



NEWBRIDGE NEWS

Your Connection to Successful Aging

NOVEMBER 2019

Thriving at Any Age: Guidelines for Living a Happy and Healthy Life



Robert McGrath, PsyD, ABPP is a licensed psychologist providing Mind Body Wellness Services at University Health Services. Robert has expertise in health psychology, positive psychology, authentic happiness, mind body wellness and stress management.

**Wednesday, November 6
4:30-5:30 pm**

Good Shepherd Lutheran Church
5701 Raymond Road

Sponsored by: Friends of NewBridge,
UWBadger Talks, Good Shepherd Church

NewBridge Offices are closed 1:00-4:00 pm Wednesday, November 13 for an all-staff training.
We are also closed Thursday, November 28 and Friday, November 29 for Thanksgiving.
Goodman Nutrition Site is closed Monday, November 25.

**CHECK OUT
WHAT'S
INSIDE!**

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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE BOARD OF DIRECTORS...



The NewBridge Madison Board of Directors announced it has selected Jim Krueger to serve as the organization's next Executive Director.

"We are excited for Jim to bring his leadership to NewBridge as we continue to implement our vision of becoming the community's first call for healthy aging services," said Board President Barbara Zabawa. "Throughout the competitive search process, Jim's passion, fiscal responsibility and the personal connections he's formed with NewBridge members set him apart." Krueger has served as Fund Development Director of NewBridge since the organization's inception in January 2019. He previously worked for 11 years at the North/Eastside Senior Coalition with six of those years spent as Executive Director. Krueger played a critical role in the successful merger of the four Madison Senior Coalitions which led to the creation of NewBridge. "I am excited to work with our exceptional management team, staff and volunteers to help NewBridge meet the challenges older adults will face over the next decade," said Krueger. "I look forward to continuing the amazing work done by NewBridge in our community."

He will assume Executive Director duties on November 4, and succeeds Marcia Hendrickson who is retiring.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Our South Madison location was closed at the end of October for operating efficiencies.

Follow us! NewBridge Madison



BOARD OF DIRECTORS

**NEXT MEETING: Friday, November 15
9:00-10:30 am**

- TIM CONROY - Executive Director, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Marketing Director Ext. 4001
- SONYA LINDQUIST, Senior Services Director Ext. 2002

- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- DEENAH GIVENS, Administrative Assistant Ext. 3002
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1003
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- RACHEL OKERSTROM, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- STEPHANIE AGUILERA, Case Manager-español Ext. 1007
- STEPHANIE BRANDSMA, Case Manager Intern Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006

- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- FIL CLISSA, LED Program Coordinator —
- GLENDA ESCALERA QUINONES, Cultural Diversity Program Coordinator Ext. 3009

- DAVID WILSON, Home Chore Coordinator Ext. 2006
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KRISTI KADING, Volunteer Coordinator Ext. 3008
- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012

- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- TRACY OLIVER, Nutrition Coordinator Ext. 1000

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 Chair, in writing.

ID Statement: The November (issue 11) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.



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Contact our Volunteer Coordinators at 608-819-0033



CASE MANAGEMENT SERVICE

Case Management is designed to provide older adults 60+ the support they need to live independently by identifying resources and coordinating supportive services.

This service is free for Madison and Monona older adults (60+) if they meet certain income criteria. Private Pay Case Management is also available.

WALK-IN OFFICE HOURS

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

Madison Senior Center 330 W. Mifflin Street Mondays, 11:00 am-Noon	Romnes Apartments 540 W Olin Avenue Mondays, 11:00 am-Noon
Fisher-Taft Apartments 2025 Taft Street Wednesdays, 10:30-11:30 am	Lussier Com. Edu. Center 55 S. Gammon Road Friday, November 15 11:30 am-12:30 pm

MEDICARE D APPOINTMENTS AVAILABLE

Annual Enrollment dates for Medicare Part D and Medicare Advantage Plans are October 15-December 7. During the annual enrollment period, you can make changes to various aspects of your coverage.

Available appointments:

East Madison/Monona Office 4142 Monona Dr.

November 19, 9:00 am-Noon
November 27, 9:00 am-Noon

To make an appointment for assistance with plan comparisons, please call Deb at (608) 512-0000 Ext. 4000.

NEW SERVICE: FOOD BRIDGE

“Your Connection to Wholesome Groceries”

We are proud to announce a new service. Food Bridge offers free monthly food pantry delivery for older adults at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County.

Food insecurity is a significant issue among older adults in the Madison area. There are over 2,500 older adults who are at nutritional risk and this number is on the rise.

