

NEW BRIDGE

Your Connection to Successful Aging

NEWS

JANUARY 2021



HAPPY NEW YEAR

*From the NewBridge
Madison Team —
we are wishing you and
yours a happy and
healthy New Year!*

*“The new year stands before us,
like a chapter in a book, waiting to be
written.” Melody Beattie*

2020-2021 INCLEMENT WEATHER POLICY

We are adapting our inclement weather policy since the Madison School District may be virtual and we can't count on their “snow day” decisions like years prior.



For everyone's safety, if the National Weather Service issues a winter weather warning to go into effect for a **weekday between 8:00 am-4:00 pm** for Dane County, all NewBridge home-delivered meals/pick up meals and foot care clinics will be canceled.

Severe warnings include the following:
Winter Storm Warning, Blizzard Warning
Wind Chill Warning, Ice Storm Warning

We will re-open these services the next business day once the warning is lifted. All warnings are announced on major television and radio stations. A message on our answering service will also announce any closings.

**WE ARE CLOSED THURSDAY, DECEMBER 31
AND FRIDAY, JANUARY 1.**

**CHECK OUT
WHAT'S
INSIDE!**

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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

A critical component of the success of NewBridge is dependent on the work and dedication of the Board of Directors. Our current board, consisting of seven at large members, is an excellent mix of professionals who bring a wide variety of talents and resources. During COVID-19 and the racial tensions that arose last year, our board was instrumental in supporting the organization through the many challenges the agency and our participants faced. Our nominating committee is interviewing board candidates and we hope to add three additional board members to build upon the diversity of our board and widen our impact in the community.

*Thank you NewBridge Board!
Stay Well!*

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

Office Hours: Monday-Friday, 8:00 am-4:00 pm

MAIN OFFICE

1625 Northport Drive #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

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- CEDRIC JOHNSON, *Vice President* - Community Relations Manager, Madison Gas & Electric
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
- TIM RYAN, *Treasurer* - CFO, Monona Bank
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance

**Thank you to our
NewBridge Funders:**



*Friends of
NewBridge*

Housing Partner:
Sherman Glen
Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- ABIGAIL NINNEMAN, Case Manager Intern Ext. 4008
- ADA ZHANG, Case Manager Intern Ext. 1001
- ALIRIO PARDO, Case Manager - español Ext. 1007
- 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
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL OKERSTROM, Case Manager Ext. 4002

- SAMMY AZUMA, Case Manager Ext. 1005
- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Cultural Diversity Program Coord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Cultural Diversity Program Crd. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Fund Devel. & Event Coord. Ext. 3012
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- GINNIE RICHMOND, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, 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



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COVID-19 SERVICES

Bridge Buddies-Friendly Callers

Volunteers are matched with Case Management clients to do safety check calls and/or social friendly calls.

Case Management

Case Managers are available to help older adults connect to available resources. *Funded in part by Paul H. Kusuda Special Projects Fund Grant.*

Face Mask Delivery

One reusable, hand-made mask will be delivered to the older adult's door by a volunteer.

Food Bridge Delivery

Volunteer are matched with Case Management clients to deliver food from a pantry and continue as needed.

Funded in part by United Way of Dane County.



Foot Clinics

See page 16 for more info.

Zoom Classes & Activities

See our website and pages 6, 7, 8, 12. *Funded in part by Madison Community Foundation.*

Home Chore - outdoor only

Volunteers are matched with Case Management clients who need basic household chore help.

Funded in part by Madison Community Foundation.

Representative Payee & Guardianship Service

Trained volunteers are matched with vulnerable older adults who need a payee or guardian.

Funded in part by Endres Manufacturing.

Take-Out Meals

Meals are available to pick up at the following locations for older adults 60+. Donations are accepted to NewBridge, 1625 Northport Dr. Madison, 53704. Call to order M-F, 8 am-4 pm. **Orders are due by Thurs. 10:00 am, 1 week prior.**

Romnes Apartments, 540 W. Olin Ave.
Monday-Friday, 11:30 am - **For residents only.**

NewBridge West Office, 5724 Raymond Rd.
Monday between 10:00-11:30 am
1 Meal Catered by Kavanaugh's Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

Messiah Lutheran Church, 5202 Cottage Grove Rd.
Tuesday and Thursday, 11:30 am-12:30 pm
Not taking new participants.

