

NEW BRIDGE

Your Connection to Successful Aging

NEWS

OCTOBER 2021

BRIDGING

H  P E

NEWBRIDGE MADISON'S WEEK LONG ONLINE FUNDRAISER

10/4-10/7

MORE INFO ON
PAGES 22 AND 23

10/4 - Our Work, Our Impact

10/5 - Meet the Staff

10/6 - Corporate Match

10/7 - Champions of Hope

These activities will take place on our website, newbridgemadison.org and our Facebook page @NewBridge Madison. Unfortunately, due to COVID, we have cancelled our in-person fundraiser, Black Tie Bingo.

CHECK OUT
WHAT'S
INSIDE!

02 General Information

03 NewBridge Staff

04-05 NewBridge Programs & Services

06-09 Diversity & Inclusion Activities

10-13 Classes and Activities

14-15 Nutrition Program

16 Foot Care Clinics & Loan Closet

20 Staff Updates

22-23 Bridging Hope Fundraiser

24 Friends and Donation Form

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...

Bridging Hope is a week-long opportunity, on our website and Facebook, for NewBridge to share the impact of our programs and services; give you an opportunity to interact with our staff; and acknowledge our wonderful volunteers and community partners who help us impact the lives of older adults.

Bridging Hope week is also a chance for you to support the critical work done by NewBridge with an online donation and/or become a volunteer and help fulfill a need for an older adult.

Thank you to our corporate match sponsors and thank you for supporting NewBridge during Bridging Hope!
More info on pages 22 and 23.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partner:
Sherman Glen Apartments & 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
- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KATERI WEEGE, Case Manager Intern Ext. 1001
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LAUREN JACOB, Case Manager Intern Ext. 4008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- TAMARA WASHINGTON, Case Manager Ext. 3006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- MICHAEL GARRISON, Mental Health Resource Registered Nurse Ext. 2002

- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC
- STANLEY GRAHAM, Nutrition Coordinator —

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

ID Statement: The 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.





Custom Care Plan

Free Assessment

Visits from 3 hours to 24/7

Age in place with the help of

Visiting Angels

608-819-0665

www.VisitingAngels.com/MadisonWI

DYKMAN'S TIME SHOP

◆ Watches and Clocks ◆
◆ Sales and Service ◆

Tuesday-Friday 9-6 • Saturday 9-2
www.dykmans.com

BRING IN AD FOR 10% OFF ANY PURCHASE

2701 University Avenue • 233-1444

• CALL US TODAY FOR A FREE INITIAL ASSESSMENT •




A Medicaid Certified Personal Care Agency - dedicated to helping the elderly and disabled to live independently with dignity in the comfort of their own home.

Monday - Friday 8:30 am - 5:00 pm

608-467-9507

www.compassioncaregiversllc.com



Care and comfort at a moment's notice.

Help care for those who have cared for us

Now Hiring Caregivers

* Flexible Hours * Training Provided
* Great Team

Apply Today 608-729-5365

www.seniorhelpers.com/wi/madison

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. *Free for eligible Madison/Monona older adults (60+).*

Private Pay Case Management available.

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.*

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+).*

Sponsored by: CUNA Mutual Group Foundation and Evjue Foundation

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+).*

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteer manages the social security benefits for the older adult and ensures the older adult’s basic needs are met.

Free for Dane County older adults (60+).

Nutrition Sites

“Your connection to nutritious meals”

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

Sponsored by: Oscar Rennebohm Foundation and Evjue Foundation



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.



Diversity & Inclusion Activities

"Your connection to your peers"

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


Classes & Activities

"Your connection to golden opportunities"


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

Sponsored by: UW Credit Union providing computer access.


A New Way To Sell Your House



**WISCONSIN
HOUSE BUYERS**




No Repairs




100% Closing Rate

(608) 713-8029
MadisonHB.com



No Cleaning



No Commissions

BONUS: Call Today And Get Even More

1. You Choose Your Preferred Closing Date
2. Receive our \$5,000 Earnest Money Guarantee With Any Accepted Offer

Our team complies with all State and County COVID guidelines. Virtual consults are also available upon request.

**SENIOR AFFORDABLE
APARTMENTS AVAILABLE
NOW!**



**Point Place
Apartments**



One Bedroom
\$733-\$897

Two Bedroom
\$933-\$1078

CALL NOW!

