

# NEWBRIDGE

Your Connection to Successful Aging

# NEWS

JANUARY 2023

## NEW CATERER STARTING JANUARY 2023

### LITTLE JOHN'S

FEEL  
GOOD  
FOOD

WE ARE VERY EXCITED TO BE WORKING WITH LITTLE JOHN'S TO CONTINUE TO PROVIDE NUTRITIOUS AND DELICIOUS LUNCHES. TOGETHER WE'LL SERVE OVER 23,000 CONGREGATE MEALS PER YEAR IN MADISON. TAKE A LOOK AT THE NEW MENU ON PAGE 22!

NUTRITION-RELATED CONCERNS?  
CONTACT DANE COUNTY NUTRITION  
DIRECTOR SHANNON GABRIEL  
(608) 261-5678.



**WE ARE CLOSED JANUARY 2 and JANUARY 16.**

**CHECK OUT  
WHAT'S  
INSIDE!**

**02** General Information

**03** NewBridge Staff

**04-05** NewBridge Services & Activities

**08-11** NBU : Diversity & Inclusion Activities

**12-14** NBU : Classes & Activities

**16** Foot Care Clinics & Loan Closet

**17** Inclement Weather Information

**18-19** Volunteer Opportunities

**20-22** Nutrition Program

**24** Friends of NewBridge & Donation Form

**26** Welcome Katy Polich

**27** Case Management & Walk-In Hours

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

January 13 is a Friday, a day often associated with superstitions and bad luck. 60 million people have developed a phobia of this day. I have often been curious about how this phobia started. Norse mythology blames Loki who crashed a dinner party of 12 and killed the god Baldur. Others say the last supper was the beginning. Judas was the 13th person at the supper, who then betrayed Christ and had him crucified. The fear of Friday, 13th is called friggatriskaideka phobia. Frigga is the Norse god for which Friday is named and triskaideka is fear of #13. Good things do happen on this day, but some people will not chance it.

## 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

\*See Loan Closet Hours Below

## NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

## WEST OFFICE

5724 Raymond Road, Madison, WI 53711

## EAST OFFICE

505 Cottage Grove Road #200, Madison, WI 53716

\*Hours: Monday-Thursday, 8:00 am-3:00 pm

Follow us! NewBridge Madison



## BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- SARA CAMACHO, *Vice President* - Public Health Supervisor, Public Health Madison & Dane County
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
- TIM RYAN, *Treasurer* - CFO, Monona Bank
- AMY DEVINE - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

**Thank you to our Funders:**



Friends of NewBridge

**Housing Partners:**  
Point Place 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
  
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EMILY MENDOZA, Case Manager Intern Ext. 1003
- EMMA HOIBY, Case Manager Intern Ext. 1008
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- LIZZ DOWNS, Mental Health Resource Intern Ext. 3006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
  
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- LISA HASSELL, Program Assistant Ext. 1011
  
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator Ext. 3013
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.

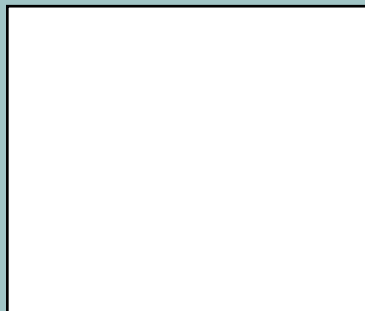



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# SERVICES AND ACTIVITIES

## 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. Sponsored in part by CUNA Mutual Group Foundation.*

## 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.*

## Diet Consultations & Healthy Aging Workshops

*“Your connection to nutrition and wellness.”*

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 Hispanic older adults to help reduce isolation. Activities focus on socialization, health education and support groups. Hispanic activities offered in Spanish only. *Free for Black and Hispanic Dane County older adults (60+).*

*Salute to Black Veteran’s Event Sponsored by Exact Sciences.*

## 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 in part by Dan and Patti Rashke (TASC) Family 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 in part by Dan and Patti Rashke (TASC) Family 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+).*



## WE'RE HIRING!

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## LET'S GROW YOUR BUSINESS

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CONTACT ME  
**Ruth Schlitz**

[rschlitz@lpicommunities.com](mailto:rschlitz@lpicommunities.com)  
(800) 950-9952 x2671



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# NEVER MISS OUR NEWSLETTER!

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New Bridge, Madison, WI

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# NEWBRIDGE UNIVERSITY (NBU)



***At NewBridge University we strive to engage, support and unite older adults.***

As we age our learning path may look different, the manner in which we learn may change, and our learning curve might be steeper - but we never stop learning. All of our program offerings under our Diversity & Inclusion and Classes & Activities, will fall under NBU. Some of our classes will be offered to specific groups, to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. For each class, activity, or program that you attend you will earn credits. These credits are redeemable for NBU swag at our end-of-year celebration. Credits will be tracked by a system and we will have a way for you to track credits too.

