

# NEWBRIDGE

Your Connection to Successful Aging

# NEWS

OCTOBER 2020

JOIN US FOR NEWBRIDGE  
MADISON'S 1ST  
ANNUAL ONLINE  
FUNDRAISER BRIDGING.....



OCTOBER 5- LEARN ABOUT US!  
OCTOBER 6- CORPORATE DONATIONS MATCH DAY  
OCTOBER 7- LIVE CONCERT  
OCTOBER 8- ARTFUL AGING SILENT AUCTION  
OCTOBER 9- PRIZE DRAWING AND RECAP



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

(608) 512-0000

# GENERAL INFORMATION

## MISSION

Providing older adults a bridge to successful aging.

## VISION

A Community Where All Older Adults Live Their Best Life.



## A LETTER FROM THE DIRECTOR...

### What is this Zoom program?

I recently received a call from an older adult asking about Zoom. Zoom is a company that provides remote conferencing services to host meetings and programs on the internet. COVID-19 has forced us to shift from in-person to virtual programming. Zoom lets us see and talk with a group of people by computer. NewBridge now offers exercise classes, a book club, and bingo via Zoom. Platforms like Zoom arose quickly during COVID-19 and left many older adults behind. Many were not aware of Zoom and needed help figuring it out. NewBridge is now offering Zoom 101 by class or phone for older adults needing assistance so we can all Zoom ahead together.

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: [info@newbridgemadison.org](mailto:info@newbridgemadison.org)

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

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

## MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

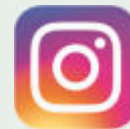
## EAST MADISON

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
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- KATIE GALLAGHER, Marketing Director Ext. 4001
  
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
  
- ABIGAIL NINNEMAN, Case Manager Intern Ext. 4008
- ADA ZHANG, Case Manager Intern Ext. 1001
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
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- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Cultural Diversity Program Coord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —

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

ID Statement: The October (issue 10) 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.

 <p>Custom Care Plan</p> <p>Free Assessment</p> <p>Visits from 3 hours to 24/7</p>	 <p>Age in place with the help of <b>Visiting Angels</b> <b>608-819-0665</b> <a href="http://www.VisitingAngels.com/MadisonWI">www.VisitingAngels.com/MadisonWI</a></p>	 <p><b>Volunteers are the Heart of Hospice</b> Heartland volunteers offer companionship and practical, compassionate help.</p> <ul style="list-style-type: none"> <li>• Friendly Visits • Pet Visits • Vigil</li> <li>• Veteran-to-Veteran visits • Clerical Support</li> </ul> <p>The time, care and support provided by Heartland volunteers greatly impacts our patients and their families. Volunteer time commitments are flexible.</p> <p><b>Contact our Volunteer Coordinators at 608-819-0033</b></p>
 <p><b>DYKMAN'S TIME SHOP</b></p> <p>◆ Watches and Clocks ◆ ◆ Sales and Service ◆</p> <p>Tuesday-Friday 9-6 • Saturday 9-2 <a href="http://www.dykmans.com">www.dykmans.com</a></p> <p><b>BRING IN AD FOR 10% OFF ANY PURCHASE</b></p> <p><b>2701 University Avenue • 233-1444</b></p>		
 <p><b>DON'T SHOP. AD. PAW. PT.</b></p>		
<p><b>Have Medicare questions? I have answers.</b></p> <p><b>Shannon Ferguson-Munns</b> Licensed Sales Representative</p> <p>608-770-1973, TTY 711 <a href="mailto:shannonmunns@munnsagency.com">shannonmunns@munnsagency.com</a></p> <p>Serving Southern Wisconsin </p>		

# COVID-19 SERVICES

## Case Management

*“Your connection to community resources”*

Case Managers are available by phone (608) 512-0000 to help older adults connect to available resources. **Funded in part by Paul H. Kusuda Special Projects Fund Grant.**

## Food Bridge Delivery

*“Your connection to wholesome groceries”*

Groceries from a food pantry are delivered to the older adult's door by a volunteer and continued when needed. **Funded in part by United Way of Dane County.**

## Necessity Kit Delivery

*“Your connection to cleaning & hygiene products”*

Necessity kits will be delivered to the older adult's door by a volunteer. Kits contain available hygiene and cleaning products. **Funded in part by Madison Community Foundation.**

## Face Mask Delivery

*“Your connection to a face mask”*

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

## Bridge Buddies—Friendly Callers

*“Your connection to a friendly caller”*

Volunteers are matched with older adults to do safety check calls and/or social friendly calls.