608-210-3250

POINTPLACE@COMMONBOND.ORG

7945 TREE LANE
MADISON, WI 53717

**VOUCHER
HOLDERS
WELCOME**








AFFORDABLE HOUSING IN YOUR NEIGHBORHOOD

1, 2, and 3 Bedroom Apartment Homes For Rent

Specializing in Affordable Housing for Seniors, People with Disabilities, and Families

MADISON • MONONA • MIDDLETON • SUN PRAIRIE • MCFARLAND • COTTAGE GROVE

online at meridiangroupinc.net • Toll Free 1.800.236.6262






DIVERSITY & INCLUSION ACTIVITIES

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



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

To register for the online activities:
See NewBridge website for the Zoom links www.newbridgemadison.org

CHAIR EXERCISE

Mondays, 9:00-9:45 am

Want to reduce pain and stiffness or improve your mobility, muscle strength, and functional ability? All exercises can be performed while sitting or standing. Space is limited. *In collaboration with MSCR.*

DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm

Join Deana to discuss current events, social justice topics, health and wellness issues and anything else.

BINGO

Thursday, October 21, 3:00-4:30 pm



Game cards will be mailed before the program. Prizes will be mailed afterwards.
Sign up with Deana by Monday, October 18.

BALANCING ACT

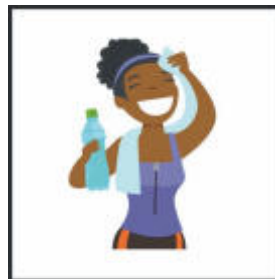
Tuesdays, 1:00-1:45 pm

Want to increase your balance and decrease your risk for falling? Exercises done from a standing position. Space is limited. *In collaboration with MSCR.*

GET MOVIN' ON ZOOM

Tuesdays & Thursdays

1:00-2:00 pm



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

BLACK SPACE

Thursdays, 3:00-4:00 pm



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

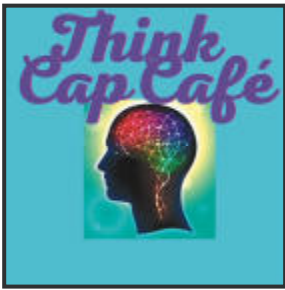
COLOR ME HEALTHY

Tuesday, October 26, 3:00-4:30 pm

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

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



Connect virtually and engage in brain-healthy activities. Studies show that social networks can reduce the rate of cognitive decline.

In collaboration with

Alzheimer's & Dementia Alliance of Wisconsin.

POWERS OF ATTORNEY FOR HEALTH CARE AND FINANCES: WHAT, WHY AND HOW?

Wednesday, Oct. 13, 3:00-4:00 pm

In collaboration with Dane County Department of Human Services - Adult Protective Services Unit



GREENTREEGLEN
SENIOR APARTMENTS
62+ 1 & 2 bedroom apartment homes
608-274-5161
732 Struck Street, Madison
greentreeglen@horizoncbm.com
www.horizoncbm.com
Professionally managed by Horizon Management

IN-HOME CARE

- Companionship • Meal Preparation
- Light Housekeeping • Laundry
- Incidental Transportation
- Medication Reminders
- Grooming & Dressing Guidance

PERSONAL CARE SERVICES

- Bathing • Oral Hygiene
- Transferring & Positioning
- Incontinence Care & Toileting

SPECIALIZING IN ALZHEIMER'S, PARKINSON AND DEMENTIA CARE

608-442-1898
579 D' Onofrio Drive, Suite 10
Madison WI 53718

Comfort Keepers
www.ckmadison.com

An international network of independently owned and operated offices. ©2019 CK Franchising, Inc.



Want to save energy?

Make *mge.com* your first stop

- Get easy, low-cost ways to save energy
- Use calculators to estimate your savings
- View energy-saving brochures
- Learn about Focus on Energy

Interested in our energy future?
Visit: energy2030together.com



GS3218 3/28/2018



For ad info. call 1-800-950-9952 • www.lpicommunities.com

New Bridge, Madison, WI

C 4C 01-2049

ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



Garrett Tusler
Coordinador del programa
de Diversidad e Inclusión
(608) 512-0000 Ext. 3009
GarrettT
@newbridgemadison.org

Para inscribirse a las actividades:

Consulte el sitio web de NewBridge para obtener el enlace Zoom

www.newbridgemadison.org

YOGA SUAVE

Los Lunes, el 4, 11, 18, 25 de octubre, 10:15-11:15 am

Curso de 11 semanas - Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. Por favor traiga su propia estera (yoga mat) a la clase. Este curso es un iniciativa en conjunto con MSCR.

Hable con Garrett para inscribirse.



