

**SOUTHWEST DANE
OUTREACH/
NUTRITION**

MOUNT HOREB *AREA* SENIOR NEWS

MARCH 2025 EDITION



17
MARCH

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.



MARCH EVENTS

Tuesday, Tai Chi at 1pm and Ageless Grace Chair Exercises at 2pm. The new session runs from Feb 25-April 8th, no class on March 25th. Class cost is \$30.00 per person.

Monday, March 10th at 1pm, Karen Tetzlaff-Realtor and Downsizing Specialist will be sponsoring a presentation. Lance Maerz, a registered Clinical Exercise Physiologist and Manager of Cardiac, Pulmonary and Cancer Rehab at Uplands Hills Health is the speaker. Some topics to be discussed during the presentation will be blood pressure management, is it safe to exercise, where to start and living past 100. Please RSVP by March 7th if interested in attending here at the Senior Center.

Tuesday, March 11th at noon, Men's Group, Are you bored? Do you want to get out of the house and socialize for a couple of hours? Come and join us. If you would like to eat lunch with us, please make reservations 2 day prior, we serve lunch at 11:15am.

Monday, March 17th, Card Making at 9am, we will be making homemade cards. Everyone is welcome to join. Please RSVP to Stacey at 608-279-6108 by Jan 10th.

Monday, March 17th at 1pm, St. Patrick's Day Social, come join us for our "Irish Social" with Irish music to Johnny Cash provided by Mike McCloskey from Stoughton.

Tuesday, March 18th, Badger Hearing from 1-3pm. Tracy will be here to check your hearing aides. No appointment required.

Thursday, March 20th, lunch outing to The Ope Haus Pub in Barneveld. Limited seating please RSVP by at 608-437-6902 by March 14th. Bus leaves at 10:30am.

Friday, March 28th, Bingo at 12:30, join us for great prizes, lunch and fun. **Sponsored by Shamrock Farms, Pine Bluff.**

FREE MEDICARE SEMINAR: On Monday, March 24th at 6pm, Presented by Banker Life. What you need to know about enrolling in Medicare. Are you turning 64 this year or just turned 65 and have some questions. Speakers will be here to answer your questions during their presentation. Open to the public.

"Stepping On": Fall Prevention Class, Each class is from 1-3pm and meets weekly for 7 weeks on Mondays from March 31st through May 12th. The cost is \$35. To register please call Senior Center at 608-437-6902. (scholarships available).

One-Day Senior Trip, Monday, May 19th: Clauson Family Music Show: Music of Elvis, Roy and Buddy in Coloma, WI. The coach bus leaves at 10am and will return about 6pm. The cost for this day trip per person is \$95.00 a ticket that includes the bus, your lunch and the show. Please call to reserve your spot at 608-437-6902.

MARCH 2025 MENU

Monday	Tuesday		Thursday	Friday
3 Roasted Pork Loin, Gravy WW Bread Slice, Butter Roasted sweet potatoes, parsnips, carrots Peas Applesauce Dessert MO: Veg. Chicken, Gravy	4 Beef Vegetable Potato Stew WW Bread Slice w/ Butter Mixed Greens Salad Dressing Pears Dessert MO: Veggie Stew	5 Vegetarian Italian Lentil & Mushroom Meatballs Creamy Parmesan Rice Stewed Spinach Corn Fruit Cocktail Dessert MO: same as entree	6 Sliced Turkey Mashed Potatoes Gravy WW Dinner Roll, Butter Green Beans Peaches Dessert MO: Veg. Chicken & Gravy	7 Vegetarian White Lasagna Italian Blend Veggies Mandarin Oranges Dessert MO: SAME AS ENTREE
10 Hamburger WW Bun Ketchup & Mustard Pkts Lettuce & Tomato Baked Beans Diced Mango Dessert MO: BEYOND BURGER	11 Chicken Veggie Potato Pot Pie Casserole served w/a biscuit on the side Broccoli Pineapple Dessert MO: GARBANZO POT PIE W/ A BISCUIT ON THE SIDE	12 BBQ Meatballs Macaroni & Cheese WW Dinner Roll, Butter Green Beans & Baby Carrots Cherry Crisp MO: Chickpea Patty	13 Country Fried Steak Mashed Potatoes Gravy WW Bread Slice, Butter California Blend Veg- gies Apricot Fruit Salad Dessert MO: VEGGIE CHICKEN	14 Parmesan Herb Crusted Baked Cod Rye Bread Slice,, Butter Roasted Potatoes Capri Veggie w/Zucchini Pears Dessert MO: CHICKPEA PATTY
17 Shepherd's Pie WW Bread Slice, Butter Winter Blend Veggies Fruit Cocktail St. Patty's Grasshopper Chocolate Cake MO: VEGGIE "BEEF" SHEP- HERD'S PIE	18 Beef Mushroom Stroga- noff Egg Noodles Carrots Pineapple Dessert MO: CHICKPEA MUSHROOM STROGANOFF	19 Chicken Chili Cornbread Muffin, Butter Mixed Greens Salad Dressing Peaches Dessert MO: VEGGIE CHILI	20 Herb Roasted Chicken WW Dinner Roll, Butter Mashed Sweet Potatoes Peas Applesauce Dessert MO: Veggie Chicken	21 Breaded Fish Filet WW Bun Tartar Sauce Roasted Potatoes Creamy Cucumber Salad Mandarin Oranges Dessert MO: BLACK BEAN PATTY
24 Tatar Tot Casserole WW Bread Slice, Butter California Blend Veggies Apricot Fruit Salad Dessert MO: Black Bean Tatar Tot Casserole	25 Chicken Parmesan Penne Pasta Marinara Peas Tropical Fruit Dessert MO: VEGGIE CHICKEN PAR- MESAN	26 Meatloaf Mashed Potatoes & Gravy WW Bread Slice, Butter Green Beans Pears Dessert MO: Chickpea Patty	27 Chicken Veggie Stir Fry Brown Rice Stewed Tomatoes Pineapple Dessert MO: Tofu Veggie Stir Fry	28 Tuna Noodle Casserole WW Dinner Roll, Butter Broccoli Applesauce Dessert MO: Chickpea Noodle Cas- serole
31 Butternut Squash Bisque Half Roasted Turkey & Swiss Sandwich on Wheat, Mayo Packet Mandarin Oranges Dessert MO: HALF VEGGIE SANDWICH				

