



Your Connection

March 2025





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

Healthy Living with Chronic Pain Workshop

A 6-week workshop proven to help people with chronic pain better manage their condition.



What is Healthy Living with Chronic Pain? This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks over a conference call. No computer needed!

Participate in the comfort of your own home! Register for the next phone-based workshop:

Thursdays 10:00am – 11:00am

April 17— May 22

Where: Over-the-phone Suggested Donation: \$15 (or pay what you can afford)

(The suggested donation helps to cover class material costs)

Register by calling either facilitator by April 7th:

Julie 608-332-1077 or Deanna 608-327-7285



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 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**



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!

Activities

4

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 12:30pm-2:30pm

& Fri. March 21

Intergenerational Bingo Village Hall, Black Earth, 3/25 at 12:30pm

Dogs On Call Visit at 2pm on March 19

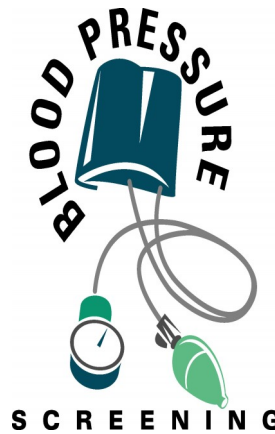


Join us at NWDSS and learn how to play **MAHJONG**

Thursdays

March 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



March 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

Roast Beef, Lettuce, Tomato, Cheese Sandwich on WG Bread, Chickpea Salad & Side of Fruit

4 (Fat) Tuesday

Mild Jambalaya, Red Beans & Rice, Pickled Beets, Side of Fruit

5 Wednesday (Lent)

Baked Dill Cod, Herb Roasted Baby Reds, Glazed Carrots, Tarter Sauce, WG Roll, & Side of Fruit

6 Thursday

Glazed Pork Chop, Potatoes Au Gratin, Green Beans, WW Roll, & Side of Fruit

7 Friday

Potato Crusted Cod, Lemon Orzo, Kale Slaw, WG Roll, & Side of Fruit

10 Monday

Chicken Stew, Copper Penny Salad, WG Roll, & Side of Fruit

11 Tuesday

Chicken Pesto Croissant, Roasted Cherry Tomatoes, & Side of Fruit

12 Wednesday

Clam Chowder, 3 Bean Salad, WG Roll, & Side of Fruit

13 Thursday

Sloppy Joe on WG Bun, Tator Tots, Chickpea & Cucumber Salad, & Side of Fruit

14 Friday

Baked Lemon Dill Cod, Tartar Sauce, Kale Slaw, Roasted Potatoes, WW Roll, & Side of Fruit

17 Monday

Rueben Sandwich, Garlic Mashed Potatoes, Irish Baked Beans, & Side of Fruit

18 Tuesday

Rotisserie Chicken (white and dark), WG Lemon Pesto Noodles, Glazed Carrots, Side of Fruit

19 Wednesday

WG Mac & Cheese, BBQ Roasted Chickpeas, Slaw, & Side of Fruit

20 Thursday

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

21 Friday

Coconut Breaded Shrimp, Broccoli Slaw, Chickpea & Carrot Salad, WG Roll, & Side of Fruit

24 Monday

Beef Stew w/ Potatoes, Carrots & Peas, WG Dinner Roll, & Side of Fruit

25 Tuesday

Breaded Chicken Tenders, side of BBQ sauce, Tator Tots, Veggie Pasta Salad, & Side of Fruit

26 Wednesday

French Toast Bake w/Strawberries & Cream Cheese, Scrambled Eggs W/Veggies, WG Toast, & Side of Fruit

27 Thursday

Garlic Parmesan Chicken over WG Buttered Noodles, Caesar Side Salad, & Side of Fruit

28 Friday

Potato Crusted Cod over Lemon Orzo, Yams, Kale Slaw, WG Roll, & Side of Fruit

31 Monday
 Chicken Salad on Croissant, Side Salad w/Dressing, & Side of Fruit





NWDSS

Salad Menu

TUESDAYS

March 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.*

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

March 18th Tuesday: Hummus Platter, w/ Carrots, Celery, Peppers, & Pita Bread.

March 25th 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

Monthly MIPPA Moment: World Hearing Day is March 3rd

Original Medicare does NOT cover most hearing aids or exams for fitting them. However, some Medicare Advantage plans and some Medicare Part D plans may cover hearing services. Let's briefly explore what Medicare can cover to help maintain good hearing.

