

# NEWBRIDGE NEWS

Your Connection to Successful Aging

JANUARY 2020

## SENIOR NUTRITION PROGRAM IS EXPANDING



Beginning Wednesday, January 8!  
 Every Wednesday 11:30 am – 1:00 pm  
 Cuco's Mexican Restaurant,  
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Beginning Monday, January 6!  
 Every Monday and Friday 8:30 – 10:30 am  
 Cranberry Creek Restaurant,  
 1501 Lake Point Dr. Monona.  
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**NewBridge Offices are closed January 1 and 20.**

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[www.NewBridgeMadison.org](http://www.NewBridgeMadison.org)

(608) 512-0000

# GENERAL INFORMATION

## MISSION

*NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.*



## A LETTER FROM THE DIRECTOR...

### *New Collaborations for NewBridge*

I am excited to announce three collaborations NewBridge will be involved with in 2020. The first is the Food Bridge program in conjunction with RSVP and the River Food Pantry. Volunteers pick up and deliver groceries each month from the River to homebound older adults age across the city. NewBridge is also collaborating with The Hmong Institute to open a Dane County nutrition site for Asian elders in the community. Nutritious meals, customized for the Asian community, will be served weekdays at the dining site. In addition, our case management team will provide training and assistance for Hmong Institute case managers to address the growing needs of elders in the Asian community. Our third collaboration is with CommonBond Communities. Our case management staff will be on site to provide assistance for residents of Point Place, a new independent living community for older adults. We look forward to these wonderful new partnerships!

## CONTACT US

Phone: (608) 512-0000  
Fax: (608) 299-0700  
Email: [info@newbridgemadison.org](mailto:info@newbridgemadison.org)  
Website: [newbridgemadison.org](http://newbridgemadison.org)  
Office Hours: Monday-Friday, 8:00 am-4:00 pm

### MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

### EAST MADISON

4142 Monona Drive, Madison, WI 53716

### WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



## BOARD OF DIRECTORS

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- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work

**Thank you to our NewBridge Funders:**



*Friends of NewBridge*

# NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
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- SONYA LINDQUIST, Senior Services Director Ext. 2002
  
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
  
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1003
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Case Manager- español Ext. 2004
- MEGAN KULINKSI, Case Manager Ext. 3004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- RACHEL OKERSTROM, Case Manager Ext. 4002

- SAMMY AZUMA, Case Manager Ext. 1005
- STEPHANIE AGUILERA, Case Manager- español Ext. 1007
- STEPHANIE BRANDSMA, Case Manager Intern Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEENAH GIVENS, Program Coordinator Ext. 3002
- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
  
- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- MARY HENNING, Nutrition Coordinator —

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry, age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board President, in writing.

ID Statement: The January (issue 1) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.



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**Contact our Volunteer Coordinators at 608-819-0033**



# CASE MANAGEMENT SERVICE

This service provides older adults support needed to live independently by identifying resources and coordinating services.

*Free for eligible Madison and Monona older adults (60+).*

*Private Pay Case Management is also available for Dane County residents.*

## WALK-IN OFFICE HOURS

A Case Manager will be available at the following times and locations:

**Good Shepherd Church**  
5701 Raymond Road  
Thursday, January 23  
10:00-11:00 am

**Madison Senior Center**  
330 W. Mifflin Street  
Mondays, 11:00 am-Noon

**Romnes Apartments**  
540 W Olin Avenue  
Thursdays, 11:00 am-Noon

**Fisher-Taft Apartments**  
2025 Taft Street  
Wednesday, January 8  
10:30-11:30 am

**Goodman Comm. Center**  
149 Waubesa Street  
Wednesdays, January 8, 22  
11:30 am-12:30 pm

**Monona Senior Center**  
1011 Nichols Rd, Monona  
Thursday, January 2  
10:00-11:00 am

## ADDITIONAL SERVICES:

### Home Chore

*“Your connection to helping hands”*

This service matches Case Management clients who need basic household chores help with individual volunteers/volunteer groups who provide assistance and friendly visitation.

### Food Bridge

*“Your connection to wholesome groceries”*

This service offers monthly food pantry delivery for Case Management clients at nutritional risk. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County.

*These services are free for eligible Madison/Monona older adults (60+).*

## MONTHLY MIPPA MOMENT

### New Year, New Wellness Exam

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

If you’re new to Medicare, a “Welcome to Medicare” preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your history as well as education and counseling on preventive services, including certain screenings, shots and referrals for other care, if needed. However, if you’ve had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan based on your current health and risk factors. You should pay nothing for the “Welcome to Medicare” visit and the yearly “Wellness” visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren’t covered under the preventive benefit, you may have to pay a coinsurance, and the Part B deductible may apply. It is important to note the Yearly Wellness Visit is not the same as a physical; Medicare does not cover a routine annual physical.

The yearly wellness visit can also include a cognitive impairment assessment to rule out signs dementia disorders

For information on Preventive Services, call MIPPA Program Specialist, Leilani Amundson, at (608) 240-7458.

# WELCOME CASE MANAGER, EBONIE BROOKS



Hello! My name is Ebonie and I started at NewBridge November 11 as a Case Manager. A little more about me...

I am quiet, organized, goofy, and a dedicated team player & hard worker.

I was born and raised in Chicago, IL, but you wouldn't believe me if I told you, I have never been to the Sears Tower!