In the first year, we hope to serve as many as 60 older adults with a goal of 300 by the year 2024. To achieve these goals, we need to raise \$50,000 in donations and recruit 60+ volunteers.

We would like to thank our initial funders:
Dane County Department of Human Services Leck Grant for \$6,823.50
Madison Community Foundation \$22,000

This service is free for Madison and Monona older adults (60+) if they make less than 150% of the 2019 Federal Poverty level (\$1,561 for 1 person/month or \$2,114 for 2 people/month.) Older adults must be Case Management clients.

VOLUNTEER SPOTLIGHT



This month's volunteer spotlight is Nutrition Volunteer **Mary Frickenstein** who volunteers for NewBridge at the Madison Senior Center Nutrition Site.

This site serves senior meals Monday through Friday at 11:30 AM. Mary has been volunteering for 5 years, decorating the tables and bulletin boards and giving the daily announcements, along with anything else that is needed at the site each day.

"I love coming to the senior center lunch site, it is like home to me. I have been coming for 5 years and I have met so many wonderful people and wonderful staff. We are working together to make a warm, welcoming and comfortable place where seniors can come and eat a nutritious meal, meet up with friends and make new friends. My volunteering experience is very rewarding and I enjoy being able to serve all my friends here at the senior lunch. I enjoy working together with others to make this a place where happiness flows."



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VOLUNTEER OPPORTUNITIES

For information call David at
(608) 512-0000 Ext. 2006.

Holiday Meal Volunteers

DESCRIPTION—Meet and Greet participants, help with set-up, serving the meal and clean-up. NewBridge North, 1625 Northport Drive on Wednesday, November 27 and Tuesday, December 17.

TIME COMMITMENT—10:00 am-1:00 pm

IMMEDIATE NEED—8 volunteers

Nutrition Site Volunteers

DESCRIPTION—NewBridge provides a healthy lunch to older adults living in Madison and Monona, Monday-Friday. The duties include: setting dishware on tables, serving the lunch, washing the dishware, and wiping down tables.

TIME COMMITMENT—Days and times are flexible between 9:00 am-1:00 pm, Monday-Friday.

IMMEDIATE NEED— Madison Senior Center meal site, 330 W. Mifflin Ave. Volunteer host, server and dish washer are needed at various times during the week. Volunteer time would be between 10 am and 12:30 pm.

Meadowridge Commons meal site, 5734 Raymond Rd. Volunteer needed to wash dishes using a dishwasher must be able to lift tray with dishes on Wednesdays from Noon to 1:30 pm.

Cultural Diversity Volunteers

DESCRIPTION—A variety of support groups are held monthly that focus on health and wellness topics concerning African American and Latinx older adults in Dane County. Volunteers are needed to help facilitate meetings and coordinate refreshments.

TIME COMMITMENT—3-4 hours/month

IMMEDIATE NEED—2 Spanish speaking volunteers on 2nd and 4th Thursdays 4:15-8 pm at Madison Senior Center.

2 Spanish speaking volunteers on the 3rd Friday, 10:45 am-2:30 pm at Fitchburg Senior Center

2 Spanish speaking volunteers on the 3rd Thursday, 10:45 am-2:00 pm at Meadowood Commons

Home Chore Volunteers

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

TIME COMMITMENT—Flexible

IMMEDIATE NEED— 10 volunteers needed for Eastside/Monona, 10 for Northside, 10 for Southside, 10 for Westside, Snow Angel volunteers

Older Adult Program Volunteers

DESCRIPTION—We sponsor activities at a variety of locations and need help welcoming and tracking participants.

TIME COMMITMENT—1x/week for 1-2 hrs

IMMEDIATE NEED—3 volunteers at Romnes Apts, Meadowridge Commons, St. Andrews and Alicia Ashman Library.

Loan Closet Office Volunteer

DESCRIPTION—The East Madison/Monona office needs volunteers for half-day shifts, Friday only, to check out loan closet items.

TIME COMMITMENT—AM shift 9:00 am-Noon or PM shift Noon-3:00 pm

IMMEDIATE NEED—1-2 volunteers

Food Bridge Volunteer Drivers

DESCRIPTION—Food Bridge offers free monthly food pantry delivery for older adults at nutritional risk.

TIME COMMITMENT—1x/month

IMMEDIATE NEED— Visit RSVP’s website www.rsvpdane.org to get started

Thanksgiving Volunteer Drivers

DESCRIPTION—Door Creek Church, NewBridge and the FEED Kitchens provide a meal for older adults who cannot get a meal for Thanksgiving. Drivers are needed to drop off the meal.


