



# Your Connection

February 2025



## *\$50 for 50 years campaign*

**Please join our generous donors in supporting NWDSS with a \$50 one time donation for 50 years of service. Your support helps us provide programs and services to older adults in your community!**

Please send payment to: **NWDSS**  
1837 Bourbon Road, Cross Plains, WI 53528  
or via PayPal at [www.nwdss.org](http://www.nwdss.org)



## February Themes

- Groundhogs Day
- Dental Health
- Friendship
- Community Helpers
- Dr. Suess Week
- Black History Month
- Presidents Day
- Acts of Kindness



NWDSS is looking for medical ride drivers and Cycling Without Age Pilots.

**NWDSS LOVES Pets**

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

**Assistance:**

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

**Contact: 608-798-6937**

**LOVE YOUR HEART**

**GET ACTIVE!**

**EAT WELL!**  
A DIET LOW IN SALT & SATURATED FATS

**QUIT SMOKING!**

**KNOW YOUR NUMBERS:**

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE
- REDUCE YOUR BLOOD SUGAR

**FREE Welcome to Medicare Seminars**

Sponsored by: Area Agency on Aging of Dane County's Elder Benefit Specialist Program

**What you need to know about enrolling in Medicare**

If you are turning **age 64 this year**, the Dane County Area Agency on Aging wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't...how to avoid penalties for late enrollment in Medicare...and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

Want easy to understand answers to all of these complex questions? Sign up to attend one of the following **Free Welcome to Medicare Seminars**. By attending a seminar, you'll walk away with the accurate and detailed information you need from unbiased experts in benefit programs. In-Person seminars have limited space so sign up early.

**All dates are on Saturdays, 9–11:30 am**

<p><b>January 18, 2025 Virtual</b> Email <a href="mailto:AAA@danecounty.gov">AAA@danecounty.gov</a> to register by 1/10/25</p>	<p><b>July 26, 2025 In-Person</b> Middleton Senior Center, 7448 Hubbard Ave, Middleton Email <a href="mailto:AAA@danecounty.gov">AAA@danecounty.gov</a> to register by 7/18/25</p>
<p><b>March 15, 2025 In-Person</b> Fitchburg Senior Center, 5510 Lacy Rd, Fitchburg Email <a href="mailto:AAA@danecounty.gov">AAA@danecounty.gov</a> to register by 3/7/25</p>	<p><b>September 13, 2025 Virtual</b> Email <a href="mailto:AAA@danecounty.gov">AAA@danecounty.gov</a> to register by 9/5/24</p>
<p><b>May 17, 2025 Virtual</b> Email <a href="mailto:AAA@danecounty.gov">AAA@danecounty.gov</a> to register by 5/9/25</p>	<p><b>November 15, 2025 In-Person</b> UW Extension 5201 Fen Oak Dr, Madison Email <a href="mailto:AAA@danecounty.gov">AAA@danecounty.gov</a> to register by 11/7/25</p>



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](http://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-2pm**

*Fri. Feb. 15*

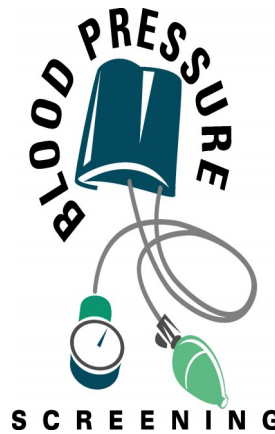


**Join us at NWDSS  
 and learn how to  
 play MAHJONG**

**Thursdays**

**Feb. 13, 20, 27**

**1-3PM**



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**



## February 2025

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 DONATION IS \$5.00. PLEASE MAKE A DONATION AT THE LEVEL YOU CAN AFFORD.

