



NEWBRIDGE

Your Connection to Successful Aging

NEWS

OCTOBER 2023



CELEBRATING HISPANIC HERITAGE MONTH



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newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A community where all older adults live their best life.



A LETTER FROM THE DIRECTOR...

On average, over 1,000 people need housing in Dane County every day and many of these are older adults. Lack of accessible and low-income housing are two major causes for their being homeless. Those experiencing homelessness often suffer from health-related issues, social isolation, racism, discrimination, barriers to transportation and financial insecurity. Dane County and the city of Madison are working diligently to address homelessness but have limited resources. November is Homeless Awareness month. A time to raise awareness of the issue, its impact on our elderly and how we can be part of the solution. Come join us at the kick-off event Friday, November 3, 10:30-11:30 am, City-County Building, Madison.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- RACHEL ERICKSON, Mental Health Intern Ext. 3006
- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- JASMINE SMITH, Volunteer Coordinator Ext. 4007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- 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.




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TOUR ALL THREE

RETIREMENT HOUSING

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Edgerton Retirement Apartments
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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.



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SERVICES AND ACTIVITIES

Case Management

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

Food Bridge

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

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

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

Nutrition Dining Sites

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

Representative Payee & Guardianship Service

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

WELCOME JASMINE SMITH



Jasmine Smith, Ext. 4007,
JasmineS@newbridgemadison.org

My name is Jasmine Smith and I am the new Home Chore Coordinator. I am a UW Milwaukee graduate who has been in the human service field for 7+ years. I enjoy spending time with my daughter and our new puppy. My favorite color is pink and chocolate makes my heart smile. I am so excited to be a part of this awesome organization and I can't wait to see the amazing things that NewBridge has to offer.

WE'RE HIRING! AD SALES EXECUTIVES



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Ruth Schlitz

rschlitz@lpicommunities.com
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Are you interested in learning about brain health and participating in research?



Join the Brain Health Community Registry

Learn more at: <https://redcap.link/xlh49nhf>
give us a call: **608-800-2899** or send us an email:
BrainHealthResearch@medicine.wisc.edu

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NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

Classes and Activities for Black Older Adults
Deb Temerbekova, Executive Assistant
(608) 512-0000 Ext. 4000
DebT@newbridgemadison.org

PAGES 10-11

Classes and Activities for Hispanic Older Adults
(608) 800-1316

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 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 activities are developed for Black older adults and focus on socialization,
 health education, and support groups. *Free for Black older adults (60+) in Dane County.*

During the transition of our Diversity and Inclusion older adult activities staff, NewBridge will offer a limited amount of activities for participants in our Black and Hispanic programs.

CONTACT DEB TEMERBEKOVA TO REGISTER AND/OR REQUEST TRANSPORTATION UNTIL A NEW STAFF IS HIRED.
(608) 512-0000 Ext. 4000
DebT@NewBridgeMadison.org

VIRTUAL

BINGO

Wednesday, October 11

3:00 - 4:00 PM

NEWBRIDGE Year Connection to Successful Aging

MADISON PUBLIC LIBRARY

CALMING COMPUTER JITTERS

Help for Older Adults Who Aren't Computer Savvy

Grab your laptop and join us
 Mt. Zion Baptist Church 2019 Fisher Street
 for an afternoon of easy-to-understand instruction.

Wednesday, October 25, Noon-2 pm

REBALANCED-LIFE WELLNESS ASSOCIATION **NEWBRIDGE**

Check-in Wednesday
 A Welcoming, Informative and Interactive space for Older Black Men 60+

Bid Whist, Spades, Dominoes, Checkers & Conversation
 2nd Wednesday of Every Month

OCT 11 **1:00 - 4:00 PM**

Men's Health & Education Center
 588 Grand Canyon Dr., Madison, WI
 Next to the Perry Family Free Clinic & JP Hair Design

Wisconsin Alzheimer's Disease Research Center
 UNIVERSITY OF WISCONSIN
 SCHOOL OF MEDICINE AND PUBLIC HEALTH

UW South Madison Partnership
 2238 S. Park St.
 Madison, WI 53713

MEN'S SELF-CARE WORKSHOP **Sat. Oct. 14, 1-3 pm**

Wisconsin Alzheimer's Disease Research Center
 UNIVERSITY OF WISCONSIN
 SCHOOL OF MEDICINE AND PUBLIC HEALTH

GET MOVIN' **IN-PERSON & ON ZOOM**

Tuesdays & Thursdays
 1:00-2:30 PM

An indoor gentle exercise program designed for every fitness level

Monona Senior Center invites you to...