TIME COMMITMENT— Thursday, November 28, 11:00 am-1:00 pm

IMMEDIATE NEED—10 volunteers


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GS3322 8/6/2019



CLASSES & ACTIVITIES

NewBridge offers weekday social, educational, and exercise classes at various sites in the community for older adults.

We try to keep our activities free or low cost for older adults (55+.) Scholarships are available.

SOUTH & WEST MADISON

For information call Michelle at
(608) 512-0000 Ext. 4008

**Ongoing exercise classes will continue at St. Andrew's Church, Alicia Ashman Library, and Meadowood Neighborhood Center. Check out our website for the full listing or call Michelle at Ext. 4008.*

Movies at Alicia Ashman Library

Every Wednesday, 1:30-3:30 pm
733 N. High Point Rd.

Sponsored by BrightStar Care

November 6 - Catch Me if You Can
November 13 - Frank Floyd Wright
Documentary (*Meet the filmmaker for Q&A*)
November 20 - Lion King 2019 version
November 27 - Home for the Holidays

Easy Yoga Plus

Fridays, November 1, 8, 15, 22, 1:30 pm
Sequoia Library, 4340 Tokay Blvd.
Register by calling (608) 266-6385
Fee: Donation

Yoga from a Chair

Mondays, 11:30-Noon
Beth Israel Center, 1406 Mound St.



No classes on
December 23 and 30

Thriving at Any Age Speaker

Wednesday, November 6, 4:30-5:30 pm
See page 1 for more information.

Healthy Holiday Eating

Thursday, November 7, 12:15 pm
Meadowridge Commons, 5726 Raymond Rd
Home Health United will be discussing tips and tricks for avoiding overeating throughout the holiday season.

Identity Theft:

Protect and Prevent

Thursday, November 12, 12:15 pm
Meadowridge Commons, 5726 Raymond Rd

Thursday, November 14, 3:00 pm
Catholic Multicultural Center, 1862 Beld St
Jeffrey Kersten, Bureau of Consumer Protection
Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it and how to prevent it – including information about Fraud Alerts and Security Freezes.

Medicare Q & A

Thursday, November 21, 10:30 am-Noon
Meadowood Neighborhood Center,
5740 Raymond Rd
Stop in at if you have any questions about Medicare. *This is not a presentation.*

FREE Mindful Movement Exercise

Tuesday, Nov. 12, 26 & Dec. 10, 10:00 am
Alicia Ashman Library 733 N High Point Rd
Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. Especially designed for older adults. Perfect for beginners and anyone interested in getting moving and learning that how you think affects the way you move; and how you move affects the way you think. RSVP to the library at (608) 824-1780



R.O.M.E.O Lunch

(Retired Older Men Eating Out)

Thursday, November 14, 12:15 pm
The Jefferson, 9401 Old Sauk Rd
Chef prepared meals made from scratch. Four choices on the menu. Meet the chef and get a tour. RSVP (608) 512-0000 Ext. 2000

Meet the Author: Howard G. Olson

Tuesday, November 12, 1:00-2:00 pm
Madison Senior Center, 330 W. Mifflin St.
Dr. Olson, professor emeritus from UW-Madison, joins us to discuss his book, "The Last Dog." The true stories are about the difficult task of finding serenity in our lives. Lunch available if sign up by Nov. 11 by 10:00 am

Register for program: (608) 266-6581
Register for transportation (pick up 11:00 am and return 2:15 pm): (608) 512-0000 Ext 2000.
Register for lunch: (608) 512-0000 Ext 2006

Classes and activities are also offered at: Madison Senior Center
330 W. Mifflin St. (608) 266-6581
www.cityofmadison.com/senior-center



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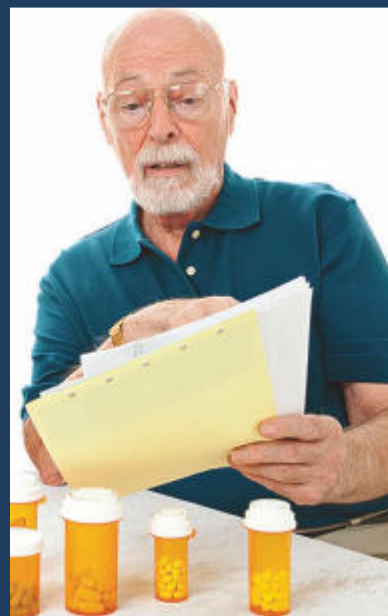
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CLASSES AND ACTIVITIES CONTINUED

NORTH & EAST MADISON

For information call Ruth at
(608) 512-0000 Ext. 3012.