I obtained my undergrad degree in Clinical Psychology from Edgewood College in 2016. Currently, I am pursuing my Master's in Clinical Mental Health at Lakeland University, which I am hoping to complete sometime in 2020!

In my previous work experiences, I have worked with individuals from a variety of backgrounds including, children, young adults, older adults, and individuals with mental and physical disabilities.

In my free time, you'll find me cooking and baking, in fact I think that is where my hidden talent lies.

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# VOLUNTEER OPPORTUNITIES

For information call David at  
(608) 512-0000 Ext. 2006.

## *Front Office Volunteers*

**DESCRIPTION**—The main office at Warner Park needs volunteers for half-day shifts, Monday-Friday. Greet visitors, answer phones, route calls to appropriate staff, and take reservations for programs. Volunteers help with basic clerical support to the comfort level of the volunteer and assistance is provided for every task.

**TIME COMMITMENT**—AM shift 8:00 am-Noon, PM shift Noon-4:00 pm

**IMMEDIATE NEED**— 4-6 volunteers



## *Nutrition Site Volunteers*

**DESCRIPTION**—NewBridge provides a healthy lunch to older adults living in Madison and Monona, Monday-Friday. The duties include: setting dishware on tables, serving the lunch, washing the dishware, and wiping down tables.

**TIME COMMITMENT**—Days and times are flexible between 9:00 am-1:00 pm, Monday-Friday and vary by meal site.

## *Cultural Diversity Volunteers*

**DESCRIPTION**—A variety of support groups are held monthly that focus on health and wellness topics for African American and Latinx older adults in Dane County. Volunteers are needed to help take attendance and socialize. Spanish speaking volunteers are needed to help serve and clean up food.

**TIME COMMITMENT**—3-4 hours/month

**IMMEDIATE NEED**— 2-4 volunteers and 2-4 Spanish speaking volunteers

## *Home Chore Volunteers*

### *Snow Angel Volunteers*

**DESCRIPTION**—Volunteers are matched with older adults to help them remain independent and in their own homes. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, removing garbage, washing windows, and friendly visitation.

**TIME COMMITMENT**—Flexible

**IMMEDIATE NEED**— 10 volunteers needed for Eastside/Monona, 10 for Northside, 10 for Southside, 10 for Westside, Snow Angel volunteers



## Guardian and Representative Payee Volunteers

**DESCRIPTION**—Compassionate individuals to be guardians and payees. Must be 26 years old.

**TIME COMMITMENT**—2 years, 3-6 hs/mo  
**Call Katie Brietzman for information at Ext. 1002**

## Board of Directors and Committee Members

**DESCRIPTION**—Board of Directors, Committees: Nominating, Marketing/Fund Development, Finance, Friends of NewBridge  
**Call Jim Krueger for information at Ext. 3005**



... To the Black Student Union and John Milton, Multicultural Service Coordinator at

LaFollete HS who donated funds to help provide meals to homebound older adults on Thanksgiving. Because of their generosity, 300 meals were delivered.

Thank you Mr. Milton and the BSU!



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GS3322 11/25/2019



# CLASSES & ACTIVITIES & SERVICES

Weekday social, educational, and exercise classes at various community sites.  
Details listed in monthly newsletter and website.

*Free or low cost for older adults (55+) with scholarships available.*

## **SOUTH & WEST MADISON**

For information call Deenah at  
(608) 512-0000 Ext. 3002

### ***Stretch, Resistance & Cardio***

Mondays & Wednesdays, 8:40-9:40 am  
St. Andrews Episcopal Church  
1833 Regent Street—Lower Level  
\$4 suggested donation, \$18 for 6 classes,  
\$20/month. Instructor Becky Otte-Ford

### ***Simple Strength***

Tuesdays, 9:15 am  
Meadowood Neighborhood Center  
5740 Raymond Rd—Gym  
Instructor Becky Otte-Ford

### ***Westside Warblers Sing-Along***

1st and 3rd Tuesdays, Jan. 7 & 21, 6:00 pm  
Dale Heights Church, 5501 University Ave.  
Name That Tune 6:30-7:30 pm. A wide variety of  
your favorite songs, with Robert Auerbach on  
piano and Patricia Stone on accordion.  
Afterward stay for  
treats and mingle.



### ***Ping Pong, Pool & Air Hockey***

Saturdays, 2:00-4:00 pm  
Meadowood Neighborhood Center  
5740 Raymond Rd.

### ***FREE Mindful Movement Exercise***

Tuesdays, January 7, 21, 28 (skip Jan. 14  
Alicia Ashman Library 733 N High Point Rd  
Join fitness and mindfulness coach Venus  
Washington to explore the mind/body  
connection. Especially designed for older adults.  
Perfect for beginners and anyone interested in  
getting moving and learning that how you think  
affects the way you move; and how you move  
affects the way you think. RSVP to the library at  
(608) 824-1780

### ***Easy Yoga Plus***

Fridays, starting January 10 for 8 weeks  
1:30-2:30 pm  
Sequoia Public Library, 4340 Tokay Blvd  
Register by calling (608) 266-6385  
Donations appreciated to the instructor,  
Ellen Millar

### ***Sunshine Arts & Cultural Dance***

Saturdays  
12:00-2:00 pm  
Meadowood  
Neighborhood  
Center  
5740 Raymond Rd.



