



NEWBRIDGE

Your Connection to Successful Aging

NEWS

JANUARY 2024



WE ARE CLOSED JANUARY 1 and 15.

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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...

This January, The King Center will host a variety of virtual events to honor the legacy and impact of Dr. Martin Luther King, Jr. The theme is 'Shifting the Cultural Climate through the Study and Practice of Kingian Nonviolence'. Recent conflicts happening across the word and intense hatred that has accompanied them is both sad and concerning. The King Center events will emphasize learning to understand conflict, recognize the values of community and how to address conflict and restore fractured relationships. The work of Dr. Martin Luther King, Jr. demonstrated this method is a sustainable solution to injustice and violence in our world. I encourage you to participate in these virtual events.

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARA CAMACHO, *President* - Public Health Supervisor, Public Health Madison & Dane County
- LAURA STEIN, *Vice President* - Member at Large or Community Member
- TIM CONROY, *Treasurer* - Executive Director, Capitol Lakes Community
- AMY DEVINE, *Secretary* - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward
- JENNIFER SIMON-VOHS - Supervisor of Care Coordination Services at UnityPoint Health - Meriter

Thank you to our Funders:



Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- RACHEL ERICKSON, Mental Health Intern Ext. 3006
- VIRGINIA WILCOX, Mental Health Peer Support Specialist Ext. 2003

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- DAVID GENSON, Nutrition Substitute —
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KEN HALIBURTON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

- ALIRIO PARDO, Diversity & Inclusion Program Coord. Ext. 1007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- JASMINE SMITH, Volunteer Coordinator Ext. 4007

- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- JACQUELINE SELAMANI, Case Manager Ext. 1009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

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

Case Management

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).*

Food Bridge

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. *Free for eligible Madison/Monona older adults (60+).*

Home Chore

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+). Sponsored in part by Oscar Rennebohm Foundation.*

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

Social, educational, exercise classes, and support groups to increase socialization and healthy aging opportunities with some programs designed specifically for Black and Hispanic older adults. Hispanic activities offered in Spanish only. *Free or low cost for older adults (60+) with scholarships available. Sponsored in part by the Green Bay Packer Foundation.*

Nutrition Dining Sites

Serves nutritious weekday meals and provides socialization at multiple Madison/Monona locations. Cost is an anonymous donation. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation. *Sponsored in part by Oscar Rennebohm Foundation.*



Representative Payee & Guardianship Service

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 more. *Free for Dane County older adults (60+).*



"The time is always right to do what is right."
Martin Luther King Jr.

Our offices will be closed on Monday, January 15 to observe Martin Luther King Jr. Day but we encourage you to "make it a day on, not a day off" and give back to the community as a day of service.

Madison area events will be posted on our Facebook page.

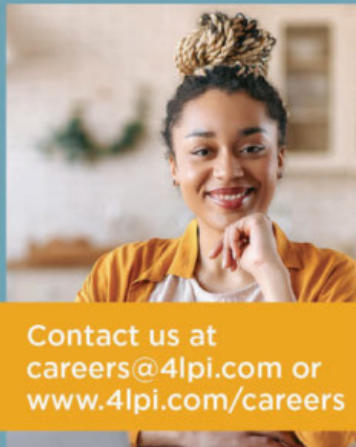
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FRIENDS OF NEWBRIDGE RENEWAL FOR 2024



Friendships can now be purchased for 2024.

We hope you consider becoming a Friend today so we can stay in touch. Because of *our friends* we are able to continue our important work in the community.

Your contribution facilitates our actions; thousands of local older adults are able to remain in their homes and are provided resources to vital services.

2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2024 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 or use the QR Code.

Friendships are renewed annually. *Donations may be tax deductible to the extent of the tax code.*

Questions? Call Ali at 608-512-0000 Ext. 3012 or AliL@newbridgemadison.org



NEWBRIDGE UNIVERSITY (NBU)



NewBridge University (NBU), a community of lifelong learners. As we age our learning paths may look different. The manner in which we learn may change and our learning curve might be steeper, but we never stop learning. At NBU we strive to engage, support and unite older adults in a social learning environment that is safe and inclusive.

NBU offers a hybrid model of programs, classes and activities that are either in-person or virtual (Zoom) and are developed with a focus on education (with a special emphasis on health education), socialization, arts, recreation and support groups. NBU is free to all older adults 60+ in Madison and Monona and extends into Dane County for our Black and Hispanic older adults.