Weekly Games-All skill levels welcome
Euchre - Mondays, 8:30-11:30 am
Kings Corner - Mondays, 10:30 am
Sheepshead - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00 pm
Warner Park, 1625 Northport Dr.

Ping Pong League

Every Monday, 9:00 am-Noon
Warner Park Game Room, 1625 Northport Dr.

Sassy Steppers Dance Crew

Every Monday, 4:00 pm Practice
Warner Park, 1625 Northport Dr.
Fun dance team that perform for events and
other senior centers. Any skill level welcome!

Technology Help Appointments

Every Tuesday, 10:00 am-Noon
Warner Park, 1625 Northport Dr.
By appointment only.

Adult Coloring

Every Tuesday, 10:30 am
Warner Park, 1625 Northport Dr.

Free Older Adult Chair Yoga

Every Wednesday, 10:30 am
Warner Park, 1625 Northport Dr.
Certified Yoga Instructor Kim Sprecher

5¢ Bingo

Every Friday, 10:15 am
Warner Park, 1625 Northport Dr.

Book Club

Tuesday, November 5, 10:00 am
Warner Park, 1625 Northport Dr.

Knit & Crochet Club (Quilters too!)

Tuesday, November 5 & 19, 9:00-11:00 am
Warner Park, 1625 Northport Dr.

Card-Making Club

Wednesday, November 6, 1:00 pm
Warner Park, 1625 Northport Dr.

Sewing Club/FREE Mending Service

Thursdays, November 7 & 21, 9:00 am
Warner Park, 1625 Northport Dr.

LGBTQIA+ Coffee Meet Up

Monday, November 18, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
50+ Join us for our monthly get together to
discuss whatever is on your mind. Coffee is free.

Healthy Holiday Eating

Thursday, November 7, 3:00-4:00 pm
Warner Park, 1625 Northport Dr.
Tips and tricks for avoiding overeating.

Thanksgiving & Entertainment

Wednesday, November 27, 10:30 am
Warner Park, 1625 Northport Dr.
Limited space available. Reserve early!
Entertainment DeWayne Keys-Harmonica Hour

Men's Caregiver Support Group

Monday, November 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
RSVP required (608) 240-7400

Blood Pressure Clinic

Wednesday, November 20, 11:00 am
Warner Park, 1625 Northport Dr.

FREE AARP Safe Driver Course

Saturday, December 7, Morning
Lakeview Library, 2845 N Sherman Ave
Call Ruth to sign up (608) 512-0000 Ext. 3012

Bingo

- Tuesday, November 5, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.
- Monday, November 18, 11:30 am
Monona Meadows, 250 Femrite Dr.

Adult Coloring

Wednesday, November 6, 11:30 am
Monona Meadows, 250 Femrite Dr.

Movie of the Month

Monday, November 25, 11:30 am
Monona Meadows, 250 Femrite Dr.

Kings Corner Card Games

Wednesday, November 13, 11:30 am
Monona Meadows, 250 Femrite Dr.

Crossword Puzzles

Monday, November 11, 11:30 am
Monona Meadows, 250 Femrite Dr.

Loneliness and Depression

Tuesday, November 19, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Table Trivia

Wednesday, November 20, 11:30 am
Monona Meadows, 250 Femrite Dr.

Thanksgiving & Entertainment

Tuesday, November 26, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Entertainment Jean Julseth

Tuesday, November 26, 11:30 am
Monona Meadows, 250 Femrite Dr.

Entertainment Patricia Stone

Classes and activities are also offered at: Monona Senior Center




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CULTURAL DIVERSITY ACTIVITIES

The Cultural Diversity activities are for Latinx and African American older adults. Activities focus on socialization and health education.

Latinx programs are offered in Spanish only.

These activities are free for older adults (55+) who live in Dane County.

LATINX

For information call Glenda at
(608) 512-0000 Ext. 3009

Bilingual Bingo and Lunch

Friday, November 1, 10:00 am-12:30 pm
Warner Park, 1625 Northport Dr.

Together Fest- Multicultural Party

Wednesday, November 13, 5:00-7:30 pm
Madison Senior Center, 330 W Mifflin St.
Cost \$2.00

Monthly Discussion Group

Thursday, October 10, 4:30-6:30 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health
and wellness. Dinner and transportation provided.

