



# NEWBRIDGE

Your Connection to Successful Aging

# NEWS

JANUARY 2022



**OUR OFFICES ARE CLOSED MONDAY, JANUARY 17.**

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# 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...

January 17th is Martin Luther King Jr. Day. Dr. King dedicated his life to achieving equality for all, especially people of color, and to end racial segregation.

Despite Dr. King's efforts these issues have never gone away. The last two years, intense arguments about racial inequality and systemic racism have brought the division in our country to the forefront. Yet we know Black older adults experience racism and racial inequalities daily.

Why not use MLK Day to educate ourselves, or someone we know, about racism and to assess how our daily actions might perpetuate racism. Or read about the history of Blacks growing up in the USA. **Let's Learn, Live & Grow.**

## CONTACT US

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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 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
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- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
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- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARA CAMACHO - Community Care Manager, Group Health Cooperative (GHC)
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

**Thank you to our Funders:**



*Friends of NewBridge*

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# 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
  
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JOANNE MORTON, Case Manager Ext. 3006
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KATERI WEEGE, Case Manager Intern Ext. 1001
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LAUREN JACOB, Case Manager Intern Ext. 4008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002

- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- MICHAEL GARRISON, Mental Health Resource Registered Nurse Ext. 2002
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC
- STANLEY GRAHAM, 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.



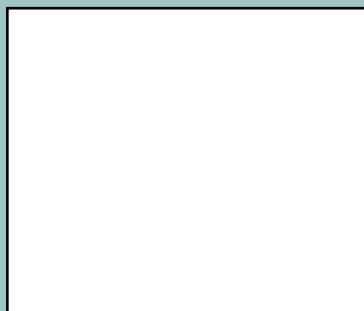
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# SERVICES AND ACTIVITIES

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## 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. *Free for eligible*



*Madison/Monona older adults (60+ or 50+ with MA Benefit). Private Pay Case Management available.*

## 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. Sponsored by: UW Credit Union providing computer access.*

## Diet Consultations &

## Healthy Aging Workshops

Meet with a registered dietitian to discuss ways to manage newly prescribed diets, poor appetite, unintended weight loss, or other areas of concern. *Free for Dane County older adults (60+).* Various healthy aging educational workshops are offered at various community sites. *Free or low cost.*

## Diversity & Inclusion Activities

*“Your connection to your peers”*

Activities for Black and Latinx older adults to help reduce isolation. Activities focus on socialization, health education and support groups. Latinx activities offered in Spanish only. *Free for Black and Latinx Dane County 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+). Sponsored by: CUNA Mutual Group Foundation*

## 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+).*

## 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.*

## Mental Health Resources

*"Your connection to mental health resources"*

Supports older adults in the case management program with mental health issues and help access community resources to address their needs. *Free for eligible Dane County older adults.*

## Nutrition Sites

*"Your connection to nutritious meals"*

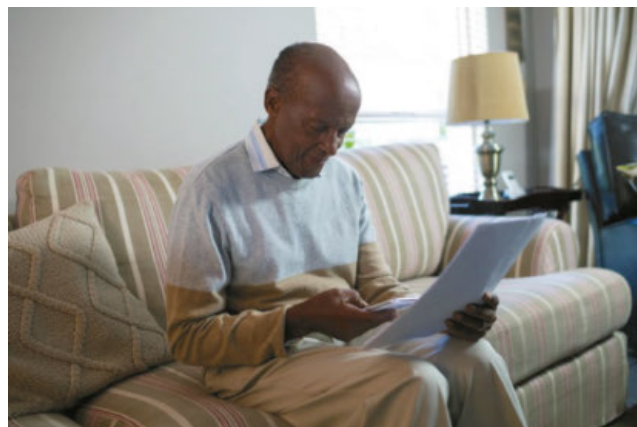
Serves nutritious weekday meals and provides socialization for older adults at multiple Madison/Monona locations. Details listed in monthly newsletter and website. *Cost for older adults (60+) is an anonymous donation. Cost for 60 and under, full cost of meal. Transportation available through Transit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

*Sponsored by: Oscar Rennebohm Foundation*

## Representative Payee & Guardianship Service

*"Your connection to trained volunteers"*

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteers may make health care decisions, or manage social security benefits, and much more. *Free for Dane County older adults (60+).*



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# DIVERSITY & INCLUSION ACTIVITIES

Activities are developed for Black older adults that focus on socialization, health education, and support groups. These activities are free for Black older adults (60+) who live in Dane County.