## Virtual Classes & Activities

*“Your connection to golden opportunities”*

Find online classes & activities on our website and page 6 and 7. **Funded in part by Madison Community Foundation.**

## Foot Clinics

Our clinics are slowly reopening when we are prepared to do so. See page 16 for more information.

## Take-Out Meals

*“Your connection to nutritious meals”*

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

**Mt. Zion Church, 2019 Fisher St**

Monday between 10:00-11:30 am

2 Meals Catered by Kavanaugh's Esquire Club

Order with Candice at (608) 512-0000 Ext. 4006

**NewBridge West Office, 5724 Raymond Rd.**

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

Order with Candice at (608) 512-0000 Ext. 4006

**Kavanaugh's Esquire Club, 1025 N. Sherman Ave.**

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

Order with Candice at (608) 512-0000 Ext. 4006

**Meal Delivery for HOME BOUND ONLY**

*If you do not have a car and do not have a proxy driver*

Friday between 3:00-4:00 pm

2 Meals Catered by Kavanaugh's Esquire Club

Order with Kristen at (608) 512-0000 Ext. 2001

**LJ's Sports Tavern and Grill, 8 N. Patterson St.**

Friday between 3:00-4:00 pm

1 Meal – Hot Fish Fry

Order with Candice (608) 512-0000 Ext. 4006

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

Monday-Friday, 11:30 am - **For residents only.**

**Messiah Lutheran Church, 5202 Cottage Grove Rd.**

Tuesday and Thursday, 11:30 am-12:30 pm

**Not taking new participants.**

**Funded in part by UW Health, UnityPoint Health - Meriter & Quartz, Schlecht Family Foundation, Capital Lakes, Madison Gas and Electric.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meals provided by:</b> Dane County Consolidated Food Services Division <u>Messiah Lutheran Church &amp; Romnes Sites ONLY</u>	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		<b>01</b> Beef Stew Biscuit, Green Beans Apple Sauce Choco Chip Banana Cake MO - Veggie Stew	<b>02</b> Sloppy Joe Carrots, Pineapple Black Eyed Pea Salad Chocolate Pudding MO - Chickpea Joe
<b>05</b> Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO - Tort. in Marinara	<b>06</b> Pot Roast with Gravy Mashed Potatoes, Carrots Orange Juice Tapioca Pudding MO - Veggie Wrap	<b>07</b> Chicken a la King Brown Rice, Green Beans Corn Salad, Banana Frosted Marble Cake MO - Soy a la King	<b>08</b> Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO - Veggie Meatballs	<b>09</b> Sausage Veg Egg Bake Fruit Cup, Hash Brown Prune Juice Cup Cinnamon Raisin Bread MO - Veggie Egg Bake
<b>12</b> *Ham/Potato Casserole California Blend, Orange Chocolate Banana Cake MO - Veggie Potato Cass.	<b>13</b> Brat in Sauerkraut Peas, Carrots, Potato Salad Dreamsicle Whip MO - Veggie Dog	<b>14</b> Tomato Bean Soup Mixed Greens, Peaches Chocolate Chip Cookie	<b>15</b> BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Raspberry Sherbet MO - Veggie BBQ Strips	<b>16</b> Enchilada Casserole Fiesta Corn, Pinto Beans Mandarin Oranges Frosted Churro Cake MO - Bean Cheese Burrito
<b>19</b> Mushroom Swiss Burger Green Beans, Potato Salad Fruit Cocktail, Apple Crisp MO - Black Bean Burger	<b>20</b> Stuffed Green Pepper Soup, Mixed Greens Spiced Apple Slices MO - Green Pepper Soup	<b>21</b> Chicken Strips Brussel Sprouts, Coleslaw Fruit Cup Butterscotch Ice Cream MO - Veggie Chicken Strips	<b>22</b> Tuna Casserole Stewed Tomatoes Pickled Beets, Banana Lemon Bar MO - Egg Salad	<b>23</b> Cabbage Rolls Brown Rice, Carrots Tropical Fruit Blueberry Pie Bar MO - Hummus and Pita
<b>26</b> Roasted Turkey/Gravy Rice Pilaf, Creamed Corn Cranberry Sauce, Fruit Cup Brownie w/PButter Frosting MO - Veggie in Gravy	<b>27</b> Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Peach Crisp MO - Red Bean and Rice	<b>28</b> Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad, Orange Rainbow Sherbet Cup MO - Veggie Chicken Pasta	<b>29</b> *Meatballs in Gravy Mashed Potatoes California Blend Tropical Fruit Chocolate Chip Cookie Bar MO - Veggie Meatballs	<b>30</b> Tuna Salad Sandwich Tomato Soup, Fruit Cocktail Blueberry Pound Cake MO - Hummus Wrap

