

NEWBRIDGE

Your Connection to Successful Aging

NEWS

OCTOBER 2022

BRIDGING



MORE INFO ON
PAGE 24

NEWBRIDGE MADISON'S WEEK LONG ONLINE FUNDRAISER

10/3 - Champions of Hope

10/4 - Meet our Board

10/5 - Food Insecurity

10/6 - Corporate Match Day

Check out our website newbridgemadison.org and our Facebook page @NewBridge Madison

10/7 - Black Tie Bingo, In-Person Gala

Monona Terrace, 6:00-9:00 pm

CHECK OUT
WHAT'S
INSIDE!

02 General Information

03 NewBridge Staff

04-05 NewBridge Services & Activities

08-11 NBU : Diversity & Inclusion Activities

12-14 NBU : Classes & Activities

16 Foot Care Clinics & Loan Closet

17 Hispanic Heritage Month

18-19 Volunteer Opportunities

20-22 Nutrition Program

24 Bridging Hope & Black Tie Bingo

25 Donate to NewBridge

27 Case Management Walk-In Hours

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...

For over 30 years we have proudly served the Hispanic older adult community in Dane County. Participants in our Hispanic Diversity and Inclusion program are very eager to learn and so appreciative of the assistance and activities we offer. They have become family to one another (and our staff) and look after each other. I have had the pleasure over the years to participate in many of their group events and enjoy their cultural traditions and attributes, friendly conversation and delicious food. We celebrate these amazing individuals during Hispanic Heritage Month and I thank each of them for enlightening my life in so many wonderful ways.

Jim Kauwga

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

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST MADISON

5724 Raymond Road, Madison, WI 53711

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

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

Thank you to our Funders:



Friends of NewBridge

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

- KATHLEEN PATER, Mental Health Resource Mgr. Ext. 3007
- LIZZ DOWNS, Mental Health Resource Intern Ext. 3006
- MELISSA STOLTZ, Mental Health Resource Spec. Ext. 2002
- DAVID WILSON, Marketing Manager Ext. 2006
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- LISA HASSELL, Program Assistant Ext. 1011
- AL KUTIL, Nutrition Site Assistant —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator Ext. 3013
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

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

ID Statement: The 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.




Custom Care Plan

Free Assessment

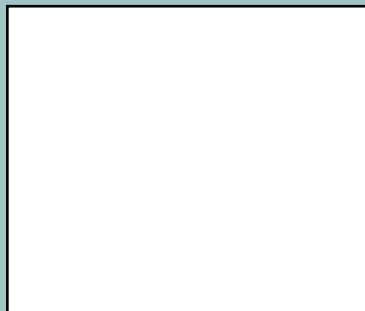
Visits from 3 hours to 24/7

Age in place with the help of

Visiting Angels

608-819-0665

www.VisitingAngels.com/MadisonWI




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



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

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with



AD CREATOR STUDIO



lpicommunities.com/adcreator



SERVICES AND ACTIVITIES

Bridge Buddies

“Your connection to a friendly caller”

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

Case Management

“Your connection to community resources”

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult’s individual needs. *Free for eligible Madison/Monona older adults (60+ or 50+ with MA Benefit). Private Pay Case Management available. Sponsored by CUNA Mutual Group Foundation.*

Classes & Activities

“Your connection to golden opportunities”

Social, educational, and exercise classes at various community sites. Details listed in monthly newsletter and website. *Free or low cost for older adults (60+) with scholarships available. Sponsored by All of Us Research Program-UW Madison.*

Diet Consultations &

Healthy Aging Workshops

“Your connection to nutrition and wellness.”

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

Diversity & Inclusion Activities

“Your connection to your peers”

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

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+).*

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+). Sponsored by the Lau and Bea Christensen Charitable 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.*

Mental Health Resources

“Your connection to mental health resources”

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

Nutrition Sites

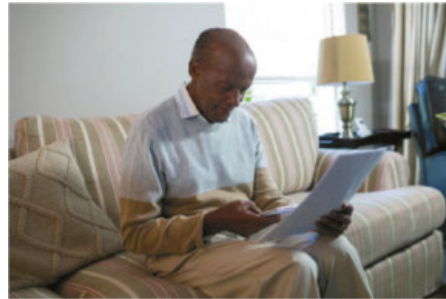
“Your connection to nutritious meals”

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

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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



Sponsored by the Madison Senior Center Foundation, Henry Norman Leck Endowment Fund

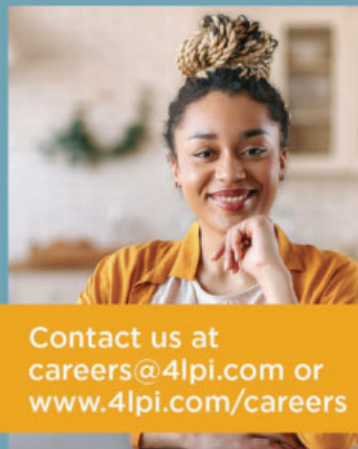
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ruth Schlitz

rschlitz@lpicommunities.com
(800) 950-9952 x2671



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



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

New Bridge, Madison, WI

B 4C 01-2049

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you every week.