HEALTHY LIVING WITH CHRONIC PAIN WORKSHOP

A 6 week workshop proven to help people with chronic pain better manage their condition

What is Healthy Living with Chronic Pain? This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks over a conference call. No computer needed! Participate in the comfort of your own home! **Register for the next phone-based workshop: Thursdays 10:00am – 11:00am from April 17— May 22**

Where: Over-the-phone Suggested Donation: \$15 (or pay what you can afford)

(The suggested donation helps to cover class material costs)

Register by calling either facilitator by April 7th: Julie 608-332-1077 or Deanna 608-327-7285

TUESDAY SALAD MENU:

MARCH 4: CHEF SALAD W/EGG,

FRENCH DRESSING, CROUTONS

MARCH 11: ITALIAN SALAMI MOZZARELLA

SALAD W/CROUTONS, ITALIAN DRESSING

MARCH 18: MANDARIN ORANGE SESAME SALAD

W/CHICKEN, SESAME GINGER DRESSING WITH

CHOW MEIN

MARCH 25: HARVEST CHICKEN,
CRANBERRY, KALE SALAD, BALSAMIC
VINAIGRETTE DRESSING, CROUTONS



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Ott Law Office, S.C.

Karla J. Ott, Attorney at Law
Business • Trusts & Estates
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E-mail: law@karlaott.com

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DIRECTOR'S NOTE:

RSVP is searching for volunteers 55+

Retired and Senior Volunteer Program RSVP of Dane County: Give the gift of independence! We are in need of your help here at the Mt. Horeb Senior Center. Volunteers interested in driving seniors and veterans to their medical appointments? If so, you can set your own schedule, get reimbursement at 70 cents/mile and get some coverage with extra liability insurance. If you are interested please stop by the Senior Center and we will get you signed up. Thanks for considering.



LGBT and Elder Support Group meets at the Verona Senior Center (108 Paoli St, Verona) the 1st and 3rd Thursday from 10:00am-11:30am. Meet new friends, build connections and discuss issues. Please call Verona Senior Center at 608-845-7471 for more info.

Monthly MIPPA Moment: World Hearing Day is March 3rd

As you may know, generally, Original Medicare does NOT cover most hearing aids or exams for fitting them. However, some Medicare Advantage plans and some Medicare Part D plans may cover hearing services. Know what Medicare can cover to maintain good hearing.

Original Medicare (Parts A & B alone):

- Covers some hearing services in a hospital setting, like emergency procedures
- Covers diagnostic hearing exams if ordered by a Medicare-enrolled doctor or health care provider
- Allows visits to an audiologist once a year without a doctor's order for non-acute hearing conditions

Medicare Part B (Medical Insurance) covers diagnostic hearing and balance exams if your Medicare-enrolled doctor or health care provider orders them to find out if you need medical treatment. You can also see an audiologist once every 12 months without an order from your health care provider, but only for:

- Non-acute hearing conditions (like hearing loss that occurs over many years)
- Diagnostic services related to hearing loss that's treated with surgically implanted hearing devices