COME AND JOIN OUR OPEN HOUSE!



Trivia / Resources / Refreshments / Reflexology / Prizes / More!!!

**THURSDAY, OCTOBER 26TH FROM 3:00 - 5:00 P.M.
1011 NICHOLS ROAD, MONONA - LOWER LEVEL**

For more information about the event, visit www.mymonona.com/seniorcenter.
You may also contact us at 608-222-3415

health & resource fair

MADISON SENIOR CENTER
330 W MIFFLIN ST

**Tuesday, October 19,
10:00 am - 12:15 pm**

- Health Screenings
- Healthy Snacks
- Yoga
- Brain Health Presentation
- Over 25 vendors
- Door Prizes
- Free



Sponsors: MGE, United Health Care, Davis Clinical Consulting, LLC, Interim Health Care, Pro Spine & Pain, All of Us Research Program

NBU : CLASES Y 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. Actividades solo en español. Activities in Spanish only.

Durante la transición de nuestra Diversidad y personal de actividades de inclusión para adultos mayores, NewBridge ofrecerá una cantidad limitada de actividades para los participantes en nuestro Black y programas hispanos.

LLAME AL (608) 800-1316 PARA REGISTRARSE EN EL PROGRAMA Y HACER RESERVAS DE NUTRICIÓN MIENTRAS CONTRATAMOS A UN NUEVO COORDINADOR DEL PROGRAMA.

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.

EJERCICIOS

YOGA SUAVE (MSCR): Zoom - 1 crédito

Lunes del 2 de octubre al 27 de noviembre, 10:15-11:15 am

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

SOCIAL

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles el 4 de octubre, 1-2:00 pm

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

RITMO & DRUMS: En Persona - 5 crédito

Martes del 3, 10, 24, 31 de octubre
10:00-11:00 am

Únase al círculo de tambores de NewBridge. Este grupo se encuentra conformado por personas de 60 a 90 años. No se necesita previa experiencia.





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*. The program serves Dane County's Hispanic community providing programs, classes and activities in Spanish. We also have 3 bilingual Case Managers who provide services to Hispanic older adults and connect them to resources.

"The Latina in me is an ember that blazes forever." Sonia Sotomayor, Associate Justice of the Supreme Court of the United States

El Mes Nacional de la Herencia Hispana se celebra del 15 de septiembre al 15 de octubre y reconoce las contribuciones y la influencia de los hispanoamericanos en la historia, la cultura y los logros de los Estados Unidos.

En NewBridge tenemos un programa específico para nuestros adultos mayores hispanos llamado *Diversidad e Inclusión-Hispano*. El programa sirve a la comunidad hispana del condado de Dane brindando programas, clases y actividades en español. También contamos con 3 administradores de casos bilingües que brindan servicios a adultos mayores hispanos y los conectan con recursos.

"La latina que hay en mí es una brasa que arde para siempre". Sonia Sotomayor, Jueza Asociada de la Corte Suprema de los Estados Unidos

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

Welcome to the NewBridge hybrid model of programming where we offer both in-person and virtual (Zoom) programs, presentations, gatherings and more. *See NewBridge website for the Zoom link, www.newbridgemadison.org.*

SOCIAL

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

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

SASSY STEPPERS: In-Person - 1 credit
Tuesdays, 2:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you love to dance, enjoy performing, and meet new friends, come join us!

CARD MAKING CLUB: In-Person - 1 credit
Wednesday, October 11, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

BINGO: In-Person - 1 credit
Fridays, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Join caller Diana D. for BINGO. You can play up to 4 cards; each card costs 50 cents. Winner wins \$1.00.

BOOK CLUB: Zoom - 1 credit
Wednesday, October 4, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our October book is: Driving Miss Norma: One Family's Journey Saying "Yes" to Living by Tim Bauershmidt.
You are responsible for getting and returning your book. Available at the Lakeview Library.

