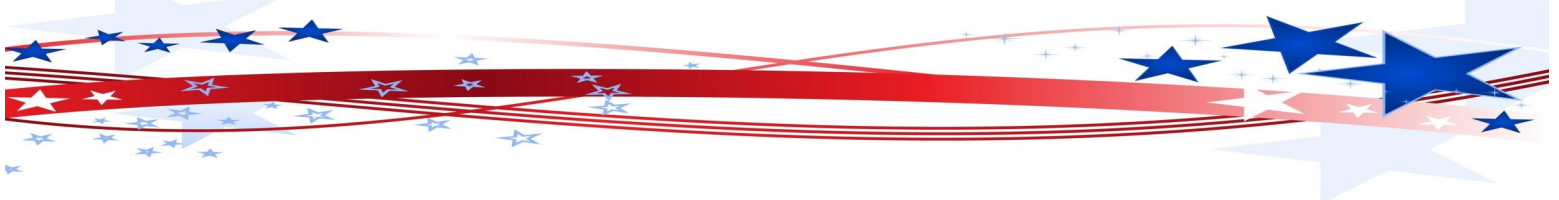




Your Connection

July 2024





WE WILL BE
CLOSED

IN HONOR OF

INDEPENDENCE DAY



SAVE THE DATE



**BRINGING TOGETHER
PEOPLE, CULTURES,
AND IDEAS.**

Tuesday, August 6th, 2024, 5:00 PM - 7:00 PM at
Lions Park, Mazomanie.

For more information contact
hager.jodi@danesherriff.com or call 608-444-7099.

July is
**FAMILY
REUNION** 
MONTH

*Dine on Harvest Moon
Food, Drink & Silent Auction
Thursday, Sept. 19, 2024*

Sugarland, Arena WI

Trippers Band

Catered by the Old Feed Mill



Tickets available at NWDSS

\$60 each

NWDSS provides premier programs & services for older adults and their families that promote well-being, independence, involvement in their community and the ability for them to age successfully.

*Participants are not mandated to use onsite services or offerings

Adult Day Program

Life enriching activities for persons with Alzheimer's or other related dementia and respite for caregivers
Monday through Friday 8:30 AM—3:30 PM

Exercise Classes

Black Earth Village Hall Wednesdays at 9:30am, Chair Yoga Mondays at NWDSS at 10:30am

Tai Chi at Black Earth Park Mondays at 4pm and Thursdays 8:30am

Case Management

Provides support and services, advocacy, medical equipment, federal, state & local assistance programs to remain safe in your home and community. Home visits & service plans can be coordinated to assess needs.

Foot Care

Foot care done by a registered nurse, monthly, third Tuesday and fourth Wednesday. Cost \$25 call 798-6937 to schedule an appointment.

Nutrition

Lunch with friends Monday—Friday 11:30 AM. To make reservations call 798-6937 by 8:30 AM the day before. Home delivered lunch meals are delivered Monday through Friday to homebound individuals ages 60+. Call the Case Manager at 798-6937 Ext 3 for more information and assessment. Suggested donation \$4.50.

Transportation Options

Medical Rides and other related rides with RSVP (requires a 3 business day notice)

- RSVP (Retired Senior Volunteer Program) - **call NWDSS 798-6937 EXT 5**
- Riders must be 60+ and must be able to transfer on their own into and out of the vehicle.
*Contact the Case Manager for other resources if you have wheelchair transport needs.
- Receptionist will register you, take your appointment information, set up a driver for you and call you back with details
- Cost is by donation - driver will give you an envelope (self addressed to be returned to RSVP of Dane County)
- Dane County Transportation Center **608-242-6489**
- Forward Health/Medicaid participants call **MTM 1-866-907-1493**

Grocery, other shopping needs and outings (day prior notice)

- Call Transit Solutions 608-294-8747 to schedule ride or outing
- Suggested donation is **\$2** (Piggly Wiggly) & **\$3** (Madison/Baraboo)

