



Your Connection

December 2024



Silent Auction

NWDSS Craft Sale

Celebrate A Life Meal

(Chili, sandwiches, pasta, dessert, No charge, donations appreciated)

Remember with Randy (holiday music)

Tree Lighting

Elfie Scavenger Hunt

Nov. 20-Dec. 3 at 6:30pm

Dec. 3 4:00-6:30pm

Dec. 3 4:30-6:00pm

Dec. 3 4:30-6pm

Dec. 3 6:00 pm

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Celebrate A Life

2024



Honor the special people, past or present, who have enriched your life and the lives of others by putting an ornament on our tree this holiday season by making a donation to NWDSS. Tree lighting is Dec. 3.

Silver Ornament \$25

Special 50th Anniversary Gold Ornament \$50

In Honor of _____ In Memory Of _____

Your Name _____

Return to NWDSS along with payment or via PayPal at www.nwdss.org



Happy Holidays!

WE WILL BE CLOSED
DECEMBER 24TH, 25TH, 31ST AND
JANUARY 1ST.



Since 2008, Subaru and its retailers have helped enable the delivery of more than 4.6 million meals and friendly visits to seniors in need. Thank you to Subaru and Meals on Wheels America for this partnership!

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 2pm 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 \$5.00.

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**

Stop by for a tour & additional information or call to schedule an appointment!

Chair Yoga: Mondays at 10:30 at NWDSS

Exercise Class: Wednesdays at 9:30am

at the Black Earth Village Hall

Tai Chi: Mondays at 2:00pm & Thursdays at 8:30am at NWDSS

Nickel BINGO



Wednesdays

12:15pm-2p

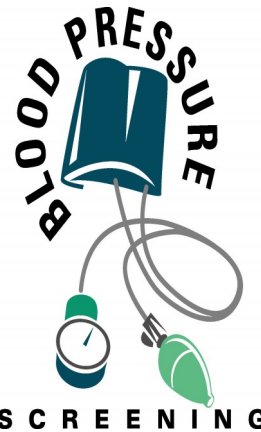


Holiday Music BINGO

Friday, Dec. 20

12:15pm

With Cross Plains Library



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

Lunch Rides:

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

Shopping Rides:

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

Tuesday

Lunch Rides:

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

Shopping Rides:

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

Wednesday

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!

Thursday

Lunch Rides:

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

Shopping Rides:

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

Friday

Lunch Rides:

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

December 2024

Senior Dining



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.



Fellowship, Food & Fun

TO RESERVE YOUR LUNCH PLEASE CALL 608-798-6937 EXT 5
 SUGGESTED DONATION IS \$5.00. PLEASE MAKE A DONATION AT THE LEVEL YOU CAN AFFORD.

2 Monday

Turkey and Cheese on WG Bun, Potato Salad, Chickpea Salad, & Side of Fruit

3 Tuesday

WG Beef Taco Mac & Cheese, w/Fiesta Corn & Side of Fruit

4 Wednesday

BBQ Pork Sandwich on WG Bun, Glazed Carrots, Potato Salad, & Side of Fruit

5 Thursday

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

6 Friday

Potato Crusted Cod, Buttered WG Noodles, California Blend, Side Salad w/ Dressing, & Side of Fruit

9 Monday

Tuna Sandwich on WG Bread, Texas Caviar, Chickpea Salad, & Side of Fruit

10 Tuesday

Loaded Chicken Over Tortilla Chips, Side of Salsa, Fiesta Corn & Side of Fruit

11 Wednesday

Meatloaf w/ Gravy, Mashed Potatoes, Glazed Carrots, WG Roll, & Side of Fruit

12 Thursday

Teriyaki Pork over Honey Glazed Rice Pilaf, Sesame Garlic Green Beans, & Side of Fruit

13 Friday

Herb Crusted Cod, Roasted Potatoes, Broccoli Slaw, WG Dinner Roll, & Side of Fruit

16 Monday

Cheeseburger Soup w/Potatoes & Carrots, Side Salad, w/ Croutons & Dressing, w/ Side of Fruit

17 Tuesday

WG Southwest Chicken Pinwheels, Corn & Bean Salad, Pickled Beets, & Side of Fruit

18 Wednesday

Ham & Asparagus Strata, Hash Rounds, Biscuit w/ Butter, & Side of Fresh Fruit

19 Thursday

Smoked Bacon Mac & Cheese w/ WG Noodles, Steamed Broccoli, Herb Roasted Chickpea's, & Side of Fruit

20 Friday

Baked Lemon Dill Cod, Tartar Sauce, Roasted Yukon Gold Potatoes, WG Bread, Broccoli Slaw, & Side of Fruit

23 Monday

Chicken "Biscuit" Pot Pie w/Carrots & Peas, Creamy Coleslaw, & Side of Fruit



26 Thursday

Ham Salad Croissant, Side Salad w/Dressing, & Croutons, Broccoli Slaw, & Side of Fruit

27 Friday

Breaded Shrimp, Cocktail Sauce, Candied Yams, Chickpea Salad, WG Roll, & Side of Fruit

30 Monday

Chicken Salad Croissant, Korean Noodles (cold), Pickled Beets, & Side of Fruit

For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave your food sitting out.