*To learn more or sign up for classes, visit our website, see our newsletter or contact our staff.*

## PAGES 8-9

Classes and Activities for Black Older Adults  
Deana Wright, Diversity and Inclusion Manager  
(608) 512-0000 Ext. 2007  
DeanaW@newbridgemadison.org

## PAGES 10-11

Classes and Activities for Hispanic Older Adults  
Katia Vine, Diversity and Inclusion Coordinator  
(608) 512-0000 Ext. 3009  
KatiaV@newbridgemadison.org

## PAGES 12-14

General Classes and Activities  
Deenah Givens, Program Coordinator  
(608) 512-0000 Ext. 3002  
DeenahG@newbridgemadison.org

***En la Universidad NewBridge (NBU), trabajamos en relacionar, apoyar y unir a adultos mayores.***

Conforme nos vamos haciendo mayores nuestro camino de aprendizaje suele cambiar, aprendemos de diferentes maneras, o a veces puede ser más difícil - sin embargo, nunca dejamos de aprender. Todos nuestros programas, de Diversidad e inclusión, las clases y actividades, ahora pertenecerán a NBU. Algunas de nuestras clases serán dirigidas a grupos específicos, para ayudar a proveer un ambiente seguro, donde los participantes podrán compartir y expresarse con otras personas que hayan compartido experiencias similares.

Por cada clase, actividad, programa al que asista, usted ganará créditos. Estos créditos los podrá canjear por artículos de NBU el día de nuestra celebración de fin de año.

El récord de sus créditos será registrado por un sistema, y también podrá mantener cuenta de sus créditos.

*Para más información, visite nuestra pagina web, lea nuestro periódico y regístrese en clases o comuníquese con nuestro personal.*

# NBU : BLACK DIVERSITY & INCLUSION ACTIVITIES



NewBridge University (NBU) ~ *a community of lifelong learners.*  
Earn credits for our classes, activities, or programs that you attend.  
Credits are redeemable for NewBridge swag at the end-of-year celebration.  
Below activities are developed for Black older adults that focus on socialization, health education, and support groups. *Free for Black older adults (60+) in Dane County.*



## CONTACT DEANA:

(608) 512-0000  
Ext. 2007

DeanaW@  
NewBridge  
Madison.org

**Masks are recommended for all in-person programs and activities.**  
**To register and/or request transportation, please contact Deana.**

## HEALTH/WELLNESS

### **ARTS & POETRY CAFE: Zoom & In-Person - 1 credit**

Tuesday, January 3, 2:00-3:00 pm  
UW South Partnership, 2238 S. Park St.  
Join Poets Fabu Carter, Gary Glazner and Deana Wright as they lead a memory arts cafe. Light refreshments will be served.

### **COLOR ME HEALTHY: Zoom - 1 credit**

Wednesday, January 25, 1:00-2:30 pm  
Join Black health professionals with a focus on health literacy, health equity, self advocacy and positive health outcomes.

### **THINK CAP CAFÉ: Zoom - 1 credit**

Thursdays, 11:00 am-12:30 pm  
Connect with other older adults. Play brain engaging games and activities that may delay, prevent or lower the risk of memory decline.

## SOCIAL

### **BINGO: Zoom - 1 credit**

Thursday, January 19, 3:00-4:30 pm  
Game cards and chips will be mailed prior to program; gift cards will be mailed to winners after program.

## EXERCISE

### **BODY GROOVE: In-Person - 1 credit**

Mondays, 1:00-2:00 pm  
A unique and fun dance exercise where everyone unites in a simple movement or rhythm. No dance experience necessary. If you can move, you can groove!

### **PILATES: In-Person - 1 credit**

Tuesdays, 11:00 am-12:00 pm  
This class focuses on postural symmetry, breath control, abdominal strength and spine stabilization. Bring your own mat.

### **AQUA ARTHRITIS EXERCISE: In-Person - 1 credit**

Tuesdays, 3:15-4:15 pm  
Increase flexibility, strengthen muscles, and build endurance with warm water exercises that contribute to overall fitness and health for those with arthritis or joint pain.

### **PURE STRENGTH: Zoom - 1 credit**

Wednesdays, 3:00-4:00 pm  
Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle.



## **EXERCISE - CONTINUED**

### **BLACK & BROWN YOGA: In-Person - 1 credit**

Wednesdays, 6:30-7:30 pm

Explore the practice of yoga in a safe and nurturing space for Black, Indigenous and People of Color Bring your own mat; no experience necessary.

### **GENTLE YOGA: In-Person - 1 credit**

Thursdays, 1:00-2:00 pm

A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Bring your mat.

### **GET MOVIN': Zoom and In-Person**

- 1 credit

Tuesdays & Thursdays, 1:00-2:00 pm

UW South Madison Partnership

2238 S. Park St. or via Zoom

A gentle exercise program for every fitness level. Keep your body moving!

## **EDUCATION**

### **LET'S PAINT: In-Person - 1 credit**

Mondays, 10:30 am-12:30 pm

Learn simple techniques to paint with watercolor. Complete one painting per class. Materials provided.

### **CALMING COMPUTER JITTERS:**

**In-Person - 5 credits**

Tuesday, January 31, 11:00 am-1:00 pm

An educational and helpful program for all skill levels. Bring your laptop; lunch provided.

### **INTRO TO SNOWSHOEING: In-Person**

**- 5 credits**

Wednesday, January 25, 2:00-3:30 pm

Learn how to snowshoe and practice your new skills around a local Madison park. Snowshoes and instruction provided.

### **PAINTING WITH WATERCOLOR:**

**In-Person - 1 credit**

Mondays, 9:30 am-12:00 pm

Enjoy a morning of watercolor painting, and learning a few simple techniques. Complete one painting per class; materials provided.