Senior Dining



Fellowship, Food & Fun

### 3 Monday

Glazed Pork Chop,  
 Au Gratin Potatoes,  
 Green Beans,  
 Pickled Beets, WG  
 Roll, & Side of Fruit

### 4 Tuesday

Breaded Chicken  
 Tenders, side of  
 BBQ sauce, Tator  
 Tots, California  
 Blend, & Side of  
 Fruit

### 5 Wednesday

Sausage Hash with  
 Peppers and Onions  
 Sweet Potato Bake,  
 Biscuit, & Side of Fruit

### 6 Thursday

Baked Ziti, Mixed  
 Veggies, WG Garlic  
 Toast, & Side of  
 Fruit

### 7 Friday

Potato Crusted  
 Cod, WW Butter  
 Noodles,  
 California Blend,  
 Baked Beans, &  
 Side of Fruit

### 10 Monday

Ham & Pea Soup,  
 German Potato  
 Salad, WG Roll, &  
 Side of Fruit

### 11 Tuesday

Mild Taco Pinwheel  
 w/ Cream Cheese,  
 Cheddar & Tomatoes,  
 Side of Salsa, Black  
 Bean Salad, & Side of  
 Fruit.

### 12 Wednesday

BBQ Meatballs  
 Baked Potato  
 w/butter, Green  
 Beans, WG Roll, &  
 Side of Fruit

### 13 Thursday

Chicken Broccoli  
 Alfredo over WG  
 Penne, Mixed  
 Veggies, Side Salad,  
 & Fruit

### 14 Friday

Breaded Shrimp,  
 Baby Reds, Broccoli  
 Slaw, WG Roll, & Side  
 of Fruit

### 17 Monday

Beef Barley Soup  
 w/veggies,  
 Potato Salad,  
 Pickled Beets, &  
 Side of Fruit.

### 18 Tuesday

WG Mac & Cheese  
 w/side of Cottage  
 Cheese, Chickpea  
 Salad, & Side of  
 Fruit.

### 19 Wednesday

Chicken & Stuffing  
 Topped with Gravy,  
 Mashed Potatoes,  
 California Blend, WG  
 Bread, & Side of Fruit

### 20 Thursday

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

### 21 Friday

Breaded Coconut  
 Shrimp, Baby Reds,  
 Broccoli Carrot Slaw,  
 WG Roll, & Side of  
 Fruit

### 24 Monday

"Rachel" Hot Turkey  
 & Swiss on Rye  
 w/kraut & Thousand  
 Island Dressing,  
 Roasted Potatoes,  
 Creamy Cucumbers,  
 & Side of Fruit

### 25 Tuesday

Chicken Breast in  
 Wine Sauce  
 w/Mushrooms over  
 Quinoa & Wild Rice  
 Blend, Green  
 Beans, & Side of  
 Fruit

### 26 Wednesday

Roast Beef Sandwich  
 w/Lettuce, Tomato,  
 & Cheese, Side of  
 Mayo Potato Salad,  
 Pickled Beets, & Side  
 of Fruit

### 27 Thursday

Lasagna Rollup,  
 Roasted Cherry  
 Tomatoes, Garlic  
 Toast, & Side of Fruit

### 28 Friday

Baked Cod With  
 Herb Cream Sauce  
 over WG Noodles,  
 Kidney Bean Salad,  
 & Side of Fruit



NWDSS

## Salad Menu

### TUESDAYS

**February 4th 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.*

**February 11th Tuesday:** *Chef Salad, w/ Ham & Turkey, Cheese, Tomato, Croutons, & Dressing & Side of Cottage Cheese*

**February 18th 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,*

**February 25th Tuesday:** *Chicken Caesar Salad, Mixed Greens topped with breaded chicken breast, parmesan, tomatoes, Caesar dressing, & Croutons.*

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 Seafood 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

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



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



## February is Heart Month!

### NWDSS Heart-Healthy Practices

Join us for many heart healthy activities at NWDSS to stay active, stay connected and be healthy! (See page 4 for more details)