NewBridge West Office, 5724 Raymond Rd.
Wednesday between 3:00-4:00 pm
1 Meal Catered by Kavanaugh's Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

Kavanaugh's Esquire Club, 1025 N. Sherman Ave.
Wednesday between 3:00-4:00 pm
1 Meal Catered by Kavanaugh's Esquire Club
Order with Candice at (608) 512-0000 Ext. 4006

LJ's Sports Tavern and Grill, 8 N. Patterson St.
Friday between 3:00-4:00 pm
1 Meal - Hot Fish Fry
Order with Candice (608) 512-0000 Ext. 4006

Funded in part by UW Health, UnityPoint Health - Meriter & Quartz, Schlecht Family Foundation, Capitol Lakes, Madison Gas and Electric, Green Bay Packer Foundation.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals provided by: Dane County Consolidated Food Services Division <u>Messiah Lutheran Church & Romnes Sites ONLY</u> <i>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. MO: Meatless Option</i>				01 CLOSED
04 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Pears Lemon Bar MO - Chickpea Joe	05 Honey Baked Chicken Broccoli, Yams, Banana Blueberry Cobbler MO - Veggie Honey Chicken	06 Spaghetti Noodles Meat Sauce, Wax Beans Mixed Green Salad, Peaches Frosted White Cake MO - Marinara Sauce	07 Lemon Dill Baked Fish Baked Potato, Fruit Cup Sugar Cookie MO - Black Bean Burger	08 *Italian Sausage Oven Roasted Potatoes Stewed Tomatoes, Orange Choc. Ice Cream Cup MO - Veggie Hotdog
11 Sweet & Sour Chicken Brown Rice, Peas Mandarin Oranges Chocolate Chip Cookie Bar MO - Egg Salad	12 *BBQ Pulled Pork Chickpea Salad, Carrots Fruit Cocktail Vanilla Pudding MO - Black Bean Burger	13 Chicken Stew Broccoli, Tropical Fruit Brownie MO - Veggie Stew	14 Egg Salad Split Pea Soup, Apple Sauce Peach Pie Bar	15 *BBQ Ribs Baked Potato, Peaches Peanut Butter Cookie MO - Garden Burger
18 Chicken and Gravy Carrots, Green Beans Fruit Cocktail Vanilla Pudding MO - Veggie Chicken/Gravy	19 Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Italian Ice MO - Multigrain Burger	20 *Meatballs in Marinara Over Penne, Carrots Mixed Greens Salad, Banana Cheesecake Brownie MO - Veggie Meatballs in Marinara	21 *Pork Loin in Gravy Mashed Potatoes Garden Blend Veg. Mandarin Oranges Carnival Cookie MO - Hummus Wrap	22 Chicken Noodle Soup Mixed Green Salad, Pears Pumpkin Bar MO - Tomato Soup
25 Cheeseburger 4 Bean Salad 4 Way Vegetable Blend Warm Spiced Apples MO - Black Bean Burger	26 Turkey in Gravy Mashed Potatoes, Broccoli Pineapple, Mini Croissant Frosted Marble Cake MO - Garden Wrap	27 Beef Stew Biscuit, Green Beans Chunky Apple Sauce Choco. Chip Banana Cake MO - Tomato/Cheese Sand.	28 Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO - 3 Veggie Meatballs	29 Sloppy Joe Carrot Coins, Pineapple Black Eyed Pea Salad Chocolate Pudding MO - Hummus/Pita

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NEWBRIDGE ONLINE CLASSES & ACTIVITIES

For more information, contact Deenah Givens at (608) 512-0000 Ext. 3002 or DeenahG@newbridgemadison.org

NewBridge is currently offering Zoom classes! Check out our website for updates as we are working to expand our offerings and new things are happening!