Deana Wright  
Diversity & Inclusion  
Program Manager  
(608) 512-0000 Ext. 2007  
DeanaW@  
newbridgemadison.org

To register for activities:

See **NewBridge website for the Zoom links** [www.newbridgemadison.org](http://www.newbridgemadison.org) or contact **Deana**.

## CHAIR EXERCISE

Mondays, 9:00-9:45 am

Reduce pain and stiffness, and improve mobility and muscle strength. Exercise while standing or sitting. *In collaboration with MSCR.*

## DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm



Join Deana to discuss current events, social justice topics, health and wellness issues and so much more.

## BALANCING ACT

Tuesdays, 1:00-1:45 pm

Increase your balance and decrease your risk for falling. Most exercises will be done from a standing position. *In collaboration with MSCR.*

## GET MOVIN' ON ZOOM

Tuesdays & Thursdays

1:00-2:00 pm

Keep your body moving with instructor Venus Washington! Gentle exercise for every level. *In collaboration with UW Madison Alzheimer's Disease Research Center.*

## BLACK SPACE

Thursdays, 3:00-4:00 pm



A safe space for Black older adults to talk about all things Black. You decide the topics; you lead the conversation.

## COLOR ME HEALTHY

Tuesday, Jan. 18, 3:00-4:30 pm

Join us for monthly discussions with Black health professionals that focus on health, wellness and racial disparities.

## BINGO—MLK JR. EDITION

Thursday, Jan. 13, 3:00-4:30 pm



Game cards and chips will be mailed prior to the program. Gift cards will be mailed to game winners. **Sign up with Deana by Friday, Jan. 7.**

# THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



Connect, socialize and engage in brain healthy games and activities, in an effort to prevent or delay the onset of cognitive decline and memory loss.

In collaboration with Alzheimer's & Dementia Alliance of Wisconsin.



# LET'S COLOR

Thursday, Jan. 27, 2:00-3:00 pm  
 Coloring is fun! Plus, it can boost your creativity, improve your dexterity, promote mindfulness and may even improve your immune system. Join us monthly, beginning Thursday, January 27. Supplies will be mailed in advance.  
*Sign up with Deana by Thursday, Jan. 20.*



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# ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

Se desarrollan actividades para adultos mayores latinos que se enfocan en la socialización, la educación para la salud y los grupos de apoyo.

Las actividades son ofrecidas en español.

*Estas actividades son gratuitas para los adultos mayores latinos (60+) que viven en el condado de Dane.*



**Deana Wright**  
Diversity & Inclusion  
Program Manager  
(608) 512-0000 Ext. 2007  
DeanaW@  
newbridgemadison.org

Para inscribirse a las actividades:

*Consulte el sitio web de NewBridge para obtener el enlace Zoom*  
[www.newbridgemadison.org](http://www.newbridgemadison.org)