VISIT WWW.MYCOMMUNITYONLINE.COM

GREENTREEGLEN SENIOR APARTMENTS

62+ 1 & 2 bedroom apartment homes

608-274-5161

732 Struck Street, Madison

greentreeglen@horizondbm.com



www.horizon seniorhousing.com

Professionally managed by Horizon Management

Find Energy Savings Here.



Partner with MGE to save energy.

Make mge.com your first stop.

- Get easy, low-cost ways to save energy.
- Use calculators to estimate your savings.
- Learn about incentives from Focus on Energy.

Join us in creating a more sustainable future.
Visit mge2050.com.



Your community energy company

GS3347 11/10/2021



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. ©2009 CK Franchising, Inc.

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**



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

New Bridge, Madison, WI

C 4C 01-2049

NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

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

PAGES 10-11

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

PAGES 12-14

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

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

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

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

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

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

NBU : BLACK DIVERSITY & INCLUSION ACTIVITIES



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



CONTACT DEANA:

(608) 512-0000
Ext. 2007

DeanaW@
NewBridge
Madison.org

Masks are required for all in-person group activities.

To register for programs/activities and request transportation, contact Deana.

HEALTH/WELLNESS

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

Tuesday, October 4, 2:00-3:00 pm
UW South Partnership, 2238 S. Park St.
Join Poets Fabu Carter, Gary Glazner and Deana Wright as they lead a memory arts cafe. Refreshments will be served.

FREE FLU SHOT AND BOOSTER CLINIC: In-Person - 1 credit

Monday, October 10, 11:00 am-1:00 pm
Mt. Zion Church, 2019 Fisher St.
Regular dose flu, high dose flu & Pfizer bivalent booster. Get gift cards.

THINK CAP CAFÉ: Zoom - 1 credit

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

HEALTHY LIVING TO PREVENT DIABETES: A SERIES OF VIRTUAL CLASSES: Zoom - 1 credit

Monday, October 3, 5:00-6:00 pm
Learn about this chronic illness: prevention, lifestyle, modifications, healthy living choices and tips on living with type 2 diabetes. This virtual course consists of short presentations followed by a discussion and interactive educational games.

WISCONSIN CANCER SUMMIT: In-Person - 1 credit

Thursday, October 20, 8:00 am-4:00 pm
Storytelling can be used to improve cancer health outcomes, empower patients and help connect, transform, learn and heal. Black health care professionals share their knowledge.
Sign up with Deana by Oct. 13.

COLOR ME HEALTHY: Zoom - 1 credit

Tuesday, October 25, 3:00-4:00 pm
Black health professionals focus on health literacy, health equity and positive health outcomes.

EXERCISE

GENTLE YOGA: In-Person - 1 credit

Mondays, begins Oct. 31, 10:30-11:30 am
Yoga that combines gentle breathing with flowing movement. All levels. Bring your own mat. *Sign up with Deana by Oct. 24.*

CHICAGO STEPPING & LINE DANCING:

In-Person - 1 credit

Saturdays, 1:00-3:00 pm

Improve your balance, help your memory and prevent falls while having fun.

BODY GROOVE: In-Person - 1 credit

Mondays, starting Oct. 31, 1:00-2:00 pm

A unique and fun dance exercise where everyone unites in a simple movement or rhythm. No dance experience necessary. If you can move, you can groove!

GET MOVIN': Zoom & In-Person - 1 credit

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

UW South Madison Partnership

2238 S. Park St. or via Zoom

A gentle exercise class for all levels.

ARTS

RE-INVENTING ALMA THOMAS: A SERIES OF VIRTUAL ART SESSIONS:

Zoom - 1 credit

Wednesday, October 5, 10:30-11:45 am

Inspired by the vibrant paintings of Alma Thomas, a Black abstract artist, explore techniques to re-create her artwork. All materials supplied.

PHOTOGRAPHY: NEIGHBORHOOD FALL WALK: In-Person - 1 credit

Saturday, October 16, 1:00-2:30 pm

Explore some of Madison's most beautiful green spaces with your camera or cell phone. *Sign up with Deana by Oct. 9.*

SPECIAL EVENTS

CALMING COMPUTER JITTERS:

In-Person - 1 credit

Tuesday, October 25, 11:00 am-1:00 pm

Grab your laptop for easy-to-understand instruction. All levels welcome. Light lunch provided. *Sign up with Deana by Oct. 18.*

VIRTUAL Q&A WITH MAYOR SATYA:

Zoom - 1 credit

Thursday, October 27, 11:00 am-12:30 pm

Let Madison's mayor know what's important to Black older adults. *Sign up with Deana by Oct. 26.*

CHILI COOK OFF: In-Person - 5 credits

Thursday, October 20, 11:00 am-1:00 pm

Join us for games and a cook off. Prizes awarded. *Sign up with Deana by Oct. 13.*

MADISON SYMPHONY ORCHESTRA:

In-Person - 1 credit

Saturday, October 15, 8:00-10:30 pm

Overture Center for the Arts, 201 State St.