ZOOM STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises. The cost is \$20/month.

To register, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

ZOOM TECHNICAL ASSISTANCE

Tuesdays in January, 9:00-11:00 am

Learn more about Zoom, your iPhone, iPad or tablet via Zoom appointment.

To sign up, contact Deenah DeenahG@newbridgemadison.org



ZOOM SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES

Tuesdays in Jan. 1:00-2:30 pm

Please join Pam Philips Olson, Writer, Storyteller and Author as we learn to speak our truth through story telling.

See NewBridge website for the Zoom link, www.newbridgemadison.org

ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

With instructor Ellen Millar. A series of exercises that can be done standing or from a chair. Donations are appreciated.

To register, visit Ellen's website for the Zoom link www.thewonderofyoga.com

ZOOM BOOK CLUB

Wednesday, Jan. 6, 1:00-2:00 pm

Discussing The Twelve Tribes of Hattie by Anaya Mathis. Our February book is Circling the Sun by Paula McLain.

To sign up, contact Deenah DeenahG@newbridgemadison.org

ZOOM BINGO!

Friday, Jan. 8 & 22, 1:00-2:00 pm

Join us for bingo with caller Diana D!

To sign up, contact Deenah DeenahG@newbridgemadison.org at least one week in advance to get bingo cards and Zoom link.

ZOOM POETRY WITH FABU

Thursday, January 21, 1:00-2:00 pm

Join us as we listen, recite, and write our own poetry led by Madison's Poet

Laureate Fabu Carter. *Funded in part by Bader Philanthropies, Inc.*

See NewBridge website for the Zoom link, www.newbridgemadison.org



ZOOM COFFEE TALK WITH RUTH & DEENAH



NEW DATE AND TIME

Tuesday, January 12, 3:00-4:00 pm
Brew a cup of coffee or tea and join us for a fun chat! You'll hear about the latest NewBridge happenings and we'd love to hear from you! Come prepared to share what programs your interested in and what you've been up to.

See NewBridge website for the Zoom link
www.newbridgemadison.org

ZOOM ARTS FOR ALL: MEDITATION WITH TEXTILES

Thursday, January 14, 21, 28
10:30-11:45 am

First part of this 6-week series as we learn to work with textiles in a meditational way. Artist Patrizia will be our guide. No prior experience necessary. All materials will be supplied to you free of charge.

Contact Deenah to sign up and receive supplies and Zoom link

DeenahG
@newbridge
madison.org



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LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'



If you are a new photographer or have been taking pictures your whole life, this intergenerational project is for you! We are chronicling our daily lives during this pandemic through pictures we take from March 15, 2020 to June 30, 2021.

To get involved, contact Deenah at DeenahG@newbridgemadison.org



Leave us a review on Facebook and we will mail you a NewBridge cloth mask, *while supplies last.*
[facebook.com/NewBridgeMadison](https://www.facebook.com/NewBridgeMadison)



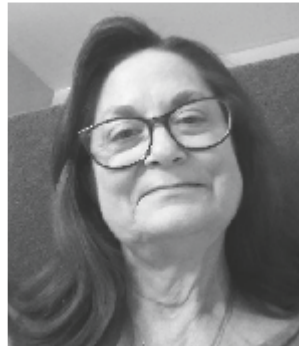
WELCOME TWO NEW STAFF



Alirio Pardo is NewBridge's newest Bilingual Case Manager.

He is a Colombian native who has lived in Wisconsin for over 17

years. Alirio has worked extensively in community outreach in both Colombia and the United States with organizations. He has previously served the Latinx community and older adults through his societal and clinical pastoral experience for his Master's degree. Alirio was looking for an opportunity like NewBridge, and he is excited to join an organization whose mission is proving a "bridge to successful aging," especially to those most in need. He is passionate about connecting others with resources and services and advocating for them.



Ginie Richardson has started as our Nutrition Coordinator.