- Naughty**
- Nice**
- I Tried**



NWDSS

Salad Menu

TUESDAYS IN DECEMBER

12/3 Tuesday: BLT Wrap on WG Tortilla: Smoked bacon, mixed greens, diced tomatoes, mayo. Served w/a side of creamy slaw.

12/10 Tuesday: Chef Salad, Mixed Greens, ham & turkey, & diced tomatoes, topped w/cheese, croutons, & side of dressing w/side of cottage cheese.

12/17 Tuesday: Lemon Basil Pesto WG Pasta Salad: Shredded Chicken over Lemon Basil Pesto WG Noodles, w/roasted tomatoes. (Cold)

12/24 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)

12/31: Tuesday: Chicken Caesar Salad: Mixed Greens, Breaded Chicken, Parmesan, Tomatoes, Croutons & Side of Caesar Dressing.

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

#WG Mac & Cheese, w/ Side of Roasted
Chickpeas & Creamy 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

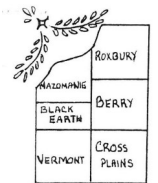
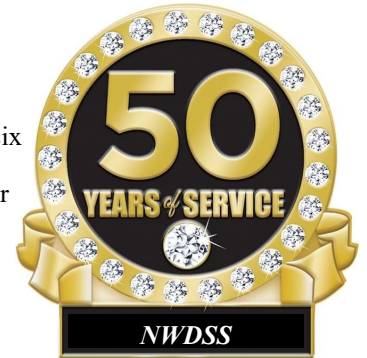


TO RESERVE YOUR LUNCH
PLEASE CALL 608-798-6937
EXT 5
SUGGESTED DONATION IS
\$5.00. PLEASE MAKE A
DONATION AT THE LEVEL YOU
CAN AFFORD.

50 years NWDSS

7

- Dec. 1974 Christmas Party at the Yellow Cottage, educate community on services
Black Earth & Berry Club pull together with Mazomanie and CP
“Northwest Dane County Senior Outreach”
- 1975 In June, Dane County Commission on Aging grants funding of \$3000 for remaining six months of the year, home chore program, nutrition sites at Nursing Home and then WI Heights School, Park School & years later serving at the Mazo Community Center
- 1976 Plans to include Vermont Township, first newsletter
- 1977 Township of Roxbury added, Moved out of the Yellow Cottage
- 1978 New Outreach Office Open House, Waltra Apartments, Mazomanie
- 1980 Outreach Office relocated to 1020 Mills St. Black Earth
- 1990 Name Change to Northwest Dane County Services, Inc. 501c3 filed with State of Wisconsin
Older Americans Act Celebrates Silver Anniversary
- 1993 Rural Respite Program at the Gathering Place
- 1999 Name change to Northwest Dane Senior Services, Inc.
- 2004 NWDSS office relocates to 1940 Blue Mounds Street Black Earth
- Mar. 2015 Purchase of 1837 Bourbon Road and relocated to Cross Plains
- May 2015 Start Adult Day Program, Older Americans Act Celebrates 50 years, dinner in Pine Bluff
- Aug. 2018 Historic Flood, NWDSS houses Team Rubicon
- Jan. 2019 Purchase of 1841 Bourbon Road, Open Sunny Seconds Thrift Shop
- 2020 NWDSS continues service during national pandemic, COVID
- 2021 Cycling Without Age Program Kicks Off
- Feb. 2024 Open NWDSS Salon
- April 2024 New logo approved and adopted by NWDSS board
- May 2024 Addition of second Case Manager
- Dec. 2024 50 years of service Celebration begins



During this annual Celebration of Life, I would like to recognize all the individuals, both past and present that took their vision 50 years ago and laid the foundation for all of us who contributed along the way! Based on the timeline above there is a lot of history and this is only the tip of the iceberg. I welcome any information some of you may recall or were a part of.