## LA REUNIÓN

Los Viernes, el 7, 14, 21, 28 enero  
10:00-11:30 am

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

7 Fernando Cano  
14 Shiva Bidar

21 Martha Saucedo  
28 Dra. María Mora



## CÍRCULO DE AMIGOS

Cada otro Miércoles, el 12, 26 enero  
1:00-2:00 pm

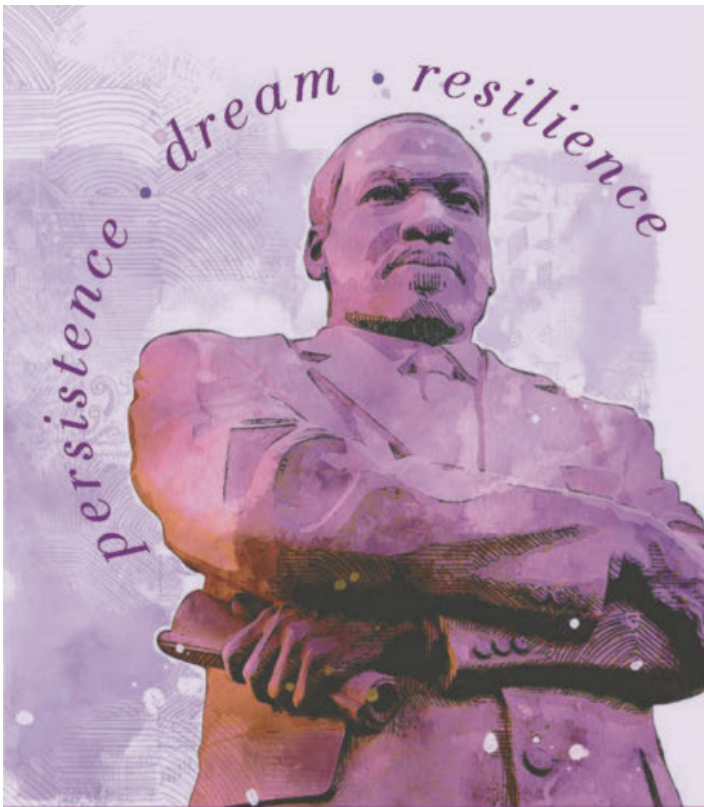
Únete a nosotros en el zoom. Ven a tomarse un cafecito y platicar en un ambiente familiar para una oportunidad de conocerse mejor!



Get Diversity & Inclusion Latinx group updates on Facebook!

[facebook.com/groups/newbridgelatinx](https://facebook.com/groups/newbridgelatinx)





Women in Focus, Inc. invites you to join us for this inspirational evening benefiting WIF Scholarships.



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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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# CLASSES & ACTIVITIES



**Deenah Givens**  
Program Coordinator  
(608) 512-0000 Ext. 3002  
DeenahG  
@newbridgemadison.org

Welcome to the NewBridge hybrid model of programming where we offer both in-person and virtual (Zoom) programs, presentations, gatherings and more.

*The NewBridge mask and social distancing policy may vary depending on the activity. Contact Deenah Givens for more info.*

**Are you interested in playing Gin Rummy or Bunco on a regular basis, in-person with others? If so, please contact Deenah.**

## **STRETCH & STRENGTH - Zoom**

Mondays & Wednesdays  
9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises where you can learn from the comfort of your own home and get active weekly. The cost is \$20/month.

*To sign up, contact **Becky Otte Ford** [raonine@gmail.com](mailto:raonine@gmail.com) or (608) 215-4119.*

## **PING PONG - In-Person**

Mondays, 9:00 am-Noon

Warner Park Comm. Rec. Center

Do you like to play ping pong? *If you are interested in joining a group of people who play weekly contact Deenah.*

## **SPIRIT & STRENGTH - Zoom**

SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a weekly process to help tell our own stories. No prior experience necessary and you can join anytime.

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

## **EASY YOGA PLUS - Zoom**

Wednesdays, 10:00-11:00 am

Friday, 11:00 am-Noon

Join long-time yoga teacher Ellen Millar for this very popular class. She will gently take you through a series of exercises that can be done standing or from a chair.

*To sign up, visit **Ellen's website for the Zoom link [www.thewonderofyoga.com](http://www.thewonderofyoga.com)***

## **BOOK CLUB - Zoom**

Wednesday, Jan. 5, 10:00-11:00 am

Warner Park Comm. & Rec. Center

Discussing The Master Butchers Singing Club by Erdich. Our February selection is

Fried Green Tomatoes at the Whistle Stop Café by Flagg. Please remember, you are

responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club. *To get more information, contact Deenah.*

## MAHJONG - *In-Person*

Thursdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

You need your own game pieces to play.

*To get more information, contact Deenah.*

## SEWING CLUB - *In-Person*

Thursday, Jan. 6 & 20, 9 am-Noon

Warner Park Comm. Rec. Center

Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

### HOW TO GET YOUR ITEMS MENDED:

Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and the volunteers will mend. No charge, donations are always welcome!

