



Your Connection

April 2025



National Volunteer Week is celebrated annually during the third week of April and this year it will be observed from *April 20 to 26*. This week-long celebration is about placing a spotlight on inspiring figures whose invaluable seeds of kindness through volunteering are bettering the community and our world in general. This significant celebration which was established in 1974 provides the perfect opportunity to say **thank you**. It also challenges us to do better and look for ways to be active participants, joining hands to impact our local communities and calling for more support.

thank you



10 years ago, on March 18, 2015, NWDSS relocated to our current location! Thank you for supporting all our endeavors!!!

\$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

A decorative poster for a Vendor & Crafts Fair. It features a light blue background with a floral border of pink and yellow flowers and green leaves. The text is centered and includes the event name, date, time, location, and contact information.

Northwest Dane Senior Services
Presents

Vendor & Crafts Fair

Saturday May 3rd

10:00 a.m. – 3:00 p.m.
1837 Bourbon Road,
Cross Plains WI
608.798.6937

VENDORS, HANDMADE CANDLES
AND SOAP, UNIQUE GIFTS,
BAKED GOODS, JEWELRY AND
MUCH MORE!

AND LET'S NOT FORGET OUR OWN
THRIFT SHOP - SUNNY SECONDS

Made with PosterMyWall.com



— Downsize with Ease Seminar

Date/Time: May 20th at 10:00 am

Location: Northwest Dane Senior Services

Downsizing - it's a **BIG** topic. Maybe you don't know where to start or what your priorities should be. How do you declutter decades of things and collections in a way that won't be wasteful or cause sadness? There's so much to think about!

The "Downsize with Ease" seminar is here to help! This hands-on seminar will give you the opportunity to learn how to make decluttering decisions for your home. Want to participate? Here's how:

1. Gather 1-3 items from your home that you think you might need to downsize but want to discuss to help with the decision (bring the items or just photographs of the items, whichever is easier)
2. Come to NWDSS on 5/20 at 10 am and be willing to share your items and feelings so we can talk about how you might make these downsizing decisions.

Join Jess Lex, local real estate agent, and let's take the first step forward in your downsizing process.



Registration Options:

- Call NW Dane Senior Services at (608) 798-NWDS(6937)

Seminar Host: Jess Lex

- 608-571-6868
- jess@jesslexhomes.com
- www.jesslexhomes.com

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 11 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**



**Northwest Dane
Senior Services**



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

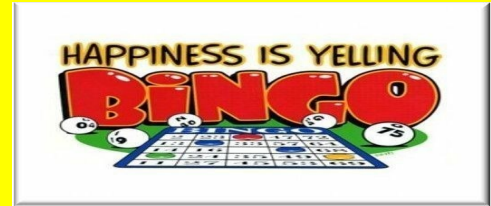
at the Black Earth Village Hall

Tai Chi: Mondays at 4:00pm &
Thursdays at 8:30am at NWDSS

Nickel BINGO

Wednesdays 12:30pm-2:30pm

& Friday, April 18

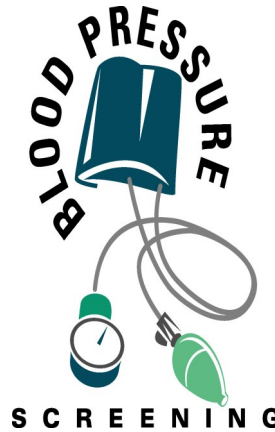


Join us at NWDSS
and learn how to
play **MAHJONG**

Thursdays

April 10, 17, 24

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**



April 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.

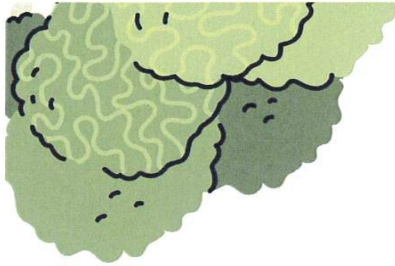
Senior Dining



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.