**Classes and activities are also  
offered at:** Madison Senior Center  
330 W. Mifflin St. (608) 266-6581  
[www.cityofmadison.com/senior-center](http://www.cityofmadison.com/senior-center)



## NORTH & EAST MADISON

For information call Deenah at  
(608) 512-0000 Ext. 3002

**Weekly Games**-All skill levels welcome  
Euchre - Mondays, 8:30-11:30 am  
Kings Corner - Mondays, 10:30 am  
Sheepshead - Wednesdays, 1:00-3:00 pm  
Mahjong - Thursdays, 1:00 pm  
Warner Park, 1625 Northport Dr.

### **Ping Pong League**

Every Monday, 9:00 am-Noon  
Warner Park Game Room, 1625 Northport Dr.

### **Adult Coloring**

Tuesdays, 10:30 am  
Warner Park, 1625 Northport Dr.

### **Sassy Steppers Dance Crew**

Every Monday, 4:00 pm Practice  
Warner Park, 1625 Northport Dr.  
Fun dance team that perform for events and  
other senior centers. Any skill level welcome!

### **Technology Help Appointments**

Every Tuesday, 10:00 am-Noon  
Warner Park, 1625 Northport Dr.  
By appointment only.

### **5¢ Bingo**

Every Friday, 10:15 am  
Warner Park, 1625 Northport Dr.

### **Free Older Adult Chair Yoga**

Every Wednesday, 10:30 am  
Warner Park, 1625 Northport Dr.  
Certified Yoga Instructor Kim Sprecher



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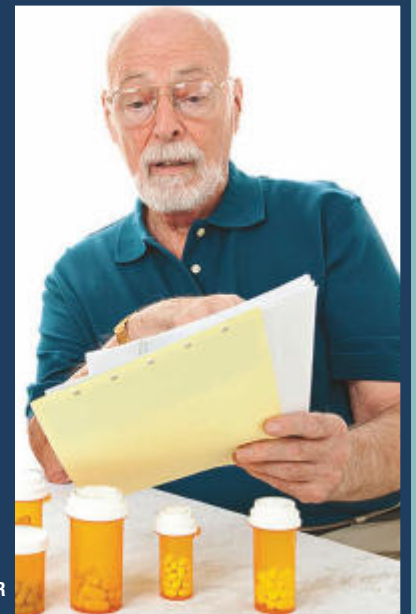
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New Bridge, Madison, WI

D 4C 01-2049

## ***Card-Making Club***

Wednesday, January 8, 1:00 pm  
Warner Park, 1625 Northport Dr.

## ***Sewing Club/FREE Mending Service***

Thursday, January 16, 9:00 am  
Warner Park, 1625 Northport Dr.

## ***LGBTQ+ Coffee Meet Up***

Monday, January 13, 2:00-4:00 pm  
Warner Park, 1625 Northport Dr.  
50+ Join us for our monthly get together to discuss whatever is on your mind. Coffee is free.

## ***Men's Caregiver Support Group***

Monday, January 10, 10:00-11:00 am  
Warner Park, 1625 Northport Dr.  
RSVP required (608) 240-7400

## ***Bingo***

Tuesday, January 7, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

## ***Tables Games***

Tuesday, January 14, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

## ***Movie of the Month***

Tuesday, January 21, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

## ***Card Games***

Tuesday, January 28, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

**Classes and activities are also offered at:** Monona Senior Center  
1011 Nichols Rd. (608) 222-3415  
[www.mymonona.com](http://www.mymonona.com)

# LED ACTIVITIES

**LED (Living Every Day) provide educational, social, and fitness opportunities.**

*Activities are for older adults (55+) who live in Madison and Monona. Any expenses are paid for by the participant.*

**For information call Fil Clissa at (608) 698-0333 or email at [LED@newbridgemadison.org](mailto:LED@newbridgemadison.org)**

## ***Coffee and Conversation***

Sunday, January 5, 10:00 am-Noon  
Java Cat Coffee, 3918 Monona Dr.  
Drop in.

## ***What's New Years Resolutions?***

Thursday, January 16, 6:00 pm  
Warner Park, 1625 Northport Dr.  
Meet Jane Antonovich; a Feng Shui designer and organization expert who will inspire us to declutter our lives - dramatically increasing our energy, productivity, optimism and opportunities. Lite refreshments served RSVP by January 14.

## ***Dining Club***

Friday, January 24, 5:30 pm  
The Boathouse Bar and Grill  
1001 Wisconsin Place  
Join us for dinner, conversation. Friendship, and watch the ice skaters. RSVP by January 23.

## ***Game Night***

Wednesday, January 29, 6:00-8:00 pm  
Warner Park, 1625 Northport Dr.  
Join LED for fun gathering. Bring a snack to share and a favorite game (if you have it). We'll have plenty of games to choose from. RSVP by January 27.

# WELCOME CASE MANAGER, MEGAN KULINSKI



Megan Kulinski joined the NewBridge staff as a Case Manager at the East Madison/Monona location. Megan started on

November 11.

She earned her Bachelor of Science Degree in Social Work at the University of Wisconsin-Whitewater.

Megan has previous experience working with older adults with developmental disabilities, as well as individuals experiencing mental health problems in Dane County. Megan enjoys cooking in her free time and spending time outdoors with family and friends. She has also volunteered her time at many organizations around Southern Wisconsin in her free time and loves to give back to her community. She is very excited to be part of a new organization, meet new people, and gain more experience!