If your specific supplement or Advantage plan does not cover hearing aids, Medicaid might. Other people also seek assistance from local hearing aid banks, charitable programs, and financial assistance programs. See more here: <https://www.ncoa.org/article/medicare-and-hearing/>

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MARCH 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Foot Clinic 8:30-3:30pm</p>	<p>4</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p>	<p>5</p> <p>Millers Groceries 10am</p> <p>Euchre at 12:30</p>	<p>6</p>	<p>7</p>
<p>10</p> <p>Wise Moves Presentation 1pm</p> 	<p>11</p> <p>Men's Group Noon</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p>	<p>12</p> <p>Millers Groceries 10am</p> <p>Blood Pressure Check 10:00-11:00</p> <p>Euchre at 12:30</p>	<p>13</p> <p>Dodgeville Shopping 9:30am</p> 	<p>14</p>
<p>17</p> <p>Card Making 9am</p> <p>St. Patty's Social Music 1pm</p>	<p>18</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p> <p>Badger Hearing 1-3pm</p>	<p>19</p> <p>Millers Groceries 10am</p> <p>Euchre at 12:30</p> <p>Foot Clinic 8:30-3:30pm</p>	<p>20</p> <p>Ope's for lunch the bus leave at 10:30am</p>	<p>21</p>
<p>24</p> <p>Medicare Seminar 6pm</p> 	<p>25</p> <p>Tai Chi 1pm</p> <p>Ageless Grace 2pm</p>	<p>26</p> <p>Millers Groceries 10am</p> <p>Euchre at 12:30</p> <p>Foot Clinic 8:30-3:30pm</p>	<p>27</p> <p>Dodgeville Shopping 9:30am</p>	<p>28</p> <p>Bingo 12:30</p> 
<p>31</p> <p>Stepping on Class 1-3pm</p>				

NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

MEALS

Nutritious lunches are offered at the Mt. Horeb Senior Center on Monday, Tuesday, Thursday and Friday at 11:15 am. Home-delivered meals are offered Monday through Friday. A "Salad Meal" is offered on Tuesdays. Call 608-437-6902 to reserve or cancel a meal two days in advance. The suggested minimum donation is \$5.00 per a meal for those 60+.

Finks Café will be closed through March. Seniors are welcome to eat at the Center on Wednesdays.

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 providing rides to medical appointments. Please call Patsy Byrnes at 608-437-2518 to reserve a ride for medical appointment 4-6 days in advance. New riders will need to fill out an application at the Senior Center, bring a drivers license/photo ID and your covid vaccine card. All medical rides are between 8am to 3:15pm.

Medicaid Rides -call VEYO at 1-866-907-1493.

MILLER AND SONS

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

Miller's donates food to the Senior Center every Wed. at 10:00 am. The number system is used. Monetary donations can be made at Millers for the Senior Center. Thank you in advance!



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NUTRITION, WELLNESS, PROGRAMS, SUPPORT, & SERVICES:

CARE VAN SERVICE

Care Van Service provides rides for Seniors in the Mt. Horeb area. Transportation costs 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 for congregate meals at the Senior Center or Finks Café. Call the Senior Center at 608-437-6902 to RSVP for lunch outing or bus 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 Food Pantry and Clothes Closet at 102 E. Lincoln St., Mt. Horeb. Hours- Friday, 9:00-10:30 am and 3:00-4:30 pm and Saturday, 10:00-11:30 am. The Clothes Closet is also open every Saturday from 10:00-11:30.

RUBY’S PANTRY– Drive Up-Pick Up, second Tuesday of each month from 4:00-5:30pm at the New Hope Evangelical Free Church, 639 8th St. Cost is \$25.00/car.

FOOTCARE CLINIC WITH AMY FOSTER

Monday, March 3rd– 8:30-3:30pm
Wednesday, March 19th– 8:30-3:30pm
Wednesday, March 26th-8:30-3:30pm

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

Call the Senior Center at 608-437-6902 for an appoint.
Call Amy at 608-576-8986 for In-Home appt.

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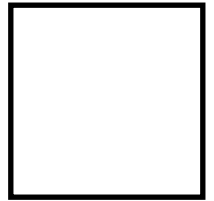
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M	V	A	H	R	S	T	S	A	I	N	T	A	A	H
R	Q	R	I	R	I	S	H	E	N	F	P	V	G	C
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Q	I	W	S	H	A	M	R	O	C	K	A	S	D	I

Start Over

Word List

- SAINT
- PATRICK
- IRISH
- BLARNEY
- BLESSING
- EMERALD
- LEPRECHAUN
- GOLD
- GREEN
- IRELAND
- LIMERICK
- MAGIC
- PARADE
- RAINBOW
- SHAMROCK
- LUCKY
- WISH
- FAIRY
- MARCH
- PARTY
- CLOVER
- POT
- SNAKES

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