	<p>1 Tuesday Chicken Pesto-over WG Penne, Roasted Tomatoes, Garlic Toast, & Side of Fruit</p>	<p>2 Wednesday Fishwich on WG Bun, w/cheese, & side of tarter sauce, Roasted Potatoes, Glazed Carrots, & Side of Fruit</p>	<p>3 Thursday BBQ Chicken on WG Bun, Baked Beans, Potato Skins & Side of Fruit</p>	<p>4 Friday Breaded Coconut Shrimp, Cocktail Sauce, Roasted Potato, Cali Blend, Side of Fruit</p>
<p>Monday Chicken Breast in Pine Sauce /Mushrooms over Wild Rice, Green Beans,& Side of Fruit</p>	<p>8Tuesday WG Soft Shell Beef Tacos w/Cheese, Lettuce, Side of Sour Cream,& Salsa, Cilantro Corn & Beans, & Side of Fruit</p>	<p>9 Wednesday Shrimp Scampi w/WG Angel Hair Pasta, Creamy Cucumbers, Broccoli Slaw & Side of Fruit</p>	<p>10 Thursday Dijon Chicken Strata, Seasoned Hash Rounds, Roasted Veggies,& Side of Fruit</p>	<p>11 Friday Baked Cod With Herb Cream Sauce, Lemon Orzo, Kale Slaw, WG Roll & Side of Fruit</p>
<p>4 Monday Cheeseburger Soup, Texas Beans, WG Roll, & Side of Fruit</p>	<p>15 Tuesday Pot Roast, Garlic Mashed Potatoes, Green Beans, WG Roll w/butter, & Side of Fruit</p>	<p>16 Wednesday Asian Flare Tuna Skewers Honey Glazed Brown Rice & Carrots, & Side of Fruit</p>	<p>17 Thursday Spaghetti w/ Meat Sauce, Garlic Knots, Side Salad w/Dressing, & Side of Fruit</p>	<p>18 Friday Potato Crusted Cod over Lemon Orzo, Carrots, Kale Slaw, WG Roll, & Side of Fruit</p>
<p>1 Monday Beef & Broccoli w/Brown Gravy over Rice, Chickpea Salad, & Side of Fruit</p>	<p>22 Tuesday Herb Pork Chop over Rice Pilaf, Green Beans, Harvard Beets,& Side of Fruit</p>	<p>23 Wednesday (Cold) Turkey, Lettuce, Tomato & Cheese Sandwich on WG Bread, w/Side of Mayo, Creamy Cucumbers, & Side of Fruit</p>	<p>24 Thursday Chicken Marinara over WG Penne, Roasted Carrots, Garlic Toast, & Side of Fruit</p>	<p>25 Friday Breaded Shrimp, Cocktail Sauce, Kale Slaw, Roasted Potatoes, WG Bread & Side of Fruit</p>
<p>8 Monday Ham & Asparagus Strata, Hash Rounds, biscuit w/ Butter, & Side of Fresh Fruit</p>	<p>29 Tuesday Shredded Chicken-over Corn Chips, w/Lettuce, Cheese, Salsa, Side of Sour Cream, Corn & Bean Salad, & Side of Fruit</p>	<p>30 Tuesday (Cold) Ham & Pickle Pinwheel,(w/Cream Cheese), Macaroni Salad, Broccoli Slaw,& Side of Fruit</p>		



NWDSS

Salad Menu

TUESDAYS

April 1st, 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.*

April 8th, Tuesday: *Chef Salad, w/ Ham & Turkey, Cheese, Tomato, Croutons, & Dressing & Side of Cottage Cheese*

April 15th, Tuesday: *Hummus Platter, w/ Carrots, Celery, Peppers, & Pita Bread.*

April 22nd & 29th Tuesday: *Chicken Caesar Salad, Mixed Greens topped with breaded chicken breast, parmesan, tomatoes, Caesar dressing, & Croutons.*

****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 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



**PLEASE CALL A DAY PRIOR
TO ORDER OR MAKE
CHANGES.**

608-798-6937 EXT 5





April 28th at 9:00 am (the 4th Monday of each month)
Monthly Vet-to-Vet meetings are held at Northwest Dane Senior Services
Leader: Jonathan Howell, Veterans Outreach Program Specialist, Madison Vet Center

APRIL is a time to create, be aware, get excited, and find new interests.
HERE ARE A FEW THINGS TO BE AWARE OF IN APRIL...

HUNGER AWARENESS — STRESS AWARENESS — MEDICAID AWARENESS MONTH

HUNGER AWARENESS MONTH



- >NWDSS offers Home Delivered Meals and daily in-person Congregate lunch at the Cross Plains senior center location
- >NWDSS communities offer 3 food pantries, located in Middleton and Mazomanie
- >If you are experiencing food insecurity due to financial and mobility limitations, **please call 608-798-6937**

STRESS AWARENESS MONTH

- >Exercise greatly reduces stress. *See page 4 for NWDSS many exercise group opportunities
- >Socializing and connecting with others is a wonderful way to reduce stress. Join us at NWDSS for Bingo, Euchre, and Mahjong
- >Adequate nutrition can have a positive impact on stress levels and overall wellbeing. Join us for lunch M-F at 11:30 am. **Call to make a reservation 608-798-6937**

Monthly MIPPA Moment: Medicaid 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.