"Sublime Violin & Journeys" All guests will receive an invitation to a post-concert reception. *Sign up with Deana by Oct. 10.*

A SALUTE TO BLACK VETERANS:

In-Person - 1 credit

Wednesday, November 9, 12:00-2:00 pm

Radisson Hotel, 517 Grand Canyon Dr.

We invite Black Veterans to join us to honor and acknowledge your service and sacrifice to our country. All branches of the US military welcome. *Sign up at Info@NewBridgeMadison.org or (608) 512-0000.*



The poster features a background image of a person in a red jacket and a military helmet. Text on the poster includes: 'NEWBRIDGE Your Connection to Successful Aging', 'MSC 55+ MADISON SENIOR CENTER', 'A SALUTE TO BLACK VETERANS!', 'A FREE luncheon honoring all branches of the military', 'Radisson Hotel 517 Grand Canyon Dr. Madison, WI 53719', and 'Wednesday, Nov. 9th 12-2PM'.

NBU : HISPANOS ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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



CONTACTE A

KATIA:

(608) 512-0000

Ext. 3009

**KatiaV@
NewBridge
Madison.org**

Consulte el sitio web de NewBridge para obtener el enlace Zoom www.newbridgemadison.org.

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

EJERCICIOS

ACTÍVATE BAILANDO CON LAURA

PRIETO: En persona - 1 crédito

Todos los martes de 1:30-2:30 pm

Del 6 de septiembre al 25 de octubre

Madison Senior Center, 330 W Mifflin St.

YOGA SUAVE - MSCR: Zoom— 1 crédito

Todos los lunes de 10:15-11:15 am

Del 12 de septiembre al 21 de noviembre

¡Inscríbese hoy! Gratuito.

SOCIAL

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles el 12 y 26 de octubre

1:00-2:00 pm

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

BINGO BILINGÜE: En persona -1 crédito

Viernes 7 octubre, 10:15-11:15 am

Almuerzo a las 11:30 am

Warner Park, 1625 Northport Dr.

Se proveerá transporte. *Regístrese antes del 30 de septiembre.*

BINGO: En persona - 1 crédito

11 de octubre, 12:30-1:30 pm

Warner Park, 1625 Northport Dr.

Se proveerá transporte. *Regístrese antes del 4 de octubre.*

SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD: En persona - 1 crédito

Cada 3er miércoles del mes

19 de octubre de 1:00-2:00 pm

Acompañenos a conversar acerca de diferentes temas de la salud.

CHARLAS EDUCATIVAS SOBRE LA SALUD: En persona y Zoom - 1 crédito
Octubre 11 a las 10:00-11:30 am
Warner Park, 1625 Northport Dr.
Almuerzo Incluido. *Regístrese antes del 4 de octubre.*

EDUCACIONAL

LA CAFETERIA DE LA MEMORIA: Zoom - 1 crédito

Jueves de 2:00-3:00 pm
Entrene su memoria, percepción, atención, concentración y más...a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

LA REUNIÓN: Zoom - 1 crédito

Viernes 14, 21 y 28 de octubre
10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

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

12 de septiembre – 12 de diciembre
Warner Park, 1625 Northport Dr.
Los participantes aprenderán a hablar y a comunicarse en inglés. ¡Ellos escogerán los temas para estudiar! Los temas incluyen platicar acerca de su familia, salud, hacer citas, llamadas telefónicas, conversaciones casuales, y más. Las clases están disponibles otros días y horarios. ¡Contáctenos para más opciones! Se proveerá transporte.

EVENTO ESPECIAL

CELEBRACIÓN POR EL MES DE LA HERENCIA HISPANA: En persona - 5 créditos

Sábado 8 de octubre de 12:00-4:00 pm
Centro Catolico Multicultural, 1862 Beld St
Inscríbese antes del 30 de septiembre.

CELEBRACIÓN DEL “DIA DE LOS MUERTOS” Y PLANIFICACIÓN

AVANZADA DE LOS CUIDADOS

MÉDICOS: En persona - 5 créditos

Sábado 29 de octubre de 10:00am-2:00pm
Madison Senior Center, 330 W Mifflin St.
Venga a celebrar con su Familia y complete los formularios de planificación avanzada de los cuidados médicos. Tendremos comidas, rifas, ¡y Mariachis! Transporte Incluido. *Por favor, inscríbese antes del 21 de octubre.*

Talleres y Celebración de Planificación Avanzada de Cuidados Médicos
Madison Senior Center | 330 W Mifflin St. Madison, WI

REUNIONES: OCT 14 y 21 | 10-11:30AM

CELEBRACIÓN OCT 29 | 10AM -2PM
*Comida y Festejo - Familias Bienvenidas *

Para inscribirse contacte a Katia (608)800-1316
Enlaces de Zoom y Transporte disponibles

UWHealth NEWBRIDGE MSC THE RIVER DeanHealthPlan

NBU : CLASSES & ACTIVITIES



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



CONTACT DEENAH:
(608) 512-0000
Ext. 3002
DeenahG@NewBridgeMadison.org

Masks for in-person group activities will be determined on a program-by-program basis.