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# NEWBRIDGE ONLINE CLASSES & ACTIVITIES

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

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

## ZOOM STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises.

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

## ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

*See [Ellen's website for the Zoom link](#)*  
[www.thewonderofyoga.com](http://www.thewonderofyoga.com)

## ZOOM TECHNICAL ASSISTANCE

Tuesdays in October

9:00-11:00 am

Learn more about Zoom, your iPhone, iPad or tablet via Zoom appointment with Sharon. *Contact Deenah to sign up*

*(608) 512-0000 Ext. 3002.*

## ZOOM SPIRIT & STRENGTH:

SHARING WISDOM IN TROUBLED TIMES

Tuesdays in October

1:00-2:30 pm

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

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

## ZOOM BOOK CLUB

Wednesday, October 7, 1:00-2:00 pm

We will be discussing The Brief Wondrous Life of Oscar Wao by Juno Diaz.

The November book will be Broken for You by Stephanie Kallos. *Contact Deenah to sign up (608) 512-0000 Ext. 3002.*

## ZOOM BINGO!

Friday, October 9 & 23, 1:00-2:00 pm

Join us for bingo with caller Diana!

*Contact Deenah to sign up at least one week in advance to get your bingo cards and Zoom link (608) 512-0000 Ext. 3002.*

## ZOOM POETRY WITH FABU

Thursday, October 22, 1:00-2:00 pm

Join us in listening to wonderful poetry and music and then writing a poem together. Fabu was the Madison Poet Laureate 2008-2012. To learn more [artistfabu.com](http://artistfabu.com). *Made possible in part by generous funding from The Alzheimer's Poetry Project and Bader Philanthropies, Inc.*

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

## ZOOM HUMP DAY COFFEE TALK WITH RUTH & DEENAH

Wednesday, October 7 & 21  
10:30-11:15 am

Brew a cup of coffee or tea and from the comfort of your own home join us for a chat! You'll hear about the latest NewBridge happenings; and, we want to hear from you! Come prepared to share what you've been up to. And, we are always open to hearing from you about programs you are interested in NewBridge offering.

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

## ZOOM 101 - LEARN THE BASICS (*in person*)

Wednesday, October 14  
1:00-2:00 & 2:15-3:15 pm  
Madison's Westside

Thursday, October 15  
1:00-2:00 & 2:15-3:15 pm  
Madison's Eastside

Are you interested in learning how use Zoom and have your own laptop, tablet or smartphone? Class size is limited to 2. Location of the class will be given upon registration. *Contact Deenah to sign up (608) 512-0000 Ext. 3002. Masks will be required and a series of questions asked.*

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New Bridge, Madison, WI

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# JOIN US FOR NEWBRIDGE'S FIRST EVER HALLOWEEN DRIVE-BY PARTY!