LA REUNIÓN

Los Viernes, el 6, 13, 20, 27 de octubre, 10:00-11:30 am

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

BINGO BILINGÜE

El primer lunes del mes, el 4 de octubre, 1:00-2:30 pm

Únete a nosotros! ¡Es la hora de jugar bingo!



CÍRCULO DE AMIGOS

Cada otro Miércoles, el 6, 20 de octubre, 1:00-2:00 pm

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

CLASE DE INGLÉS BÁSICO

Los Martes, el 5, 12 de octubre

6:00-7:00 pm

Esta clase de inglés básico es un nuevo iniciativa en conjunto con The Latino Academy. *Para inscribirse en el curso, póngase en contacto con Garrett.*

Consulte la página 18 para obtener más



RETREAT WITH PRIMORDIAL

Sábado, el 30 de octubre

9:00 am-2:00 pm

Desarrollar nuestra consciencia para que sea más plena nos aporta grandes beneficios para nuestra salud. Descubre cómo conseguirlo.

Se realizará un retiro de 5 horas.

Llama a Garrett para inscribirse.

A graphic with a yellow background. On the left, the text reads 'RETIRO CON PRIMORDIAL' in large blue letters, followed by '30 DE OCTUBRE 9-2PM' in black. At the bottom, it says 'LLAMA A GARRETT PARA INSCRIBIRSE' and '608-800-1316'. On the right, there is a circular logo for 'PRIMORDIAL Multicultural Healing Community' featuring a stylized head profile with a globe inside.

An advertisement for Noel Manor Retirement Living. It features a photograph of a smiling couple embracing in front of a large, modern retirement community building. The text includes the brand name 'noel manor' in a script font, 'RETIREMENT LIVING', 'INDEPENDENT, ASSISTED LIVING & CLOSER CARE CAMPUS', and the mission statement: 'Our mission is to take care of our loved ones with compassion and grace.' At the bottom, it provides contact information: 'Call For A Tour 608-620-6010', '471 Prairie Way Blvd. • Verona, WI', and '608-620-6010 • noelmanorliving.com'. There are decorative leaf icons on the sides.

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611

Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

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.

An advertisement for Dean Health Plan Medicare Advantage. It features a photograph of a smiling woman wearing sunglasses in a dental office. The text reads: 'Medicare with dental benefits you'll smile about.' Below that, it says: 'With Dean Advantage you can choose a plan that fits your life. Explore exceptional benefits, like **dental coverage - from preventive to full comprehensive care.**' At the bottom, it provides the website 'deancare.com/MedicareAdvantage' and the Dean Health Plan logo, which is a member of SSM Health. A small copyright notice at the bottom left reads: '©2020 Dean Health Plan, Inc. • H9096_885483_M'. At the bottom right, there is a small disclaimer: 'Dean Health Plan, Inc. is a HMO/HMO-POS with a Medicare contract. Enrollment in Dean Health Plan, Inc. depends on contract renewal. Dean Health Plan markets under the names Dean Advantage and Prevea360 Medicare Advantage.'

For ad info. call 1-800-950-9952 • www.lpicommunities.com

New Bridge, Madison, WI

D 4C 01-2049

CLASSES & ACTIVITIES



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

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

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

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays
9:00-10:00 am

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

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



TECHNICAL ASSISTANCE - In-Person

Tuesdays, 9:00-11:00 am

Warner Park Comm. Rec. Center

In October we will have individual sessions and small classes. Learn more about Zoom, your iPhone, iPad or tablet.

To sign up, contact Deenah.



SPIRIT & STRENGTH - Zoom

SHARING WISDOM THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

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

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

EASY YOGA PLUS - Zoom

Wednesdays, 10:00-11:00 am

Friday, 11:00 am-Noon

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

*To sign up, visit Ellen's website for the
Zoom link www.thewonderofyoga.com*

BOOK CLUB - *In-Person & Zoom*

Wednesday, Oct. 6, 10:00-11:00 am
Warner Park Comm. & Rec. Center
Discussing Hillbilly Elegy by J.D. Vance.
The November selection is A Man Called Ove by Fredrik Backman. Please remember, you are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club. **To get more information, contact Deenah.**

MAHJONG - *In-Person*

Every Thursday, 1:00-3:00 pm
Warner Park Comm. Rec. Center
You need your own game pieces to play.
To get more information, contact Deenah.