See NewBridge website for the Zoom link, www.newbridgemadison.org or contact Deenah.

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

SOCIAL

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

PING PONG: In-Person - 1 credit
Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

WESTSIDE WARBLERS: In-Person

Monday, October 3, 11:00 am-12:30 pm
Middleton Senior Center, 7448 Hubbard Ave.
Tuesday, October 18, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Our accompanists are Robert and Patricia Stone. Refreshments provided. For more information, contact Ellie (608) 230-6704

SASSY STEPPERS: In-Person - 1 credit

Mondays, 4:00-5:00 pm
Warner Park, 1625 Northport Dr.
If you love to dance, enjoy performing, want to learn new dance moves and meet new friends, come join us!

CARD MAKING CLUB: In-Person - 1 credit

Wednesday, October 12, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

SEWING CLUB: In-Person - 1 credit

Thursday, October 6 & 20, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:

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

BINGO: In-Person - 1 credit

Fridays, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

Join callers Diana D & Don. One lucky winner will receive a gift card. Bilingual Bingo is on the 1st Friday of each month.

NO ZOOM BINGO THIS MONTH.

BOOK CLUB: Zoom - 1 credit

Wednesday, October 5, 10:00-11:00 am

Warner Park, 1625 Northport Dr.

Our October book discussion is on Afterlife by Alvarez. You are responsible for getting and returning your book. Books are available at Lakeview Library.

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

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

EASY YOGA PLUS: Zoom - 1 credit

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

Ellen Millar leads a series of exercises that can be done standing or from a chair.

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

STRETCH & STRENGTH: Zoom - 1 credit

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

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

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

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

Wednesdays and Fridays, 10:15-11:45 am

Warner Park, 1625 Northport Dr.

Learn to be mindful and reduce stress while having fun. Small donation requested. *A collaboration with Outreach, Inc. 50+ Alliance. Taught by Mimi Millen, M.Ed., MS, Energy Practitioner.*

HEALTH/WELLNESS

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

Tuesdays, 1:00-2:30 pm

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

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, October 11, 1:00-3:00 pm

Warner Park, 1625 Northport Dr.

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

By appointment only, contact Deenah.

ARTS

MUSIC JAM SESSION: In-Person - 1 credit

Saturday, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

"Turn it up!" Join us for this ongoing Jam Session. Musicians meet to play and sing anything written after 1950. All are welcome. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

COMPASSIONATE COMMUNICATION:

In-Person - 1 credit

September 12-October 31, 1:00-2:30 pm

Goodman Community Center

Join us for this 8-week session with a trained professional. Compassionate Communication is a powerful tool to use with interpersonal relationships, internal negation, personal healing to conflict resolution; social change to trauma and recovery settings. *A collaboration with Madison & Monona Senior Centers, Goodman Community Center.*

AUTHORS SPEAK SERIES: Zoom - 1 credit

Coming in November. Local authors present their works and lead a discussion on their book. *A collaboration with Goodman Community Center and Madison Public Libraries.*

WELLNESS WARRIORS: Zoom - 1 credit

Wednesdays, September 14-November 2
10:00-11:30 am

Join us for this 8-week session that has some guided activities led by Professor Kim. *A collaboration with Goodman Community Center, Madison & Monona Senior Centers and Edgewood College School of Nursing.*

WE HAVE MOVED!

We have moved to 505 Cottage Grove Rd. in Madison.

In the July NewBridge News we informed you NewBridge was selling our Monona Drive office and looking for a smaller office space in the east Madison/Monona area. We are pleased to announce that in August we sold our office at 4142 Monona Drive and signed a lease to rent a smaller space just a ½ mile away. On September 6, we opened a new office at 505 Cottage Grove Rd. in Madison (located next door to the Hair Majesty Beauty Salon). Our medical equipment loan closet has moved to the 505 Cottage Grove Rd. office. This location will also be used for

our staff to meet with older adults and to provide general information about our programs, services and local resources for anyone interested.

Please note the hours for our 505 Cottage Grove Rd office is different from our other two locations. The hours are 8 am-3 pm, Monday-Thursday, or after hours by appointment. Our Cottage Grove Rd office will be closed on Fridays. We encourage you to stop by, say hello to Joe, and check out our new space!



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ruth Schlitz

rschlitz@lpicommunities.com
(800) 950-9952 x2671

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.

Visit www.mycommunityonline.com



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator



noel manor
RETIREMENT LIVING

INDEPENDENT, ASSISTED LIVING & CLOSER CARE CAMPUS

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



Call For A Tour 608-620-6010

471 Prairie Way Blvd. • Verona, WI
608-620-6010 • noelmanorliving.com

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

www.smpwi.org

[WisconsinSeniorMedicarePatrol](https://www.facebook.com/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.