She has over 40 years experience in food service. She was raised on Madison's east side,

and started working at Rennebohm's when she was 15. From Madison her career took her to Chicago, Detroit and Lexington KY where she raised her family for 23 years. Ginie has worked in hotels and restaurants, been a private chef, owned a bakery, and worked for a K-12 school system. She is happy for this opportunity to work with NewBridge at the Romnes site and is looking forward to a time when we can all connect in a more personal way!

ALL PROCEEDS GO TO
FUNDING PROGRAMS
FOR MADISON AREA
OLDER ADULTS



9.16.21
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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MADISON SENIOR CENTER ACTIVITIES



For more information
(608) 266-6581
www.madison
seniorcenter.org

DEVIL'S LAKE VIRTUAL HIKE

Wednesday, Jan. 20, 9:30-10:30 am
This will be a unique, virtual exploration of the most popular Wisconsin State Park. As part of this adventure, we'll also have an optional scavenger hunt activity and an opportunity for participants to share memories. Our presenter will be a UW-Madison geology student. *Email Ihunt@cityofmadison.com for Zoom invite.*

MONEY MATTERS

Tues, Jan. 12, 19, 26, 1:00-2:00 pm

January 12: Post-Holiday Scams

Learn from local Associated Bank Manager, Victoria Davis, what to watch for, and what to do if you think you are a victim.

January 19: Family First

Learn what questions to ask, how to put your arrangement in writing, and what you can do if a family member is bullying you or making you feel unsafe.

January 26: Stretching Your Dollars

Learn tips and strategies for stretching your limited income as far as possible.

Email Ihunt@cityofmadison.com for a Zoom invite.

MONONA SENIOR CENTER ACTIVITIES



For more information (608) 222-3415
www.mymonona.com/251/Senior-Center

MINDFUL MOMENTS

Tuesdays, Jan. 5, 12, 19, 27, 11:30 am
Join Sandy Homburg for a calming 15 minute guided mindfulness meditation. All are welcome, and no experience is needed. *Call (608) 222-3415 to share your email address to receive the invite.*

TRIPS TO THE LIGHTHOUSES WITH DAVID MOSSNER

Tuesday, January 12, 1:00 pm

Collecting Lighthouses has been an on-going pursuit for David since 2013. Join with us on this Virtual Tour as we explore the lights along the Wisconsin, Michigan and Indiana shorelines.

Call (608) 222-3415 for an invite to this virtual event.



OUTREACH LGBT COMMUNITY CENTER ACTIVITIES



OutReach
LGBT COMMUNITY CENTER

For more information (608) 255-8582
Ticia Kelsey, LGBT Senior Advocate

FINANCIALLY FIT IN 2021

Thursday, January 14, 10:00 am

Is your resolution to spend less money or pay off debt? Do you need help with creating a budget or getting your current budget back on track? Join us to learn ways to get your finances.

In this virtual workshop, you will learn:

- The importance of saving

- How to stop “spending leaks”
- How to create and stick with it
- Tips and tricks to spend less and save

Zoom Link: <https://us02web.zoom.us/j/84746087052>

SSM HEALTH- IDEAS TO HELP SENIORS STAY AT HOME

Tuesday, January 26, 11:00 am

Get information on services that can help you age at home, help you with aging family or friends, avoid emergency room and hospital admissions, and receive care that you are entitled to.

Zoom Link: <https://us02web.zoom.us/j/89837278839>

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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.

Funded in part by Madison Community Foundation, UW Health, UnityPoint Health-Meriter & Quartz CUNA Mutual Group, Madison Gas and Electric, UW Pharmacy School.

LATINX CULTURAL DIVERSITY

For more information, contact
Garrett Tusler, Cultural Diversity Program
Coordinator, (608) 512-0000 Ext. 3009
GarrettT@newbridgemadison.org

To register for the activities below:

See [NewBridge website for the Zoom link](http://www.newbridgemadison.org)
www.newbridgemadison.org

*Consulte el sitio web de NewBridge para
obtener el enlace Zoom*

ZOOM CHATS WITH GARRETT CÍRCULO DE AMIGOS CON GARRETT

Wed., Jan. 13 & 27, 1:00-2:30 pm
Miércoles, el 13 y 27 de enero
1:00-2:30 pm

Join us on zoom for informal chats where
we can get to know one another and talk
about what matters to us most!