BINGO! - *Zoom and In-Person*

Every Friday, 10:15-11:15 am
Warner Park Comm. Rec. Center
October 1 - In-Person
October 8 - In-Person
Zoom *1:00 pm start
October 15 - In-Person
October 22 - In-Person
Zoom *1:00 pm start
October 29 - In-Person
Join caller Diana D and other friends as we play Friday Bingo and one lucky winner will receive a gift card. **Contact Deenah to sign up at least one week in advance; for in-person to reserve your space and for Zoom to get your bingo cards and Zoom link.**

 *Senior Living ... Redefined*
ASSISTED LIVING & MEMORY CARE

Well-Designed Apartments · Chef-Prepared Meals · 24-hour Care
Medication Management · Laundry & Housekeeping
Transportation · Exciting Social Events & Outings · Memory Care

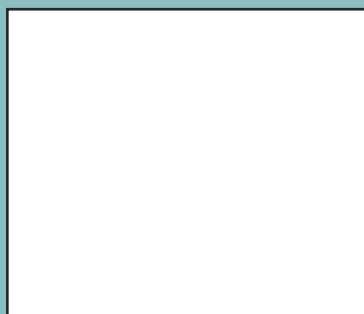
To learn more and schedule a tour, call (608) 333-9306 today!
111 & 139 E. Reynolds St., Cottage Grove, WI 53527 | AsterSeniorCommunities.com

WE'RE HIRING
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Paid Training
- Full-Time with Benefits
- Some Travel
- Serve Your Community

Contact us at: careers@4lpi.com | www.4lpi.com/careers



NEW Senior Care from Agrace
Now it's easier to stay at home

Age at Home
by Agrace

(608) 327-7456


www.bmcmadison.com
(608) 222-1981 #3

Serving the Madison, Stoughton, Oregon, Brooklyn and other neighboring communities' affordable senior and disabled housing needs for more than three decades.

HAPPY RESIDENTS LIVE HERE!

Park Glen Commons
Senior Apartments

- Passionate & Caring Onsite Management
- Skilled & Professional Maintenance
- Heat Included
- Heated Underground Parking
- Car Wash
- Beauty Salon
- Laundry Provided in Every Home
- Resident Activities & Events
- Pets Welcome
- Park Like Setting with Wildlife
- Patio/Grilling

Call (608) 241-4200 or email parkglen@oakbrookcorp.com to schedule your personal showing.

SEWING CLUB - *In-Person*

Thursday, Oct. 7, 21, 9:00 am-Noon
Warner Park Comm. Rec. Center
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

HOW TO GET YOUR ITEMS MENDED:

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

PING PONG - *In-Person*

Mondays, 9:00 am-Noon
Warner Park Comm. Rec. Center
Do you like to play ping pong? *If you are interested in joining a group of people who play weekly contact Deenah.*

CARD MAKING CLUB -*In-Person*

Wednesday, Oct. 13, 1-3:00 pm
Warner Park Comm. Rec. Center
If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

SASSY STEPPERS

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

LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE' ART SHOW - *In-Person*

Friday, November 12, 5:00-9:00 pm
Madison Senior Center, 330 W. Mifflin St.

The opening is on Gallery Night which is a city-wide event. Please join us for the opening and a short program at 5:30 pm.

SPECIAL EVENTS

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

AUTHORS SPEAK - *Zoom*

We are collaborating with Meadowridge, Lakeview, Sequoia and Alicia Ashman libraries to start a series called Authors Speak where we will invite local authors to read excerpts from their published work and talk about the book, their writing process and have a question and answer portion of their presentation.



Our first author will be Heather C Williams who will discuss her book Drawing as a Sacred Activity. The time and date are to be determined. Please check our

website for details which will be posted soon. *To get more information, contact Deenah.*

MIKE LECKRONE GUEST SPEAKER - Zoom

Monday, October 11, 10:00-11:00 am



Please join us for a Zoom Presentation by Mike Leckrone, former UW Marching Band Director and Director of Bands at UW to hear

Mike talk about *Moments of Happiness: My History of the UW Marching Band*. **To get more information, contact Deenah.**

WELLNESS WARRIORS - Zoom

Our motto is: *"We get by with a little help from our friends."* During these challenging times we need others more than ever!

So NewBridge has teamed up with Goodman Community Center and Edgewood College School of Nursing to offer you an opportunity for connection, discussion and support. The group is led by a Social Work professional and Edgewood Students. Each week we will cover a different topic chosen by participants. So, come join us on this adventure! **To sign up, contact Deenah.**



CONNECTIONS |  A program of Lutheran Social Services
YOUR VISION. YOUR PATH. YOUR PARTNER.
 IRIS Consultant Agency (ICA)
 Call toll-free: 844-520-1712 | Email: connections@lsswis.org



We believe in the INFINITE POSSIBILITIES of every person.
We support you to live your best life at home, in your community and at work.