SUPPORT OUR ADVERTISERS!



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

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 \$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.

EAST MADISON

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

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, October 4, 1:00-2:30 pm

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

Warner Park Community Rec Center
1625 Northport Drive
Thursday, October 27, 8:30 am-Noon

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Monday, October 3, 9:00 am-12:00 pm
Tuesday, October 25, 9:00 am-12:00 pm

MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the loan closet location:

**505 Cottage Grove Rd.
(location changed in September)**

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 wheel chair donations.

CELEBRATING HISPANIC HERITAGE MONTH



National Hispanic Heritage Month (Mes nacional de la herencia hispana) is celebrated from September 15-October 15 and recognizes the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.



At NewBridge, we have a specific program for our Hispanic older adults called *Diversity & Inclusion-Hispanic*. Katia Vine, our Hispanic Program

Coordinator, serves Dane County's Hispanic community providing programs, classes and activities in Spanish. Contact her to engage and socialize with other Hispanic older adults (608) 512-0000 Ext. 3009, KatiaV@newbridgemadison.org We also have 3 bilingual Case Managers who provide services to Hispanic older adults and connect them to resources.

Aster 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.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4lpi.com or 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

TOUR ALL THREE

RETIREMENT HOUSING
 Independent Living Apartments & Communities

Edgerton Retirement Apartments
 505 Stoughton Rd., Edgerton | (608) 884-9009
era@bmcmadison.com
 Lovely apartment community nestled in a quiet park-like setting with 24 one-bedroom apartments including a community kitchen and dining area.
 2021 & 2022 BEST OF EDGERTON AWARD

Genesis Apartments
 230 S. Oak St., Oregon | (608) 835-8600
customerservice@genesishousinginc.org | genesishousinginc.org
 Affordable apartment community with 56 one- and two- bedrooms located in the heart of downtown Oregon and Brooklyn. Our rent includes all utilities!

Greenspire Apartments
 924 Jackson St., Stoughton | (608) 873-7855
greenspire@sbcglobal.net
 Located a few blocks from downtown Stoughton, over 90 one- and two-bedroom apartments that are convenient to shopping, hospital and doctors.
 All properties including 24-hour emergency maintenance, attentive onsite management, onsite laundry and parking.
 Affordable communities for those 62+ and/or disabled.
 Income limits apply, rental assistance may be available.

BROIHAHN MANAGEMENT CONSULTING, LLC Managed With Care®

bmcmadison.com Equal Opportunity Provider



VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT– Flexible

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

NUTRITION SITE VOLUNTEERS

DESCRIPTION– Help check people in, serve drinks, and socialize with older adults at our nutrition sites.

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

GUARDIAN & REPRESENTATIVE PAYEE

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

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

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT– 2-4 times/month

IMMEDIATE NEED– 5 volunteers



BRIDGE BUDDY CALLERS

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

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

NEWSLETTER COORDINATOR VOLUNTEER

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

TIME COMMITMENT– 2-4 hours a month.

THANKSGIVING

MEAL DELIVERY VOLUNTEERS NEEDED!

www.newbridgemadison.org/thanksgiving-meal-delivery



CONNECTIONS

YOUR VISION. YOUR PATH. YOUR PARTNER.
IRIS Consultant Agency (ICA)



A program of
Lutheran Social
Services

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

SUPPORT OUR ADVERTISERS!



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

New Bridge, Madison, WI

F 4C 01-2049

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.*

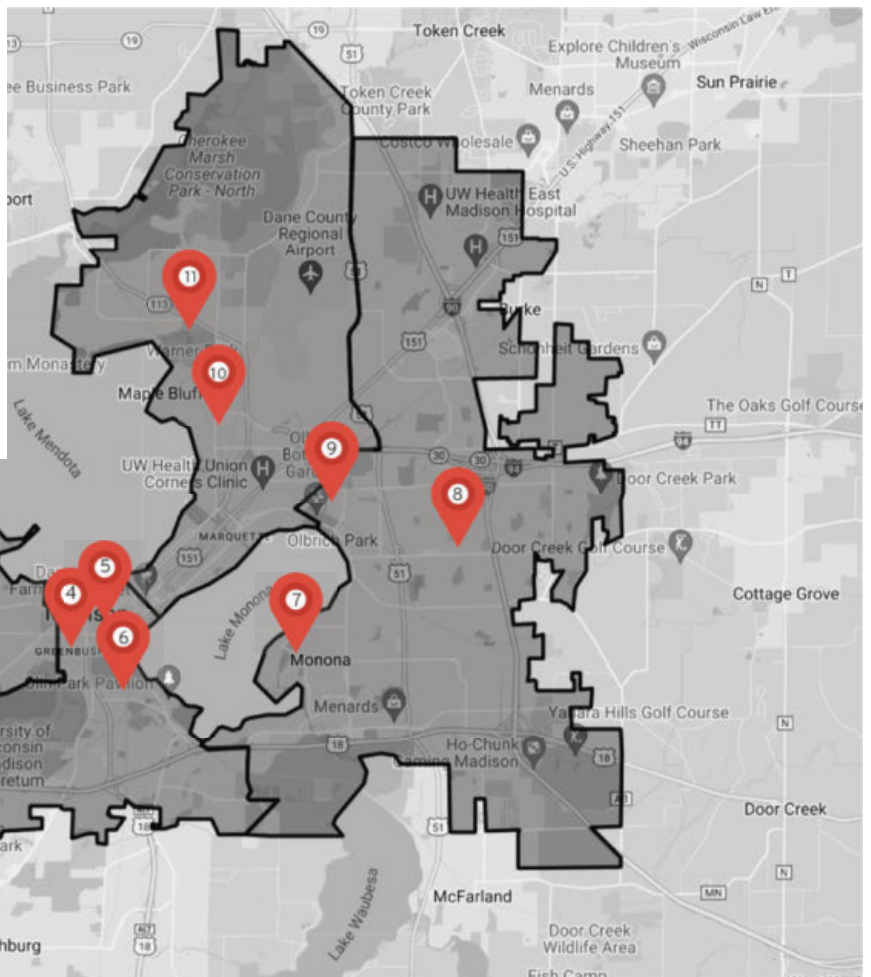
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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 **\$9.07.**