## BINGO! - *Zoom and In-Person*

Every Friday, 10:15-11:15 am

Warner Park Comm. Rec. Center

January 7 - In-Person

January 14 - In-Person

Zoom **\*1:00 pm start**

January 21 - In-Person

January 28 - In-Person

Zoom **\*1:00 pm start**

Join caller Diana D & Don and other friends as we play Friday Bingo and one lucky winner will receive a gift card.

*Contact Deenah to sign up for Zoom to get your bingo cards and Zoom link.*



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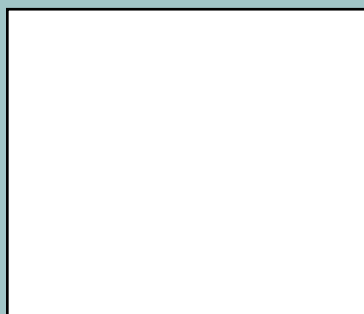
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## CARD MAKING CLUB - *In-Person*

Wednesday, Jan. 12, 1:00-3:00 pm

Warner Park Comm. Rec. Center

If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

## ARTFUL AGING - *Zoom*

Wednesday, January 12-March 2

1:00-3:00 pm

Artful Aging with Amy Conover Cavi is back! This time we'll be focusing on painting. You'll learn watercolor techniques, as well as acrylics. There will be plenty of color theory, composition, tips on shading, and much more to help you create and express your own personal, artistic side. Join us on for painting in a supportive, comfortable environment.

*For more information, contact Deenah.*

## SASSY STEPPERS

If you have a love of dance and enjoy performing or want to learn some new dance moves for exercise and fun and meet new friends please this is the group for you! We're not practicing or performing yet but this is a great time to get to know the group and get SASSY!

*To get more information, contact Deenah.*



## COLLABORATIVE PROGRAMS

These programs are brought to you by NewBridge, Monona Senior Center, Madison Senior Center & Goodman Community Center.

## MIND OVER MATTER; HEALTHY BOWELS, HEALTHY BLADDER - *Zoom*

January 21, February 4 and 18, 2022, 1:00-3:00 pm

This online workshop is designed to give women the tools they need to take control of their symptoms. The cost of the workshop is \$20 which includes educational material that will be mailed to you prior to the workshop.

*To sign up, contact Deenah.*

## HEALTHY AGING - *Zoom*

Maintaining and Maximizing Brain Health and Wellbeing with  
Presenter: Stacey Schaefer

Thursday, Jan. 27, 10:00-11:00 am

Stacey Schaefer is a cognitive-affective neuroscientist at the University of Wisconsin-Madison's Center for Healthy Minds. Her research focuses on identifying how different emotional styles influence health, wellbeing, and brain aging, as well as the factors that moderate those relationships. In her talk, she will share findings from studies highlighting the factors that promote healthy aging with a focus on emotion and its impacts on brain health.

## ALTERED PERSPECTIVES - Zoom

6 Weeks, Wednesdays

Jan. 25-March 1, 10:30-11:45 am

We all need to alter our perspective sometimes. Join artist Patrizia from Arts for All on this creative journey as we challenge our viewpoints and look at things from a variety of angles. We will play with materials and techniques to generate new perspectives. This is a mixed-media workshop. Class is free and all materials are provided. *For more information, contact Deenah.*

## WELLNESS WARRIORS - Zoom

Date and Time to be Announced

Please join this lively group of older adults as we navigate the aging process with curiosity, wisdom and aplomb! This weekly support group is led by an Edgewood College teacher, one of her students, and NewBridge and Goodman Community Center staff. We often have guest speakers who present on things that we want to hear about – from brain health, staying active, how to stay safe in these trying times and so much more. Each week the topics are directed by what the group wants to learn or know more about.