- ◆ Tai Chi, Chair Yoga, Exercise Class
- ◆ Bingo, Euchre, Mahjong
- ◆ Enjoy Congregate lunch with friends (See Page 5 & 6 for menu options)
- ◆ NWDSS volunteer opportunities (Call or stop in to NWDSS for more information)
- ◆ Take care of your feet! Call 608-798-6937 Ext 5 for a Foot Care Appointment

### Monthly MIPPA Moment: Get **FREE Cardiovascular Screening** with Medicare

⇒ **Medicare will cover one “Annual Wellness Visit”** per year with a primary care doctor in a primary care setting to help lower your risk for cardiovascular disease, as long as your provider accepts assignment.

The doctor may discuss medication use, check blood pressure, or provide healthy eating tips. Some factors that increase the risk of heart disease include: age, gender, smoking, high blood pressure, cholesterol, being overweight, and physical inactivity.

Screening blood tests for cholesterol, lipid, and triglyceride levels can also be covered by Medicare Part B at 100% once every five years when ordered by your provider if they accept Medicare assignment.

You do not need to show signs of heart disease or have any particular risk factors to qualify for these tests. During the course of your heart disease screening, your provider may discover and need to investigate or treat a new or existing problem.

Additional care is considered diagnostic and Medicare may, however, then bill you for a portion of any follow up diagnostic care.

<https://www.medicare.gov/coverage/cardiovascular-disease-screenings>

*Adapted from [cdc.gov/mmwr](http://cdc.gov/mmwr) and [Medicare.gov](http://Medicare.gov). For more MIPPA Program information, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458. This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number*

## Valentine Word Search

Happy Valentine's Day!

O	U	L	J	G	U	H	R	A	E	B	C	P	Q	Z	D	N	I	K
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sweetie pie  
romantic  
two hearts  
sweethearts  
chocolate  
call home  
wild for you

bear hug  
cupid  
candy  
text me  
gift  
valentine  
love

honey  
flame  
dove  
darling  
smitten  
flowers  
hearts

true blue  
kisses  
adorable  
ever after  
roses  
amorous  
friendship

beloved  
affection  
be mine  
lovebirds  
crazy for you  
I love you  
endless love





