



Your Connection

September 2024

Northwest Dane Senior Services Presents
at Sugarland
637 Linley Road Arena, WI

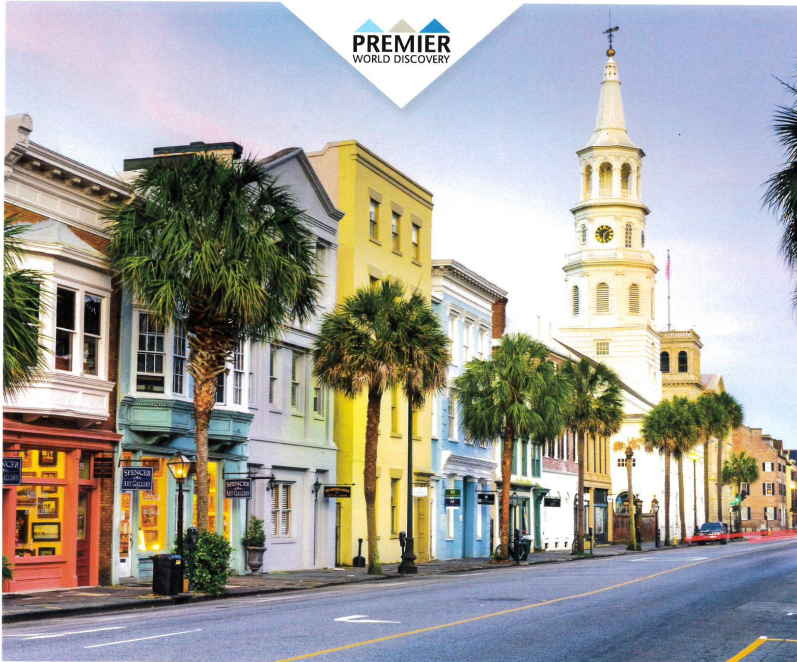
DINE ON HARVEST

Moon

Thursday, Sept. 19, 2024

6:00 PM - 9:00 PM

Food, Drink, Silent Auction
Live Music by Trippers Band
Tickets available at NWDSS
\$60 each



Northwest Dane Senior Services presents

Historic Savannah & Charleston

7 DAYS March 21, 2025

Booking #183391 (Web Code)

BOOKING DISCOUNT!

Save \$100 Per Person
\$200 Per Couple**

**NO RISK DEPOSIT
NO CHANGE FEES**

Book Now and your Deposit is Risk Free with
No Change Fees until Final Payment Due Date!
See back for details**



TOUR RATES:

Booking Discount*: **\$3849** pp double

Regular Rate: **\$3949** pp double

Single Supplement: +\$1125

**See Reservation Info for Booking Discount details

Meet our new Premier Wisconsin Rep and learn more about this upcoming travel opportunity!

Thursday, September 5 at 1:00 at NWDSS



It's a Wonderful Life
A New Musical

WORLD PREMIERE PRODUCTION

Nov 22 – Dec 1, 2024
The Mitby Theater

SPECIAL GROUP RATE FOR YOUR SENIOR CENTER!

Only \$20 per ticket for groups of 15 or more

To order:
capitalcitytheatre.org

PROMO CODE: WONDERFUL

Nearly
40% off!



**NWDSS
LOVES
Pets**

Donations:

NWDSS accepts monetary donations, food, toys, treats, pet accessories

Assistance:

NWDSS understands that pets are family and we can assist with some of the expenses your furry friend may need!

- Pet Food
- Veterinary Care
- Medications
- Grooming
- Nail Trimming
- Boarding
- Vaccinations

Contact: 608-798-6937

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**



Visit our website at www.nwdss.org **NWDSS is a nonprofit charitable organization**

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

Nickel BINGO

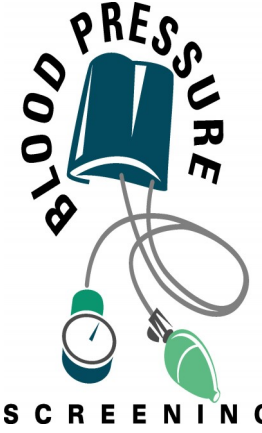
Wednesdays

&

Friday, Sept. 20

Sponsored by Heartland Country Village 12:15pm-2pm





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

September 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 Tuesday
*Ham, Turkey, Provolone, Lettuce Tomato, on Bolilo Bread,(side of mayo), Potato Salad, Chickpea Salad, & Side of Fruit