April is Medicaid Awareness Month in the United States. Medicaid is a program that provides health coverage to millions of eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. More than 6.9 million seniors age 65 and over have Medicaid coverage and 1 in 3 seniors are living below 200% of the [Federal Poverty Level](#).

Medicaid programs for Wisconsin seniors can cover health care while living in the community or long-term care, as well as programs to help with Medicare premium or co-pay costs. It covers nursing home bills for over 60 percent of residents in nursing homes now, which has a median annual cost of \$100,000. Contrary to some beliefs, *Medicare will not provide coverage for nursing homes, so people will rely on private pay, long-term care insurance, and/or Medicaid for custodial nursing home stays. Currently, there are threats to Medicaid including a recent budget request to cut Medicaid funding by 1.4 trillion and there are also potential restrictions to Medicaid enrollment such as additional requirements to work.*

What you can do: Engage and connect with your legislators (find your state legislator here: <https://maps.legis.wisconsin.gov/>) and federal members here: <https://www.congress.gov/members/find-your-member>) to advocate to protect Medicaid programs and verify your Medicaid eligibility to avoid losing coverage during transition or renewal periods. To apply for Medicaid, you can start here: <https://www.dhs.wisconsin.gov/forwardhealth/apply.htm>.

Adapted from medicarerights.org and healthlaw.org. 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 2101WIMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

If you'd like more information on how to participate, donate, or get involved call 608-798-6937

April Word Search

EASTER ROLLS
BLUESKY
LIGHT GREEN
BIRDNEST
CANDY
BUNNIES

FRESH FRUIT
PASTELS
BIRDS
ROSES
CHICKS
CHOCOLATE

SALAD
LIGHT BLUE
RAIN SHOWERS
DAFFODIL
FLOWERS
TULIPS

YELLOW
RAINBOW
LAMB
GRASS
SPRING
EASTER

HAM
EGGS
CROSS
CROCUS
BUTTERFLIES
APRIL FOOLS

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P P F T X K H R A I N S H O W E R S E R Y T D D





NWDSS Salon

Call 608-798-6937 ext. 5

to schedule an appointment

1:15pm-3:15pm

Monday-Friday



Wondering about Tai Chi? What is it? How do you do it?

A small group meets weekly at NWDSS to learn and practice tai chi. We want to share our enthusiasm and knowledge of this traditional form of tai chi with others. We are inviting you to join us for a demonstration and introduction to tai chi on April 3 at 8:30am and Thursday mornings. These sessions are free.

While doing what you saw in the demonstration may seem daunting, just following along is a great way to learn. Each week you will notice more details of the positions. You do not need to know all of the movements to reap the benefits. *The benefits include better balance, more agility, concentration and increased leg strength.*

We can do tai chi our entire life. As we age we may move slower, but we can still move, breathe and get tai chi's benefits.

Please join us on April 3, 2025 at 8:30am.



Our Thrift Shop

SUNNY SECONDS

April Hours

9AM-3PM


Monday-Friday

Watch Facebook for Saturday hours



Volunteers for spring yard and garden clean up

Disposable cups



Endres
Insurance Agency, Inc

(608) 798-3811
info@endresinsurance.net
www.endresinsurance.net

1805 Bourbon Rd
Cross Plains, WI 53528

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



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, April 3, 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



EARTH DAY 22 APRIL



“
Look deep into nature, and then you will understand everything better.
”

—Albert Einstein

statusbuzz.in

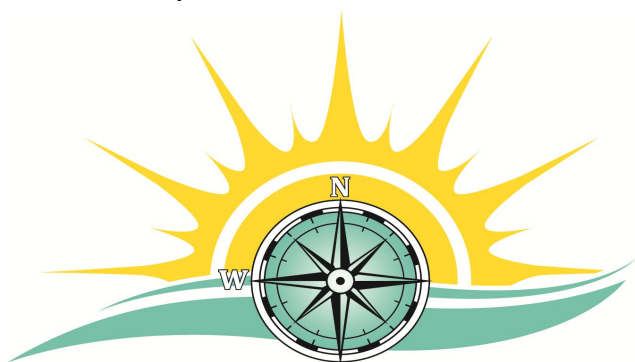




Left top: Terra, Patty, Annette, Joan, Jennifer

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

x

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