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# CULTURAL DIVERSITY ACTIVITIES

Activities are developed for Latinx and African American older adults that focus on socialization and health education.

Latinx activities offered in Spanish only.

*These activities are free for African American and Latinx older adults (55+) who live in Dane County.*

## AFRICAN AMERICAN

For information call Ericka at  
(608) 512-0000 Ext. 2007

### *Healthy Eating Potluck*

Friday, January 3, 12:00-2:00 pm  
Vera Court Neighborhood Center  
614 Vera Court

### *Diabetes Support Group*

Monday, January 13, 12:00-2:00 pm  
Burr Oaks Apartments, 2417 Cypress Way

### *Heart Health Support Group*

Thursday, January 23, 2:00-4:00 pm  
Catholic Multicultural Center, 1862 Beld St.

## *Community Resources Available*

Friday, January 31, 1:00-3:00 pm  
Warner Park, 1625 Northport Dr.

Limited transportation available, call  
Ericka at Ext. 2007 for more information.

## LATINX

For information call Sonya at  
(608) 512-0000 Ext. 2002

### *Bilingual Bingo and Lunch*

Friday, January 17, 10:30 am-12:30 pm  
Fitchburg Senior Center, 5510 Lacy Rd.

To make reservations for Bingo  
transportation and lunch, call Kayleigh  
at (608) 512-0000 Ext. 2004.  
Please leave a message.

# 2020 CENSUS INFORMATION

## You're Invited--to participate in the 2020 U.S. Census!

Starting March 2020, you will receive an invitation in the mail to complete the census online, by mail or by phone. If no response is received, a census taker will come to your home to follow up in person.

## Did You Know?

Dane County uses US Census data to determine annual funding amounts to award to each Focal Point in support of the Case Management and Nutrition Programs?

United States  
**Census**  
**2020**

# WELCOME CASE MANAGER, KAYLEIGH COLOSO



Kayleigh Coloso joined the NewBridge staff as a Bilingual Case Manager at the East Madison/

Monona location. Kayleigh started on November 6.

Kayleigh received a Bachelor's Degree in Social Work from UW-Whitewater accompanied with a minor in Spanish.

Previously Kayleigh worked in Department of Children and Families as a Title IV-E Eligibility Specialist. She is the proud mother of furbaby Maximus (the cutest cat ever).

Kayleigh eventually plans to go back to school to pursue a degree in Psychiatry. Kayleigh enjoys crocheting, writing, going to see live music, and binge watching The Office.

Kayleigh has always loved serving the community and getting familiar with what other resources Dane County has to offer.

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NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for \$20. Please bring two towels. Call (608) 512-0000 to make an appointment.

### EAST MADISON

Lake Edge Lutheran Church

4032 Monona Drive

Monday, January 13, 9:00 am-Noon

\*Monday, January 20, 9:00 am-Noon

**\*Diabetic Clinic \$25 (non-diabetics welcome)**

Monona United Methodist Church

606 Nichols Road, Monona

Wednesday, January 15, 1:00-3:00 pm

Wednesday, January 22, 1:00-3:00 pm

### NORTH MADISON

Goodman Community Center

149 Waubesa Street

Monday, January 13, 8:30-9:45 am

Warner Park Community Rec. Center

1625 Northport Drive

Friday, January 10, 9:00 am-Noon

Friday, January 23, 9:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

Tuesday, January 21, 1:00-2:30 pm

### WEST MADISON

Capital City Church

401 N. Blackhawk Ave.

(Parking is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)

Monday, January 6, 12:45-2:45 pm

Mount Olive Lutheran Church

110 N. Whitney Way Room 11

Tuesday, January 21, 9:30-11:15 am

Our Lady Queen of Peace

401 Mineral Point Road

Monday, January 27, 9:30-11:45 am

### MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location.

Loan closet items are available to City of Madison and Monona residents for a donation.

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000.

The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes.

# HEALTHY LIVING WITH DIABETES WORKSHOP

More than 100 million adults in the U.S. are now living with diabetes or pre-diabetes, according to the CDC. While that statistic is startling, there is good news. People with diabetes or pre-diabetes can improve their health by joining a Healthy Living with Diabetes workshop sponsored by Area Agency on Aging of Dane County. The program has been researched and proven to improve the health of adults with diabetes or pre-diabetes. In just 6 weekly sessions participants learn to make realistic, achievable action plans, share their experiences and help each other solve problems.

## NEXT WORKSHOP:

Mondays, March 2-6, 2:00-4:30 pm  
 Bridge Lake Point Waunona  
 Neighborhood Center  
 The workshop fee is \$20.

Questions or to register for the workshop contact Amy Stoddard at (608) 441-9661.



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# PROGRAM HIGHLIGHT– CASE MANAGEMENT

## DANE COUNTY’S CASE MANAGEMENT PROGRAM

(Source—Jane De Broux, Dane County Caregiver Program Coordinator, “Caregiver Chronicles,” September 2019. Interview with AAA Manager, Cheryl Batterman)

### What exactly is involved in case management for older adults?

The primary goal for case management is to provide the support, resources, and community services adults age 60+ need to safely remain in their own homes. Case managers conduct home visits to assess the individual needs of each older adult. Together, they complete a service plan that may include applying for community resources and programs that best allow the older adult to remain living independently at home. Specifically, case managers provide referrals and coordination for: home assistance with light housekeeping, laundry, lawn care, and minor home repairs; prescription and health insurance assistance; assessment of eligibility for federal, state, and county programs; respite care options; support groups including caregiver support; elder abuse and neglect resources; financial and utility assistance programs; and recreational, socialization, and volunteer programs.