Local Errands (day prior notice)

- Call Transit Solutions 608-294-8747 to schedule your local errand.
- Suggested donation is **\$2**

Bus to NWDSS for Lunch or Activities (day prior – 8:30 AM deadline for lunch)

- Call NWDSS **608-798-6937 EXT 5**
- Receptionist will sign you up
- Suggested donation is **\$1**



Chair Yoga: Mondays at 10:30 at NWDSS
Exercise Class: Wednesdays at 9:30am
 at the Black Earth Village Hall
Tai Chi: Mondays at 4:00pm &
 Thursdays at 8:30am in Black Earth



KELLY ENDRES
 Medicare Advisor

☎ 608-798-3811
 ✉ kendres@endresinsurance.net
 📍 1805 Bourbon Rd., Ste 202
 Cross Plains, WI 53528

Nickel BINGO

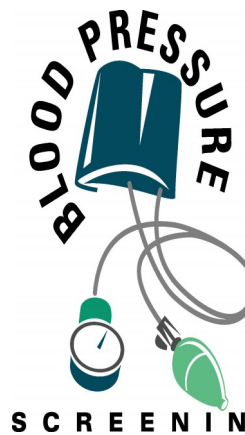


Wednesdays
 &



Friday, July 19

Monthly every 3rd Friday
12:15 PM



CP EMS will be here to do blood pressure screenings twice monthly!

After Yoga on a Monday and a BINGO Wednesday!

THANK YOU!!!

TRANSIT SOLUTIONS

Transit Solutions Bus Trips - Northwest Dane

- Please contact the Cross Plains Senior Center to make a reservation for meal transportation – (608) 798-6937
- Please contact Transit Solutions to make a reservation for shopping transportation – (608) 294-8747
- Shopping riders are allowed up to six grocery bags. Our driver will assist you with unloading your groceries.
- No fare will be collected. Donations accepted.
- Passengers must be age 60 and over who live in their own home/apartment or have a disability.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Rides:</p> <p>Pick-up: 10:30am Return: 12:30pm</p> <p>Shopping Rides:</p> <p>Pick-up: 10:00am Return: 11:30am Store: Piggly Wiggly in Cross Plains</p>	<p>Lunch Rides:</p> <p>Pick-up: 10:30am Return: 12:30pm</p> <p>Shopping Rides:</p> <p>Pick-up: 10:00am Return: 11:30am Store: Walgreens in Cross Plains</p>	<p>Lunch Rides:</p> <p>Pick-up: 10:30am Return: 12:30pm</p> <p>Additional trips to hair appointments, banks, pharmacies, ect are available every day from 10:00am-1:00pm. Call to sign up!</p>	<p>Lunch Rides:</p> <p>Pick-up: 10:30am Return: 12:30pm</p> <p>Shopping Rides:</p> <p>Pick-up: 11:15am Return: 1:30pm Store: Walmart in Baraboo</p>	<p>Lunch Rides:</p> <p>Pick-up: 10:30am Return: 12:30pm</p>

Senior Dining



Fellowship, Food & Fun

July 2024

**MEALS PROVIDED BY: LANCASTERS PIGGLY WIGGLY
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.
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF
INGREDIENTS/PRODUCTS.**



**TO RESERVE YOUR LUNCH PLEASE CALL 608-798-6937 EXT 5
SUGGESTED MINIMUM DONATION IS \$4.50. PLEASE MAKE A DONATION AT THE
LEVEL YOU CAN AFFORD.**

1 Monday

Stuffed Tomato
w/Beef, Peas &
Carrots, WW Roll, &
Side of Fruit

2 Tuesday

Spinach Cheese
Bacon Frittata,
Roasted Potatoes,
WW Bread w/Butter,
& Side of Fruit