During the last week of October, you will be greeted by staff and volunteers in costume at our take out meal sites or Warner Park and you will receive a

## **GHOULISH GOODIE BAG!**

- Monday, October 26, Mt Zion Church
- Tuesday, October 27, Messiah Church
- Wednesday, October 28, Esquire Club
- Wednesday, October 28, NewBridge West Office
- Thursday, October 29, Romnes Apartments
- Friday, October 30, LJ's Sports Tavern and Grill
- Friday, October 30, 1-2:00 pm, Warner Park (no meal pick up)

*For information on meal pick up, see page 4.*

## **SEE YOU THERE, IF YOU DARE!**



# MADISON SENIOR CENTER ACTIVITIES



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

## Gay, Gray & Beyond

2nd & 4th Thursday, 2:00-3:00 pm\*

Sponsored by the LGBTQ 50+ Alliance.

\*Note new time.

*Email [karenkane13@gmail.com](mailto:karenkane13@gmail.com) to request a Zoom invite.*

## TAKE CHARGE OF YOUR HEALTH

Tuesdays, 10:00-11:00 am

Every month we will have a virtual presentation and discussion on a topic relevant to our overall well-being. Our presenter, Janet Bollig, MSW, is a community educator from St. Mary's Hospital Health at Home program.

October 20: Talking With Your Doctor

November 17: Healthy Holiday Eating

December 15: Grief Through the Holidays

*Register for the session on our website [madisonseniorcenter.org](http://madisonseniorcenter.org)*

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WisconsinSeniorMedicarePatrol



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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New Bridge, Madison, WI

D 4C 01-2049

# CULTURAL DIVERSITY

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

**Latinx activities offered in Spanish only.**

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

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

## WELCOME DEANA WRIGHT



Deana Wright is joining the NewBridge team as the new Cultural Diversity Program Coordinator.

Deana is a Madison native, a UW-Madison alumni and an award winning radio personality, TV journalist and broadcaster.

Deana is known for her warm engaging personality, her infectious energy and her ability to entertain, uplift and deliver candid and compelling interviews with celebrities and actors, national recording artists and political figures, including President Barack Obama, who she had the honor to meet when he spoke at Wright Middle School (named after her dad), here in Madison shortly after he was elected.

A former small business owner, she is committed to community service, civic engagement and racial and social justice. She is also involved in mentoring and works with fellow adoptees. She is a life-long member of Mt. Zion Baptist Church.

For the past decade she was a loving caregiver to her amazing mom, Jacqueline Wright, who passed away last October. Deana is a proud parent of two, Derek and Britni, and her 10-year-old granddaughter, Ali, is the apple of her eye.

**Welcome to the team, Deana!**

## ZOOM LATINX DISCUSSION GROUP

Every Friday, 10:30 am

Join us as we hold discussion and educational programming or play BINGO.

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

## GRUPO DE DISCUSIÓN ZOOM LATINX

Todos los viernes, 10:30 am

Únase a nosotros mientras realizamos debates y programas educativos o jugamos BINGO.

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

# MONONA SENIOR CENTER ACTIVITIES



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

## VIRTUAL LOW VISION SUPPORT GROUP

Friday, October 23, 11:00 am  
 The Wisconsin Council of the Blind and Visually Impaired is coordinating a group through Zoom. You can also join by phone. **Call (608) 222-3415 to get access.**

## SCHOLARLY SCOOP

Friday, October 9, 10:00 am



Topics Surrounding Water Quality in Wisconsin  
 Professor Dale Splinter (Geography, Geology & Environmental Science)  
 Open to the Public.

**Call (608) 222-3415 and leave your email address.**

I will examine a few of the specific pollutants that threaten the quality of water in Wisconsin. Attention will be placed on drinking water and the quality of surface water.

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# GET INVOLVED & VOLUNTEER

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

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

## Bridge Buddy Callers

**DESCRIPTION**—Volunteers are matched with older adults to do daily safety check calls and/or weekly friendly calls. No person to person contact!