Únete a nosotros en el zoom. Vengan
a tomarse un cafecito, charlar, y platicar
en un ambiente familiar para una
oportunidad de conocernos mejor!

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[www.facebook.com/groups/
newbridgelatinx](http://www.facebook.com/groups/newbridgelatinx)

ZOOM BILINGUAL BINGO

BINGO BILINGÜE EN EL ZOOM

Friday, January 29, 2:00-3:30 pm
Viernes, el 29 de enero, 2:00-3:30 pm

ZOOM DISCUSSION GROUP

GRUPO DE DISCUSIÓN EN EL ZOOM

Every Friday, 10:00-11:30 am

Todos los viernes, 10:00-11:30 am

Join us on zoom as we discuss relevant
issues on health, wellness, and important
themes within our community.

Únete a nosotros en el zoom donde
discutimos temas relevantes sobre la
salud, el bienestar y otros temas
importantes dentro de la comunidad
latina.

- **January 8:** Fraud Protection with the UW Credit Union - Protección contra fraudes
- **January 15:** The Black Lives Matter Movement - Las vidas de los negros son importantes
- **January 22:** What does LGBTQIA+ mean? - Que Significa LGBTQIA+
- **January 29:** Using Our Voices - Usando Nuestras Voces

AFRICAN AMERICAN CULTURAL DIVERSITY

For more information, contact
Deana Wright, Cultural Diversity Program
Coordinator, (608) 512-0000 Ext. 2007
DeanaW@newbridgemadison.org



CONFERENCE & ZOOM CALLS

It's a new year! In the absence of in-person programming, we will be engaging through conference calls and zoom gatherings for older black program participants.

Some of the interest we may explore include, fitness, health & wellness, Book Club, Money Matters, cooking, art & music, BLM & social justice and a speaker series.

If you're interested in joining in the fun and learning, please let Deana know by calling (608) 512-0000 Ext. 2007.

CONNECTIONS

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A program of
Lutheran Social
Services

IRIS Consultant Agency (ICA)

We believe in the INFINITE POSSIBILITIES of every person.

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LET'S GET STARTED!

Call toll-free: **844-520-1712** | Email: connections@lsswis.org
Visit: connectionswis.org

The Legacy

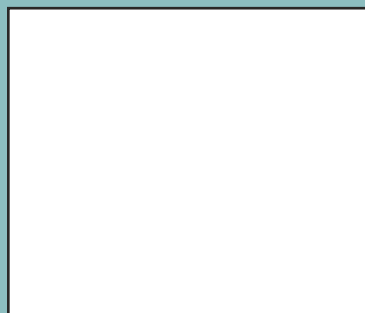
of DeForest

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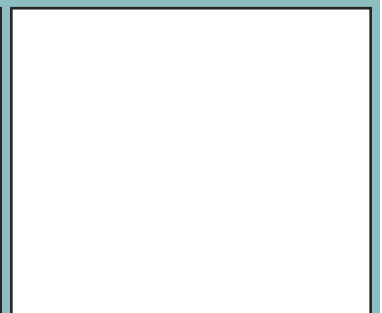


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ADVERTISE HERE

CONTACT

Jeff Parkinson to place an ad today!
jparkinson@4LPi.com or (800) 950-9952 x5887



GET INVOLVED & VOLUNTEER

For more information, contact David Wilson at (608) 512-0000 Ext. 2006 or DavidW@newbridgemadison.org

Our organization and the older adults in our community rely on the power of volunteers to provide quality services to those in need especially during this time of uncertainty.