RITMO & DRUMS: In-Person - 1 credit
Tuesdays, October 3, 10, 24, 31
10:00-11:00 am
Warner Park, 1625 Northport Dr.
Intergenerational Drum Circle. Ritmo is Spanish for Rhythm. **If you would like to drum with us please contact Deenah Givens for more details.**

WESTSIDE WARBLERS will NOT be meeting in October or November.

SEWING CLUB: In-Person - 1 credit

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

Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Mondays, 10:00-11:00 am

Lakeview Library, 2845 N. Sherman Ave.

To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA: In-Person - 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 \$30/mo.

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

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

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

Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen, M.Ed., MS, Energy Practitioner since 2005.*

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.

WELLNESS WARRIORS: Zoom - 1 credit

Wednesday, September 6-October 25

2:30-3:30 pm and continues into October

"We get by with a little help from our friends." This lively group is led by

Edgewood College instructor Kim W and her students. Each week we meet to learn and grow together as we discuss relevant topics that affect older adults today.

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, October 17, 1:00-3:00 pm

Lakeview Library, 2845 N. Sherman Ave.

To register call Lakeview Library at (608) 246-4547 or register online at madpl.org/events. Registration will open at 10:00 am two weeks before each program date.

NBU : CLASSES & ACTIVITIES CONTINUED

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

One Saturday/mo, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

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

For more info please contact Walt Stewart (608) 576-5437.

COLLABORATIVE EVENT

LET'S COOK TOGETHER- 6 WEEK

COOKING CLASS: Zoom - 1 credit

Wednesdays, October 18-November 22

4:00-5:30 pm

This is not your ordinary cooking class! Try easy to make recipes from all over the world in the comfort of your own home. UW students will demonstrate how to cook the featured dish, as well as share your choice of health information and facts. Recipes will be sent out each week, prior to the cooking session so you will have time to gather your ingredients. If you would prefer not to cook but would like to join for the information or dinner company, please feel free to join us! For questions or to register, contact Gayle at Goodman Community Center (608) 204-8032 or gayle@goodmancenter.org

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS

In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

- 1st Wednesday of the Month - Birthday Celebration!

MADISON SENIOR CENTER

- 1st Week of the Month - Birthday Celebration!
- Every Tuesday, 10:00 am - Bingo

MEADOWRIDGE COMMONS/GOOD SHEPHERD LUTHERAN CHURCH

- 1st Week of the Month - Birthday Celebration!

MESSIAH LUTHERAN CHURCH

- 1st Week of the Month - Birthday Celebration!

ROMNES

- 1st Week of the Month - Birthday Celebration

WARNER PARK

- 1st Week of the Month - Birthday Celebration!
- Every Friday, 10:15 am - BINGO! You can play up to 4 cards; each card costs 50 cents.

SPARK!: In-Person - 1 credit

Friday, Oct. 6, 10:00-11:30am, Warner Park

Friday, November 3, 10:00 am-Noon, Chazen Museum of Art

Fri., Dec. 1, 10:00-11:30 am, Warner Park Art, music, and culture program for people with early to mid-stage memory loss and their care partners provided by ARTS for ALL Wisconsin. **Free but registration is required** at www.artsforallwi.org/

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Ruth Schlitz

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New Bridge, Madison, WI

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

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

Lake Edge Luther Church
4032 Monona Drive
Thursday, October 5, 19, 9:30-11:45 am



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

NORTH MADISON

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

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

Warner Park Community Rec Center
1625 Northport Drive
Thursday, October 26, 9:30-11:30 am

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, October 24, 9:00-11:40 am

MEDICAL EQUIPMENT LOAN CLOSET

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

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 handheld reachers.

THANK FOR YOUR SUPPORT



As you may recall, Monona Hills apartments had a devastating fire in March. NewBridge helped displaced residents, many who were older adults, along side the American Red Cross, St. Stephen's Lutheran Church, and many other local organizations.

NewBridge asked the community for gift cards for residents to help with their immediate needs and the support was overwhelming. **Over \$20,000 was donated!!**

We would like to express our gratitude to those who purchased gift cards or brought supplies to the shelter, to support those who lost practically everything.

The NewBridge Mental Health Resource team started a support group, "Recovering Home" that started in September for the residents to access support and discuss life after the Monona Hills fire.

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Snow Angels

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.

RECOGNIZE ADAMS FOR THE BILLBOARDS



A special thank you to Adams Outdoor Advertising for choosing NewBridge as their recipient for a 12-month billboard campaign. This was made possible by Adams Collaborate Public Service Program Grant. Our campaign started October '22 and ended September '23.