**TIME COMMITMENT**—Flexible

## Foot Clinic Volunteers

**DESCRIPTION**—Take payment and help refilling pans and clean up. PPE provided.

**TIME COMMITMENT**—1-2 times per month

**LOCATION**—Westside clinic

## Home Chore Volunteers

**DESCRIPTION**—Volunteers are matched with older adults to help them remain independent and in their own homes. Due to COVID-19, our volunteers are only doing outdoor work. We're looking for volunteers to help with raking and snow shoveling.

**TIME COMMITMENT**—Flexible

## Food Bridge Delivery Drivers

**DESCRIPTION**—Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact! Flexible for your schedule. From the comfort and safety of your own car.

**TIME COMMITMENT**—2-4 times per month

**IMMEDIATE NEED**—20+ volunteers

## VOLUNTEER SPOTLIGHT

Elizabeth Gaston is a Food Bridge volunteer. To learn more about Elizabeth and her story as a volunteer, visit our website [newbridgemadison.org/volunteer](http://newbridgemadison.org/volunteer)



## VOLUNTEER SPOTLIGHT

Loretta Giove is a volunteer for the Bridge Buddy program.

The Bridge Buddy program was started in the Spring of 2020 during the COVID-19 pandemic. The staff at NewBridge was observing the negative impacts of social isolation on our community older adults. So we started Bridge Buddies, a program where volunteers are matched with older adults to do safety check calls and/or social friendly calls.

Loretta is originally from Chicago. She has lived in Madison for 26 years. She enjoys watching movies and helping others in

need. She is inspired by helping others and making a change in the world, especially during COVID-19, “when we all need help.”

She would encourage people to join the Bridge Buddies program. “It’s great.”



*This is not a photo of Loretta.*



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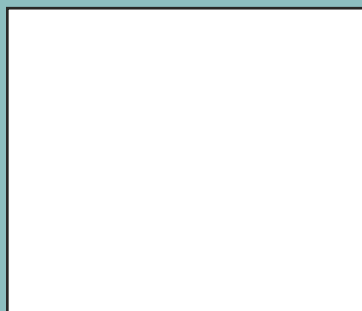
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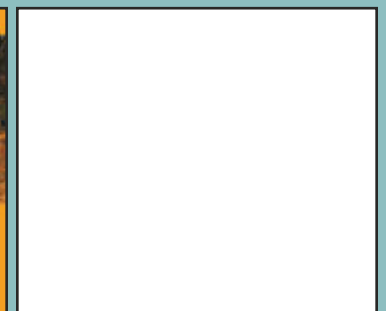


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# BRIDGING HOPE

*A week-long online fundraiser to help Madison area older adults.*

## Monday-Friday October 5-9

### Monday, October 5

#### Learn About NewBridge

Find out more information about our staff, our programs, and our services on our website and Facebook pages.

### Tuesday, October 6

#### Corporate Match Day

Your donation will be match dollar for dollar throughout the day.

Thank you to our Corporate Match businesses: Kollath CPA's, Research Products Corp., Monona Bank, Capitol Lakes, Gunderson Funeral Home

### Wednesday, October 7

#### Live Stream Concert @ 6:00 pm

Check out *Frank Martin Busch and the Names* on Facebook Live. For more information on the band check out [facebook.com/frankmartinbusch](https://facebook.com/frankmartinbusch)

### Thursday, October 8

#### Artful Aging Silent Auction

Our Artful Aging program is a series of art classes designed for older adults to use their artistic tools, processes of communication, and social engagement through creativity.

Our silent auction of 6 art pieces will kick off at 8:00 am on Monday, October 5 and end at 4:00 pm on Thursday, October 8 on [32auctions.com](https://32auctions.com). The link will be posted on our website and Facebook pages.

Art created and donated by:

- Shirley Raymakers
- Mary Moran
- Virginia Scholtz
- Hannah Lee
- Dana Schrieber

Thank you to our Event Sponsor – Wegner CPA's

# Friday, October 9

## Drawing Prize Announcement @ 4:00 pm

We will be choosing our drawing prize winner on Facebook Live. The prize will be a variety of gift cards valued over \$350.

