

Meet the Staff!

Meet the SSM Health at Home Meals On Wheels staff that help make this program possible, this month’s spotlight: Dyana!



Dyana has been with our company for 10 years, the majority of those as the Meals On Wheels Client Services Coordinator. Dyana is the one you talk to when you call our hotline; she signs up new clients, makes changes to schedules, and prepares the delivery routes every day. Dyana is also the one that does a safety check if you do not answer your door or phone, so be sure to let her know if you will not be home!

Say Hi to Dyana next time you call!

Memorial Day Word Scramble

1. AYM	5. LFGA
2. GEALE	6. DERILOS
3. RHOON	7. VAERB
4. RWA	8. DIRPE



Meals On Wheels Menu

MAY 2025

Mobility aids can help you maintain independence

Being able to move about safely can help you remain independent at home. SSM Health at Home offers many products to help you maintain your mobility safely.

Using aids like canes, wheelchairs, and walkers can increase your stability, helping to reduce your risk of falling.

Our customer service specialists can help you select the appropriate equipment for your needs, answer questions, and assist with the assembly and customization of items.

Stop into our Madison showroom at 4639 Hammersley Road or contact us at 800-924-2273 to speak with a representative. Delivery and curbside pick-up are also available for your convenience.

Meals On Wheels
608-276-7598
hahwi.info@ssmhealth.com
ssmhealth.com/mealsonwheels

1.MAY 2.EAGLE 3.HONOR 4.WAR 5.FLAG 6.SOLDIER 7.BRAVE 8.PRIDE

MAY 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Menu is subject to change without notice. No substitutions allowed.	All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred during cross-contact.	Heating instructions: Reheat to 165°F for 15 seconds.	Brat Sauerkraut Baked Beans Mixed Salad Apple Slices Chocolate Chip Muffin	Baked Cod Dinner Roll Green Peas Mashed Potatoes Clementine Cookie
5	6	7	8	9
BBQ Pulled Pork Sandwich Bean & Corn Blend Mandarin Oranges S'mores Bar	Lasagna Roll with Meat Sauce Garlic Spinach Carrots Pear Pieces Cookie	Open-Face Roast Turkey w Gravy Green Beans Cinnamon Applesauce Blueberry Lemon Bar	Jambalaya Sweet Potatoes Fruit Cocktail Graham Crackers	10-Grain Pollock Dinner Roll Broccoli Grapes Cranberry Orange Scone
12	13	14	15	16
Omelet Sausage Links Potatoes & Peppers Biscuit Juice Chocolate Chip Muffin	Roast Ham Dinner Roll Mashed Potatoes & Gravy Green Beans Strawberry Applesauce Donut Holes	Parmesan Chicken Sandwich Butter Beans Mixed Salad Clementine Cranberry Orange Scone	Pasta w Meatballs Green Peas Pepper Strips Peach Pieces Cookie	Teriyaki Salmon Brown Rice Asian Veg Blend Pineapple Chunks S'mores Bar
19	20	21	22	23
Butter Chicken Brown Rice Green Beans Tropical Mixed Fruit Cranberry Orange Scone	Blackened Pollock Hashbrowns Seasonal Veg Dinner Roll Clementine Cookie	Cheeseburger Baked Beans Sweet Potatoes Pear Pieces Donut Holes	Chicken Shawarma Broccoli Cucumber Tomato Salad Grapes Blueberry Lemon Bar Tzatziki	BratFest Senior Brat Day! Brat Sauerkraut Little Potatoes Mandarin Oranges Graham Crackers
26	27	28	29	30
Memorial Day No meal delivery today	Chicken and Cheese Sandwich PACO Veg Blend Fruit Cocktail Chocolate Chip Muffin	Sweet and Sour Chicken Brown Rice Broccoli Cinnamon Applesauce Fortune Cookie	Chili Dog Butter Beans Tater Tots Clementine Cookie	Salmon Croquette Dinner Roll Potatoes and Peppers Apple Slices Blueberry Lemon Bar

If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@danecounty.gov



Once they receive and approve your application, vouchers will be mailed.

*Please note: funding is subject to change without prior communication.

"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."

Summer Word Scramble

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|-------------------|------------------|
| 1. HEBCA _____ | 6. NIPCCI _____ |
| 2. KBCTEU _____ | 7. KIBNII _____ |
| 3. YNUSN _____ | 8. PNICMAG _____ |
| 4. KAPR _____ | 9. MUMERS _____ |
| 5. NVCIAOTA _____ | 10. HSRTOS _____ |

Answers: 1. BEACH 2. BUCKET 3. SUNNY 4. PARK 5. VACATION 6. PICNIC
7. BIKINI 8. CAMPING 9. SUMMER 10. SHORTS



Meals On Wheels Menu

June 2025

Senior Farmers' Market Nutrition Program

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$25* of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$28,953 per year (or \$2,413/month) for a one-person household and \$39,128 per year (or \$3,261/month) for a two-person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year.

Meals On Wheels
608-276-7598
hahwi.mow@ssmhealth.com
ssmhealth.com/mealsonwheels

June 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
BBQ Pulled Chicken Sandwich Green Beans Pear Pieces S'mores Bar	Quesadillas Black Beans and Corn Mix Bell Pepper Strips Salsa Grapes Cookie	Beef/Lamb Gyro Pita Tzatziki Tomato Braised Chickpeas Greek Salad Mango Applesauce Graham Crackers	Turkey Burger Carrots Mixed Salad Pineapple Chunks Cranberry Orange Scone	Baked Fish Mashed Potatoes Green Peas Rye Bread Clementine Donut Holes
9	10	11	12	13
Chicken Pesto Sandwich Carrots Green Peas Pear Pieces Cookie	Spaghetti Bolognese Garlic Spinach Tropical Mixed Fruit Cranberry Orange Scone	Tandoori Chicken Brown Rice Green Beans Mixed Salad Apple Slices S'mores Bar	Turkey Tacos Elote Pinto Beans Clementine Chocolate Chip Muffin Salsa	Baked Lemon Haddock Dinner Roll Seasonal Veg Cheesy Potatoes Cinnamon Applesauce Graham Crackers
16	17	18	19	20
Asian Meatballs Brown Rice Asian Veg Blend Pineapple Chunks Fortune Cookie	Sloppy Jo Little Potatoes Broccoli Mandarin Oranges Blueberry Lemon Bar	Chicken Pasta Salad Apple Bacon Salad Fruit Cocktail Cookie	Cordon Bleu Dinner Roll PACO Veg Blend Mango Applesauce Cranberry Orange Scone	Fish and Cheese Sandwich Baked Beans Mixed Salad V8 juice Chocolate Chip Muffin
23	24	25	26	27
Grilled Cheese Tomato Veg mix Corn Cottage Cheese Peach Pieces Grah Crackers	Cajun Chicken Pasta Bell Pepper Green Beans Tropical Mixed Fruit S'mores Bar	Thai Turkey Brown Rice Broccoli Pineapple Chunks Cranberry Orange Scone	Brat Sauerkraut Baked Beans Mixed Salad Apple Slices Chocolate Chip Muffin	Baked Cod Dinner Roll Green Peas Mashed Potatoes Clementine Cookie
30				
BBQ Pulled Pork Sandwich Bean & Corn Blend Mandarin Oranges S'mores Bar		Menu is subject to change without notice.	Heating instructions: Reheat to 165°F for 15 seconds.	All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred during cross-contact.