3 Wednesday

Beef Tips over
Noodles, Broccoli, &
Side of Fruit



5 Friday

Breaded Shrimp, w/
Slaw, Sweet potato,
WW Roll & Side of
Fruit

8 Monday

1/2 Chicken Bacon
Ranch Wrap, Broccoli
Salad, & Side of Fruit

9 Tuesday

Pot Roast, Garlic
Mashed Potatoes,
Green Beans, WW
Bread w/butter, &
Side of Fruit

10 Wednesday

*Baked Ham, Mashed
Sweet Potato, WW
Roll, Corn, & Side of
Fruit

11 Thursday

Baked Chicken Breast,
Baked Beans,
California Blend & Side
of Fruit

12 Friday

Baked Cod, Butter
Noodles, Slaw,
Roasted Asparagus,
& Side of Fruit

15 Monday

1/2 Reuben on Rye,
w/ Sauerkraut &
Thousand Island
Dressing,
Irish Beans, & Side of
Fruit

16 Tuesday

Chicken Rice Bowl
Topped w/Red &
Green Peppers,
Southwest Corn and
Tomato Salad, & Side
of Fruit

17 Wednesday

Scalloped Potatoes
w/Ham, Green Beans,
Biscuit w/Butter, &
Side of Fruit

18 Thursday

Meatloaf w/Gravy,
Mashed Potatoes,
Broccoli, WW Roll, &
Side of Fruit

19 Friday

Breaded Coconut
Shrimp, w/ Slaw,
Sweet potato, WW
Roll, & Side of Fruit

22 Monday

1/2 Cold Turkey w/
Cheese Sandwich on
WW Bread, w/ Mayo
Packet, Caesar Salad
w/Croutons, & Side of
Fruit

23 Tuesday

Loaded Chicken
Enchiladas w/Beans,
Corn Chips, Salsa, &
Side of Fruit

24 Wednesday

Sloppy Joe Sandwich on
WG Bun, Baked Potato,
Cheesy Broccoli, & Side
of Fruit

25 Thursday

Beef stew w/carrots &
peas, WW Roll, Roasted
Potatoes, & Side of Fruit

26 Friday

Potato Crusted Cod,
Butter Noodles,
California Blend, Slaw,
& Side of Fruit

29 Monday

Cheeseburger on WW
Bun w/ Lettuce &
Tomato, Baked Beans,
& Side of Fruit

30 Tuesday

Bacon Cheddar
Frittata, Hash Rounds,
Biscuit, & Side of Fruit

31 Wednesday

BBQ Pulled Pork on
Sesame Bun, Cheesy
Potatoes, Caprese
Salad, & Side of Fruit



Summer is upon us! And with the beautiful sunshine comes extreme heat, unpredictable storms and weather. Utilize these tips to plan ahead and **STAY SAFE**.

Extreme Heat Planning Timeline

Pre-Season

Start planning before hot weather arrives.

- ✓ Build an emergency kit
- ✓ Make a plan for power outages
- ✓ Become trained in first aid for heat-related emergencies
- ✓ Check that your A/C and fans are in working order

A Few Days Out

If the forecast calls for extreme heat, be ready.

- ✓ Gather food, water, and medication
- ✓ Make a list of friends and family to check on & help them prepare
- ✓ Know your local cooling shelters or other cool locations
- ✓ Reschedule outdoor events

During and After

Remain vigilant and stay informed.

- ✓ Stay in air conditioning and out of the sun if possible
- ✓ Check on friends, family, neighbors, and pets
- ✓ Drink plenty of water
- ✓ Take breaks and use a buddy system if working outdoors

weather.gov

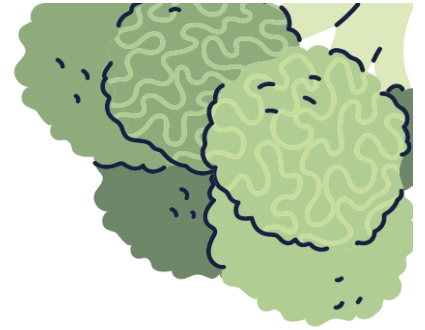
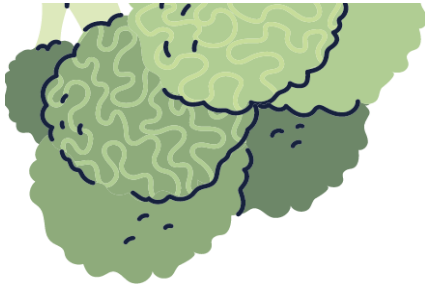