### **POTTERY NIGHT: In-Person - 5 credits**

Thursday, January 12, 6:30-8:30 pm

Take a spin and learn how to center items and attempt to throw a small pot. You'll choose your favorite piece to be glazed and fired. Class is ideal for those with little to no experience; all materials provided.



The graphic features the title "Tea & Talk" in a large, elegant cursive font at the top. Below it, the text "CELEBRATING NATIONAL HOT TEA MONTH" is centered in a clean, sans-serif font. A central illustration shows a blue teacup with a red tea bag and steam rising from it. At the bottom, the date "Jan 26" is written in a cursive font, followed by "11:00 AM" in a bold sans-serif font. To the right of the date, the text "Reflect, release, relax, relate and enjoy the health benefits of tea." is written in a bold sans-serif font. At the very bottom, registration information is provided: "Register at: (608) 512-0000 Ext. 2007 or DeanaW@NewbridgeMadison.org".

**Tea & Talk**

CELEBRATING NATIONAL  
HOT TEA MONTH

*Jan*  
**26**  
11:00 AM

**Reflect, release,  
relax, relate and  
enjoy the health  
benefits of tea.**

Register at:  
(608) 512-0000 Ext. 2007 or  
DeanaW@NewbridgeMadison.org

# NBU : ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



La Universidad de NewBridge (NBU) ~ Una comunidad de aprendizaje continuo. Gane crédito por cada clase, actividad, o programa en el que participe. Los créditos luego los podrá intercambiar por artículos de NewBridge en la celebración de fin de año. A continuación se encuentran las actividades desarrolladas para adultos mayores Hispanos, las cuales se enfocan en socialización, educación de la salud, y grupos de apoyo. Estas clases son gratuitas para adultos mayores Hispanos (60+) que viven en el condado de Dane.



**CONTACTE A  
KATIA:**

**(608) 512-0000  
Ext. 3009**

**KatiaV@  
NewBridge  
Madison.org**

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

***Normas sobre las mascarillas:  
El uso de mascarillas para actividades de grupo presenciales será determinado de acuerdo a cada grupo.***

## EDUCACIONAL

**CLASES DE ESL (INGLÉS) CON  
LITERACY NETWORK - En persona y  
Zoom - 1 crédito**

23 de enero-3 de mayo

Lunes y Miércoles a las 10:00 am  
Warner Park, 1625 Northport Dr.

Los participantes aprenderán a hablar y a comunicarse en inglés. ¡Contáctenos para más opciones! Se proveerá transporte.

**LA CAFETERIA DE LA MEMORIA: Zoom  
- 1 crédito**

Jueves de 2:00-3:00 pm

Entrene su memoria, percepción, atención, concentración y más, a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

**LA REUNIÓN: En Persona y Zoom  
- 1 crédito**

Viernes 13, 20 y 27 de enero de  
10:00-11:30 am

Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

## SOCIAL

**CÍRCULO DE AMIGOS: Zoom - 1 crédito**

Miércoles 11 y 25 de enero, 1:00-2:00 pm

Conéctese por Zoom ¡Venga a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

**BINGO BILINGÜE: En persona  
- 1 crédito**

Viernes 6 de enero, 11:15 am

En El Warner Park

Se proveerá transporte.

Regístrese antes del 30 de diciembre.

## SOCIAL

**BINGO: Zoom - 1 crédito**

24 de enero, 10:00 am

**CELEBRACIÓN DE BAJADA DE REYES E INTERCAMBIO DE REGALOS: En Persona**

**- 1 crédito**

6 de enero, 12:30 pm

Vengan a celebrar la Bajada de Reyes con roscas y chocolate caliente.

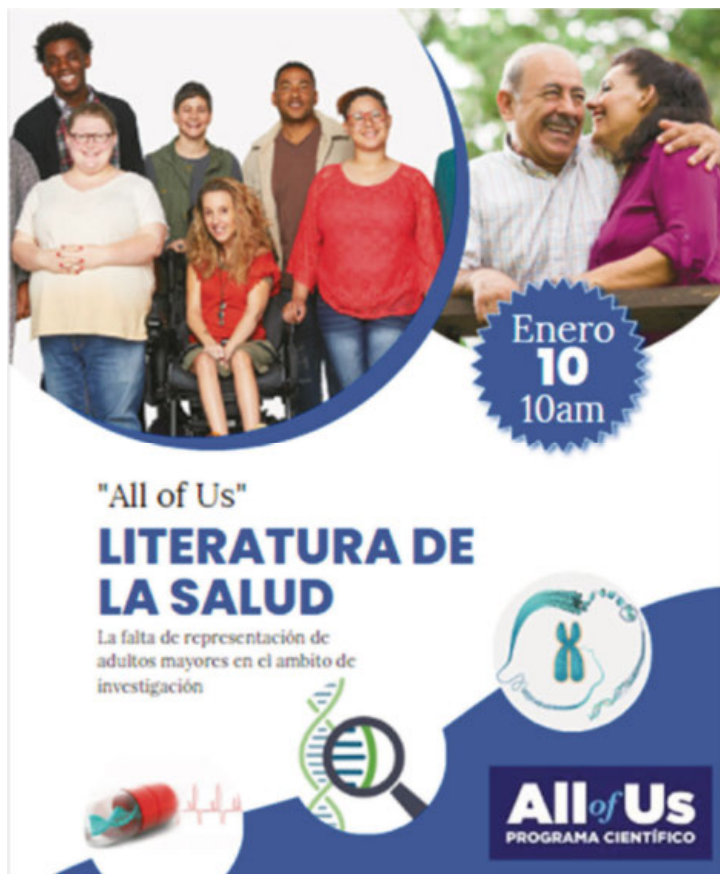


**LITERATURA DE LA SALUD: Zoom**

**- 1 crédito**

10 de enero a las, 10:00 am

“La falta de representación de adultos mayores en el ámbito de investigación”