*For more information, contact Deenah.*

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**LET'S GET STARTED!**  
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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

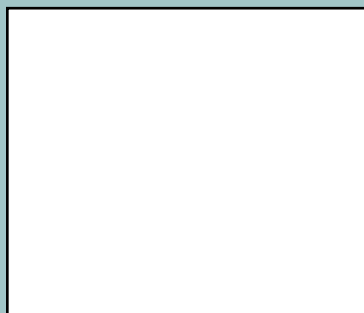
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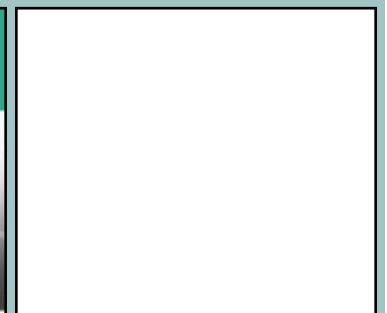
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# CONGREGATE MEAL SITES

**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 any cancellations should be made on-site or by calling the numbers below by Noon, two business days in advance.  
*\*Not all sites require a meal reservation.*

## TRANSPORTATION

Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.  
**Transportation reservation is always required** by calling the numbers below.

## 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**.

## WEST MADISON

### **Hy-Vee West, 675 S. Whitney Way**

Wednesday, 10:00 am-1:00 pm

*\*No meal reservation required*

For transportation call (608) 512-0000 Ext. 4006

### **Meadowridge Commons, 5734 Raymond Rd.**

Tuesday, Thursday, Noon

For reservations call (608) 512-0000 Ext. 4006

### **Good Shepherd Church, 5701 Raymond Rd.**

Friday, Noon

For reservations call (608) 512-0000 Ext. 4006

### **Lechayim at Beth Isreal Center**

#### **1406 Mounds St.**

Mondays, January 3, 10, 24, 31, Noon

For reservations call (608) 442-4083 by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

## SOUTH MADISON

### **Romnes Apartments, 540 W. Olin Ave.**

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

### **Madison Senior Center, 330 W. Mifflin St.**

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

## EAST MADISON/MONONA

### **Messiah Lutheran Church,**

#### **5202 Cottage Grove Rd.**

Tuesday and Thursday, Noon

For reservations call (608) 512-0000 Ext. 2001

### **Hy-Vee East, 3801 E. Washington Ave.**

Wednesday, 10:00 am-1:00 pm

Fridays, 10:00 am-1:00 pm

*\*No meal reservation required*

For transportation call (608) 512-0000 Ext. 2001

## NORTH MADISON

### **Warner Park Community Recreation Center, 1625 Northport Dr.**

Monday, Tuesday, Thursday, Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

### **Goodman Community Center, 149 Waubesa St.**

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 8087

# JANUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b> Chicken a la King Brown Rice, Capri Blend Broccoli Salad, Fruit Cocktail Frosted Chocolate Cake MO – Soy a la King	<b>04</b> Chili Cheese, Baked Potato Cornbread Cinnamon Spiced Apples Chocolate Chip Cookie MO – Veggie Chili	<b>05</b> *Italian Sausage Roasted Potatoes Stewed Tomatoes Mandarin Orange Vanilla Ice Cream Cup MO – Veggie Dog	<b>06</b> Chick Brocc Rice Cass Carrot Coins Chickpea Salad Tropical Fruit Glazed Lemon Loaf Cake MO – Veg Brocc Casserole	<b>07</b> *Meatballs in Gravy Mashed Potatoes Mixed Fruit Butterscotch Pudding Cup MO – Veggie Meatballs in Gravy
<b>10</b> Bone-in Garlic Parmesan Chicken Tomatoes, Spinach Cass. Peaches, Lemon Bar MO – Garden Burger	<b>11</b> Beef Stew Biscuit, Corn Chunky Apple Sauce Banana Bar MO – Veggie Stew	<b>12</b> Sausage Veg. Egg Bake Fruit Cup Oven Roasted Potatoes OJ, Cinnamon Raisin Bread MO – Veggie Egg Bake	<b>13</b> Chicken Strips Stmd Brussel Sprouts Calico Beans Mixed Fruit, Sugar Cookie MO – Veggie Chicken	<b>14</b> Pot Roast in Gravy Garlic Mashed Potatoes Carrots, Pineapple Tidbits Frosted Pumpkin Bar MO – Black Bean Burger
<b>17</b> <b>CLOSED</b>	<b>18</b> Chicken and Gravy Over White Bread, Carrots Broccoli, Orange, Cookie MO – Veg Chicken in Gravy	<b>19</b> Rustic Tom. Bean Soup Caesar Salad, Pineapple Strawberry Jell-o MO – Veg. Tom. Bean Soup	<b>20</b> *BBQ Ribs Cheesy Potatoes Pickled Beets, Spiced Pears MO – Veggie Wrap	<b>21</b> Cheeseburger Calico Beans, Potato Salad Fruit Cocktail, Candy Cookie MO – Multigrain Burger
<b>24</b> Chicken Stew Mixed Greens, Crackers Copper Penny Salad Applesauce, Choco Pudding MO – Veggie Stew	<b>25</b> *Meatballs in Marinara Penne, 4 Bean Salad, Peaches Cheesecake Brownie MO – Veggie Meatballs in Marinara	<b>26</b> Fish Sandwich Yams, Peas, Pears Frosted Choc. Banana Cake MO – Black Bean Burger	<b>27</b> Sloppy Joe Potato Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO – Chickpea Joe	<b>28</b> Rstd. Turkey in Gravy Cranberry Stuffing 3 Beans Salad, Yam Bake Pears, Pumpkin Pie MO – Veggie in Gravy
<b>31</b> Bone-in BBQ Chicken Baked Potato, Banana Apple Pie MO – Veggie BBQ Chicken	<p><b>Meals provided by Dane County Consolidated Food Services Division</b></p> <p><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 / * : Pork</i></p>			