LET'S GET STARTED!
 First, contact your county Aging and Disability Resource Center (ADRC).
 FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

The Legacy of DeForest

INDEPENDENT, ASSISTED LIVING & CLOSER CARE CAMPUS

Our mission is to take care of our loved ones with compassion and grace.



Call For A Tour (608) 807-2888
 6639 Pederson Crossing Blvd. • DeForest, WI
 608-807-2888 • LegacyOfDeForest.com

NEVER MISS A NEWSLETTER!
 Sign up to have our newsletter emailed to you at
www.mycommunityonline.com



CONGREGATE MEAL SITES

Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone. Meals & transportation may require a reservation.

RESERVATIONS

Meal reservation, transportation reservation, and any cancellations should be made by calling the numbers below by Thursday at 10:00 am one week prior. **Not all sites require a meal reservation.*

TRANSPORTATION

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

DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$9.07**.

WEST MADISON

Hy-Vee West, 675 S. Whitney Way

Wednesday, 10:00 am-1:00 pm

**No meal reservation required*

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

Meadowridge Commons, 5734 Raymond Rd.

Tuesday, Thursday, Noon

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

Good Shepherd Church, 5701 Raymond Rd.

Friday, Noon

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

Beth Israel Center, 1406 Mound St.

Monday, Noon

Congregate site opens- Monday, October 4

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church,

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

Hy-Vee East, 3801 E. Washington Ave.

Wednesday, 10:00 am-1:00 pm

Fridays, 10:00 am-1:00 pm

**No meal reservation required*

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

NORTH MADISON

Warner Park Community Recreation

Center, 1625 Northport Dr.

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

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

Goodman Community Center,

149 Waubesa St.

Monday-Friday, 11:45 am

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

OCTOBER MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meals provided by: Dane County Consolidated Food Services Division

*All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO : Meatless Option / * : Pork*

01 *Ham & Potato Cass.
Peas , Peaches, Jell-O
MO – Soy & Potato Cass
Salad – Pork Santa Fe

04 Chicken and Gravy
Over White Bread
Carrots , Broccoli, Orange
Carnival Cookie
MO – Veg Chicken & Gravy

05 Sloppy Joe
Potato Salad
Mixed Vegetable, Banana
Frosted Strawberry Cake
MO – Chickpea Joe

06 *BBQ Ribs
Cheesy Potatoes
Pickled Beets
Warm Spiced Pears
MO – BBQ Veg. Meatballs

07 Chicken Stew
Mixed Greens, Applesauce
Copper Penny Salad
Chocolate Pudding
MO – Veggie Stew

08 Cheeseburger
Calico Beans. Potato Salad
Fruit Cocktail, Cookie
MO – Black Bean Burger
Salad – Harvest

11 *Meatballs in Marinara
Over Penne
4 Bean Salad, Peaches
Cheesecake Brownie
MO – Veg Balls in Marinara

12 Fish Sandwich
Yams, Peas, Pears
Chocolate Banana Cake
MO – Multigrain Burger

13 Tomato Bean Soup
Caesar Salad, Pineapple
Strawberry Jell-O
MO – Veggie Bean Soup

14 Bone-in BBQ Chicken
Baked Potato, Banana
Vanilla Ice Cream Cup
MO – Veggie BBQ Chicken
Strips

15 Roast Turkey Gravy
Stuffing, 3 Bean Salad, Yam
Pears, Pumpkin pie
MO – Veg Chic. in Gravy
Salad – Beef Taco

18 Lemon Dill Baked Fish
Baked Potato, Coleslaw
Marble Loaf Cake
MO – Hummus/Pita

19 Meat Sauce Spaghetti
Noodles
Carrots, Mixed Salad
Peaches, Brownie
MO – Marinara Sauce

20 *Pork Loin in Gravy
Mashed Potatoes, Peas
Mandarin Oranges
Cherry Crisp
MO – Veggie Burger

21 Traditional Meatloaf
Baked Potato Casserole
Broccoli, Applesauce
MO – Garden Wrap

22 Chicken a la King
Brown Rice, Capri Blend
Broccoli Salad, Fruit, Cake
MO – Soy a la King
Salad - Chick Cran Bacon

25 Chili
Cheese, Baked Potato
Cornbread
Warm Cinnamon Apples
Chocolate Chip Cookie
MO – Veggie Chili

26 *Italian Sausage Coney
Bun, Roasted Potatoes
Stewed Tomatoes Mandarin
Orange
Apple Pie
MO – Veggie Dog