## SALUD Y BIENESTAR

**EL RINCÓN DE LA SALUD: Zoom -**

**1 crédito**

Cada 3er miércoles del mes 18 de enero de 1:00-2:00 pm

Acompáñenos a conversar acerca de diferentes temas de la salud.





# NBU : CLASSES & ACTIVITIES



NewBridge University (NBU) ~ a community of lifelong learners. Earn credits for our classes, activities, or programs that you attend. Credits are redeemable for NewBridge swag at the end-of-year celebration. Below are activities are developed for Madison and Monona area older adults that focus on socialization, health education, and support groups.



**CONTACT DEENAH:**  
(608) 512-0000  
Ext. 3002

DeenahG@  
NewBridge  
Madison.org



**CONTACT LISA:**  
(608) 512-0000  
Ext. 1011

LisaH@  
NewBridge  
Madison.org

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

*See [NewBridge website for the Zoom link, www.newbridgemadison.org](http://www.newbridgemadison.org). **Masks for in-person activities will be determined on a program-by-program basis.***

## SOCIAL

### **GAMES: In-Person - 1 credit**

Warner Park, 1625 Northport Dr.  
BUNCO, Mondays, 2:00-4:00 pm  
EUCHRE, Tuesdays, 1:00-3:00 pm  
MAH JONG, Thursdays, 1:00-3:00 pm

### **PING PONG: In-Person - 1 credit**

Mondays, 9:00 am-Noon  
Wednesdays, 1:00-3:00 pm  
Warner Park, 1625 Northport Dr.

### **WESTSIDE WARBLERS: In-Person - 1 credit**

Tuesday, January 17, 6:00-7:30 pm  
Dale Heights Church, 5501 University Ave.  
Accompanists Robert and Patricia Stone.  
Refreshments provided. For more information, contact Ellie (608) 230-6704

### **SASSY STEPPERS: In-Person - 1 credit**

Tuesdays, 2:00-3:00 pm  
Warner Park, 1625 Northport Dr.  
If you love to dance, enjoy performing, and meet new friends, come join us!

### **CARD MAKING CLUB: In-Person - 1 credit**

Wednesday, January 11, 1:00-3:00 pm  
Warner Park, 1625 Northport Dr.  
If you are crafty and enjoy making cards for others, please join us!

### **BINGO: In-Person - 1 credit**

Fridays, 10:15-11:15 am  
Warner Park, 1625 Northport Dr.  
Join caller Diana D. for BINGO. You can play up to 4 cards; each card costs 50 cents. Bilingual Bingo is on the 1st Friday of each month. **NO ZOOM BINGO THIS MONTH.**

### **BOOK CLUB: Zoom - 1 credit**

Wednesday, January 4, 10:00-11:00 am  
Warner Park, 1625 Northport Dr.

January book The Vanishing Half by Brit Bennett. Our February book My Family and Other Animals by Gerald Durrell. You are responsible for getting and returning your book. Available at Lakeview Library.

### **SEWING CLUB: In-Person - 1 credit**

Thursday, January 5 & 19, 9:00 am-Noon  
Warner Park, 1625 Northport Dr.

Light mending for older adults in the community.

### **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 our volunteers will mend. No charge, donations welcome!

## **EXERCISE**

### **CHAIR YOGA: In-Person - 1 credit**

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

Join Instructor Kim S. as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels.

### **EASY YOGA PLUS: Zoom - 1 credit**

Wednesdays & Fridays, 10:00-11:00 am

Ellen Millar leads 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)*

### **STRETCH & STRENGTH: Zoom - 1 credit**

Mondays & Wednesdays, 9:00-9:45 am

Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$20/mo.

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

### **MINDFULNESS MOVEMENT FOR LGBTQ FOLKS, FRIENDS & ALLIES: In-Person - 1 credit**

Wednesdays and Fridays, 10:15-11:45 am  
Warner Park, 1625 Northport Dr.

Small donation requested. *A collaboration with Outreach, Inc. 50+ Alliance. Taught by Mimi Millen, M.Ed., MS, Energy Practitioner.*

## **HEALTH/WELLNESS**

### **SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom - 1 credit**

Tuesdays, 1:00-2:30 pm

Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

## **EDUCATION**

### **TECHNICAL ASSISTANCE: In-Person**

Tuesday, January 10, 1:00-3:00 pm

Warner Park, 1625 Northport Dr.

Laptop, cell phone or other electronics - sign up for one of our 30-minute sessions.

*By appointment only, contact Deenah.*

## **ARTS**

### **MUSIC JAM SESSION: In-Person- 1 credit**

"Turn it up!" Join us for this ongoing Jam Session on Saturday. All are welcome.