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NewBridge is partnered with Registered Nurse Gail Owens and Nail Technician Susan Hasey to provide foot care for older adults 60+. Cost is \$20 and we ask that you bring 2 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.*

**NewBridge requires that you wear a mask and maintain proper social distance at our foot clinics.**

### **EAST MADISON**

Monona United Methodist Church  
606 Nichols Road, Monona  
Tuesday, Jan. 11, 18, 25, 9:30-11:45 am

### **NORTH MADISON**

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

Warner Park Community Rec Center  
1625 Northport Drive  
Thursday, January 27, 9:00 am-Noon

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, January 14, 1:00-2:30 pm

### **WEST MADISON**

Good Shepherd Lutheran Church  
5701 Raymond Road  
Tuesday, January 25, 9:00-11:40 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  
4142 Monona Dr.

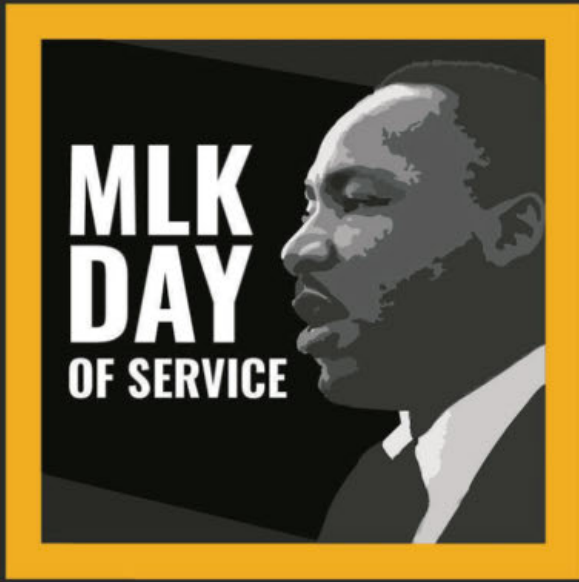
Loan closet items are available to City of Madison and Monona residents. Monetary and equipment donations are welcomed.



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 ask that you call ahead to make an appointment to pick up, return and to donate. Currently accepting shower chair donations.**





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# VOLUNTEER OPPORTUNITIES



**David Wilson**  
Marketing & Volunteer  
Services Manager  
(608) 512-0000 Ext.2006  
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.

