



# Your Connection

June 2024



**Tuesday, June 18  
1 PM**

**Sing, Sing a Song  
With Laura Doherty**

Nationally touring folk artist Laura Doherty performs a mix of upbeat folk-pop tunes from her five award-winning albums, and a few golden oldies of yesteryear, that seniors can dance to with their little ones. Enjoy this intergenerational family show. Meet some adorable puppet friends--Jazzasaurus, Muddy Puddles, and Domingo the Flamingo will be there!

**At NWDSS**

***Remember with Randy***

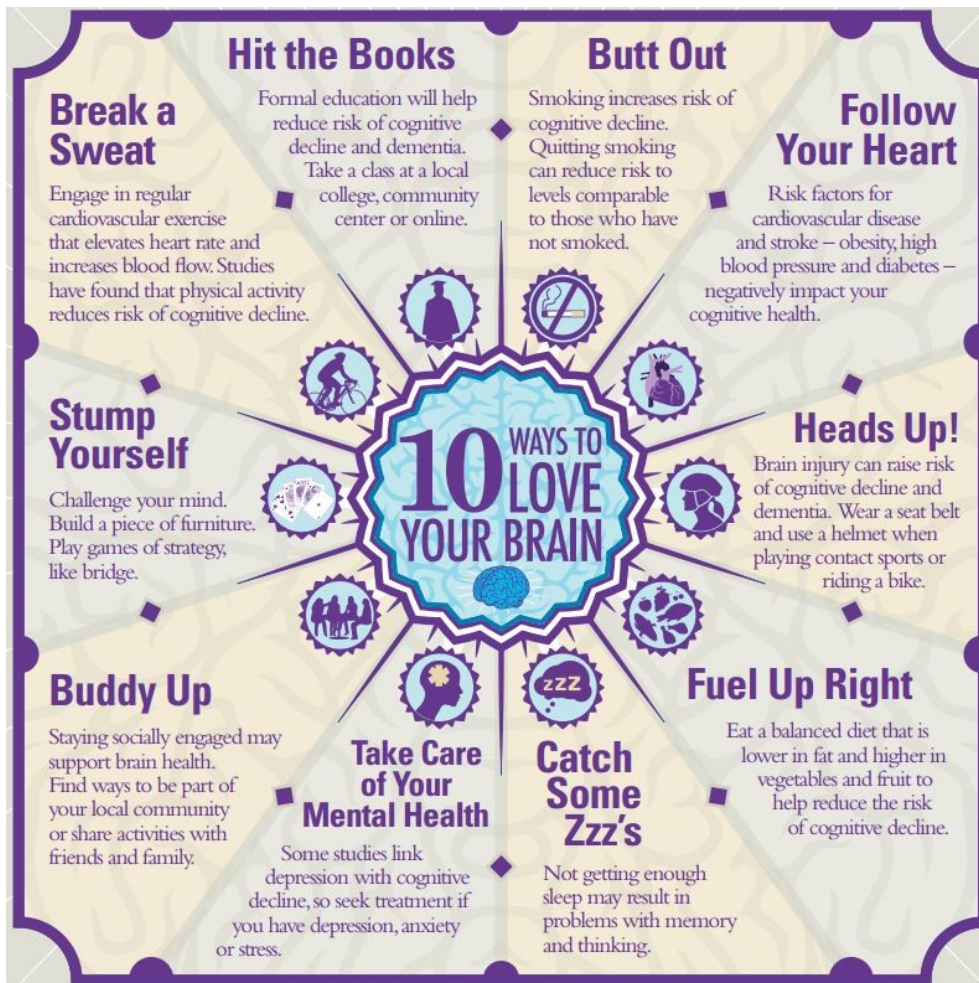
**50's and 60's music**

**Come join us and hit that nostalgia button**

**Fri. June 7, 2024**

**12:30pm at NWDSS**





**WORLD ELDER ABUSE AWARENESS DAY**  
Building Strong Support for Elders  
**SENIOR SHREDFEST**

**JUNE 14, 2024 11:00AM -1:00PM**  
**WARNER PARK, 2930 N. SHERMAN AVENUE**

**OPEN TO THE PUBLIC**— Come and safely shred **up to 3 bags or boxes (approx. 50 lbs)** of your confidential documents at a Shred Fest hosted by the Dane County Elder Abuse Coordinated Community Response Team, Adult Protective Services, Aging & Disability Resource Center and Pellitteri Data Destruction Division