STAFF CONTACT INFORMATION



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newbridgemadison.org

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DeenahG@newbridgemadison.org

La Universidad de NewBridge (NBU) es una comunidad de aprendices de toda una vida. En la medida que envejecemos nuestros caminos de aprendizaje podrían ser diferentes, la manera en que aprendemos podría cambiar y nuestra capacidad de aprender podría ser más lenta, pero nunca paramos de aprender. En la Universidad de NewBridge buscamos unir, apoyar y acoger a los adultos mayores en un ambiente de aprendizaje social que es seguro e inclusivo.

La Universidad de NewBridge (NBU) ofrece un modelo híbrido de programas, clases y actividades que son en-persona o virtuales (Vía Zoom) que están desarrollados con enfoque en la educación (con especial énfasis en la educación en la salud), socialización, artes, recreación y grupos de apoyo. La Universidad de NewBridge (NBU) es gratuita para todos los adultos mayores de 60 años que residen en el Condado de Dane.

NEWBRIDGE UNIVERSITY (NBU)

NBU is offered to all older adults. Some of our programs 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. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



Programs focus on our Hispanic older adults and offered in Spanish only



CÍRCULO DE TAMBORES INTERGENERACIONAL: En Persona

Enero 16 y 23, 10:30-11:30 am

Transporte disponible. Todos son bienvenidos. Tocar tambores ayuda a reducir la tensión, la ansiedad. Da energía positiva y ayuda con el buen humor!

PING PONG: In-Person

Mondays, 9:00 am-Noon

Wednesdays, 1:00-3:00 pm

Warner Park, 1625 Northport Dr.

GAMES: In-Person

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

BILINGO BINGO: In-Person

Bingo called in English and Spanish

Friday, January 5, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

Friday, January 19, 10:45-11:45 am

Good Shepherd Lutheran Church

5701 Raymond Road

50 cents p/card up to 4 cards; each bingo wins a \$1 & black out Bingo takes the kitty!



CÍRCULO DE AMIGOS: Zoom

Todos Los Miércoles, 1:00-2:00 pm

Conéctese por Zoom ¡Estaremos tratando temas de actualidad. Su opinión es muy importante. Haga parte del círculo de una familia grande!



BAJADA DE REYES: En Persona

Enero 5, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

Venga a disfrutar con los reyes de un delicioso champurrado con pan, almuerzo, bingo, y mucho mas. Favor de llamar antes del 2 de Enero para reservar su puesto.



BINGO BILINGÜE: En Persona

Tercer Viernes, 19 de Enero

10:30-11:30 am

Good Shepherd Lutheran Church

5701 Raymond Road

Habrà transportación limitada

Favor regístrese antes del 5 de Enero

SASSY STEPPERS: In-Person

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!

BOOK CLUB: Zoom

Wednesday, January 3, 10:00-11:00 am

Warner Park, 1625 Northport Dr.

You are responsible for getting and returning your book. Available at the Lakeview Library.

SEWING CLUB: In-Person

Thursday, January 4, 18, 9:00 am-Noon

Warner Park, 1625 Northport Dr.

Light mending for older adults.

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!

B BINGO AND LUNCH WITH KEN HALIBURTON

Friday, January 5, 10:30 am-1:00 pm

Warner Park Community Center

1625 Northport Drive

B CHECK-IN WEDNESDAY: In-Person

Wednesday, January 10, 1:00-4:00 pm

Men’s Health & Education Center, 588 Grand Canyon Dr.

A welcoming, informative and interactive space for older Black Men 60+.

Bid whist, spades, dominoes, checkers, and conversation.

CARD MAKING CLUB: In-Person

Wednesday, January 10, 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

Fridays, January 12, 19, 26, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

50 cents p/card up to 4 cards; each bingo wins a \$1 & black out Bingo takes the kitty!

DRUM CIRCLE “Ritmo & Drums”:

In-Person

Tuesday, January 16 & 23, 10:00-11:00 am

Warner Park, 1625 Northport Dr.

Whether you have never touched a drum before or have drummed your whole life this is a group is for you! Drumming is a great social activity that can improve memory, keeps you active, and can be soothing to the spirit, mind and body.