*Anyone who donates \$50 or more will be entered into the drawing.*

## EVENT LINKS

- **Website** - [newbridgemadison.org/bridging-hope](http://newbridgemadison.org/bridging-hope) is our main event hub.
- **Facebook** - [facebook.com/NewBridgeMadison](https://facebook.com/NewBridgeMadison) to listen to the concert & hear the drawing winner.
- **Silent Auction Site** - [32auctions.com](http://32auctions.com) to bid on 6 art pieces from Oct 5-Oct 8

## AT ANYTIME

Purchase a Bridging Hope T-shirt or NewBridge Face Mask on our website. Thank you to Gallagher Tent and Awning for being a t-shirt sponsor and to Willy St. Co-op for being a mask sponsor!



**\$10 mask**  
**\$20 t-shirt**

## WAYS TO DONATE

- On our Website - [newbridgemadison.org/bridging-hope](http://newbridgemadison.org/bridging-hope)
- Call Ruth at (608) 512-0000 Ext. 3012 for debit or credit
- Mail in a Check to NewBridge, 1625 Northport Dr. #125 Madison 53704

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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+. We offer non-diabetic and diabetic clinics. The cost is \$20 for non-diabetic and \$25 for diabetic and we ask that you bring two towels.

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

*Appointments are required and should be made in advance by calling (608) 512-0000.*

Appointments are filling up quickly.

We recommend you call a few months in advance.

We do provide a waitlist.

### **New Procedure for Foot Clinics:**

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

## **EAST MADISON**

Monona United Methodist Church

606 Nichols Road, Monona

Tuesday, October 13 & 27, 9:30-11:45 am

## **NORTH MADISON**

Goodman Community Center

149 Waubesa Street

Monday, October 12, 10:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

Tuesday, October 20, 1:00-2:30 pm

## **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.

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 please wear a mask when you pick up or donate equipment.**

We are currently accepting in-kind donations of:

- shower chairs
- tub transfer benches
- 4 wheel walkers





# COVID-19 TESTING

Public Health of Dane County recommends testing for:

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

# TESTING SITE OPTIONS

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

- **Alliant Energy Center, 1919 Alliant Energy Center Way, Madison**  
Mon., Wed., Fri., Sat. 8:00 am-4:00 pm  
Tues. and Thurs. 8:00 am-8:00 pm  
No appointment necessary but is available  
**\*Will be open until at least October 3.**
- **South Madison Community Test Site, Public Health WIC Clinic, 2230 S. Park St, Madison**  
Mondays and Fridays, 8:00 am-4:00 pm  
Wednesdays, 12:00pm-8:00pm  
If you can, make an appointment  
(608) 243-0302  
Must wear a face covering.  
**\*Will be open until at least December 30.**

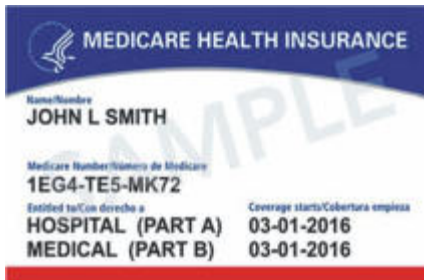
**For Alliant and South Madison Sites:**  
Free. Spanish and Hmong translators are available. For a free ride, call Public Health Transportation Line (608) 243-0420