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



WEST MADISON

Hy-Vee West, 675 S. Whitney Way

Wednesday, 11:00 am-1:30 pm

**No meal reservation required*

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

Catered by Hy-Vee.

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

SOUTH MADISON

Lechayim Lunchtime Plus,

Beth Israel Center, 1406 Mound St.

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

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

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

- **Monday, October 24** : Maple Mustard Chicken, Basmati Rice, Roasted Root Vegetables, Fudge Brownies & Fresh Fruit, MO: Maple Mustard Tofu
- **Monday, October 31** : Traditional Braised Brisket, Herb Roasted Yukon Potatoes, Roasted Tri-Color Carrots, Challah Rolls, Fudge Brownies, Fresh Fruit, MO: Pesto Risotto



EAST MADISON/MONONA

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

Catered by Gaylords. September Menu:

- **Friday, October 7** : Roast Beef, Gravy Mashed Potatoes Glazed Carrots Bread, Fruit, Cookie, MO: Veggie Patty
- **Friday, October 14** : Dijon Chicken Scalloped Potatoes Green Beans, Fruit, Italian Bread, Ice Cream Sandwich MO: Veggie Patty
- **Friday, October 21** : Chili with Beans Corn Bread Cottage Cheese, Fruit, Cookie, MO: Veggie Chili
- **Friday, October 29** : Mushroom Steak, Gravy Mashed Potatoes, Garden Blend Veggies, Fruit, Cup Cake MO: Veggie Patty

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

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
03 Black Bean Cheese Enchilada Casserole	04 Beef Lasagna	05 Swedish Meatballs with Egg Noodles	06 Pork Chops	07 Chicken Rice Casserole
10 Baked Ziti	11 Fish Sandwich	12 Honey Glaze Ham	13 Beef Tater Tot Casserole	14 Chicken Sandwich
17 Beef Chili	18 Flank Steak Stir Fry	19 BBQ Chicken Thigh	20 Turkey Meatloaf	21 Pulled Pork Shoulder
24 Spaghetti Meat Sauce	25 Grilled Cheese Burger	26 Chicken Teriyaki	27 Beef and Bean enchilada Casserole	28 Baked Cod
31 Beef Goulash				

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, October 5** : Lasagna
- **Wednesday, October 12** : Meatloaf
- **Wednesday, October 19** : Goulash
- **Wednesday, October 26** : Roast Pork
- **Every Wednesday**: Baked Fish or Sandwich/Soup

NUTRITION MEAL SITES

WEST MADISON

Meadowridge Commons, 5734 Raymond Rd.
 Tuesday, Thursday, Noon
 For reservations call (608) 512-0000 Ext. 4006

Good Shepherd Church, 5701 Raymond Rd.
 Friday, Noon
 For reservations call (608) 512-0000 Ext. 4006

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.
 Monday-Friday, 11:30 am
 For reservations call (608) 512-0000 Ext. 4006

Madison Senior Center, 330 W. Mifflin St.
 Monday-Friday, 11:30 am
 For reservations call (608) 512-0000 Ext. 4006

EAST MADISON/MONONA

**Messiah Lutheran Church,
 5202 Cottage Grove Rd.**
 Tuesday and Thursday, Noon
 For reservations call (608) 512-0000 Ext. 2001