4 Wednesday
Pot Roast, Garlic Mashed Potatoes, Green Beans, WW Bread W/Butter & Side of Fruit

5 Thursday
*Baked Ham, Mashed Sweet Potato, Corn, WG Roll, & Side of Fruit

6 Friday
Herb Crusted Cod Lemon Orzo, Kale Slaw, WG Bun & Side of Fruit

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

10 Tuesday
3 Taco Pinwheels (WG Tortilla), Southwestern Corn & Bean Salad, & Side of Fruit

11 Wednesday
Creamed Chicken over WG Noodles, Glazed Carrots, & Side of Fruit

12 Thursday
Baked Ziti w/mozz cheese, Caesar Salad, Garlic Toast, & Side of Fruit

13 Friday
Breaded Coconut Shrimp, w/ Kale Slaw, Mashed Sweet Potato, WG Roll, & Side of Fruit

16 Monday
Mushroom Swiss Steak & Gravy over WG Noodles, Glazed Carrots, & Side of Fruit

17 Tuesday
Taco Pasta Salad (Taco Meat, Tomatoes, Onions, Green Peppers, Cheese, & Lettuce),Tortilla Chips, & Side of Fruit

18 Wednesday
BBQ Chicken on WG Bun, Tator Tots, Chickpea Salad, & Side of Fruit

19 Thursday
Meatloaf w/Gravy over Garlic Mashed Potatoes, Peas & Corn, WG Roll, & Side of Fruit

20 Friday
Breaded Cod, Roasted Potatoes, Kale Slaw, WW Roll, & Side of Fruit

23 Monday
Egg Salad on WG Bread, Pickled Beets, Side Salad w/Dressing, & Side of Fruit

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

25 Wednesday
Beef Stroganoff over WG Noodles, Peas & Carrots, & Side of Fruit

26 Thursday
*Ham and Cheese Sliders on WG Bun, Cheesy Broccoli, Baked Beans, & Side of Fruit

27 Friday
Potato Crusted Cod over WG Buttered Noodles, California Blend, Slaw, & Side of Fruit

30 Monday
Iowa Burger on WG Bun w/ Lettuce & Tomato, Sweet Corn, Potato Salad, & Side of Fruit





NWDSS

Salad Menu

TUESDAY'S IN SEPTEMBER

9/3 Tuesday: Cranberry Turkey Wrap on WG Tortilla, Roasted turkey, cream cheese, dried cranberries, chives, lettuce, & havarti cheese. Served w/a side of jellied cranberry sauce.

9/10 Tuesday: Chef Salad, Mixed Greens, ham & turkey, & diced tomatoes, topped w/cheese, croutons, & side of dressing w/side of cottage cheese.

9/17 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

9/24 Tuesday: Fajita Chicken Salad, Mixed greens topped with seasoned shredded chicken, red & green peppers, onions, & diced tomatoes, topped w/ Monterey jack cheese. Served w/ cilantro lime vinaigrette dressing & corn chips (topping)

DAILY ALTERNATIVE
OPTIONS PLEASE ORDER
#1- #5

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

- #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



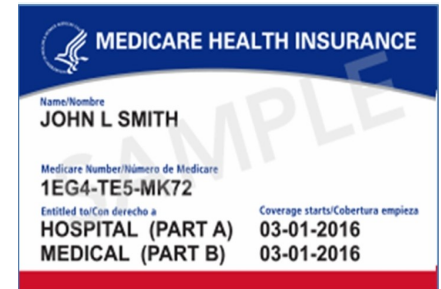
PLEASE CALL A DAY PRIOR
TO ORDER OR MAKE
CHANGES.
608-798-6937 EXT 5

SAVE THE DATES!

October 15th to December 7th

Medicare Part D (drug)

Annual Open Enrollment for 2025



The Case Manager will start scheduling appointments **September 18th**

Contact: **608-798-6937 Ext 3** or by email casemanager@nwdss.org

Monthly MIPPA Moment: September Is National Ovarian & Prostate Cancer Awareness Month

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

September is National Ovarian and Prostate Cancer Awareness Month. Ovarian cancer happens when abnormal cells grow on one or both ovaries and make and store eggs for reproduction. About 18,500 women are diagnosed with ovarian cancer each year in the United States. Prostate cancer is when abnormal cells grow in the prostate gland. **Outside of skin cancer, prostate cancer is the most common cancer among men.**

Medicare Part B (Medical Insurance) covers pelvic exams for females once every 24 months. Medicare Part B also covers some of the digital prostate exams for males and all of a prostate specific Antigen (PSA) blood test once every 12 months for men over 50 (beginning the day after their 50th birthday) if you get the test from a provider who accepts Medicare assignment.

It's important for beneficiaries to remain vigilant with their health. To stay on top of your preventive services, check the CMS publication here: <https://www.medicare.gov/publications/10110-Your-Guide-to-Medicare-Preventive-Services.pdf> for more preventive services information!