27 Chicken Broccoli Rice
Cass., Carrot Coins
Chickpea Salad, Fruit
Glazed Lemon Loaf Cake
MO – Veggie Chicken/
Brocc. Rice Casserole

28 *Meatballs in Gravy
Mashed Potatoes
Mixed Greens
Mixed Fruit
Butterscotch Pudding
MO – Veg Balls in Gravy

29 Sausage Veg Egg
Bake, Fruit Cup
Roasted Potatoes, OJ
Cinnamon Raisin Bread
MO – Veggie Egg Bake
Salad - Hummus

When life offers the gift of time...

how will you spend it?

We'll help you every step of the way.

Offering a continuum of care for seniors:

- > Independent Living > Assisted Living
- > Memory Care > Rehabilitation

Call 608-663-8600 or email

madisonsales@oakparkplace.com

718 Jupiter Dr., Madison, WI 53718

oakparkplace.com/madison



Waunakee
MANOR

Independent and Assisted Living

(608) 849-5016

801 Klein Dr. • Waunakee
www.waunakeemanor.com

Monona Meadows

A Retirement Housing Foundation® Community

250 Femrite Drive, Monona, WI 53716

608-221-4422

Call for your personal tour today!



RYAN FUNERAL HOMES

CREMATION SERVICES

CARING FOR ALL FAMILIES WITH COMPASSION,
DIGNITY, AND PROFESSIONALISM SINCE 1938.

608-249-8257

www.ryanfuneralservice.com
Madison | Verona | DeForest



For ad info. call 1-800-950-9952 • www.lpicommunities.com

New Bridge, Madison, WI

G 4C 01-2049



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

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

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

EAST MADISON

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

NORTH MADISON

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

Warner Park Community Rec Center
1625 Northport Drive
Friday, October 8, 9:00 am-Noon
Thursday, October 28, 9:00 am-Noon

Lakeview Lutheran Church
4001 Mandrake Rd.
Tuesday, October 5, 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.

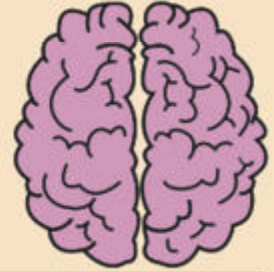
We ask that you call ahead to make an appointment to pick up, return and donate.

Accepting shower chair and wheelchair donations.



Are you interested in learning about brain health and participating in research?

Join the Brain Health Community Registry



- We are looking for participants 40 and older interested in brain health
- AND participants 18 and older who care for someone who is experiencing memory changes

Join the Brain Health Community Registry
<https://brainhealthcommunity.wiscweb.wisc.edu/>



ted's painting

Responsible, reliable, insured
references galore

(608) 509-6837 | (608) 509-6838

E-Mail: tedspainting@i-cloud.com
Susan, Bus. Admin.

Interiors
Exteriors



**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Jeff Parkinson to
place an ad today!

jparkinson@lpicommunities.com
or (800) 950-9952 x5887



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

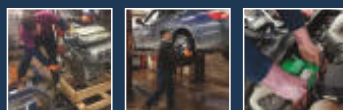
Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

Monona Motors

Greg Carlson | Carlos Villota | Fidel Duran



(608) 222-1342
www.mononamotors.com
4500 Winnequah Road, Monona, WI 53716



Honest, reasonably priced attorney
I Make House Calls!
Wills • Trusts
Domestic Partnership Agreements
Powers of Attorney • Real Estate

Paul O'Flanagan
Attorney at Law
862 Woodrow Street
Madison, WI 53711
608-630-5068
Paul@oflanaganlaw.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

New Bridge, Madison, WI H 4C 01-2049



VOLUNTEERS NEEDED!

Snow Angel

Volunteers Needed!

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

www.newbridgemadison.org

(608) 512-0000

Share your experience!

A random selection of older adults who receive **Case Management Services** are being asked to complete a satisfaction survey. Dane County Department of Human Services is collecting the surveys. It will be emailed (10/25/21) and mailed (11/5/21). If you get a survey, please complete it! Your response is confidential and important.



Norwegian American Genealogical Center & Naeseth Library

415 West Main Street • Madison, WI 53703-3116
Phone 608-255-2224

Website nagcnl.org • Email genealogy@nagcnl.org
Open Monday - Friday • 10:00 a.m. to 5:00 p.m.