FOOT CLINIC VOLUNTEERS

DESCRIPTION—Take payment and help refilling pans and clean up. PPE provided.
TIME COMMITMENT—1-2 times per month
LOCATION—Westside clinic

SNOW SHOVELING VOLUNTEERS

DESCRIPTION—Volunteers are matched with older adults to help them remain independent and in their own homes. One way we do this is by providing snow shoveling help!
TIME COMMITMENT—Flexible

FOOD BRIDGE DELIVERY DRIVERS

DESCRIPTION—Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact. From the comfort and safety of your own car. Flexible for your schedule.
TIME COMMITMENT—2-4 times per month
IMMEDIATE NEED—20+ volunteers

TAKE-OUT MEAL VOLUNTEERS

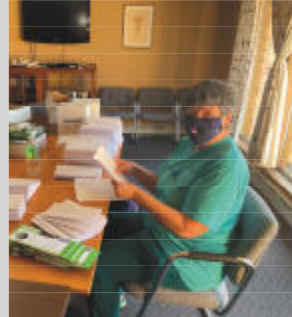
DESCRIPTION—Handing out take-out meals on Fridays from 2:45-4:15 pm at LJ's Sports Tavern and Grill, 8 N. Patterson St. Holidays excluded. You will be provided a mask and gloves and will place the meals in the trunk or back seat of the vehicle.
TIME COMMITMENT—1.5 hours on Fridays
IMMEDIATE NEED—2 volunteers



VOLUNTEER BOARD MEMBER

DESCRIPTION—Seeking individuals who are committed to meeting the needs of older adults in our community.
TIME COMMITMENT—Minimum of two hours per month. The board meets monthly. Board members serves a three-year term (up to two consecutive terms.) For more information on being considered for service on the NewBridge Board of Directors, contact Jim Krueger, Executive Director at jimk@newbridgemadison.org or (608) 512-0000 Ext. 3005.

VOLUNTEER SPOTLIGHT— READI VOLUNTEERS



The United Way READI (*Retired Employees are Dedicated Individuals*) Senior Volunteer Program has been volunteering with NewBridge for years on our monthly newsletter bulk mailing along with other projects. The group is always friendly, helpful, and very efficient! It's a real joy to have them.

THANK YOU READI VOLUNTEERS!

If you are looking for an opportunity to give back to our community, *once it's safely to do so*, consider joining the READI volunteers.

READI volunteers contribute over 5,000 hours annually by helping over 50 local organizations. There are project opportunities for everyone regardless of physical restraint, age, or work experience.

To sign up or for more information email READI@uwdc.org or call Kristi (608) 246-4350 Ext. 6550.

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New Bridge, Madison, WI

G 4C 01-2049



NewBridge is partnered with Registered Nurse Gail Owens and Nail Technician Susan Hasey to provide foot care for older adults 60+. We offer non-diabetic and diabetic clinics. The cost is \$20 for non-diabetic and \$25 for diabetic and we ask that you bring two towels.

Appointments are required and should be made in advance by calling (608) 512-0000. Appointments fill up quickly. We recommend you call a few months in advance. We do keep a waitlist.

Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.

COVID Procedure for Foot Clinics:

- Please sit in your car until the volunteer comes out to call you in.
- You are required to wear a face mask and get your temperature taken.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, Jan. 12, 19 & 26, 9:30-11:45 am

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Monday, January 11, 10:00 am-Noon

MEDICAL EQUIPMENT LOAN CLOSET

TEMPORARILY CLOSED

IN ORDER TO PREVENT THE SPREAD
OF THE COVID-19 (CORONAVIRUS).

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location, 4142 Monona Drive.

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

How To Use: Reusable Face Coverings



#MaskUpWisconsin

COVID-19 TESTING

Public Health of Dane County recommends testing for:

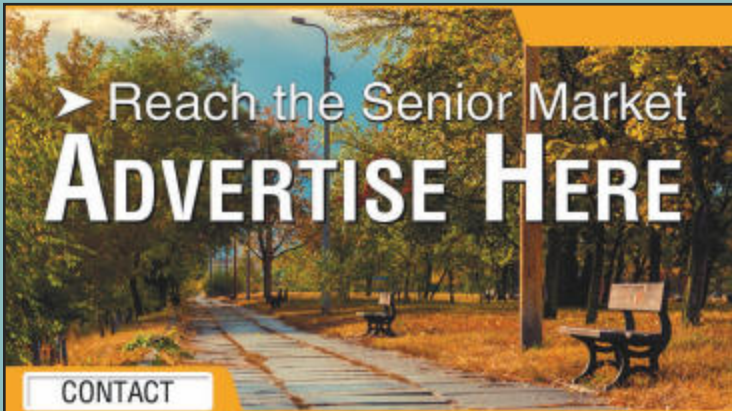
- People who have had close contact with someone who tested COVID-19 positive.
- People with COVID-19 symptoms.
- People who have regular exposure to a large number of people.
- People who work closely with high-risk populations.