### What is the history of the Dane County Case Management Program for older adults?

Years ago, Dane County made the decision to contract and partner with established community-based organizations working with older adults. They also made the decision to fund the case management program which has resulted in keeping older adults in their homes living safely and independently.

### How do you contact the Dane County Case Management Program?

You can connect with case management by contacting the Senior Focal Point nearest where the senior adult you care for lives. The ADRC staff and the Dane County Caregiver Program Coordinator also refer caregivers and their loved ones for case management.

## NEWBRIDGE MADISON’S CASE MANAGEMENT PROGRAM

We assists over 1,300 older adults in the Madison area for over 10,500 hours.

The program is funded by Dane County Human Services, City of Madison and City of Monona.



# BREAKING NEWS:

NewBridge was recently informed that we will receive an \$80,000 reduction in funding from United Way in 2020 and 2021. This unexpected cut will impact three of our programs: case management, home chore services & senior activities.

NewBridge is especially concerned about what this means for Madison and Monona older adults who rely on these critical services to remain independent. The number of older adults requesting our assistance continues to rise and is expected to only become greater the next couple of years.

Due to this unfortunate news, NewBridge needs support from our community now more than ever.

**Please help us recoup the loss of \$80,000 to ensure continued programming for the 10,500 older adults we serve.**

You can donate on our website [newbridgemadison.org](http://newbridgemadison.org) or call Deb Ext. 4000 and she can mail a donation envelope.



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**Madison, WI**  
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Dr. Steph Greer, PT, DPT



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New Bridge, Madison, WI

H 4C 01-2049

# NUTRITION SITE LOCATIONS & MENUS

| North Madison Location        | Address                 | Day     | Time     |
|-------------------------------|-------------------------|---------|----------|
| Warner Park Community Ctr     | 1625 Northport Drive    | M-W & F | 11:30 am |
| East Madison/Monona Locations | Address                 | Day     | Time     |
| Messiah Lutheran              | 5202 Cottage Grove Road | T       | Noon     |
| St. Stephen's Lutheran        | 5700 Pheasant Hill Road | TH      | Noon     |
| South Madison Locations       | Address                 | Day     | Time     |
| Madison Senior Center         | 330 West Mifflin Street | M-F     | 11:30 am |
| Romnes Apartments             | 540 West Olin Avenue    | M-F     | 11:30 am |
| West Madison Locations        | Address                 | Day     | Time     |
| Meadowridge Commons           | 5734 Raymond Road       | T-TH    | Noon     |
| Lussier Community Center      | 55 South Gammon Road    | F       | Noon     |