It's important to have a plan! Do you have a plan if you needed to evacuate your home or if you would lose power for an extended period of time? In particular, if you utilize any electric powered devices like CPAP or oxygen. Can you call someone to help you? Do you have a neighbor that could help you evacuate quickly or help you with transportation. **Having these conversations before a weather event will help to keep you safe.** How will you be alerted of severe weather? It is important to have multiple methods of warning. Cell phones are a great method to receive alerts whether from a news app or through the Dane County emergency notification system [RAVE](#). If you are outside there are also outdoor sirens. These should only be utilized as another method of notification and only for when you are outdoors. For more information please visit our website

<https://em.countyofdane.com/>

If you'd like help putting a plan in place with your family, please contact **Dane County Emergency Preparedness 608-266-4330**.

Access to help 24/7: Be sure to test your Personal Emergency Response System (**PERS**) monthly. Mark your calendar and press your button! If you'd like more information about life lines or PERS units, please contact a Case Manager at Northwest Dane Senior Services 608-798-6937 Ext 3.



NWDSS

Salad Menu

TUESDAY'S

July 2nd Tuesday: Boursin One Pot Vegetable Pasta. Mixed Cheese Tortellini, tossed with olive oil, roasted carrots and onions, with boursin mixed herb and garlic cheese. Served w/ whole grain garlic toast.

July 9th Tuesday: Chef Salad, Ham & Turkey, cheese, tomato, croutons, & dressing w/ side of cottage cheese.

July 16th Tuesday: Quinoa Deli Salad, Hearty quinoa and chickpeas over chopped Lettuce, bell pepper, artichoke hearts w/ diced ham, mozzarella, & red-wine vinaigrette. Served w/whole grain garlic toast

July 23 & 30th Tuesday: Chicken Taco Salad, Mixed greens topped with shredded chicken, corn, black beans, green onion, cilantro, & diced tomatoes, topped w/ cheddar cheese & corn chips. Served w/ salsa & ranch dressing.

***All Salad Entrees & Alternative Meal Options Will Come With Choice of Milk (white or chocolate), Fruit, & Dessert.**

DAILY ALTERNATIVE
OPTIONS PLEASE ORDER
#1-#5

- #1 Egg Salad Croissant w/ Side of Cranberry Slaw
- #2 Tuna Salad Croissant w/ Side of Cranberry Slaw
- #3 Chicken Salad on Croissant w/ Side of Cranberry Slaw
- #4 Fresh Toss Salad (Lettuce, Tomatoes, Cucumber, Hard Boiled Egg, Chickpeas, & Side of Dressing) & croutons
- #5 Chicken Wrap on Whole Grain Tortilla w/ Side of Cranberry Slaw