# NBU : CLASSES & ACTIVITIES CONTINUED

## SPECIAL EVENTS

### **SPECIAL MONTHLY DINING SITE EVENTS** In-Person - 1 credit

#### **KAVANAUGH'S ESQUIRE CLUB**

- Every Wednesday, 1:00–2:30 pm  
Card and Board Games

#### **MADISON SENIOR CENTER**

- Every Wednesday, 10:30 am  
BINGO! You can play up to 4 cards;  
each card costs 50 cents.
- Wednesday, January 4, 11:00 am  
Birthday Celebration

#### **MESSIAH LUTHERAN CHURCH**

- Tuesday, January 3, 11:30 am  
Birthday Celebration
- Every Tuesday & Thursday  
Trivia MadLibs & Brain Games

#### **MEADOWRIDGE COMMONS & GOOD SHEPHERD CHURCH**

- Thursdays, January 5 & 19, 10:30 am  
BINGO! You can play up to 4 cards;  
each card costs 50 cents.
- Thursday, January 5, 10:30 am  
Birthday Celebration
- Thursday, January 12, 10:30 am  
Tea Talk with Lisa
- Thursday, January 19, 12:30 pm  
Movie Madness *\*in collaboration with  
Meadowridge Library*
- Thursday, January 26, 10:30 am  
Karaoke

#### **WARNER PARK**

- Tuesday, January 3 & 17, and Every  
Friday, 10:15 am – BINGO! You can play  
up to 4 cards; each card costs 50 cents.
- Tuesday, January 10, 10:15 am  
Tea Talk & Birthday Celebration
- Tuesday, January 24, 1:00 pm  
Movie Madness *\*in collaboration with  
Lakeview Library*
- Monday, January 9 & 23, 10:15 am  
Stretch & Balance Activities.

### **MARK YOUR CALENDARS NOW FOR THESE UPCOMING EVENTS!**

#### **AUTHORS SPEAK**

A collaboration with NewBridge, Goodman  
Community Center and Madison Public  
Libraries.

- February 28, 12:30-2:00 pm  
Meet the Author
- March 7, 14, 21, 28 & April 4, 12:30-2 pm  
5-week writing series using a hybrid  
model of virtual and in-person classes.

#### **FINDING THE STORYTELLER WITHIN**



Join Author & Story  
Coach, Catrina J.  
Sparkman for a five-  
week interactive class  
on how to release your  
inner storyteller.  
Come and learn the  
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make great stories

work and how to engage your audience  
so that they'll want to hear those stories  
again and again.



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Preventing Medicare Fraud



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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NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is **\$25** and we ask that you bring 2 towels.

**We've had to increase our price in 2023.**

*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.

### **EAST MADISON**

Monona United Methodist Church  
606 Nichols Road, Monona  
Tuesday, Jan. 10, 17, 24, 9:30-11:45 am

### **NORTH MADISON**

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, January 3, 1:00-2:30 pm

Goodman Community Center  
149 Waubesa Street  
Monday, January 9, 10:00 am-Noon

Warner Park Community Rec Center  
1625 Northport Drive  
*No January Clinic*

### **WEST MADISON**

Good Shepherd Lutheran Church  
5701 Raymond Road  
Tuesday, January 24, 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 loan closet location:

**505 Cottage Grove Rd.**

*(location changed in September 2022)*

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 8:00 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 chairs.***



# 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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 Affordable apartment community with 56 one- and two- bedrooms located in the heart of downtown Oregon and Brooklyn. Our rent includes all utilities!

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# VOLUNTEER OPPORTUNITIES



**Keisha Furniss**  
Volunteer Coordinator  
(608) 512-0000 Ext. 3008  
KeishaF@  
newbridgemadison.org

## HOME CHORE VOLUNTEERS

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

**TIME COMMITMENT**– Flexible

**IMMEDIATE NEED**– 10 volunteers needed for Eastside/Monona, 10 for Northside, 10 for Southside, 10 for Westside

## NUTRITION SITE VOLUNTEERS

**DESCRIPTION**– Help with check in, meal service, clean up, and socialize with older adults at our nutrition sites.

**TIME COMMITMENT**– Wednesdays and/or Fridays 11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*

## 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

## 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/month

**IMMEDIATE NEED**– 5 volunteers



## BRIDGE BUDDY CALLERS

**DESCRIPTION**– Bridge Buddies is a program designed to conduct safety checks and combat loneliness in older adults through regular phone calls.

**TIME COMMITMENT**– Weekly friendly chats 15-60 min. Weekday reassurance calls 1-5 min.

## NEWSLETTER COORDINATOR VOLUNTEER

**DESCRIPTION**– Help with the organization and mailing distribution of the NewBridge newsletter. Dates are set in advance. Mailing is done at the North office, 1625 Northport Dr. with help from the READI volunteers.

**TIME COMMITMENT**– 2-4 hours a month.

**NEWBRIDGE**  
Your Connection to Successful Aging

# GUARDIAN AND REPRESENTATIVE PAYEE VOLUNTEERS NEEDED!

Volunteer Application 



The Volunteer Guardian Program serves older adults age 60 and over who are in need of a guardian due to such conditions as advanced dementia or chronic mental illness, and who have no family members or friends able to act as a guardian.