The value has been well over \$200,000 in advertising for our agency and the results have been wonderful. There has been an increase in our Facebook followers and website hits. Businesses and media outlets have reached out to help support our mission. Overall, the campaign has helped with awareness of our services and programs. Thank you!

IRIS Consultant Agency (ICA)

To learn more about your long-term care options, please contact your Aging and Disability Resource Center:
<https://www.dhs.wisconsin.gov/adrc/index.htm>

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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

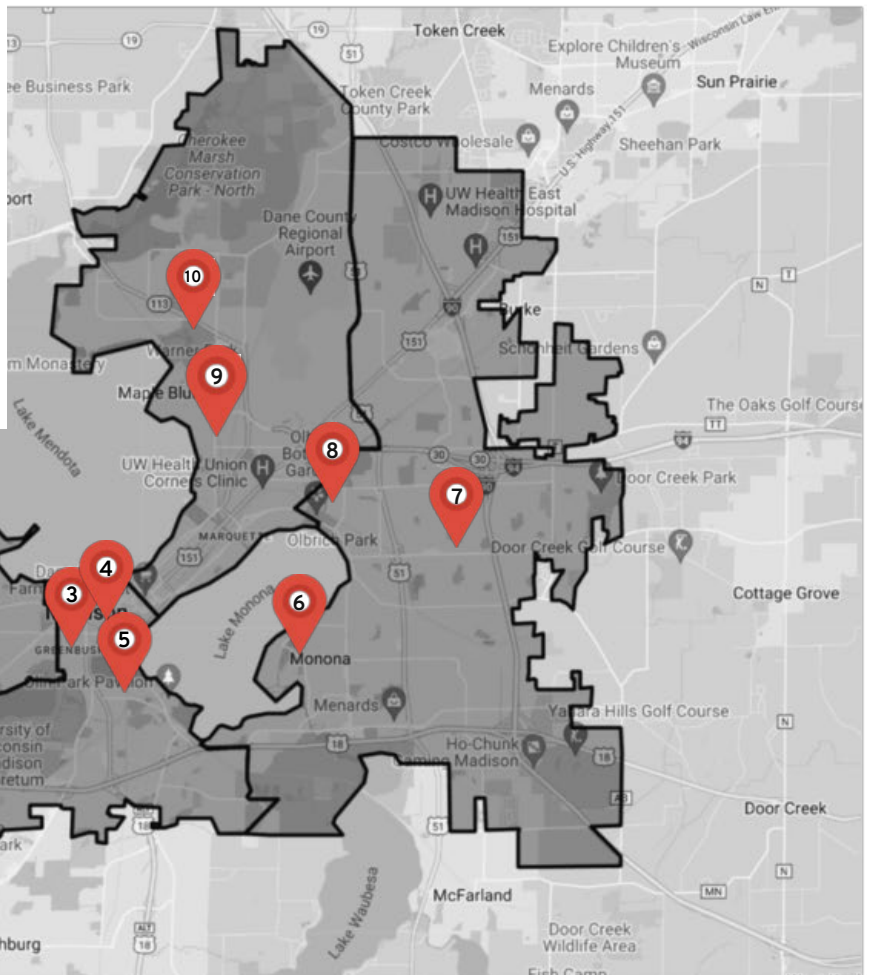
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

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

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



SOUTH MADISON

Lechayim Lunchtime Plus, Beth Israel Center, 1406 Mound St.

Catered by UW Hillel Adamah Catering
Check JSS website jssmadison.org or call for
more information (608) 442-4083.

Monday, October 2

11:00-11:30 am: Yoga from a chair
11:30 am-12:15 pm: Roasted chicken w/wine and
mushroom sauce, Basmati rice, snap beans,
rugelach & fresh fruit, MO: seared tofu w/
mushroom sauce

12:30-1:30 pm: Welcome back, upcoming events

Monday, October 9

11:00-11:30 am: Yoga from a chair
11:30 am-12:15 pm: Roasted chicken w/Balsamic
tomato sauce, garlic whipped potatoes, roasted
vegetables, Challah rolls, fresh fruit & rugelach
MO: seared tofu w/sauce