B BINGO AND LUNCH WITH ETHEL RANDLE

Friday, January 19, 10:30 am-1:00 pm

Good Shepherd Church, 5701 Raymond Rd. Reservations required. Call

(608) 512-0000, Ext. 4006 by January 5.



STRETCH & STRENGTH: Zoom

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 \$30/mo.
To sign up, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

MINDFULNESS MOVEMENT FOR LGBTQ+ FOLKS, FRIENDS & ALLIES: In-Person

Wednesdays and Fridays, 10:15-11:45 am
 Warner Park, 1625 Northport Dr.
 Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen.*

H YOGA SUAVE: Zoom

Todos Los Lunes, Enero 8-Junio 3
 10:15-11:15 am

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar general.

CHAIR YOGA: In-Person

Mondays, 10:00-11:00 am
 Lakeview Library, 2845 N. Sherman Ave.
 To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA: In-Person

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. No pre-registration needed at this time.

EASY YOGA PLUS: Zoom

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



MUSIC JAM SESSION: In-Person

One Saturday/mo, 9:00 am-Noon
 Warren Dailey Cabin, Maple Bluff
 All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
 For more info please contact Walt Stewart (608) 576-5437.



SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom

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.

GRIEF & LOSS SUPPORT GROUP

Thursdays, January 11-February 29

1:00-2:30 pm

Madison Labor Temple, 1602 S Park St

This NEW 8-week program led by members of the NewBridge Mental Health team is designed so that participants can talk about thoughts and feelings and learn healthy ways to cope with grief and loss in a safe, supportive and confidential setting with other participants who have had a similar loss.

SPARK!2

1st Tuesday/mo, starting February 6

11:30 am-1:00 pm

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Group sizes are limited, so please pre-register for the programs you plan to attend.

WELLNESS WARRIORS: Zoom

"We get by with a little help from our friends."

Thursdays, February 8-April 4

Join us for a weekly Zoom call that is intended to support you and your positive mental health and wellbeing. Sponsored by NewBridge and Goodman staff, Facilitated by Edgewood College Professor and 3rd year Nursing students. New topics each week, determined by the group, such as: Exercise for Mental Health, Managing Loss & Grief, and Finding Your Life's Purpose and much more.



NEW PROGRAM SPACE! We are excited to announce that starting in January we have a new program space at the Madison Labor Temple, 1602 South Park Street. Watch the NewBridge Newsletter or go online to NewBridgemandison.org to learn more!



Brought to you by the
Mental Health Resource Team for older adults

SOAR Support Group

Support, Optimism, Acceptance, Resilience



Join the mental health resource team for our free 8-week program to come together and talk about feelings of grief and loss. Learn healthy ways to cope while also connecting with others who have experienced a similar loss.

Free to attend

January 11 2024 - February 29 2024

Thursdays at 1:00 - 2:30 p.m.

Available in-person and virtually

Madison Labor Temple

1602 S Park St, Madison, WI 53715 Room 109



To register and for more information, email
rachele@newbridgemadison.org or
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Expand your social support community, deepen your self-awareness practices, connect with other creative and compassionate older adults, engage in peer support and personal growth.

**Every other Wednesday
Jan 17 - July 10, 2024**

- Virtual Group 10am-11:15am (on Zoom)
- Cost: \$0 (A free copy of the book will be provided upon request)
- Wondering if this group is right for you? Call Virginia at 608-512-0000 x2003 with your questions.
- Register by Jan 5, 2024 using the QR code below...



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New Bridge, Madison, WI

D 4C 01-2049



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.

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.

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, January 2, 12:00-1:15 pm

Lake Edge Luther Church
4032 Monona Drive
Thursday, January 4, 18, 9:30-11:45 am

Goodman Community Center
149 Waubesa Street
Monday, January 8, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tues., January 9, 16, 23, 9:30-11:45 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, January 23, 9:00-11:40 am

Warner Park Community Rec Center
1625 Northport Drive
Thursday, January 25, 9:00-11:30 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.

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 4 wheel walkers.

INCLEMENT WEATHER INFORMATION



POLICY UPDATE



For everyone's safety, if the Madison Metropolitan School District closes due to weather conditions, or switches to a virtual

learning day, all NewBridge **in-person** programs, activities, and dining sites will be cancelled. However, NewBridge Zoom activities will go on as scheduled, and our staff will be checking their email and phone messages throughout the work day. School closings are announced on the major tv and radio stations. 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.