## HYVEE NUTRITION SITE VOLUNTEERS

**DESCRIPTION**– Help check people in, serve drinks, and socialize with older adults at our new HyVee site.

**TIME COMMITMENT**– 2.5 hours, Fridays

*Training will be provided by the Nutrition Site Manager.*

## HOME CHORE 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

## FOOD BRIDGE VOLUNTEER DRIVERS

**DESCRIPTION**– Food Bridge offers free monthly food pantry delivery for older adults at nutritional risk.

**TIME COMMITMENT**– 1x/month

## GUARDIAN & REPRESENTATIVE PAYEE

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

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

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**VOLUNTEERS NEEDED!**

**Snow Angels**

Become a "Snow Angel" and help a low income, older adult in need, by volunteering to take care of their snow removal this season. We work with older adults who are physically unable to clear their sidewalks and driveways and they desperately need your help removing their snow.

 [www.newbridgemadison.org](http://www.newbridgemadison.org)  
(608) 512-0000

VOLUNTEER SPOTLIGHT

JEANETTE & KEISHA

Thank YOU

## VOLUNTEER COORDINATORS

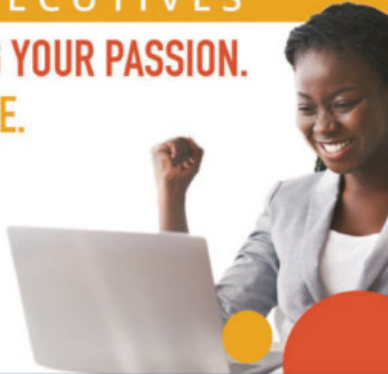
Jeanette and Keisha are responsible for the recruitment, training and oversight of the individuals who donate their time to support so many NewBridge programs and services. Without them, essential programs like Home Chore, Food Bridge, and Bridge Buddies wouldn't be possible. Their kind heart and dedication radiate through our amazing community volunteers to the older adults NewBridge serves.

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**WE DID IT!** With the help of 62 volunteers and two outstanding partners, Door Creek Church and Melly Mell's Soul Food, we delivered 350 hot and ready-to-eat meals to older adults in Madison on Thanksgiving Day! Thanks to our sponsors Evjue Foundation and Neckerman Insurance.

### **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. This program has a deep, rich history full of wonderful partnerships and collaborations for our older adults.



# INCLEMENT WEATHER INFORMATION



## INCLEMENT WEATHER POLICY

For everyone's safety, if the Madison Metropolitan School District closes school due to weather conditions, all NewBridge programs and activities will be cancelled. School closings are announced on the major television and radio stations.

We will re-open when the Madison Schools re-open. In the event of inclement weather when school is not in session, please call us at (608) 512-0000 and a message on the answering machine will announce any closings. If Madison Schools are closed, NewBridge is closed.

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New Bridge, Madison, WI

J 4C 01-2049

# FRIENDS OF NEWBRIDGE



Friends of NewBridge **VISION** is to elevate the voice of older adults in our community; and, our **MISSION** is to serve as a resource for NewBridge, advocating for and engaging older adults in programs and services and supporting fundraising efforts.



**FRIENDS OF NEWBRIDGE COMMITTEE** is a group of volunteers who meet six times a year to plan and implement activities that support NewBridge programming; and to further the vision, mission and purpose of the Friends of NewBridge group.



To become a member of Friends of NewBridge please see page 23, fill out the form and return it to NewBridge North, 1625 Northport Drive, Madison, WI 53704.



Friends of NewBridge **PURPOSE** is to connect our NewBridge community of older adults to the larger community, one another, and programs and services; and to provide a sense of belonging.

To become a participant of the Friends of NewBridge Committee please contact Deenah Givens [DeenahG@newbridgemaadison.org](mailto:DeenahG@newbridgemaadison.org) or (608) 512-0000 Ext 3002.

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
- Discount Card to Local Businesses
- Invitation to Special Events
- Valuable Social Connections

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

## RENEW YOUR FRIENDSHIP FOR 2022

It's annual renewal time for our Friends of NewBridge. Please complete the form below to be a Friend of

NewBridge in 2022. If you are not currently a Friend of NewBridge, now is the time to join! You can also renew on our website! [newbridgemadison.org](http://newbridgemadison.org)

### 2022 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: \_\_\_\_\_

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Please check all boxes that apply:

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\$ \_\_\_\_\_ 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](http://newbridgemadison.org). Friendships are renewed annually.  
*Donations may be tax deductible to the extent of the tax code.*



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