 <p><b>INDEPENDENT LIVING, INC.</b> <i>Your local connection to an independent life since 1973</i></p> <p><b>Call Independent Living about services and senior housing options today!</b></p> <p><a href="http://www.IndependentLivingInc.org">www.IndependentLivingInc.org</a> • 608-274-7900</p>	<p><b>The Gardens Retirement Community</b></p> <p>602 N. Segoe Rd. Madison, WI near Hilldale Mall <b>608-204-0900</b></p>	<p><b>Evening Meals on Wheels</b> 608-204-0923</p> <p><b>Home Modifications</b> 608-268-9643</p> <p><b>Personal Care</b> 608-268-9645</p>
 <p>➤ Reach the Senior Market <b>ADVERTISE HERE</b></p> <p><b>CONTACT</b></p> <p><b>Jeff Parkinson to place an ad today! <a href="mailto:jparkinson@4LPi.com">jparkinson@4LPi.com</a> or (800) 950-9952 x5887</b></p>	<p><b>Monona Motors</b> Greg Carlson   Carlos Villota   Fidel Duran</p>  <p>(608) 222-1342 <a href="http://www.mononamotors.com">www.mononamotors.com</a> 4500 Winnequah Road, Monona, WI 53716</p>	 <p><i>Honest, reasonably priced attorney</i> <b>I Make House Calls!</b> Wills • Trusts Domestic Partnership Agreements Powers of Attorney • Real Estate</p> <p><b>Paul O’Flanagan</b> Attorney at Law 862 Woodrow Street Madison, WI 53711 608-630-5068 <a href="mailto:Paul@oflanaganlaw.com">Paul@oflanaganlaw.com</a></p>

# MEDICARE PART D OPEN ENROLLMENT

## TIME TO REVIEW YOUR MEDICARE PART D PRESCRIPTION DRUG PLAN!

**October 15-December 17**



### Four Reasons to Check Your Prescription Drug Plan:

1. Your plan may cost more next year due to changes in deductibles, premiums and co-pays.
2. Your plan may no longer cover all your medications because insurance companies change their formularies.
3. Your plan may have put restrictions on some of your medications such as preauthorization, quantity limits and step therapy.
4. You may be taking different medications now.

Go online to [www.medicarecare.gov](http://www.medicarecare.gov) to check your plan using the Medicare Plan Finder or call Prescription Drug Helpline (855) 677-2783 or the Medigap Helpline (800) 242-1060.

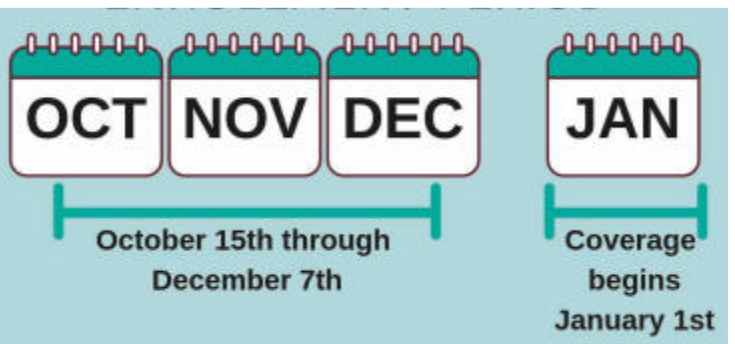
If you would like assistance to find the best plan for you, please contact NewBridge at (608) 512-0000 and ask for the *Intake Case Manager* to begin the process of getting set up for an appointment during open enrollment. Appointments will be conducted primarily via mail/email, telephone or virtual. In-person appointments will be limited due to COVID-19.

\*Please note we are not able to assist with Advantage Plans or Supplements. If you are interested in either of those options, please contact a licensed insurance agent.

## Did you know?



*Every year insurance companies can change their formularies, premiums, deductibles and copays so ALL Medicare Part D plans should be reviewed every year!*





# FREE Virtual (Online) Welcome to Medicare Seminars

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

## What you need to know about enrolling in Medicare

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

**Saturday, November 14, 2020, 9:00-11:30 am**

Email [aaa@countyofdane.com](mailto:aaa@countyofdane.com) to register by  
Wednesday, November 4.

Seminars will  
be offered  
using  
GoToMeeting.

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

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# ARE YOU READY TO VOTE?



November 3 is the Presidential and the State General Election.

**Be sure you have everything you need in order to vote. If you plan to vote by absentee ballot do it early.**

To check your registration, request an absentee ballot, find your municipal clerk, confirm your polling place, or start the registration process go to [MyVote.wi.gov](https://www.MyVote.wi.gov).