NORTH MADISON

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 *Ham/Potato Casserole Peas, Peach Cup, Jell-o Cup MO - Soy and Potato Cass.	04 Chicken and Gravy Over White Bread, Carrots Broccoli, Orange Juice Cup Oatmeal Cream Pie MO - Soy Chicken and Gravy	05 Sloppy Joe Potato Salad Mixed Vegetable, Banana Oreo Cookie MO - Chickpea Joe	06 *Pork Loin in Gravy Yam Bake, 3 Beans Salad Cinn. Applesauce Cup Pound Cake MO - Veg Balls in Gravy	07 Chicken Stew Mixed Greens, Crackers Copper Penny Salad, Pears Chocolate Pudding Cup MO - Veggie Chicken Stew
10 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail Cup, Brownie MO - Black Bean Burger	11 *Meatballs in Marinara Over Penne, 4 Bean Salad Peach Cup, Oreo Cookie MO - Veg Balls in Marinara	12 Fish Sandwich Yams, Peas, Pear Cup Nuttty Buddy Bar MO - Garden Burger	13 Tomato Bean Soup Crackers, Caesar Salad Pineapple Cup, Jell-o Cup MO - Tomato Bean Soup	14 Bone-in BBQ Chicken Cheesy Potatoes Banana, Berry Applesauce MO - Veggie BBQ
17 Lemon Dill Baked Fish Baked Potato, Coleslaw Butterscotch Pudding Cup MO - Hummus and Pita	18 Chicken Broc. Rice Cass. Carrot Coins, Chickpea Salad Fruit Cup, Brownie MO - Veggie Broccoli Casserole	19 Chili Baked Potato, Cornbread Pear Cup, Fig Newton Bar MO - Veggie Chili	20 Traditional Meatloaf Mashed Potatoes, Broccoli Applesauce Cup MO - Veggie Balls	21 *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Orange Cup Chocolate Chip Cookie MO - Veggie Wrap
24 Chicken a la King Brown Rice, Capri Blend Broccoli Salad, Fruit Cocktail Peanut Butter Cookie Bar MO - Soy a la King	25 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Reese's Peanut Butter Cup MO - Marinara Sauce	26 *Italian Sausage Coney Bun, Roasted Potatoes Stewed Tomatoes Mandarin Oranges, Brownie MO - Hummus/Roasted Veg.	27 *BBQ Ribs Cheesy Potatoes Pickled Beets Cinnamon Applesauce Cup MO - BBQ Veggie	28 *Meatballs in Gravy Mashed Potatoes Mixed Greens Mixed Fruit Cup Chocolate Pudding Cup MO - Veggie Balls in Gravy

31 Garlic Parmesan
 Chicken, Stewed Tomatoes
 Spinach Casserole
 Peach Cup, Lemon Bar
 MO - Veggie Garlic

CONSOLIDATED FOOD SERVICE MENU

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.

Planning isn't just for You



Pre-Arranging Service
Funeral Burial Plans
Funeral Cremation Plans



608-221-5420
gundersonfh.com

- East / Madison 608-221-5420
- Cross Plains 608-798-3141
- Black Earth 608-767-3684
- Middleton 608-831-6761
- Fitchburg 608-442-5002
- Mount Horeb 608-437-5077
- Oregon 608-835-3515
- Stoughton 608-873-4590
- Lodi 608-592-3201

Our Family Will Take Good Care of Your Family

For some,
self-direction
is a new idea.

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



tmg[®] tmgwisconsin.com
Let's clear the path ahead. (844) 864-8987

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

SUPPORT OUR ADVERTISERS!

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

BRIDGING HOPE & BLACK TIE BINGO FUNDRAISER



A week-long online fundraiser to help Madison area older adults ending with an in-person gala.

MONDAY, OCTOBER 3 CHAMPIONS OF HOPE

We received 24 nominations of heroic individuals who deserve special recognition for their dedication in serving older adults. We will be telling their stories and announcing the winner at our in-person gala Black Tie Bingo and on our website and Facebook.

TUESDAY, OCTOBER 4 MEET THE BOARD OF DIRECTORS

Get to know the Board of Directors and why our mission is important to them.

WEDNESDAY, OCTOBER 5 FOOD INSECURITY

Learn the ways we have tackled food insecurity for older adults in Madison and Monona since 2020.

THURSDAY, OCTOBER 6 CORPORATE MATCH DAY

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

FRIDAY, OCTOBER 7 BLACK TIE BINGO

In-person gala at the Monona Terrace, 6:00-9:00 pm. Join us to raise money to for older adults in Madison & Dane County!

EVENT LINKS

- **Website** - Our main event hub:
newbridgemadison.org/bridging-hope
- **Facebook** - [facebook.com/
NewBridgeMadison](https://facebook.com/NewBridgeMadison)

WAYS TO DONATE

- On our website with credit or debit
newbridgemadison.org/bridging-hope
- Call Deb at (608) 512-0000 Ext. 4000 for debit or credit
- Mail in a check to NewBridge, 1625 Northport Dr. #125 Madison 53704

DONATE TO NEWBRIDGE TODAY!

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2022 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



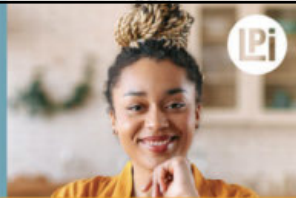
Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704. You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually. Donations may be tax deductible to the extent of the tax code.