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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 Northside/Eastside/Monona, 10 volunteers needed for Westside

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 – 20 volunteers needed for Northside/Eastside/Central Madison. High need for Spanish-speaking volunteers.

GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.

TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

IMMEDIATE NEED – 10 volunteers needed.

NEWSLETTER DISTRIBUTION VOLUNTEER

DESCRIPTION – Help us distribute our newsletter to community centers, churches, and libraries. Personal vehicle required.

TIME COMMITMENT – Once per month for approximately 2-3 hours

NUTRITION SITE VOLUNTEERS

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

TIME COMMITMENT – Monday-Friday 11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*

IMMEDIATE NEED – Every Friday at the Warner Park location

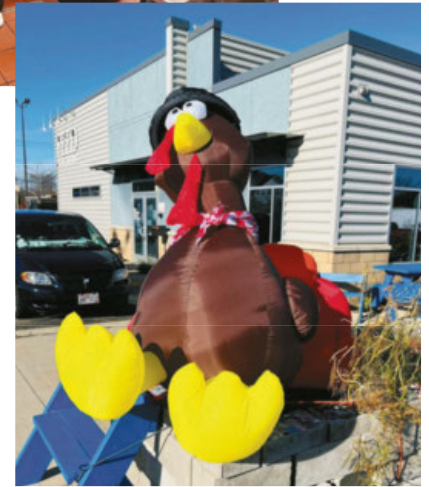
2023 THANKSGIVING MEAL DELIVERY

A HUGE thank you to our wonderful volunteers that helped serve and deliver our annual turkey dinner to over 300 older adults. A special thanks to Door Creek Church, Melly Mel's Soul Food, the FEED Kitchens, and NewBridge staff for pulling this all together and the Dane County Sheriff's department for providing coffee and donuts.

Many volunteers sign up to help year after year and have made this part of their own Thanksgiving Day tradition. There is always a lot of fun, laughter and even some dancing at the FEED Kitchen as we work together to prep, serve and package the food for delivery and this year was no exception!



We now have Mr. Turkey, our mascot who was enthusiastically welcoming all of our drivers!



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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.*

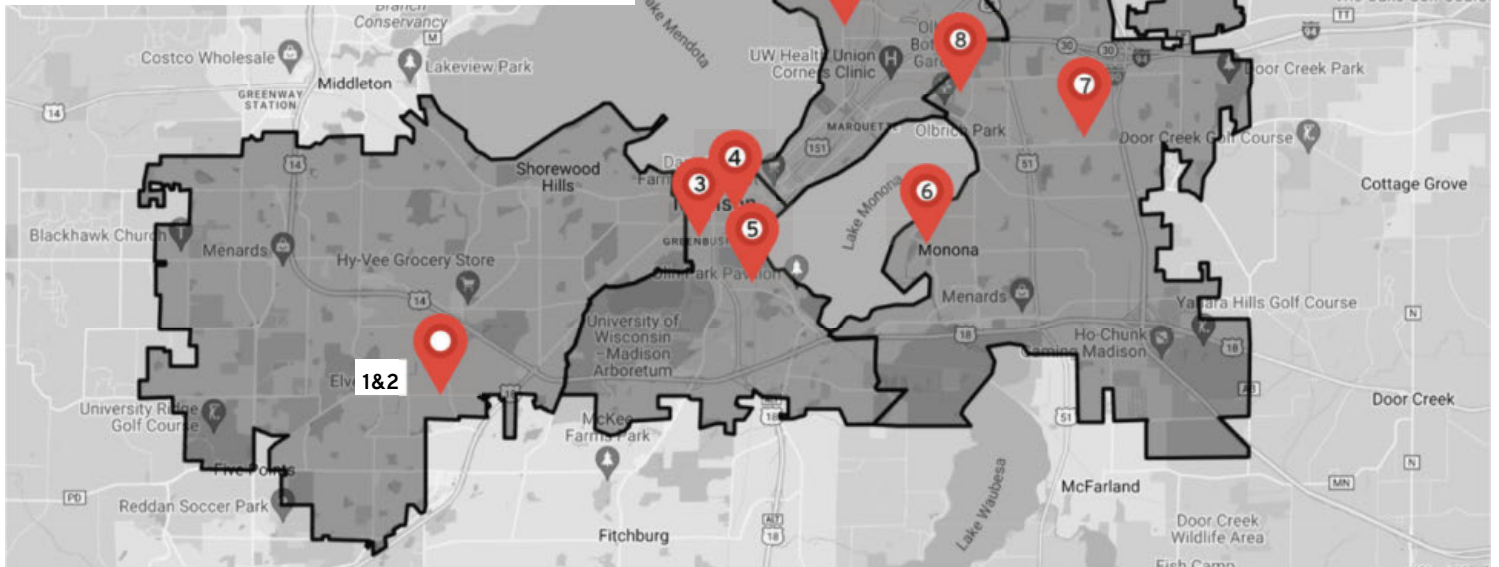
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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 **\$17.22**.