Original Medicare (Parts A & B alone):

- Covers some hearing services in a hospital setting, like emergency procedures
- Covers diagnostic hearing exams if ordered by a Medicare-enrolled doctor or health care provider
- Allows visits to an audiologist once a year without a doctor's order for non-acute hearing conditions

Medicare Part B (Medical Insurance) covers diagnostic hearing and balance exams if your Medicare-enrolled doctor or health care provider orders them to find out if you need medical treatment. You can also see an audiologist once every 12 months without an order from your health care provider, but only for:

- Non-acute hearing conditions (like hearing loss that occurs over many years)
- Diagnostic services related to hearing loss that's treated with surgically implanted hearing devices

If your specific supplement or Advantage plan does not cover hearing aids, **Medicaid** might. Other people also seek assistance from local hearing aid banks, charitable programs, and financial assistance programs.

*See more here: <https://www.ncoa.org/article/medicare-and-hearing/>

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



Financial Assistance for Hearing Aids and Hearing Assistive Technology for Adults who are Deaf, Hard of Hearing, and Deaf-Blind

Online Resources <https://www.dhs.wisconsin.gov/publications/p00591.pdf>

NWDSS: Offers a variety of exercise classes that engage older adults physically, mentally, and socially. No sign up needed, drop-ins welcome... simply enjoy and follow along. Also, join us for lunch at NWDSS M-F at 11:30 am, for intimate, fun conversations (See pages 3, 4, 5 for more details).

Movie Theaters: Americans with Disabilities Act (ADA) requires all theaters provide no-cost adaptive equipment for deaf patrons. Closed-captioning devices will allow you to read what's being said. Visit <https://www.ncoa.org/article/10-fun-activities-for-seniors-with-hearing-loss/> for more info.

Crafts, Art, Home Improvement: Enjoy creative tasks like painting, drawing, making something new, restoring something, or visiting an art exhibit to support health, problem-solving, and cognition.

Reading, Swimming, Gardening, Meditation: These are sometimes called soundless activities which help improve sleep, lower blood pressure, and enhance overall emotional health and wellbeing.



Happy St. Patrick's Day!



- TRADITION
- SHAMROCK
- PARTY
- SAINT
- LUCK
- MARCH
- PATRICK
- DANCE
- SNAKES
- HOLIDAY
- GREEN
- FOLKLORE
- EMERALD
- CELEBRATE
- RAINBOW
- IRISH
- IRELAND
- FEAST
- POT
- LEPRECHAUN
- PARADE
- CLOVER
- GOLD
- MYTHOLOGY

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





NWDSS Salon

Call 608-798-6937 ext. 5

to schedule an appointment

1:15pm-3:15pm

Monday-Friday



March

SPECIAL MENU



FAT TUESDAY

3/4

Mild Jambalaya, Red Beans & Rice, Pickled Beets, & Side of Fruit

FIRST DAY OF LENT

3/5

Baked Dill Cod, Herb Roasted Baby Reds, Glazed Carrots, Tarter Sauce, WG Roll, & Side of Fruit

ST. PAT'S DAY

3/17

Rueben Sandwich, Garlic Mashed Potatoes, Irish Baked Beans, & Side of Fruit



Our Thrift Shop

SUNNY SECONDS

March Hours

9AM-3PM

Monday-Friday

Watch Facebook for Saturday hours



Tombow liquid glue

Zip Lock Bags

Hot glue gun clear stick 4"

Mod Podge-Matte finish



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



Golden Agers

The *Golden Agers* will meet
Thursday, March 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

WELCOME
March

Look for the
GOODNESS in everyone
whom you meet today
and every day forward.

Open Your Heart
and become someone
who gives a gift of peace,
joy or hope.. And watch
the ripple effect of
MIRACLES & BLESSINGS
unfold in your life.





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

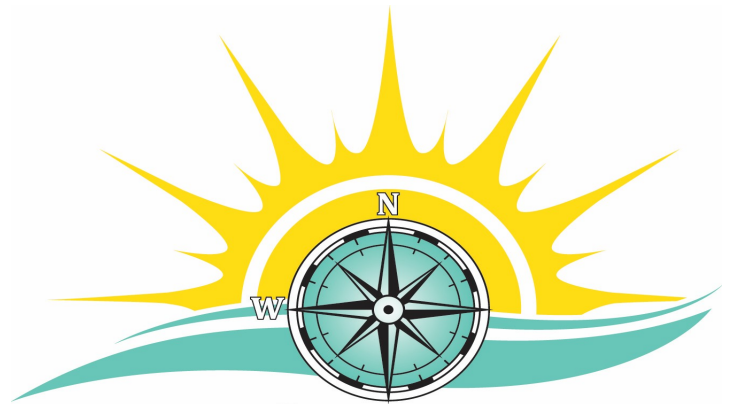
Cross Plains, WI 53528

608-798-6937 (NWDS)

Hours: 8:00 am—4:00 pm

Monday thru Friday

www.nwdss.org



Northwest Dane Senior Services