PLEASE CALL A DAY PRIOR
TO ORDER OR MAKE
CHANGES.
608-798-6937 EXT 5



4TH OF JULY WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	



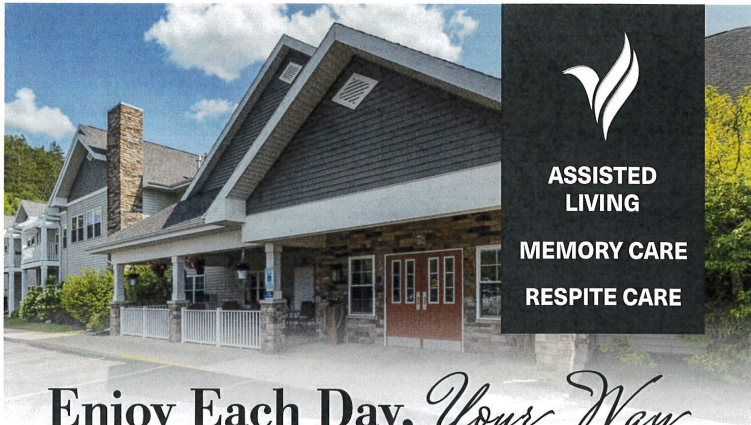
NWDSS Salon

Call 608-798-6937 ext 5

to schedule an appointment

1:15pm-3:15pm

Mon-Fri




ASSISTED LIVING
MEMORY CARE
RESPIRE CARE


Enjoy Each Day, *Your Way.*

Experience a community that cares. Milestone Senior Living soars beyond the ordinary to cultivate beauty, joy, and meaning in our residents' daily lives.

(608) 284-0023

SCAN THE QR CODE TO LEARN MORE!
www.MilestoneCrossPlains.com




SENIOR LIVING

SCHEDULE YOUR TOUR TODAY!

1870 MARKET ST,
CROSS PLAINS, WI

Our Thrift Shop SUNNY SECONDS

July Hours

9AM-3PM

Monday-Friday

Closed July 4th

Watch Facebook for Saturday hours

WISH LIST

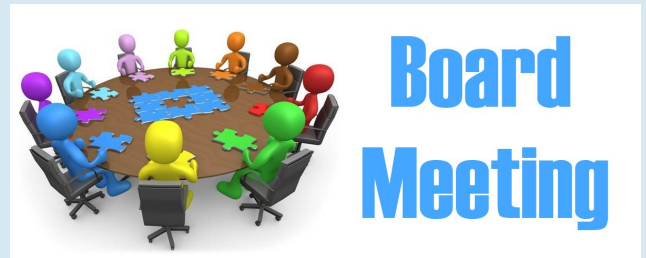


Stamps

Paper Towels

Copy Paper

Toilet Paper



Tuesday, July 16, 2024

3:00 PM



The *Golden Agers* will meet

Thursday, August 1, 2024.

Meetings will be held the first Thursday of every month from 12:30pm to 3:45pm. A short meeting will be followed by Euchre for a \$1.00 donation.

Everyone is welcome!

***No July meeting, see you in August**

Meetings will take place at NWDSS



**Call NWDSS at
608-798-6937 ext. 5
to schedule a ride!!!**

FOCUS GROUP

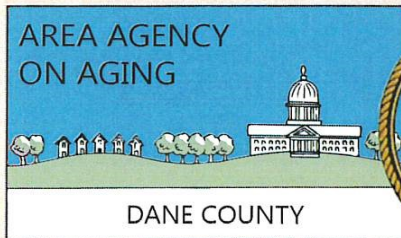


**MONDAY JULY 15TH @11:15AM
NORTHWEST DANE SENIOR SERVICES**



PLEASE SIGN UP WITH PAULETTE TO GET A SPOT

**Do you want your voice
to be heard on the needs
of older adults?**



**Want to find out
what the Area Agency
on Aging provides?**

Aging Plan, what is it?

**The Older Americans Act
requires the Area Agencies on
Aging to create a plan every
three years to outline their
goals in serving the older adults
in their area. We need your input
to make a meaningful plan!**





1837 Bourbon Road
Cross Plains, WI

To continue to receive your monthly paper newsletter, please mail in a \$12 yearly donation to NWDSS

Contact Us . . .

NWDSS STAFF

- ***Paulette Glunn, Executive Director***
Ext. 2 execdir@nwdss.org
- ***Vicki Beres, Case Manager***
Ext. 3 casemanager@nwdss.org
- ***Accounting Assistant***
Ext. 4 accounting@nwdss.org
- ***Main Reception/RSVP/Meals***
Ext . 5 general@nwdss.org

Northwest Dane Senior Services

1837 Bourbon Road
Cross Plains, WI 53528
608-798-6937 (NWDS)

Hours: 8:00 am—4:00 pm

Monday thru Friday

www.nwdss.org