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



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

Monona Senior Center

1011 Nichols Rd.

Friday, 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 CLOSED	02 Barbecue Pulled Pork* Good Grains Rice Pilaf w/ Vegetables, Hoppin John Beans Banana, Cherry Apple Crunch Bar MO: Plant Based BBQ Sausage Entrée Salad - *Cobb Salad	03 Turkey Tetrassini Carrots, Green Beans Mandarin Oranges Chocolate Cake MO: Plant Based Garlic Herb Entrée Salad - *Italian Salad	04 Salisbury Steak Paco Vegetables with Roasted Potatoes, Prince Charles Veg Sliced Peaches , Nutty Buddy MO: Beyond Burger Patty Entrée Salad - Garden Salad	05 Swedish Meatballs Mashed Potatoes California Vegetables Bean Medley Salad , Kringle MO: Plant Based Meatballs
08 Teriyaki Chicken Breast Brown Rice, Stir Fry Vegetables Mandarin Orange, PButter Pie MO: Teriyaki Tofu Entrée Salad - *Chicken and Bacon Salad	09 Sausage and Egg Breakfast Scramble*, Roasted Potato Asparagus Tips , Tropical Fruit Blueberry Muffin w/ butter MO: Vegetarian Egg Bake Entrée Salad - Greek Salad	10 Roasted Pork Loin* Peas and Pearl Onions, Corn Baked Beans, Pudding MO: Macaroni and Cheese Entrée Salad - *Spinach Salad	11 Chicken Noodle Soup Honeydew Melon Mixed Veg Blend, Sugar Cookie MO: Minestrone Entrée Salad - Chicken Caesar Salad	12 Baked Cod with Dill Cream Sauce, Capri Vegetables Baked Potato Rice Krispie Bar MO: Plant Based Shrimp
15 CLOSED	16 Grilled Chicken Breast Roasted Root Veg, Yogurt Mixed Vegetables, Coleslaw MO: Grilled Tofu Entrée Salad - Garden Vegetable Salad	17 *Bolognese Sauce with Noodles, Italian Vegetable Blend Green Beans, Diced Pears Apple Cinnamon Muffin MO Plant Based Balls/Marinara Entrée Salad - *Cobb Salad	18 Macaroni and Cheese Capri Vegetable Blend Baked Beans, Mixed Fruit Pudding MO: Vegetarian Baked Beans Entrée Salad - *Chef Salad	19 Meatloaf with Gravy Mashed Potatoes, Corn Side Salad w/ tomatoes & cucumber, Cheesecake MO: Impossible Loaf with Veggie Gravy
22 Grilled Chicken Breast Mashed Potatoes and Gravy 3 Bean Medley, Sliced Peaches Cherry Strudel MO: Grilled Tofu w/Veggie Gravy Entrée Salad - Grilled Chicken Almond	23 Cabbage Rolls Green Beans, Crinkle Cut Carrots Mixed Fruit, Sugar Cookie MO: Plant Based Cabbage Roll Entrée Salad - *Italian Salad	24 French Toast Casserole Turkey Sausage Patties Paco Veg w/ Roasted Potato Banana, Juice, Cinnamon Roll MO: Plant Based Breakfast Sausage Entrée Salad - Garden Vegetable	25 Turkey Sausage Kale Soup Tomato and Cucumber Salad Pineapple Tidbits Planters Peanuts MO: Garden Vegetable Soup Entrée Salad - *Cobb Salad	26 Crab Cake Good Grains Pilaf w/Vegetables Potato Salad, Orange Red, White, Blue Cake MO: Plant Based Shrimp
29 Barbecue Pulled Chicken Baked Beans, Cornbread, Corn Apple, Brownie MO: Barbecue Tofu Entrée Salad - Southwest Chicken Salad	30 Spaghetti and Meatballs Crinkle Cut Carrots Steamed Broccoli, Mixed Fruit Tapioca Pudding MO: Veggie Meatballs Entrée Salad - *Italian Salad	31 Lemon Pepper Chicken Long Grain Wild Rice Green Beans, Roasted Root Veg Grapes, Chocolate Chip Cookie MO: Plant Based Garlic Herb Chicken Breast	CATERED BY: AtlantisValley Foods 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. MO = Meatless Option. *Contains Pork	