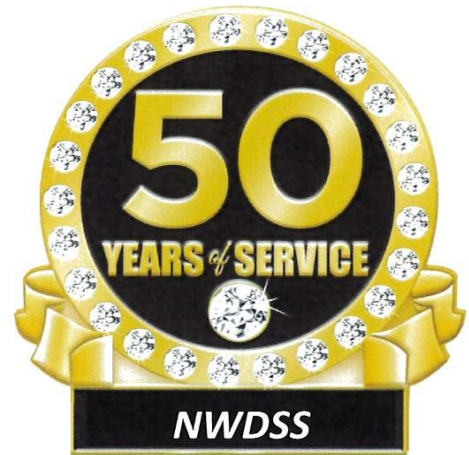
A sincere THANK YOU to the many Board Members, Employees, Volunteers and Donors who supported and continue to support this wonderful organization. With your support, NWDSS has continued to grow and provide premier programs and services to many older adults and their families.

Cheers to 50 more years!!!

With Sincere Appreciation,

Paulette





NWDSS Community Elf Scavenger Hunt 2024

- ◆ Beginning Nov. 26th at 12:00 PM – Dec. 23rd at 12 PM (Elfie needs to go to the North Pole)
- ◆ Clues will be posted on the NWDSS Facebook page and on our front door
- ◆ New clues will be posted on Mon, Nov. 25, Dec. 2, Dec. 9 & Dec.16 for that upcoming week
- ◆ There will be 1 “Elfie” in 5 different businesses within the communities we service
- ◆ Each week will have 5 different businesses (total of 20 businesses over the 4 week period)
- ◆ Once you go search, find Elfie...**take a selfie with Elfie**
- ◆ **Email your selfie to elfienwdss@gmail.com or send via Facebook Messenger to NWDSS**
*These pics may be shared on the Northwest Dane Senior Services Facebook page/marketing materials
- ◆ Include your name, contact info and the location you found Elfie within your email/Messenger
- ◆ Find as many Elfies as you can. A photo for each Elfie is required
- ◆ Prizes will be awarded during our OPEN HOUSE on Tues. January 7th from 3-6 PM
Refreshments, treats and Selfie with Elfie slide show!
- ◆ Have fun and thank you for your participation!!! **All ages welcome!**

We look forward to seeing your photos





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**

December Hours

9AM-3PM

Monday-Friday

Watch Facebook for Saturday hours

WISH LIST

Copy Paper

Stamps

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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



NWDSS LOVES Pets

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

Assistance:

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

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

Contact: 608-798-6937



The *Golden Agers* will meet
Thursday, December 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



May the magic and the wonder of the holiday season stay with you throughout the coming year



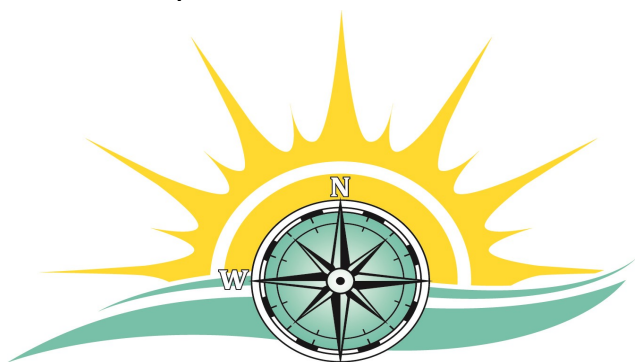
SUBARU share the love® EVENT
November 21 through January 2.



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

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 . . .

Northwest Dane Senior Services, Inc.

1837 Bourbon Road

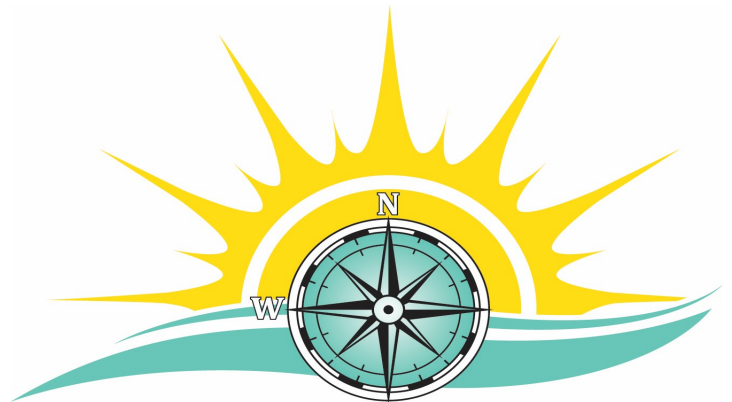
Cross Plains, WI 53528

608-798-6937 (NWDS)

Hours: 8:00 am—4:00 pm

Monday thru Friday

www.nwdss.org



Northwest Dane Senior Services