This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

FALL WORD SEARCH

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

ACORN
FOOTBALL
NOVEMBER
SEPTEMBER

APPLES
HALLOWEEN
OCTOBER
SUNFLOWER

AUTUMN
HARVEST
PUMPKIN
SWEATER

CANDY
HAYRIDE
RAKE
THANKSGIVING

CIDER
LEAVES
SCARECROW
TURKEY



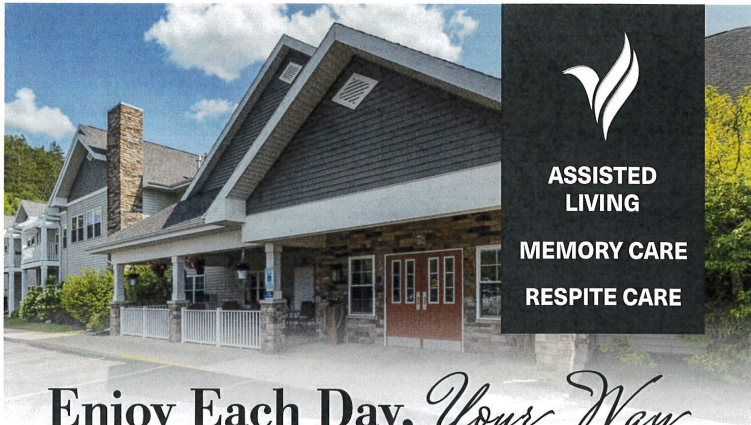
NWDSS Salon

Call 608-798-6937 ext. 5

to schedule an appointment

1:15pm-3:15pm

Monday-Friday




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




MILESTONE
SENIOR LIVING

SCHEDULE YOUR TOUR TODAY!

1870 MARKET ST,
CROSS PLAINS, WI

Our Thrift Shop **SUNNY SECONDS**

September Hours

9AM-3PM

Monday-Friday

Watch Facebook for Saturday hours

WISH LIST



Paper Towels

Copy Paper

Stamps

Sandwich Bags



Endres
Insurance Agency, Inc

Business - Farm/Ag
Home - Auto - Liability
Life - Long Term Care

(608) 798-3811
info@endresinsurance.net
www.endresinsurance.net
1805 Bourbon Rd
Cross Plains, WI 53528



The *Golden Agers* will meet
Thursday, September 5, 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!!!**





Left top: Terra, Patty, Annette, Joan, Jennifer

Left Bottom: Vicki, Paulette, Kasey

Rachel: Not pictured



**Northwest Dane
Senior Services**

Meet the **STAFF**

Paulette Glunn, Executive Director

Ext. 2 execdir@nwdss.org

Vicki Beres, Case Manager

Ext. 3 casemanager@nwdss.org

Jennifer Mellem, Case Manager

Ext. 3 nwdcasemanager@nwdss.org

Rachel Nelson, Nutrition Program
Director & Salon Manager

Ext. 5 nutrition@nwdss.org

Annette Geisler, Program Assistant

Ext. 4 assistant@nwdss.org

Joan Heberlein, Adult Day Program
Specialist general@nwdss.org

Kasey Klinger, Adult Day Program
Specialist

Patty Hillebrand, Accounting Assistant
Ext. 4 accounting@nwdss.org

Terra Morris, Social Media Consultant

Main Reception, RSVP, Meals

Ext. 5 general@nwdss.org



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 . . .

Northwest Dane Senior Services, Inc.

1837 Bourbon Road

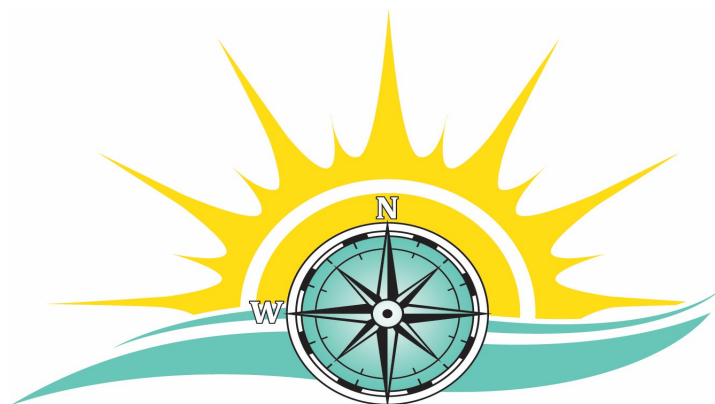
Cross Plains, WI 53528

608-798-6937 (NWDS)

Hours: 8:00 am—4:00 pm

Monday thru Friday

www.nwdss.org



**Northwest Dane
Senior Services**