NUTRITION MEAL SITES

SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

Catered by UW Hillel Adamah Catering

Join us for great food, friends, fun and interesting programs. Check JSS website jssmadison.org or call for more information (608) 442-4083 or

paul@jssmadison.org by Wednesday preceding the meal. The cost of the meal is \$17.20 for those younger than 60 years.

Monday, January 8

11:00-11:30 am: Yoga from a chair

11:00-11:30 am: Complimentary Blood pressure check with Lori Edelstein

11:30 am-12:15 pm: Beef & lamb stew, yellow rice, Za'atar roasted vegetables, fruit salad & dessert (Veg option: Quinoa-stuffed acorn squash)

12:30-1:30 pm: Happy Birthdays

Joys of Life - Music for Violin and Piano:

Tyrone Greive and Michael Keller

Monday, January 22

11:00 am-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Roasted chicken w/ wine and mushroom sauce, rice pilaf, snap beans, fruit salad & dessert (Veg option: seared tofu w/ wine and mushroom sauce)

12:30-1:30 pm: Double Double Reederers: Reed Quartet

Monday, January 29

11:00 am-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Traditional braised brisket, herbed basmati rice, tri color carrots, fruit salad & dessert (Veg option: pesto risotto w/ seared tofu)

12:30-1:30 pm: Overview of Family and Senior Services at JSS, Maya Garbuz and Kate Shenker

EAST MADISON

Goodman Community Center

149 Waubesa St.

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
01 CLOSED	02 Lasagna	03 Swedish Meatballs	04 Shepherds Pie	05 Chicken and Rice Casserole
08 Baked Ziti	09 Fish Sandwich	10 Orange Chicken	11 Tater Tot Casserole	12 Italian Chicken Sandwich
15 CLOSED	16 Three Bean Chili	17 Cajun Chicken Pasta	18 Meatloaf	19 Arroz Con Pollo
22 Chicken Penne Rosa	23 Cheese-burger	24 BBQ Chicken	25 Stroganoff	26 Chicken and Veg Stir Fry
29 Sloppy Jo	30 Roasted Red Pepper Chicken Alfredo	31 Mac n Cheese with Sausage		

NORTH MADISON

Kavanaugh's Esquire Club

1025 N. Sherman Ave.

Wednesdays, 11:00 am-1:30 pm

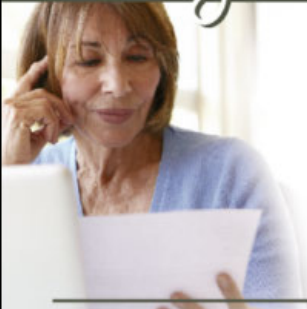
**No meal reservation required*

For transportation, call 512-0000 Ext. 2001 by

10 am the Monday prior. Catered by Kavanaugh's.

- **Wednesday, January 3** : Spaghetti & Meatballs
- **Wednesday, January 10** : Baked Ham & Mashed Potatoes
- **Wednesday, January 17** : Meatloaf & Mashed Potatoes
- **Wednesday, January 24** : Roast Pork & Mashed Potatoes
- **Wednesday, January 31** : Swiss Steak & Mashed Potatoes
- **Every Wednesday:** Baked Fish or Sandwich & Soup

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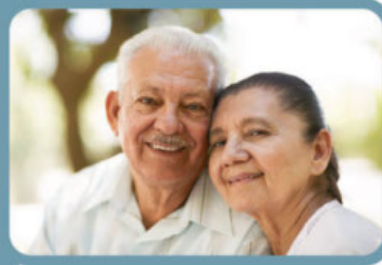


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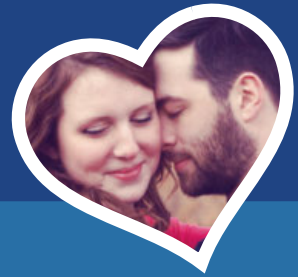
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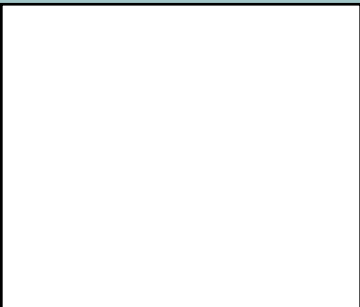
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MEET MANUEL



In 2024 we plan to feature stories from participants, clients, volunteers, and partners about their experiences with NewBridge.