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b>Meals provided by:</b><br/>                     Dane County Consolidated Food Services Division<br/>                     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.<br/>                     No substitutions allowed.<br/>                     MO: Meatless Option</p> |   | <p><b>01</b><br/> <b>CLOSED</b></p>  | <p><b>02</b><br/>                     Chili<br/>                     Baked Potato, Sour Cream<br/>                     Banana, Cornbread<br/>                     Carnival Cookie<br/>                     MO: Veggie Chili</p>   | <p><b>03</b><br/>                     *BBQ Pulled Pork on a Bun<br/>                     Creamy Coleslaw<br/>                     Carrot Raisin Salad<br/>                     Pineapple, Vanilla Pudding<br/>                     MO: Black Bean Burger<br/>                     Salad: Chicken Confetti</p>           |
| <p><b>06</b><br/>                     Chicken Stew<br/>                     Dinner Roll<br/>                     Broccoli, Tropical Fruit<br/>                     Frosted White Cake<br/>                     MO: Veggie Stew</p>  | <p><b>07</b><br/>                     Beef Pot Pie w/Biscuit Top<br/>                     Creamed Spinach<br/>                     Apple Juice,<br/>                     Strawberry Jello<br/>                     MO: Veggie Pot Pie</p>                           | <p><b>08</b><br/>                     Chicken and Gravy<br/>                     Mashed Potatoes<br/>                     Green Beans<br/>                     Mandarin Orange<br/>                     Chocolate Frosted Cake<br/>                     MO: Veggie Chicken&amp;Gravy</p> | <p><b>09</b><br/>                     Fish Sandwich<br/>                     on a Bun, Cheese Slice<br/>                     Tartar Sauce, Yams<br/>                     Coleslaw, Fruit Cup<br/>                     Cookie Bar<br/>                     MO: Garden Burger</p> | <p><b>10</b><br/>                     *Meatballs in Marinara<br/>                     Over Penne, Carrots<br/>                     Mixed Greens Salad<br/>                     Banana, Ambrosia Salad<br/>                     MO: Veggie Meatballs<br/>                     Salad: Tuna</p>                            |
| <p><b>13</b><br/>                     *Pork Loin in Gravy<br/>                     Mashed Potatoes<br/>                     Garden Blend Vegetables<br/>                     Mandarin Oranges<br/>                     Lemon Bar<br/>                     MO: Veggie Wrap</p>   | <p><b>14</b><br/>                     Cheeseburger on a Bun<br/>                     Calico Beans, Potato Salad<br/>                     Fruit Cocktail<br/>                     Pineapple Fluff<br/>                     MO: Multigrain Burger</p>                 | <p><b>15</b><br/>                     Hearty Chicken Noodle Soup<br/>                     Saltine Crackers<br/>                     California Blend Veg.<br/>                     Grape Juice, Pumpkin Bar<br/>                     MO: Tomato Soup</p>                                 | <p><b>16</b><br/>                     Beef Stew<br/>                     Biscuit , Green Beans<br/>                     Chunky Apple Sauce<br/>                     Chocolate Chip Banana Cake<br/>                     MO: Hummus Wrap</p>                                     | <p><b>17</b><br/>                     Sloppy Joe on a Bun<br/>                     Peas, Coleslaw<br/>                     Pineapple<br/>                     Chocolate Pudding<br/>                     MO: Veggie Burger<br/>                     Salad: Pork Taco</p>  |
| <p><b>20</b><br/> <b>CLOSED</b></p>   | <p><b>21</b><br/>                     Chicken a la King<br/>                     Brown Rice<br/>                     Carrots, Corn Salad<br/>                     Peaches<br/>                     Raspberry Sherbet<br/>                     MO: Soy a la king</p> | <p><b>22</b><br/>                     Pot Roast with Gravy<br/>                     Mashed Potatoes<br/>                     Mixed Green Salad<br/>                     OJ Carton<br/>                     Tapioca Pudding<br/>                     MO: Veggie Strips in Gravy</p>       | <p><b>23</b><br/>                     Traditional Meatloaf<br/>                     Sweet Potato<br/>                     Broccoli, Apple Juice Cup<br/>                     Frosted White Cake<br/>                     MO: Veggie Meatballs</p>                               | <p><b>24</b><br/>                     *Baked Ham, Yams<br/>                     Mixed Salad, Tropical Fruit<br/>                     Apple Crisp<br/>                     MO: Tomato/Cheese<br/>                     Sandwich<br/>                     Salad: Chicken Cranberry<br/>                     Bacon Bleu</p> |
| <p><b>27</b><br/>                     *Sausage Veggie Egg Bake<br/>                     Orange Juice<br/>                     Mini Biscuit/Butter<br/>                     Spiced Apples, Coffee Cake<br/>                     MO: Veggie Egg Bake</p>  | <p><b>28</b><br/>                     Cheese Tortellini Bake<br/>                     Bread Stick, Spinach<br/>                     Mandarin Oranges<br/>                     Blueberry Crisp<br/>                     MO: Veggie Tortellini Bake</p>               | <p><b>29</b><br/>                     *Ham and Potato Casserole<br/>                     California Blend<br/>                     Fruit Cup<br/>                     Chocolate Cream Pie<br/>                     MO: Veggie Potato Cass</p>  | <p><b>30</b><br/>                     BBQ Chicken Breast<br/>                     Baked Sweet Potato<br/>                     Tropical Fruit<br/>                     Chocolate Cake<br/>                     MO: Garden Burger</p>   | <p><b>31</b><br/>                     Stuffed Pepper Soup<br/>                     Mixed Greens, Crackers<br/>                     Warm Spiced Apple Slices<br/>                     MO: Veg. Stuffed Pepper<br/>                     Soup<br/>                     Salad: 7-Layer</p>                                  |

Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone. Meals & transportation may require a reservation.

## RESERVATIONS

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 by Noon at least one business day in advance.

## TRANSPORTATION

Transportation is available through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00 per round trip. **Reservation is required.** (608) 512-0000.

## DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$9.07.**

**Beginning January 2, 2020 all of the meal sites listed on page 18 will have their food catered by Consolidate Food Services Division of Dane County. This is the same caterer that the South Madison meal sites have had, but will be a new caterer for the North, East and West sites.**