12:30-1:30 pm: Anna Heifitz: Life stories

Monday, October 16

11:00-11:30 am: Yoga from a chair
11:30 am-12:15 pm: Roasted chicken w/Harissa,
couscous, garlic/lemon green beans, fresh fruit &
rugelach, MO: quinoa-Stuffed acorn squash
12:30-1:30 pm: Dan Barker, Great Composers on
piano

Monday, October 23

11:00-11:30 am: Yoga from a chair
11:30 am-12:15 pm: Traditional braised brisket,
roasted Yukon potatoes, tri color carrots, Challah
rolls, fresh fruit & rugelach, MO: pesto risotto w/
seared tofu

12:30-1:30 pm: Christian Overland, Wisconsin
Historical Society, Jewish History Collections and
Sharing Stories for Future Generations

Monday, October 30

11:00-11:30 am: Yoga from a chair
11:00-11:30 am: Complimentary Blood pressure
check with Lori Edelstein
11:30 am-12:15 pm: Roasted chicken w/lemon-
rosemary sauce, garlic whipped potatoes, roasted
carrots, Challah rolls, fresh fruit & rugelach, MO:
seared tofu w/rosemary sauce
12:30-1:30 pm: Piano music inspired by people
and nature, Mark Stransky

EAST MADISON

Monona Senior Center, 1011 Nichols Rd. Friday, Noon

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

- **Friday, October 6 : CLOSED**
- **Friday, October 13 :** Baked Fish, Yellow Rice, Green Beans, Cole Slaw, Peaches, MO: Mac & Cheese
- **Friday, October 20 :** Bratwurst, Calico Beans, Baby Carrots, Tropical Fruit Cocktail, MO: Veggie Burger
- **Friday, October 27 :** Beef Stroganoff, California Veggies, Peas, Apple Slices, MO: Soy Stroganoff

Goodman Community Center, 149 Waubesa St.

Monday-Friday, 11:45 am

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

Closed Tuesday, October 3 for staff training.

M	TU	W	TH	F
02 Winter Squash Pork	03 CLOSED	04 Baked Lemon Haddock	05 Sweet and Sour Chicken	06 Parmesan Chicken
09 Tex Mex Casserole	10 Lasagna	11 Swedish Meatballs w/ Noodles	12 Shepherd's Pie	13 Chicken and Brown Rice Casserole
16 Baked Ziti	17 Fish Sandwich	18 Orange Chicken	19 Tater Tot Casserole	20 Italian Chicken Sandwich
23 Breakfast Sausage	24 Three Bean Chili	25 Cajun Chicken Pasta	26 Meatloaf	27 Arroz Con Pollo
30 Chicken Penne Rosa	31 Cheese Burger			

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 4 :** Roast Pork
- **Wednesday, October 11 :** Swiss Steak
- **Wednesday, October 18 :** Lasagna
- **Wednesday, October 25 :** Turkey
- **Every Wednesday:** Baked Fish or Sandwich & Soup

NUTRITION MEAL SITES

ALL MEAL SITES ARE CLOSED ON TUESDAY, OCTOBER 3 FOR A STAFF/VOLUNTEER TRAINING.

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.