**Pellitteri**  
DATA DESTRUCTION DIVISION



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

**Tickets available at NWDSS**

**\$60 each**



# NWDSS Services

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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 NWDSS 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 **VEYO 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**



Visit our website at [www.nwdss.org](http://www.nwdss.org) **NWDSS is a nonprofit charitable organization**

# Activities

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**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**

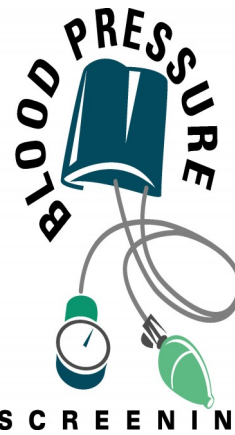
**Wednesdays**

**&**

**Friday, June 21st**

**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**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Shopping Rides:**

**Pick-up: 10:00am  
Return: 11:30am  
Store: Piggly Wiggly  
in Cross Plains**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Shopping Rides:**

**Pick-up: 10:00am  
Return: 11:30am  
Store: Walgreens in  
Cross Plains**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Additional trips to  
hair appointments,  
banks, pharmacies,  
ect are available  
every day from  
10:00am-1:00pm.  
Call to sign up!**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

**Shopping Rides:**

**Pick-up: 11:15am  
Return: 1:30pm  
Store: Walmart in  
Baraboo**

**Lunch Rides:**

**Pick-up: 10:30am  
Return: 12:30pm**

# Nutrition Menu

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## June 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.**

### 3 Monday

Open Face Meatloaf Sandwich w/ Gravy, Mashed Potatoes, California Blend, & Side of Fruit

### 4 Tuesday

Glazed Pork Chop, Green Beans, Side, Salad, WG Roll, & Side of Fruit

### 5 Wednesday

Brat on WG Bun, Potato Wedges, Kale Slaw, 4 Bean Salad & Side of Fruit

### 6 Thursday

Chicken Pesto, over WG Noodles, Roasted Asparagus, Caprese Salad, & Side of Fruit

### 7 Friday

Breaded Shrimp, w/ slaw, Sweet Potato Fries, Rye Dinner Roll, fruit,

### 10 Monday

Ham and Turkey Submarine w/ lettuce, tomato, & mayo, Kale Slaw, & Side of Fruit

### 11 Tuesday

Soft Shell Beef Tacos, Refried Beans, Cilantro Lime Corn, & Side of Fruit

### 12 Wednesday

Sloppy Joe on WG Bun, Sweet Potato Fries, Pickled Beets, & Side of Fruit

### 13 Thursday

Chicken Kiev, Garlic Mashed Potatoes, Side Salad, & Side of Fruit

### 14 Friday

Potato Crusted Cod, Lemon Orzo, Green Beans, WG Roll, & Side of Fruit

### 17 Monday

Cheeseburger (Loose Meat) on WG Bun, Potato Wedges, Broccoli Salad, & Side of Fruit

### 18 Tuesday

Cheese and Beef WG Enchiladas, w/ Sour Cream, Side of Black Bean and Corn Salad, & Side of Fruit

### 19 Wednesday

Chef Salad, w/ Ham, Turkey, Hard Boil Egg, Tomatoes, & Cheese, Side of croutons and Dressing, & Side of Fruit

### 20 Thursday

Swedish Meatballs and Gravy over WG Noodles, Stewed Tomatoes, & Side of Fruit

### 21 Friday

Breaded Cod, Sweet Potato Fries, Slaw, WG Roll, & Side of Fruit

### 24 Monday

Cold Turkey Sandwich w/ Cheese, & Side of Mayo & Mustard, Creamy Cucumber Salad, & Side of Fruit

### 25 Tuesday

Citrus Pork Chop, Garlic Mashed Potatoes, Glazed Carrots, WG Roll, & Side of Fruit

### 26 Wednesday

Chicken Salad on Croissant, Kidney Bean Salad, Caprese Salad, & Side of Fruit

### 27 Thursday

Chicken Broccoli Alfredo Side Salad w/ Dressing, & Side of Fruit

### 28 Friday

Herb Crusted Baked Cod w/ Rice Pilaf, Corn, Broccoli Slaw, WG Dinner Roll, & Side of Fruit







**My name is Jennifer Mellem** and I am so happy to join the Northwest Dane Senior Services team as a part-time Case Manager! I am excited to learn from our long-time Case Manager, Vicki Beres, and to help provide services, resources, and information to older adults in our community to help them remain in their homes as safely and independently as possible.