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New Bridge, Madison, WI

I 4C 01-2049

| North/East Madison Location   |   | Address  | Day   | Time  |
|---|---|--|---|---|
| Goodman Community Center  |   | 149 Waubesa Street   | M-F   | 11:45 am  |
| Meal reservations are <u>not</u> required. To reserve transportation, call Transit Solutions at (608) 294-8747.   |   |  |   |   |
| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
| <b>Meals provided by: Goodman Catering</b><br>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.<br>No substitutions allowed.<br>MO: Meatless Option<br>Fruit and Dessert Served Daily. |   | <b>01</b><br><b>CLOSED</b>   | <b>02</b><br>Crispy Chicken and Cheese Sandwich on a Bun<br>Vegetable Salad<br>Mixed Salad, Canned Pears<br>Cookies<br>MO: Crispy Tempeh Sandwich | <b>03</b><br>Chicken Alfredo<br>Penne Pasta<br>Chickpea and Tomato Salad<br>Honey Dew, Brownies<br>MO: Veggie Alfredo                                     |
| <b>06</b><br>Cheese, Pepper and Onion Egg Bake<br>Breakfast Potatoes<br>Biscuit, V8 Juice<br>Canned Pineapples<br>Pudding   | <b>07</b><br>Open Face Turkey Sandwich with Gravy<br>Roasted Carrots<br>Brussels Sprouts<br>Watermelon, Jell-O<br>MO: 3 Bean Stew<br>Salad: Turkey Cobb | <b>08</b><br>Country Style Pork with BBQ Sauce, Baked Beans<br>Tomato Vinaigrette Salad<br>Pineapple, Cake<br>MO: 3 Bean and Mushroom Chili  | <b>09</b><br>Baked Lemon Tilapia<br>Baked Potato, Sour Cream<br>Cole Slaw, Orange Slices<br>Pie<br>MO: Baked Lemon Tofu                           | <b>10</b><br>Sweet and Sour Chicken<br>Steamed Brown Rice<br>Stir Fry Veggies<br>Mixed Salad<br>Cantaloupe, Ice Cream<br>MO: Chickpea & Mushroom Stir Fry |
| <b>13</b><br>Parmesan Chicken Bake w/ Marinara Sauce<br>Whole Wheat Pasta<br>Garlic Butter Corn<br>Canned Pears, Jell-O<br>MO= Grilled Veggie Sausage on a Whole Wheat Bun  | <b>14</b><br>Black Bean and Cheese Enchilada Casserole<br>Broccoli Medley<br>Mixed salad<br>Honey Dew, Cake<br>Salad: Southwest                         | <b>15</b><br>Beef Lasagna<br>Garlic Butter Sweet Corn<br>Mixed Salad, Garlic Bread<br>Watermelon, Brownies<br>MO: Vegetable Lasagna          | <b>16</b><br>Swedish Meatballs w/ Egg Noodles<br>Steamed Carrots & Peas<br>Mixed Salad, Apple Slices<br>Cookies<br>MO: Vegetarian Bean Stew       | <b>17</b><br>Pork Chops<br>Mashed Sweet Potatoes and Gravy<br>Steamed Broccoli<br>Pineapple, Ice Cream<br>MO: Veggie Burgers                              |
| <b>20</b><br><b>CLOSED</b>  | <b>21</b><br>Baked Ziti<br>Bean Salad, Mixed Salad<br>Cantaloupe, Pie<br>MO: Vegetarian Baked Ziti<br>Salad: Chef                                       | <b>22</b><br>Fish Sandwich w/ Cheese<br>Mediterranean Quinoa Salad<br>Mixed Salad<br>Orange Slices<br>Fruit Crumble<br>MO: Grilled Cheese    | <b>23</b><br>Honey Glazed Ham<br>Cheesy Potato Bake<br>Glazed Carrots<br>Pineapples, Cake<br>MO: Veggie Burgers                                   | <b>24</b><br>Ground Beef Tater Tot Casserole<br>Sweet Pea Salad<br>Canned Peaches<br>Ice Cream<br>MO: Veg Casserole                                       |
| <b>27</b><br>Italian Chicken Sandwich on a Whole Wheat Bun<br>Balsamic Glazed Carrots<br>Tomato and Cucumber Salad<br>Mandarin Oranges, Cookies<br>MO: Veggie Burgers   | <b>28</b><br>Beef Chili, Corn Bread<br>Potato Salad, Mixed Salad<br>Watermelon, Brownies<br>MO: 3 Bean and Mushroom Chili<br>Salad: BLT                 | <b>29</b><br>Flank Steak Stir Fry<br>Steamed Brown Rice<br>Stir Fry Veggies<br>Asian Cabbage Salad<br>Jell-O, Honey Dew<br>MO: Tofu Stir Fry | <b>30</b><br>BBQ Chicken Thigh<br>Macaroni Salad<br>Carrot Slaw, Mixed Salad<br>Cantaloupe, Pie<br>MO: Veggie Burger                              | <b>31</b><br>Ground Turkey Meatloaf<br>Mashed Potatoes<br>Turkey Gravy<br>Steamed Broccoli<br>Mixed Fruit, Ice Cream<br>MO: Vegetarian Loaf               |

| Kosher Site Location   |   | Address   | Day        | Time |
|--|---|---|------------|------|
| Beth Israel Center   |   | 1406 Mound Street   | M Sept-May | Noon |
| Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or emailing office@jssmadison.org by 2:00 pm the preceding Wednesday. Catered by UW Hillel Adamah Catering. Next month dates: February 3, 10, 17, 24 |   |   |            |      |
| MONDAY   | MONDAY  | MONDAY  |            |      |
| <b>06</b><br>Vegetarian Lasagna, Italian Dressing with Iceberg Salad, Roll, Fruit, Dessert   | <b>13</b><br>Chicken Matzah Ball Soup, Mixed Green Salad w/Balsamic Vinaigrette, Roll, Fruit, Dessert<br>MO: No Chicken | <b>27</b><br>Brisket, Mashed Potato, Tzimmes, Mixed Green Salad w/Balsamic Vinaigrette, Birthday Cake<br>MO: Shephard pie |            |      |

| Restaurant & Grocery Locations | Address                  | Day   | Time             |
|--------------------------------|--------------------------|-------|------------------|
| Cranberry Creek                | 1501 Lake Point Drive    | M & F | 8:30-10:30 am    |
| Cuco's Mexican Restaurant      | 4426 E. Buckeye Road     | W     | 11:30 am-1:00 pm |
| Festival Foods                 | 810 E. Washington Avenue | TH    | 11:00 am-1:00 pm |

Meal reservations are not required for the Cranberry Creek, Cuco's or Festival Foods sites.