The program recruits, trains and provides ongoing support to volunteers willing to serve as legal guardians for older adults in need. The preferences and abilities of the volunteer and the specific need of the disabled older adult are taken into account in the assignment process.

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# NUTRITION 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.**

## RESERVATIONS

Meal and transportation reservations and cancellations should be made on-site or by calling the number associated with the site by Noon, two business days in advance.

*\*starred sites do not require a meal reservation.*

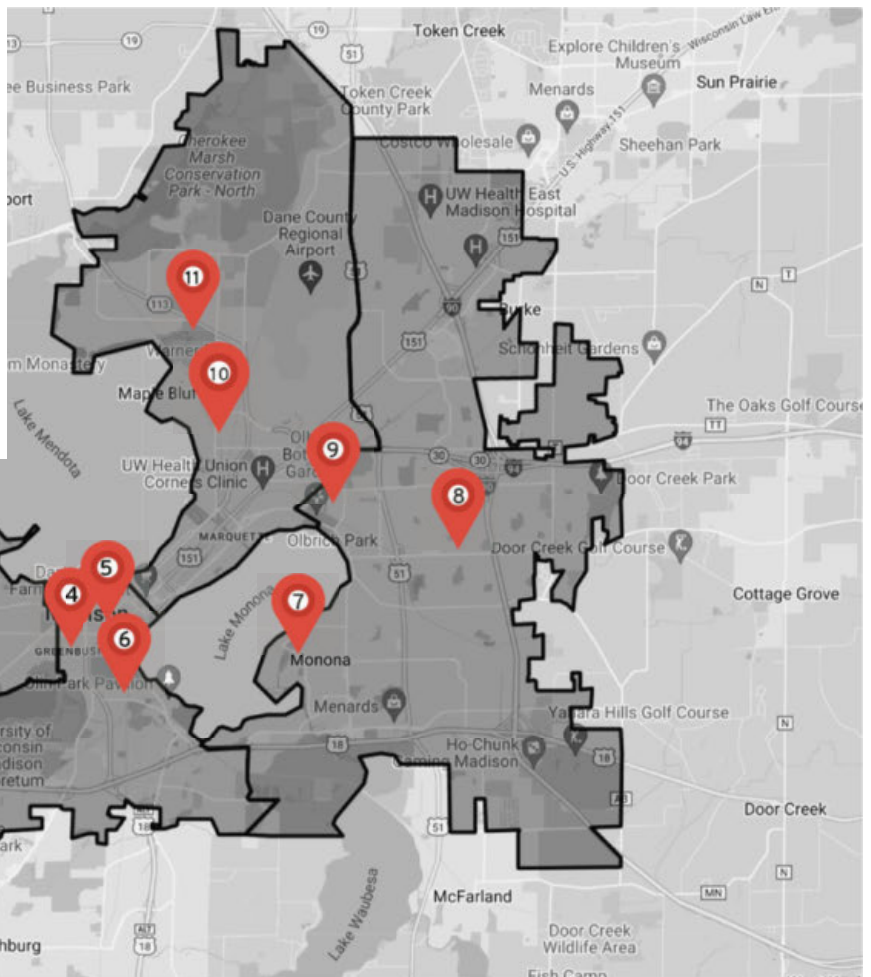
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

## DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$15.44.

1. Hy-Vee West, 675 S. Whitney Way
2. Meadowridge Commons, 5734 Raymond Rd.
3. Good Shepherd Church, 5701 Raymond Rd.
4. Beth Israel Center, 1406 Mound St.
5. Madison Senior Center, 330 W. Mifflin St.
6. Romnes Apartments, 540 W. Olin Ave.
7. Monona Senior Center, 1011 Nichols Rd.
8. Messiah Lutheran, 5202 Cottage Grove Rd.
9. Goodman Community Cntr, 149 Waubesa St.
10. Esquire Club, 1025 N. Sherman Ave.
11. Warner Park Cntr, 1625 Northport Dr.





## WEST MADISON

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

Wednesday, 11:00 am-1:30 pm

*\*No meal reservation required*

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

Catered by Hy-Vee.

- **Lunch Combo #1** : Chicken and Broccoli Stir Fry, Rice, Broccoli, Fresh Pineapple
- **Lunch Combo #2** : Hot Sliced Turkey with Gravy, Dinner Roll, Baked Beans, Broccoli Supreme
- **Lunch Combo #3** : Baked Chicken Breast or Thigh & Leg, Biscuit, Mashed Potatoes with Gravy, Fresh Fruit
- **Lunch Combo #4** : Meatloaf, Dinner Roll, Baked Potato, Waldorf Salad

## SOUTH MADISON

**Lechayim Lunchtime Plus,**

**Beth Israel Center, 1406 Mound St.**

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

Recommends attendees have had vaccination and booster and wear masks when not eating.

For reservations contact Jewish Social Services at (608) 442-4083 by Wednesday preceding the meal.