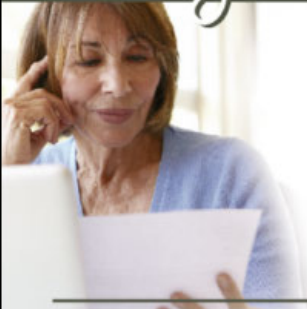
Mon., Tues., Thurs., Fri., 11:30 am

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>02 Balsamic Glazed Chicken, Three Bean Salad California Vegetable Blend Pineapple Tidbits Chocolate Chip Cookie MO: Veggie Burger Entree Salad: Garden Vegetable</p>	<p>03 CLOSED</p>	<p>04 *Bolognese Sauce Spaghetti Noodles Italian Vegetable Blend Green Beans, Mandarin Orange Apple Cinnamon Muffin MO: Lentil Bolognese Entree Salad: *Italian Salad</p>	<p>05 Creamy Chicken Wild Rice Soup, Side Salad w/ Tomatoes & Cucumber Diced Peaches, Chocolate Cake MO: Garden Vegetable Soup Entree Salad: Gyro Salad</p>	<p>06 Broiled Cod Scalloped Potatoes, Coleslaw Prince Charles Vegetables Chocolate Pudding Cup MO: Plant Based Italian Sausage</p>
<p>09 Chicken Parmesan Broccoli, Corn, Oreo Cheesecake MO: Three Cheese Calzone Entree Salad: *Chicken, Bacon</p>	<p>10 Beef Pot Roast Wild Rice, Mixed Vegetables Vinegar Cucumber Salad Pineapple, Cherry Strudel MO: Impossible Protein Entrée Salad: Greek Salad</p>	<p>11 *Creamy Potato Soup 3-Bean Salad, Fruit Cocktail Brownie Cookie MO: Cheesy Broccoli Soup Entree Salad: *Spinach Salad</p>	<p>12 Breakfast Sandwich Paco Vegetables with Roasted Potato, Asparagus Tips, Juice Cinnamon Roll MO: Plant Based Sausage Entree Salad: Chick. Caesar</p>	<p>13 Salmon Burger Quinoa Salad Normandy Vegetables Orange, Kringle MO: Black Bean Burger</p>
<p>16 *Oven Baked Ham and Gravy, Parisian Carrots Cauliflower, Honey Dew Melon, Cherry Gel Cup MO: Smoked Tempeh Entree Salad: Turkey Club</p>	<p>17 Lemon Pepper Chicken Green Beans, Grapes Roasted Root Vegetables Chocolate Chip Cookie MO: Plant Based Garlic Herb Entrée Salad: Garden Vegetable</p>	<p>18 Chicken Broccoli Rice Prince Charles Vegetables Roasted Sweet Potatoes Diced Peaches, Oreo Mousse MO: Chickpea Brownie Entree Salad: Sunflower Crunch</p>	<p>19 Sliced Brisket Baked Bean, Mixed Vegetables Pineapple Tidbits Butterscotch Pudding MO: Black Bean Patty Entrée Salad: *Chef</p>	<p>20 Beef Stroganoff Egg Noodles Far East Vegetables Applesauce Vanilla Cheesecake MO: Plant Based Protein</p>
<p>23 Spaghetti/Meatballs Crinkle Cut Carrots Steamed Broccoli, Apple Tapioca Pudding MO: Veggiesballs Entree Salad: Grilled Almond</p>	<p>24 Meatloaf with Gravy Mashed Potatoes, Green Beans, Side Salad with Tomatoes & Cucumber, Peanut Butter Pie MO: Impossible Loaf Entrée Salad: *Bacon/Bleu</p>	<p>25 Barbecue Pulled Chicken, BBQ Sauce Baked Beans, Cornbread Corn, Fruit Salad, Brownie MO: Barbecue Tofu Entree Salad: Garden Vegetable</p>	<p>26 Whole Grain Pancakes Turkey Sausage, Vegetables Blend with Roasted Potato, Juice, Banana, Blueberry Muffin MO: Plant Based Sausage Entree Salad: *Cobb</p>	<p>27 Vegetable Beef Barley Soup, Peas and Carrots Roasted Fuji Apples M&M Cookie MO: Sweet Potato/Kale Soup</p>
<p>30 Macaroni and Cheese Capri Vegetable Blend *Hoppin' John Beans Mixed Fruit, Sugar Cookie MO: Veg Hoppin' John Beans Entree Salad: SW Chicken</p>	<p>31 Roasted Chicken Breast Roasted Potato, Gravy Coleslaw, Honeydew Strawberry Cheesecake MO: Grilled Tofu Entrée Salad: *Italian</p>	<p>CATERED BY: AtlantisValley Foods. All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO = Meatless Option. *Contains Pork</p>		

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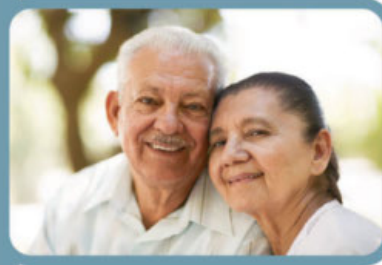


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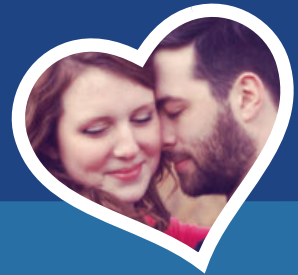
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New Bridge, Madison, WI

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WELCOMING 2023-2024 INTERNS



My name is Lucy and this is my first year in the MSW program at UW Madison. I've lived in Madison my whole

life and got my bachelor's in Psychology from UW Whitewater. I am very excited to intern this year with NewBridge as most of my experience with adults has been focused on mental health by stabilizing individuals in crisis. I look forward to developing and honing my case management skills along with doing home visits this semester. In my free time, I enjoy golfing, hiking, baking sweets, lifting weights, and spending time with my friends and family.