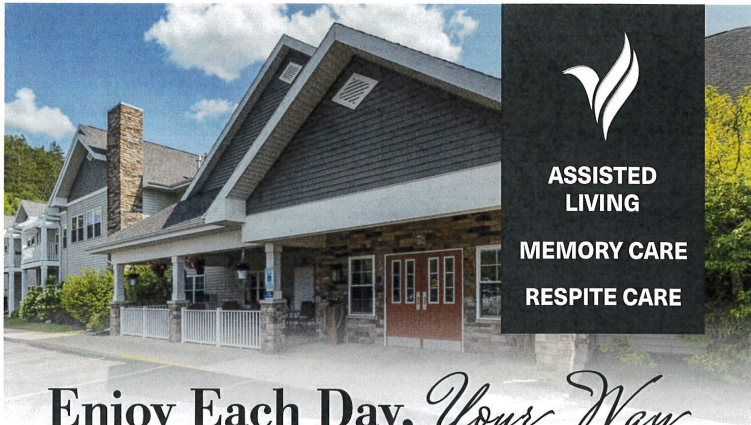
## NWDSS Salon

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



  
MILESTONE  
SENIOR LIVING

**SCHEDULE YOUR TOUR TODAY!**

1870 MARKET ST,  
CROSS PLAINS, WI

## Our Thrift Shop **SUNNY SECONDS**

February Hours

9AM-3PM


Monday-Friday

*Watch Facebook for Saturday hours*



Copy Paper

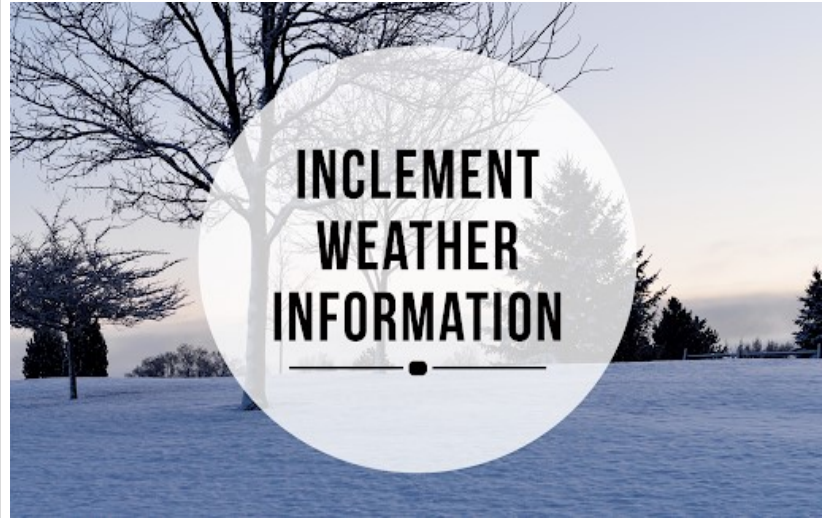
Paper Towel



**E 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 will do our best to communicate closures due to inclement weather. We will post on Facebook once a decision is made to close. Staff will attempt to inform any clients and volunteers scheduled that day. Our goal is to keep our staff, volunteers and clients all safe!



The *Golden Agers* will meet

**Thursday, February 6, 2025.**

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





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](mailto:execdir@nwdss.org)

**Vicki Beres**, Case Manager

Ext. 3      [casemanager@nwdss.org](mailto:casemanager@nwdss.org)

**Jennifer Mellem**, Case Manager

Ext. 3      [nwdcasemanager@nwdss.org](mailto:nwdcasemanager@nwdss.org)

**Rachel Nelson**, Nutrition Program  
Director & Salon Manager

Ext. 5      [nutrition@nwdss.org](mailto:nutrition@nwdss.org)

**Annette Geisler**, Program Assistant

Ext. 4      [assistant@nwdss.org](mailto:assistant@nwdss.org)

**Joan Heberlein**, Adult Day Program  
Specialist      [general@nwdss.org](mailto:general@nwdss.org)

**Kasey Klinger**, Adult Day Program  
Specialist

**Patty Hillebrand**, Accounting Assistant  
Ext. 4      [accounting@nwdss.org](mailto:accounting@nwdss.org)

**Terra Morris**, Social Media Consultant

**Main Reception, RSVP, Meals**

Ext. 5      [general@nwdss.org](mailto: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

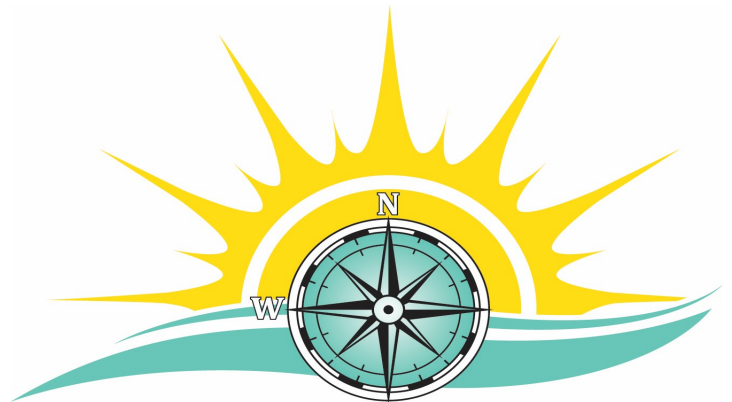
Cross Plains, WI 53528

608-798-6937 (NWDS)

**Hours: 8:00 am—4:00 pm**

**Monday thru Friday**

**www.nwdss.org**



**Northwest Dane  
Senior Services**