- **Monday, January 9** : Balsamic Chicken, Whipped Potato, Roasted Vegetable Medley, Challah Rolls, Fruit, Fudge Brownies, MO: Balsamic Tofu
- **Monday, January 23** : Chicken Schnitzel, Israeli Couscous, Mediterranean Roasted Vegetables, Fruit, Fudge Brownies. MO: Corn Schnitzel
- **Monday, January 30**: Braised Brisket, Herb Roasted Yukon Potatoes, Roasted Tri-Color Carrots, Challah Rolls, Fruit, Fudge Brownies, MO: Vegan Pesto Risotto



## EAST MADISON/MONONA

**Monona Senior Center, 1011 Nichols Rd.**

Friday, Noon

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

Catered by Gaylords.

- **Friday, January 6** : Scalloped Potatoes & Ham Winter Veg. Mix Multigrain Bread, Fruit, Spice Cake, MO: Cheese Sandwich
- **Friday, January 13** : Cold Beef Sandwich Vegetable Soup, Fruit, Cake, MO: Cheese Sandwich
- **Friday, January 20** : Tuna Noodle Casserole Peas & Carrots, Fruit Juice, Muffin, Apple Turnover, MO: Soy Crumble Casserole
- **Friday, January 27** : Swedish Meatballs Noodles Cucumber Salad, Carrots, Applesauce, MO: Soy Crumble Gravy

**Goodman Community Center,**

**149 Waubesa St.**

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
<b>02</b> CLOSED	<b>03</b> Fish Sandwich	<b>04</b> Beef Stew w/ Biscuit	<b>05</b> Sloppy Jo	<b>06</b> Crispy Chicken Sandwich
<b>09</b> Chicken Alfredo	<b>10</b> Veg Egg Bake	<b>11</b> Turkey & Gravy Sandwich	<b>12</b> Country Style Pork Ribs	<b>13</b> Baked Tilapia
<b>16</b> CLOSED	<b>17</b> Sweet/ Sour Chicken	<b>18</b> Parmesan Chicken	<b>19</b> Bean & Cheese Enchilada	<b>20</b> Beef Lasagna
<b>23</b> Swedish Meatballs & Noodles	<b>24</b> Pork Chops	<b>25</b> Chicken & Rice Casserole	<b>26</b> Baked Ziti	<b>27</b> Baked Cod
<b>30</b> Fish Sandwich	<b>31</b> Honey Glazed Ham			

## NORTH MADISON

**Kavanaugh's Esquire Club,**

**1025 N. Sherman Ave.**

Wednesdays, 11:00 am-1:30 pm

*\*No meal reservation required*

For transportation, call 512-0000 Ext. 2001 by 10 am the Monday prior. Catered by Kavanaugh's.

- **Wednesday, January 3** : Goulash
- **Wednesday, January 11** : Turkey
- **Wednesday, January 18** : Lasagna
- **Wednesday, January 25** : BBQ Pork
- **Every Wednesday**: Baked Fish or Sandwich & Soup

# NUTRITION MEAL SITES- CATERED BY LITTLE JOHN'S

## WEST MADISON

**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

## 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

## NORTH MADISON

**Warner Park Community Recreation Center**, 1625 Northport Dr.  
Mon., Tues., Thurs., Fri., 11:30 am  
For reservations call (608) 512-0000 Ext. 4006

# LITTLE JOHN'S



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> <b>CLOSED</b>	<b>03</b> Sweet & Sour Pork Over Brown Rice*, Zucchini Broccoli Slaw, Pears MO: Sweet & Sour Tofu	<b>04</b> Sloppy Joe* on Bun Roasted Potatoes Pasta Salad, Banana MO: Black Bean Burger	<b>05</b> Chicken Parmesan Over Pasta, Sautéed Greens Corn, Applesauce MO: Tofu Parmesan	<b>06</b> Turkey Tetrazzini Over Brown Rice Stewed Tomatoes Dried Apricots, Cole Slaw MO: Tofu Tetrazzini
<b>09</b> Spaghetti & Meat* Sauce, Broccoli, Carrots Mixed Fruit MO: Spaghetti with Garbanzo Marinara	<b>10</b> Sweet & Sour Pork* Over Brown Rice, Zucchini Broccoli Slaw, Pears MO: Sweet & Sour Tofu	<b>11</b> Sloppy Joe* Roasted Potatoes Pasta Salad, Banana MO: Black Bean Burger	<b>12</b> Chicken Parm Over Pasta, Sautéed Greens Corn, Applesauce MO: Tofu Parmesan	<b>13</b> Turkey Tetrazzini Over Brown Rice Stewed Tomatoes Dried Apricots, Cole Slaw MO: Tofu Tetrazzini
<b>16</b> <b>CLOSED</b>	<b>17</b> Salisbury Steak with Mushroom Gravy Over Mashed Potatoes Butternut Squash Sautéed Greens, Pineapple MO: Black Bean Steak	<b>18</b> Mac & Cheese Baked Beans Mandarin Oranges Broccoli Slaw MO: Mac & Cheese	<b>19</b> Beef Stroganoff Over Noodles, Peas, Carrots Dried Cranberries MO: Tofu Stroganoff	<b>20</b> Balsamic Glazed Chicken, Zucchini Creamy Cucumber Salad Banana MO: Balsamic Glazed Tofu
<b>23</b> Chicken Enchilada Pie Elote Corn, Sautéed Greens Mixed Fruit MO: Veggie Enchilada Pie	<b>24</b> Meatloaf Mashed Potatoes, Carrots Peas, Broccoli Slaw MO: Beyond Meatloaf	<b>25</b> Glazed Ham* Mashed Sweet Potatoes Peas, Applesauce MO: Glazed Tofu	<b>26</b> Stuffed Pepper Stew Over Brown Rice Yellow Squash Creamed Spinach, Banana MO: Stuffed Pepper Stew	<b>27</b> Citrus Chicken Over Pasta, Corn, Dried Apricots Mixed Green Salad MO: Citrus Tofu
<b>30</b> BBQ Pork* Broccoli, Baked Beans Cole Slaw, Applesauce MO: Veggie Sloppy Joe	<b>31</b> Turkey Breast w/Gravy Mashed Sweet Potatoes Peas, Pineapples MO: Tofu with Gravy	<b>CATERED BY: LITTLE JOHN'S</b> Milk and Dessert are included with each meal. Dessert will be a confection or additional serving of fruit. NCS (No Concentrated Sweeteners) diets include a dessert made with a sugar substitute or a serving of fruit. *Contains pork All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross contact. No substitutions allowed.		