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



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

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

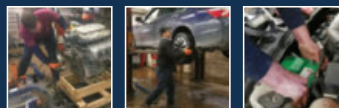
AD CREATOR STUDIO



lpicommunities.com/adcreator

Monona Motors

Greg Carlson | Carlos Villota



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



Honest, reasonably priced attorney

I Make House Calls!

Wills • Trusts
Individual/Trust/Estate Income Tax
Powers of Attorney • Real Estate

Paul O'Flanagan Attorney at Law

313 Price Place, Suite 110
Madison, WI 53705
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

WELCOMING NEW STAFF AND INTERNS

Emily Mendoza, Case Manager Intern



As I work towards my Bachelor of Social Work at the University of Wisconsin-Madison, I am very excited about this wonderful new opportunity to further develop my knowledge and skills working with older adults as part of the NewBridge

team. My future plans consist of a focus on aging and mental health and completing my Master's degree as I continue my academic journey and transition into this career field. Although I grew up in the city of Chicago, I enjoy spending my free time outdoors by the beautiful lakes Madison has to offer with a good book by my side.

Emma Hoiby, Case Manager Intern



My name is Emma and I am a case manager intern at NewBridge. I am in the first year of my masters in social work program at UW Madison. I just moved to Madison, but I grew up in Sun Prairie so I am familiar with area. For undergrad I

studied psychology at UW La Crosse. My life span development course there is what peaked my interest in working with older adults. I wished we had more for time for it in class, so I am excited to have some hands-on experience. In my free time, I like to read, hike, do yoga, bake, and play board and card games and I hope I get to share those interests with clients.

Lizz Downs, Mental Health Resource Intern



My name is Lizz Downs and I live outside of Madison in Cambridge with my husband, two cats, three dogs and a snake. I think we are well on our way to becoming a zoo at this point! I graduated with my Bachelor's Degree in Social

Work from UW-Whitewater in 2015 and began working in child welfare. For the last seven years, I have been working as a Child Protective Services Social Worker. I recently decided to go back to school to obtain my Masters degree, and chose working with NewBridge in the mental health program. Most of my electives also relate to older adults, as I feel that it is an important population to support and learn about. I am excited to work with a completely different population, and see what other forms of social work are out there.

Vanina Miguel, Bilingual Case Manager



I am so happy to join the NewBridge team! I am a medical doctor from Argentina. I have worked with older adults for more than 10 years. I love spending time with my family. This is my favorite activity in the entire world. I like to cook

and my favorite food is pizza! I also enjoy spending time at the lakes or the mountains. One of my favorite hiking spots is Devil's Lake. I moved to Madison from Argentina with my daughter and my husband, and I am looking forward to working and being an active part of our community and sharing my experience with all of you. Estoy muy contenta de unirme al equipo de NewBridge! Soy medica graduada en Argentina en donde he trabajado con adultos mayores por mas de 10 años. Me encanta pasar mi tiempo libre con mi familia. Este es sin dudas mi pasatiempo favorito. Tambien me gusta cocinar y mi comida favorita es la pizza! Ademas disfruto pasar tiempo en los lagos o en las montañas, por esto uno de mis sitios favoritos aqui es Devil's Lake. Me mude a Madison desde Argentina con mi familia, mi esposo y nuestra hija y espero poder trabajar y ser un miembro activo de nuestra comunidad, y compartir mi experiencia con todos ustedes.

CASE MANAGEMENT WALK-IN HOURS

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

EAST MADISON

Monona Senior Center
1011 Nichols Rd.

Friday, October 14, 11:30 am-12:30 pm

Goodman Community Center
214 Waubesa St.

Tuesday, October 18, 11:30 am-12:30 pm

SOUTH MADISON

Romnes Apartments
540 W Olin Ave.

Tuesday, October 4, 11:00 am-Noon

WEST MADISON

Good Shepherd Church
5701 Raymond Rd.

Friday, October 21, 11:15 am-Noon

Bilingual Spanish/English

Meadowridge Commons
5734 Raymond Rd.

Thursday, October 27

11:15 am-12:30 pm

Bilingual Spanish/English

We Make Medicare Uplifting
Call for an appointment today!

**INFORMED
CHOICE**
INSURANCE AGENCY

608-819-6311
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
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT
Authorized
Provider

SafeStreets

833-287-3502

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Ruth Schlitz

rschlitz@lpicommunities.com

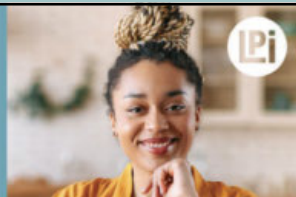
(800) 950-9952 x2671

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers





1625 Northport Dr. #125
Madison, WI 53704

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



10.7.22

BLACK TIE BINGO



JUDGE
EVERETT MITCHELL



WKOW'S
CAROLINE BACH



COMEDIAN
DAVID SCHENDLINGER



MADISON ICON
JUAN LOPEZ