## How to get a photo ID:

Get a photo ID for free at the DMV. Non-expiring ID cards are available for those age 65 and older who no longer drive. Need help getting an ID or a ride to the DMV? Call the Voter ID Helpline at (608) 285-2141.

## Do I need to register to vote?

If you moved or are new to Wisconsin you will need to register to vote. You can check your registration at [MyVote.wi.gov](https://www.MyVote.wi.gov).

## HOW TO REGISTER TO VOTE

Register online (deadline is Oct. 14)

You need a valid Wisconsin driver license or a WI DMV ID card, and your current

information must be in the DMV data base. Update your address at [tinyurl.com/DMVchanges](https://tinyurl.com/DMVchanges). Complete your online voter registration at [MyVote.wi.gov](https://www.MyVote.wi.gov).

Register by mail: (deadline is Oct. 14)

If you don't have a WI driver license or ID card, call your municipal clerk to have a voter registration form mailed to you.

Register in person: at your municipal clerk's office, at an in-person absentee early voting location until October 30, or at the poll on Election Day. Bring proof of residence to register.

## WAYS TO VOTE

**Absentee ballot:** Request your ballot either online at [myvote.wi.gov](https://www.myvote.wi.gov) or call your municipal clerk. If you do not have a photo ID on file, send one with your request. Seniors can vote by Permanent Absentee Ballot and are exempt from the photo ID requirement. To apply for a Permanent Absentee Ballot, contact your municipal clerk or check the "indefinitely confined" box on the [MyVote.wi.gov](https://www.MyVote.wi.gov) link when requesting the ballot online. In Madison: [www.cityofmadison.com/clerk](https://www.cityofmadison.com/clerk).

**In person on Election Day:** An approved photo ID is required when voting at the polls. Out-of-state Driver licenses are not acceptable. More details at [bringit.wi.gov](https://www.bringit.wi.gov).

**Questions? Contact the League of Women Voters of Dane County**  
[lwvdanecounty.org/voting-information](https://www.lwvdanecounty.org/voting-information)

# Stories of HOPE

We asked our clients, participants, and volunteers to write “stories of hope” for our Bridging Hope fundraiser and we were moved and inspired with the response. We got to see our organization from their lens. Here is one of the stories we received. All names have been changed to protect identity.

Check out our Facebook page Monday, October 5-Friday, October 9 for more “stories of hope.”

“My name is Mary. I have mental illness. I didn’t know what was wrong with me when I was a kid, I just knew that I was different and I didn’t fit in. One thing I figured out; I needed help. In 2012 I met NewBridge which was then EMMCA. Through two case managers I have learned how to live, how to connect, how to let go, and how to say thank you for the help that I deserve. Yes, deserve. Through the mentorship of a wonderful physician and the two great people at NewBridge I have accepted the help I need and my life is full of hope.”

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# REGULAR SERVICES AND ACTIVITIES

## Case Management

*“Your connection to community resources”*

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

## Home Chore

*“Your connection to helping hands”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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



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

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Nutrition Sites

*“Your connection to nutritious meals”*

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



## Representative Payee & Guardianship Service

*“Your connection to trained volunteers”*

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteer manages the social security benefits for the older adult and ensures the older adult’s basic needs are met. Free for Dane County older adults. Representative Payee (60+), Guardianship (50+).

## Medical Equipment Loan Closet

*“Your connection to health equipment”*

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

## Cultural Diversity Activities

*"Your connection to your peers"*

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



## Classes & Activities

*"Your connection to golden opportunities"*

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

## LED Activities (Living Every Day)

*"Your connection to enjoyable experiences"*

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

**COVID-19 Specific Services on page 4.**

## 2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: \_\_\_\_\_

Additional Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

How would you like newsletter?  Mail  Email  Both  None



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

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

You can also purchase a friendship on our website at [newbridgemadison.org](http://newbridgemadison.org). **Dues will be renewed annually.**

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



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