Let us help you find your Norwegian roots!

- Expert genealogical research assistance for beginners and advanced researchers
- Stellar collection of books, microfilms, documents, and research materials
- Translation Services • Classes • Tours
- Web resources explained

Call or email for an appointment
nagcnl.org

For some,
self-direction
is a new idea.

At TMG, Wisconsin's
1st IRIS Consultant
Agency, **it's all we do.**

Para algunos,
la autodirección
es una idea nueva.

En TMG, la 1^a agencia
consultora IRIS
en Wisconsin,
es lo que hacemos.



tmg
Let's clear the path ahead.

tmgwisconsin.com
(844) 864-8987

Local. Experienced. Resourceful. • Local. Experimentada. Ingeniosa.

Ask your Aging and Disability Resource Center about your long-term care options.

Pregunte en su Centro de Recursos para el Envejecimiento y la Discapacidad acerca de sus opciones de cuidados a largo plazo.

SUPPORT OUR ADVERTISERS!



WELCOME NEW STAFF

Welcome Christine!



I was born and raised in Chicago, Illinois and moved to Madison, WI in 2008. I received a degree in Criminal Justice and when I moved here I

continued my studies. I worked at Meriter Hospital for ten years in parking and security; then I went to work for the City of Madison where I worked with youth at the Warner Park Community and Recreation Center. In July of this year I accepted the position of Northside Nutrition Coordinator with NewBridge.

Welcome Jenn!



Jennifer Garcia-Ludolph is a Case Manager at NewBridge East. She earned her Bachelor of Science degree in Human Development and

Family Studies at the University of Wisconsin-Stout. She is currently completing her Master of Science degree in Administration of Human Services at Wilmington University. Jennifer has case management experience working with frail elders and adults with developmental and physical disabilities in Dane County. In her free time, Jennifer enjoys spending time with her husband, children, and pets. She also likes going for walks, reading, baking, and crafting.

Welcome Tamara!



I am originally from the State of Mississippi, where I graduated from Community College and attended 2 years at Delta State University. I finished

my Bachelor's Degree in Psychology at Columbia College of Missouri online. In my previous employment experience, I have worked in the school system as a tutor and substitute teacher, a Substance Abuse Counselor/Case Manager, an OWI Assessor at Journey Mental Health Center, Service Facilitator at Porchlight, Probation Parole agent at State of Wisconsin and lastly, Children's First Case Manager at Employment and Training Association. I am excited to share my case management skills and experience with every one here at NewBridge and I look forward to working with you and getting to know the clients that I will serve.

Goodbye Ruth!



Thank you Ruth for the six years you've dedicated to NESCO and NewBridge as the Program Manager and then the Fund Development and

Events Coordinator. You will be missed and we wish you the best of luck in your new endeavor!

MEDICARE PART D OPEN ENROLLMENT

Time to review your Medicare Part D Prescription Drug Plan! Oct. 15-Dec. 7

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 to check your plan using the Medicare Plan Finder or call Prescription Drug Helpline (855) 677-2783 or the Medigap Helpline (800) 242-1060 or **NewBridge can help!** Contact us at (608) 512-0000 and ask for the Intake Case Manager to get registered. You will be sent paperwork to complete and return. Upon return, NewBridge will contact you to set up your appointment. Options for appointments will be:

- In-person at one of our many Med D event locations in Madison and Monona
- Virtual using Zoom or Google Meet
- Email and Mail

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

We Make Medicare Uplifting
Call for an appointment today!

INFORMED CHOICE 608-819-6311
INSURANCE AGENCY 877-446-3676

34 Schroeder Ct Ste 240 – Madison
www.informedchoice.com

MEDICARE

This is an advertisement for insurance. Neither Informed Choice or its agents are connected with the Federal Medicare program. IC111016

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets 1-855-225-4251

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

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

"Our family will take good care of your family."

Family Owned, Family Operated,
Celebrating 97 Years Of Service

Gunderson
Funeral and Cremation Care
LIFE CELEBRATION CENTERS

(608) 221-5420 | www.gundersonfh.com

East Madison/Monona • West Madison/Middleton
Mt. Horeb • Stoughton • Black Earth • Oregon
Cross Plains • Fitchburg • Lodi



BRIDGING HOPE FUNDRAISER



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

MONDAY, OCTOBER 4

OUR WORK, OUR IMPACT

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

TUESDAY, OCTOBER 5

MEET THE STAFF

Get to know the staff at NewBridge on our website, Facebook page and via Zoom from 2:00-3:30 pm. Staff will be available to answer any questions you have. The Zoom link will also be posted on our website and Facebook.

https://us02web.zoom.us/join/joinMeeting/register/tZYkc-ytrz0rG9VKDsC9P9O-OvE_C-F5t7_5

WEDNESDAY, OCTOBER 6

CORPORATE MATCH DAY

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

THURSDAY, OCTOBER 7

CHAMPIONS OF HOPE

We received 21 nominations of heroic individuals who deserve special recognition for their dedication in serving older adults. Each nominee is listed on page 23. We will telling their stories and announcing the winners on our website and Facebook.