TESTING SITE OPTIONS

- Your Health Care Provider
If you have health insurance, contact your provider to see if they are able to test you.
- Community Pop-Up Sites
Details for these sites can be found on the Public Health website at publichealthmdc.com/coronavirus/testing

- Alliant Energy Center, 1919 Alliant Energy Center Way, Madison
Mon., Wed., Fri., Sat. 8:00 am-4:00 pm
Tues. and Thurs. 8:00 am-8:00 pm
No appointment necessary but is available
** Will be open through January.*
- South Madison Community Test Site, Public Health WIC Clinic, 2230 S. Park St, Madison
Mondays and Fridays, 8:00 am-4:00 pm
Wednesdays, 12:00pm-8:00pm
If you can, make an appointment
(608) 243-0302
Must wear a face covering.
** Will be open through January.*

For Alliant and South Madison Sites:
Free. Spanish and Hmong translators are available. For a free ride, call Public Health Transportation Line (608) 243-0420



CONTACT

Jeff Parkinson to place an ad today! jparkinson@4LPi.com or (800) 950-9952 x5887



Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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ALLERGIES, COLD, FLU AND COVID-19

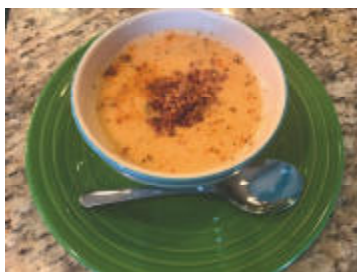
Sneezing? Runny nose? Coughing? With the threat of coronavirus, you might be asking yourself if the symptoms you are experiencing are COVID-19 or something else.

The chart below will help you better understand the differences between allergies, cold, flu and COVID-19 symptoms. If you are concerned about your symptoms, talk to your doctor about the right treatment and precautions.

Most common symptoms for each

SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓		sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

RECIPE OF THE MONTH



Cheesy Cauliflower or Broccoli Soup

*LOW CARB

Ingredients:

- 2 heads Cauliflower or Broccoli (or three bags frozen)
- 1/2 c Carrots, chopped (optional)
- 1/2 c Celery, chopped (optional)
- 1 medium Onion, chopped
- 1/4 small Pepper, chopped
- 1/2 t garlic powder
- 1 t smoked paprika, or red chili powder
- 1 t salt

- 1/2 t ground pepper
- 1/2 t dry mustard or mustard seed (brown or Dijon even works!)
- 2 c Chicken Broth
- 1 c Heavy Cream (or a block of cream cheese)
- 2 1/2 c shredded cheese

Instructions:

Clean and loosely chop cauliflower or broccoli. Place into cooking pot. Add all veggies and seasonings. Add chicken broth and heavy cream or cream cheese. Bring to boil and then reduce heat. Simmer for 2-3 hours until vegetables are soft. Use a blender or immersion blender to blend the soup to your desired consistency. Add cheese and enjoy!



Norwegian American

Genealogical Center & Naeseth Library

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*Datos de Fuente: Wisconsin Department of Health Services Options Scorecard data for IRIS Consultant Agencies, July 2019

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DON'T SHOP. AD PAW PT.





WE DID IT! With the help of over 65 volunteer drivers and two outstanding partners, Door Creek Church and LJ's Sports Tavern & Grill, we delivered 367 hot and ready-to-eat meals to older adults in Madison on Thanksgiving Day! *And what a pleasure it was.*

A little history...