A little bit about me, I was born and raised in a small town in central Wisconsin called Abbotsford, WI. I went to college at UW-La Crosse and then went on to graduate school in Saint Paul, MN where I obtained my Doctorate in Physical Therapy. I worked as a Physical Therapist in the hospitals and skilled nursing facilities of Minneapolis and Saint Paul, MN for 6-7 years. I gained a lot of experience in determining the physical abilities and needs of patients and clients of all ages. I also played a large role in determining appropriate discharge plans for those patients and helped them obtain the equipment and services they needed to rehabilitate from a wide variety of conditions. This experience and background will greatly help me now as a case manager to provide the appropriate services, resources, and information to those who seek out assistance from NWDSS.

After living in the Saint Paul/Minneapolis area for almost 10 years, I decided it was time to return to my Wisconsin roots and be closer to my family to raise my children. I have lived in the Mazomanie area for approximately 9 years. I have 3 children ages 13, 7, and 5 who all attend the Wisconsin Heights schools. They are active in sports and activities at the school and through the other area recreation programs. They keep me young and on my toes!

I look forward to meeting you and being of assistance. If you have any questions or would like to contact me, you can do so at:

Email: [nwdcasemanager@nwdss.org](mailto:nwdcasemanager@nwdss.org)

Phone: 608-798-6937 Ext #3

## **NWDSS Group Travel info meeting June 25th 6pm**

### **Premier World Discovery- 2 destinations: Call NWDSS for more info**

Sedona Holiday (5 days) departing December 4<sup>th</sup>, 2024, and Historic Savannah & Charleston (7 days) departing March 21<sup>st</sup>, 2025.

Sedona Holiday is a 5-day trip departing December 4<sup>th</sup>, 2024. Get in the holiday spirit and take in the awe-inspiring Grand Canyon and surrounding areas. Trip highlights include 4 Nights at One Hotel in Sedona, Sedona Trolley Tour, Oak Creek Canyon, Chapel of the Holy Cross, Tlaquepaque, Uptown Sedona, Montezuma Castle National Monument, Grand Canyon National Park South Rim, Desert Tower - Grand Canyon, Jerome, Jerome State Historic Park, Old Town Scottsdale, Cameron Trading Post and more.

Trip includes Roundtrip Airfare, Hometown transfer to & from the airport from the center, 6 Meals: 4-Breakfasts & 2-Dinners, Professional Tour Director, Motorcoach Transportation, Admissions & Sightseeing per Itinerary, and Baggage Handling at the Hotel.

Historic Savannah & Charleston is a 7-day trip departing March 21<sup>st</sup>, 2025. Enjoy the southern charm and warm sunshine on this lovely trip highlighting 2 Nights Charleston, SC, 2 Nights Savannah, GA, 2 Nights Jekyll Island Club, Charleston City Tour, Savannah City Tour, Middleton Place, 2 Antebellum Mansions: *Edmonston-Alston House* and *Mercer Williams House*, Jekyll Island Trolley Tour, Beaufort Carriage Ride, Dinner in the Jekyll Island Club's Grand Dining Room, St. Simons Island and more.

Trip includes Roundtrip Airfare, Hometown transfer to & from the airport from the center, 9 Meals: 6 -Breakfasts & 3 -Dinners, Professional Tour Director, Motorcoach Transportation, Hotel Transfers, Admissions & Sightseeing per Itinerary, and Baggage Handling at Hotels.



June 2024



## MENTAL HEALTH RESOURCES

FOR DANE COUNTY OLDER ADULTS

### MISSION STATEMENT

Mental Health Resources Team (MHRT) supports older adults in the case management program with mental health needs and helps access community resources to meet their needs.

- Connecting older adults to providers with specialized mental health expertise
- Consultations and support for Case Managers
- Community Advocacy, Education, and Trainings
- Support Groups
- Peer Support

We celebrate the diversity of our clients and are committed to cultivating and preserving a culture of inclusion and connectedness in all that we do.