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

## FRIENDS COMMITTEE VOLUNTEERS 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, call Deenah (608) 512-0000 Ext. 3002.

## RENEW YOUR FRIENDSHIP FOR 2023

It's annual renewal time for our Friends of NewBridge. Please complete the form below or save a stamp and use our website.

[newbridgemadison.org/become-a-friend1](http://newbridgemadison.org/become-a-friend1)

## DONATE TO NEWBRIDGE TODAY!

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Please check all boxes that apply:

\$ \_\_\_\_\_ 2023 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

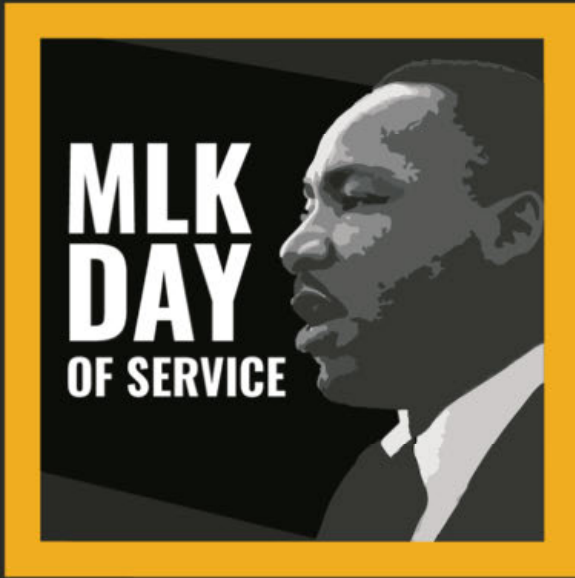
\$ \_\_\_\_\_ Additional or general donation for NewBridge programs and services

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



# MAKE IT A DAY ON, NOT A DAY OFF

January 16, 2023

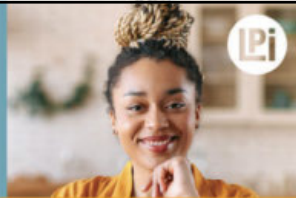
Madison area events will be posted on our Facebook page.

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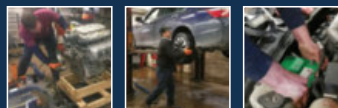
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New Bridge, Madison, WI

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# WELCOME KATY POLICH



Greetings!  
My name is Katy Polich and I am the new Mental Health Specialist working beside Kathleen Pater on the Mental

Health Resource Team. I am thrilled to be part of this stellar group at NewBridge, bringing empathy and admiration to the complexities of older adult lives.

I am a licensed clinical social worker and received my MSW from the University of Wisconsin in 2003 and I have had the pleasure of working in Dane County for over a decade of my career.

I am deeply passionate about mental health care access and housing security for our community.

I am from the U.P. by birth but claim Madison as home. I am grateful for my daily walk near the lake with my husband, 3 kids and 2 dogs.

*I look forward to meeting you all!*

## 2022 THANKSGIVING MEAL DELIVERY



NewBridge, alongside Door Creek Church and Melly Mel's Soul Food, prepared and delivered 342 meals to our community's older adults with the help of 52 volunteers. Many come year after year and make our tradition a part of theirs. The enthusiasm with which they participate in this event is unbelievable. NewBridge and the older adults we serve are so thankful for their help.





# CASE MANAGEMENT WALK-IN HOURS

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

## Goodman Community Center

214 Waubesa St.

Tuesday, January 7, 11:30 am-12:30 pm

## Madison Senior Center

330 W Mifflin St.

Monday, January 9, 10:30-11:30 am

## Monona Senior Center

1011 Nichols Rd.

Friday, January 13, 11:30 am-12:30 pm

## Romnes Apartments

540 W Olin Ave.

Tuesday, January 17, 11:00 am-Noon

## Good Shepherd Church

5701 Raymond Rd.

Friday, January 20, 11:15 am-12:15 pm

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**CONTACT ME**

**Ruth Schlitz**

[rschlitz@lpicommunities.com](mailto:rschlitz@lpicommunities.com)

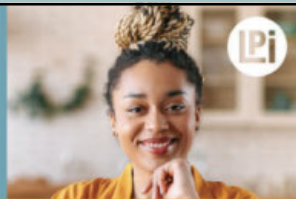
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