Ed Manuel Sr, started the program in the 1980's with the South Madison Neighborhood Center. In 1992, Pastor David Smith, Sr. took it over and in 2000, the Pastor and his wife Tracy co-coordinated with their former church, Faith Community Baptist Church and the South Madison Senior Coalition. (One of the four organizations that merged to create NewBridge.) Once the merge was complete, the partnership continued as Door Creek Church and NewBridge Madison. Normally all of the food is donated and volunteers cook, package and deliver on Thanksgiving Day but due to COVID, another partnership was formed with LJ's Sports Tavern and Grill. This program has a deep, rich history full of wonderful partnerships and collaborations for our older adults.





FREE Virtual (Online) Welcome to Medicare Seminars

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

What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

January 23, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by **1/14/21**

March 20, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by **3/11/21**

May 15, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by **5/6/21**

Seminars will be offered via Zoom.

Email for more information.

We Make Medicare Uplifting
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For ad info. call 1-800-950-9952 • www.lpiseniors.com

New Bridge, Madison, WI

I 4C 01-2049

REGULAR SERVICES AND ACTIVITIES

Case Management

“Your connection to community resources”

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult’s individual needs. Both short-term information and ongoing support available. *Free for eligible Madison/Monona older adults (60+). Private Pay Case Management available.*

Home Chore

“Your connection to helping hands”

Matches Case Management clients who need basic household chore help with individual volunteers/volunteer groups who provide assistance and friendly visitation. *Free for eligible Madison/Monona older adults (60+).*

Food Bridge

“Your connection to wholesome groceries”

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the



River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+).*

Bridge Buddies

“Your connection to a friendly caller”

Offers weekly friendly chats or daily reassurance calls for Case Management clients. *Free for eligible Madison/Monona older adults (60+).*

Nutrition Sites

“Your connection to nutritious meals”

Serves nutritious weekday meals and provides socialization for older adults at multiple Madison/Monona locations. Details listed in monthly newsletter and website. Cost for older adults (60+) is an anonymous donation. Cost for 60 and under, full cost of meal. Transportation available through Transit Solutions with donation. 24-hour advance reservations required for meal and transportation.



Representative Payee & Guardianship Service

“Your connection to trained volunteers”

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteer manages the social security benefits for the older adult and ensures the older adult’s basic needs are met. *Free for Dane County older adults (60+).*

Medical Equipment Loan Closet

“Your connection to health equipment”

Provides health equipment items to check out. Equipment available may include wheel chairs, walkers, canes, shower chairs, and more. *Available to City of Madison or Monona residents for a donation.*

Cultural Diversity Activities

“Your connection to your peers”

Activities for African American and Latinx older adults to help reduce isolation and connect older adults to community services. Activities focus on socialization and health education. Latinx activities offered in Spanish only. *Free for African American and Latinx Dane County older adults (60+).*



Classes & Activities

“Your connection to golden opportunities”

Social, educational, and exercise classes at various community sites. Details listed in monthly newsletter and website. *Free or low cost for older adults (60+) with scholarships available.*

LED Activities (Living Every Day)

“Your connection to enjoyable experiences”

Activities for the young at heart who have a sense of energy and enthusiasm. These activities include educational, social, and fitness opportunities. *For older adults (55+) who live in Madison and Monona. Any expenses are paid for by the participant.*

COVID-19 Specific Services on page 4.

2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2021 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden
Send my monthly newsletter via mail email both none

\$ _____ Additional or general donation for NewBridge programs and services

\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually.

Donations may be tax deductible to the extent of the tax code.



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Madison, WI 53704

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A top-down view of various art supplies scattered on a light-colored surface. Visible items include a watercolor palette with blue, green, and grey colors, a round palette with yellow and orange paint, several paintbrushes of different sizes and colors, and several tubes of paint in various colors like yellow, pink, and orange.

ZOOM ARTFUL AGING
Wednesdays, 1:00 pm
8 Weeks in February & March
\$5 Class Fee - Materials Included
Instructor Amy Cavi
If interested, contact Ruth (608) 512-0000
Ext. 3012, RuthH@newbridgemadison.org