EVENT LINKS

- **Website** - newbridgemadison.org/btb-bhope is our main event hub.
- **Facebook** - facebook.com/NewBridgeMadison

WAYS TO DONATE

- On our Website - newbridgemadison.org/btb-bhope
- Call Deb at (608) 512-0000 Ext. 4000 for debit or credit
- Mail in a Check to NewBridge, 1625 Northport Dr. #125 Madison 53704
- Anyone who donates \$100 or more will get free NewBridge merch in the mail



Here at NewBridge we understand that our work serving older adults in Dane County is not done alone. We rely on the hard work, dedication and support of our friends, neighbors, and colleagues and want to recognize and honor these individuals that “Champion Hope.”

These are the nominations of the heroic individuals that deserve special recognition for their efforts!

Jack Barker - Jack is a long time Food Bridge volunteer. He is very dependable and delivers to multiple older adults who he checks on regularly and has a genuine concern for their well-being.

Catherine Becker - Catherine is a social worker at UPH-Meriter who has a calm presence and optimism while working with older adults.

Katie Brietzman - Katie is a dedicated Case Manager and Program Coordinator at NewBridge who shows compassion, knowledge, & empathy.

Betty Brown - Betty was a long time volunteer with the NewBridge nutrition program. Betty was the first friendly face many older adults would see when arriving at the meal site.

Scott Bush - Scott is a NewBridge Food Bridge volunteer who delivers to multiple clients. He is always available if a sub is needed.

Charlestine Daniel - Charlestine exemplifies her commitment to human and civil right through her work as an educator, advocate, policy maker, and consultant.

Rita & Ed Emmenegger - Rita and Ed are a Food Bridge volunteer team who have extended their kindness, warmth and sensitivity.

Luis Garcia - Luis is a Food Bridge volunteer who is a kind and caring person who always offers to help NewBridge in any way he can.

Elizabeth Gaston - Elizabeth is a Food Bridge volunteer who has added an additional 4 older adults to her delivery list during COVID and has helped recruit more volunteers from her place of work.

Wendy Hutton - Wendy is a Food Bridge volunteer who goes above and beyond by checking in with her older adult through weekly phone calls.

Hailee Kingzynski - Hailee is a Food Bridge volunteer who brings her older adult homemade dinners.

Laura LaFleur - Laura assists older adult patients at UnityPoint Health in not only navigating the healthcare system by also in navigating senior resources in the community.

Mary & Stephen Lang - Mary and Stephen are Food Bridge and Home Chore volunteers who are very involved and go above and beyond.

LJ's Sports Tavern & Grill and Kavanaugh's Esquire Club - LJ's and the Esquire Club cooked over 30,000 meals for older adults during COVID.

Phil Merhmic - Phil is a NewBridge Snow Angel and shovels for older adults in need. He also donates his time to help repair equipment in the loan closet.

Michael Miller - Mike is a Food Bridge volunteer who delivers to many older adults and is always available to substitute for another volunteer.

Amy Scarr - Amy is a strong yet caring advocate for older adults affected by crimes of any kind. Amy also volunteers by delivering home delivered meals and Thanksgiving meals.

Pastor David Smith - Pastor Smith and his wife Tracey work tirelessly to provide a Thanksgiving meal to hundreds of older adults.

In Memory of Eileen Tiff - Eileen was a wonderful, caring person who gave her time and knowledge and advocated for the rights of older adults.

Heather Wegner - Heather is a NewBridge nutrition site volunteer who helped with take out meals.

Sue Wittwer - Sue is a hard working, dedicated volunteer who goes above and beyond daily to help the NewBridge older adults.



1625 Northport Dr. #125
Madison, WI 53704

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
MADISON, WI
PERMIT #1410



2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

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

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

\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.
You can also purchase a friendship or make a donation on our website at
newbridgemadison.org. **Friendships are renewed annually.**
Donations may be tax deductible to the extent of the tax code.