My name is Patty, and I am excited to have the opportunity to work with older adults

here at NewBridge. I am in my second year of the masters in social work, part-time program, at UW



Madison. I am a Madison native, I graduated from West High school, and my undergraduate degree was in Psychology at UW Madison. After college, I had a career in the medical profession, but have decided to pursue a more personally fulfilling second career. It is important to me to treat older adults with the respect and care they deserve. I look forward to learning a lot from everyone in my internship. In my free time, I enjoy walking, volunteering, and painting.



My name is Rachel and I'm a new intern on the NewBridge mental health team. I'm currently a

student at UW-Whitewater earning a master's degree in social work. I live with family in Cambridge, WI with my grandpa, his dog Otis, and my bearded dragon Circus. I'm passionate about helping people in my community and being a resource to provide support. When not working or at school, I like to go for hikes, read books of all kinds, and attend local festivals and events. I'm very excited to be interning at NewBridge and learning as much as I can!

CASE MANAGEMENT WALK IN HOURS

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

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

Madison Senior Center

330 W. Mifflin St.

Monday, October 9, 10:45 am-Noon

Monona Senior Center

1011 Nichols Rd.

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

Goodman Community Center

214 Waubesa St.

Tuesday, October 17, 11:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, October 3, 10:30-11:30 am

Good Shepherd Church

5701 Raymond Rd.

Friday, October 20, 11:15 am-Noon

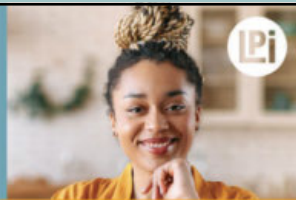
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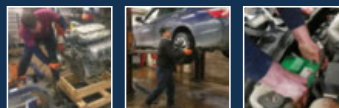
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New Bridge, Madison, WI H 4C 01-2049

MED D OPEN ENROLLMENT



Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That

means even if you are taking the same medications, the amount you pay for your medications may change in 2024! The plans' premiums, deductibles, and co-pays can also change each year.

What can you do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs October 15 through December 7. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2024. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Madison & Monona can also receive free, unbiased assistance with plan comparisons from the case managers at NewBridge Madison. Call NewBridge at 608-512-0000 and ask for the Case Manager on Intake.

Assistance is also available:

1-800-MEDICARE or www.medicare.gov

Medigap Helpline 1-800-242-1060

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Es Tiempo de Revisar su Plan de Medicare ¿Tiene un plan de Medicare Part D o Medicare Advantage? Cada año los planes de Medicare Parte D y Medicare Advantage pueden cambiar la cobertura de sus medicamentos. Esto significa que, aunque usted tome los mismos medicamentos, los costos que pagará el próximo año pueden variar. La prima mensual, el deducible anual, y tanto los copagos y coseguros pueden cambiar cada año.

(Note que los planes de Medicare Advantage cubren servicios médicos en adición a los medicamentos, así que es necesario revisar cambios en su cobertura médica también.)

¿Qué puede hacer? Todos los beneficiarios de Medicare deben revisar su cobertura cada año durante el Período de Inscripción Abierta anual, que va desde el 15 de octubre hasta el 7 de diciembre de cada año. Es tiempo de descubrir si su plan le costará más o menos que otros planes de Medicare Part D o Medicare Advantage el próximo año. Si su plan actual no es el mejor ahora, es el tiempo a cambiar a otro plan de Medicare Part D o Medicare Advantage que le cubrirá mejor.

Usted puede comparar planes en el sitio web oficial de Medicare: es.medicare.gov. Los beneficiarios que viven en el área de Madison y Monona, también pueden recibir asistencia con las comparaciones de Especialistas de Beneficios de forma gratuita e imparcial. Llame a su administrador de casos asignado en NewBridge y solicite asistencia de Med D. (608) 512-0000.

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- \$ _____ In honor/memory of: _____
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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.

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