# MENTAL HEALTH MATTERS



MHRT - Kathleen Pater, Virginia Wilcox, Tyler Schueffner

## OUR RECOMMENDATIONS FOR JUNE:

### WHAT WE ARE READING:

“Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers” by Jolene Brackey

### LOCAL EVENT WORTH ATTENDING:

Thursday, June 20, 2024: Entering, Centering, Weaving, and Leaving: embodying grief through community, music, and writing. Hosted by Lisa Marie Brodsky Auter and Stephanie Steigerwaldt. This event is free and takes place at Madison Central Library at 6-7:30pm in Room 301. Space is limited to 25 people. Call 608-438-1518 to register.

## RESOURCES

- Dane County 24 Hour Crisis Line (608)-280-2600 or 988
- Uplift WI, Peer-Run Warm Line (534) 202-5438
- Solstice House, Madison Peer-Run Respite House and Warm Line (608) 244-5077
- Behavioral Health Resource Center (608) 267-2244
- Domestic Abuse Intervention Services, 24 Hour Help Line (608) 251-4445, or text (608) 420-4638
- Adult Protective Services Help Line (608) 261-9933

CONTACT YOUR LOCAL SENIOR CENTER TO GET INVOLVED





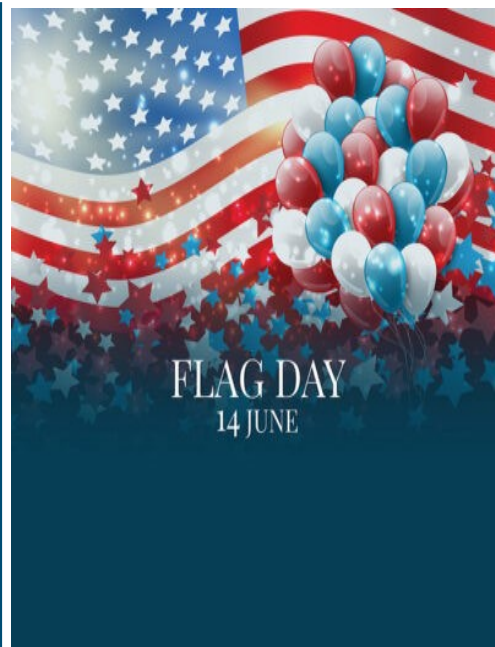
## NWDSS Salon

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](http://www.MilestoneCrossPlains.com)



  
**MILESTONE**  
SENIOR LIVING

**SCHEDULE YOUR  
TOUR TODAY!**

1870 MARKET ST,  
CROSS PLAINS, WI

## Our Thrift Shop **SUNNY SECONDS**

June Hours

**9AM-3PM**

Monday-Friday

***Sat. June 15 9am-Noon***

**WISH LIST**



Stamps

Ziplock bags

Copy Paper



## Senior Farmers' Market Nutrition Program

June 1 – October 31, 2024



Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market

vouchers to older adults for use in purchasing \$45 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 \$27,861 per year (or \$2,321/month) for a one person household and \$37,814 per year (or \$3,151/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. 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@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com).

Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on June 1st .



The *Golden Agers* will meet

**Thursday, June 6, 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!**

Meetings will take place at NWDSS



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

June is Alzheimer's & Brain. Awareness Month.

Take Action. Worldwide, **more than 55 million people** are living with Alzheimer's or another dementia.

Join the Alzheimer's Association in going purple and raising awareness this June. The more that people know about Alzheimer's, the more action we inspire.



*My eyes do see. My ears do hear. I am  
still me, so let's be clear. My memory may  
fade. My walk may be slow  
I am ME inside, don't let me go!*



x



1837 Bourbon Road  
Cross Plains, WI

x

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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](mailto:execdir@nwdss.org)
- ***Vicki Beres, Case Manager***  
Ext. 3    [casemanager@nwdss.org](mailto:casemanager@nwdss.org)
- ***Accounting Assistant***  
Ext. 4    [accounting@nwdss.org](mailto:accounting@nwdss.org)
- ***Main Reception/RSVP/Meals***  
Ext . 5    [general@nwdss.org](mailto: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](http://www.nwdss.org)**