As the number of older adults in our community continues to grow, many of you know the hurdles they can face all too well. Consider getting involved with NewBridge in 2024—participate, volunteer, or donate—you can make an impact on our community in a lasting way.

“I love connecting with people. Whether its meeting someone new in coffee shop, connecting at a baseball game, or bonding with others over music, connection is what brings us all together. When I immigrated from Cuba, I worked hard to build a brand-new community. As I got older, I felt disconnected. I longed for a place where I could connect with others who felt the same way. Then, I found NewBridge.”

Their programs and services have been a lifeline for me to connect with others. I met with a bilingual case manager who helped me enroll in many of the Spanish language activities. I’ve now made friends with many other Spanish-speaking people in the Madison area and my life feels fuller. I’ll always be grateful to NewBridge for making this possible for me.”

NewBridge does so much for so many, including me, and I wish to pay it forward. I have seen firsthand the important, inclusive work NewBridge does for older adults. As the recipient of NewBridge’s care and generosity, I want help pay it forward for those less fortunate than me.”

CASE MANAGEMENT WALK IN HOURS

Case Management provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through home visit assessments of each older adult's individual needs.

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

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, January 2, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Fri., January 12, 11:30 am-12:30 pm

Madison Senior Center

330 W. Mifflin St.

Monday, January 8, 10:45 am-Noon

Meadowridge Commons

5734 Raymond Rd.

Thursday, January 18, 11:00 am-Noon

Bilingual English/Spanish

Goodman Community Center

214 Waubesa St.

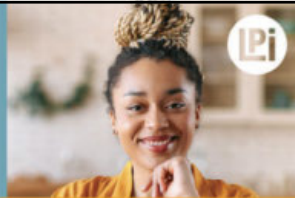
Tues., January 16, 11:30 am-12:30 pm

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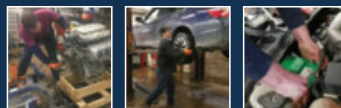
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and strength.

Betty Friedan

“There is no power for change greater than a community discovering what it cares about.” Margaret J. Wheatley

Article by Deenah Givens, NewBridge Older Adult Program Coordinator

In 1983 I had the good fortune of landing exactly where I was supposed to be to raise my young children and find my passion; Kennedy Heights, on the north side of Madison. My husband and I, along with other caring neighbors, gave of our time and talents to help grow a safe, healthy and more vibrant community that we could all be proud of; and that we did.

Kennedy Heights Community Center is where I learned first-hand, boots on the ground - the power of

community organizing; and, it has remained my passion for the past 40 years.

Community organizing is one of the things I believe NewBridge does well. Our community is older adults; some of our staff (including me) are older adults and many of our instructors and presenters are older adults. The program staff seek to find out what the older adults in the community want to learn more about and actively be involved in. Then we strive to provide those experiences and activities so that they feel heard, seen, and supported. Things that bring them joy and comfort, help them stay in their homes, and help them feel less isolated and more connected to one another and to the community they live in.

We provide social, recreational, and educational programs all across the city and we often do them in collaboration with other older adult agencies, community centers, churches, businesses, or non-profits.

We have everything from Bingo and euchre club to art/craft classes, yoga, and technical assistance, to workshops on end-of-life planning and falls prevention. We have social clubs such as sewing, card making, book club and more.

One of the many offerings that NewBridge has and a place where

many find "community" is at our dining sites. We have ten sites across Madison and they are for anyone over the age of 60. A \$4.50 donation is suggested. So, come on and join us! You must pre-register for a meal 2-days in advance by contacting Candice (608) 512-0000 Ext 4006.

If you would like to get involved and help make Madison a friendlier community for older adults, or if you have program or activity ideas, please contact me at (608) 512-0000 Ext. 3002 DeenahG@newbridgemadison.org.

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