To reserve transportation, call Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- Cranberry Creek: There are at five delicious breakfast options to choose from.
- Cuco's: There are six delicious Mexican lunches (not spicy) to choose from.
- Festival Foods: Enjoy the extensive salad bar and a bowl of soup. After lunch, do your grocery shopping.

## New Meal Locations in 2020

Beginning Monday, January 6, Cranberry Creek will be open for the My Meal, My Way breakfast two days per week (Mondays and Fridays). Enjoy the great breakfast options every Monday and Friday from 8:30 to 10:30 am.

Beginning Wednesday, January 8, Cuco's Mexican Restaurant will be open as a meal site for Dane County seniors every Wednesday from 11:30 am to 1:00 pm. Choose between a taco, enchilada, burrito, quesadilla, tamal or tostada. All meals served with a house salad of lettuce and tomatoes and a side of beans. Pay by donation.

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# FRIENDS OF NEWBRIDGE

The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

## Benefits for Friends of NewBridge

Monthly Newsletter  
Invitation to Special Events

Discount Card to Local Businesses  
Valuable Social Connections

We invite you to join the Friends of NewBridge today! Dues will be renewed annually.

## THRIVING AT ANY AGE



Twenty people braved the snowy weather on November 6 to attend a presentation, "thriving at any age" by Dr. Robert McGrath of UWBadger talks at Good Shepherd Lutheran Church. In case you missed it, here are a few things Dr. McGrath suggested for living a happy and healthy life as we age:

- Stay physically active with regular exercise
- Stay socially active with friends and family and within your community
- Eat a healthy, well-balanced diet
- Limit alcohol consumption and cut out smoking
- Get the sleep that your body needs, 7-8 hours a night
- Smile and be friendly with others, reach out and say hello to people

The Friends of NewBridge will be planning more events in 2020, hope to see you there.

## REMINDER TO RENEW YOUR FRIENDSHIP FOR 2020

Friendships are renewed annually. We also accept payment via credit or debit on our website at [newbridgemadison.org](http://newbridgemadison.org). *(Please make sure you are purchasing a friendship and not making a general donation via the website.)*

## FRIENDS COMMITTEE MEMBERS NEEDED

Volunteers are needed to serve on the Friends of NewBridge Committee. Members are needed to plan special events, recruit volunteers, expand the benefits, and more. If you are interested, please call Ruth (608) 512-0000 Ext. 3012.

## UPCOMING FRIENDS EVENT

Thursday, January 16, 10:30 am  
Warner Park, 1625 Northport Dr.  
NewBridge 2019 and Beyond

Join the Directors to discuss 2019 accomplishments and 2020 goals.



# BUSINESS BENEFITS FOR FRIENDS

**Benvenuto's Italian Grill**  
 North Madison, Middleton, Fitchburg  
 FREE ice cream sundae with  
 entrée purchase



**Boomerangs Resale Store**  
 1133 N Sherman Ave  
 10% off regular priced  
 merchandise (excludes furniture)



**Cambria Suites Madison**  
 5045 Eastpark Blvd  
 Hotel stay \$89/night for visiting  
 family or relatives



**Culver's**  
 1325 Northport Dr  
 FREE cone/dish of custard with  
 the purchase of a cone/dish



**Golden Heart Senior Care**  
 437 S Yellowstone Dr #101  
 (608) 467-3590  
 1 free hr of service for new clients



**Kavanaugh's Esquire Club**  
 1025 N Sherman Ave  
 FREE dish of Schoeps ice cream  
 with the purchase of lunch  
 between 11:00 am  
 and 2:00 pm



**Madison Family Wellness**  
 222 N. Midvale Blvd. (608) 358-2068  
 \$10 off first visit and 10% off  
 follow-up visits

**Manna Café & Bakery**  
 611 N Sherman Ave  
 10% off in-dining food &  
 beverages



**Meikle's & Dorn True Value**  
 2935 N Sherman Ave  
 Free key made each month



**Overture Center**  
 201 State St  
 Receive reduced ticket  
 prices for select shows



*And more added monthly!*

## 2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: \_\_\_\_\_  
 Additional Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

How would you like newsletter?  Mail  Email  Both  None



- \$ 15 Older Adult Friend (1 Friendship Card)
- \$ 25 Individual Friend (1 Card)
- \$ 30 Family Friend (2 Cards)
- \$ 50 Silver Friend (2 Cards)
- \$ 100 Golden Friend (2 Cards)
- \$ \_\_\_\_ Additional Donation

**Office Use:**  
 Check # \_\_\_\_\_  
 Cash \_\_\_\_\_  
 Amount \$ \_\_\_\_\_  
 Initials \_\_\_\_\_  
 Letter Sent \_\_\_\_\_  
 Card Sent \_\_\_\_\_  
 Initials \_\_\_\_\_

Mail the form & payment to NewBridge c/o Friends of NewBridge, 1625 Northport Dr. #125, Madison 53704.  
 You can also purchase a friendship on our website at [newbridgemadison.org](http://newbridgemadison.org). **Dues will be renewed annually.**  
*Donations may be tax deductible to the extent of the tax code.*



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**SAVE THE DATE**  
5 . 7 . 20

**BLACK TIE BINGO**

INDIVIDUAL TICKET \$100 | TABLE OF 8 \$750  
FRIEND OF NEWBRIDGE TICKET \$50

[www.newbridgemadison.org](http://www.newbridgemadison.org)

