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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