Bilingual Bingo and Lunch

Friday, November 15, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Spanish Yoga Class

Monday, November 4 & 11, 10:05-11:15 am
Warner Park, 1625 Northport Dr.

Meadowood Neighborhood Lunch

Thursday, November 7, 11:00 am-2:00 pm
5740 Raymond Rd, Madison, WI 53711

Artful Aging

Wednesday, November 6, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

Limited transportation available, call Glenda at
Ext. 3009 for more information.

AFRICAN AMERICAN

For information call Ericka at
(608) 512-0000 Ext. 2007

Healthy Eating Discussion Group

Thursday, November 7, 11:00 am-1:00 pm
Festival Foods, 810 E Washington Ave.

Diabetes Support Group

Monday, November 11, 12:00-2:00 pm
Burr Oaks Apartments, 2417 Cypress Way
Mindfulness Meditation and Stress Management

Together Fest- Multicultural Party

Wednesday, November 13, 5:00-7:30 pm
Madison Senior Center, 330 W Mifflin St.
Cost \$2.00

Heart Health Support Group

Thursday, November 21, 2:00-4:00 pm
Catholic Multicultural Center, 1862 Beld St.

Community Resources Available

Friday, November 22, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

Limited transportation available, call
Ericka at Ext. 2007 for more information.

*The 2019 NewBridge Latinx Cultural Diversity
program is sponsored in part by UW Health,
UnityPoint Health – Meriter & Quartz.*



NEWBRIDGE DAY TRIPS

Holiday Lights Outing

Tuesday, December 3, North/East
 Thursday, December 5, North/East
 Tuesday, December 17, South/West
 Door-to-door service. Pick up starting at 4:00 pm
 & returning by 6:00 pm.

RSVP (608) 512-0000 Ext. 2000. Limited space!



Holly Jolly Christmas

Wednesday, Dec. 11, 9:00 am-5:00 pm
 The Palace Theater, 564 Wisconsin Dells
 Parkway South, Wisconsin Dells
 Transportation, Lunch and Ticket
 \$67 for Non-Friends and \$57 for Friends
Register by Wednesday, October 30
 Seating is wheelchair accessible.
 Call Joe to sign up Ext. 2000.

Bring out the holiday spirit with a musical filled
 with dancing and holiday favorites. Menu
 includes: chicken cordon blue, stuffing and more.
www.dellspalace.com
 Transit Solutions bus pick
 up between 9:00-10:00 am.
 Return 6:00 pm.



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Every year, Medicare evaluates plans based on a 5-star rating system. We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. If you need help in another language, please let us know. Call 1(800)963-0035 (TTY WI Relay 711) for more information.
 H5209-2019Ad-M Accepted 2/1/2019

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NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for \$20. Please bring two towels. Call (608) 512-0000 to make an appointment.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, November 20, 1:00-3:00 pm
Wednesday, November 27, 1:00-3:00 pm

Lake Edge Lutheran Church
4032 Monona Drive
Monday, November 11, 9:00 am-Noon
***Monday, November 18, 9:00 am-Noon**
***Diabetic Clinic \$25 (non-diabetics welcome)**

NORTH MADISON

Warner Park Community Rec. Center
1625 Northport Drive
Friday, November 8, 9:00 am-Noon

Goodman Community Center
149 Waubesa Street
Monday, November 11, 8:30-9:45 am

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, November 19, 1:00-2:30 pm

WEST MADISON

Capital City Church
401 N. Blackhawk Ave.
(Parking is behind church turn at Bluff Rd.
and then turn left on Eugenia Ave.)
Monday, November 4, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, November 19, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, November 25, 9:30-11:45 am

MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location.

Loan closet items are available to City of Madison and Monona residents for a donation.

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes.

Welcome to Medicare Seminars

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

What you need to know about enrolling in Medicare

If you are turning **age 64** this year, we can help you
make informed choices about your Medicare options!

Do you understand what Medicare is and isn't?

Do you know how to avoid penalties for late enrollment?

*Do you know how to get the most out of your health and
prescription benefit plans?*

Some decisions and actions about Medicare can take
place 3-6 months before you turn 65, so don't wait
until you are turning 65 to understand all you need to
know about this important benefit.

All dates are on Saturdays, 9—11:30 am

November 9, 2019

Aging & Disability Resource Center
(2865 N Sherman Ave, Madison)
Call 261-9930 to register by **11/4/19**

January 25, 2020

Aging & Disability Resource Center
(2865 N Sherman Ave, Madison)
Call 261-9930 to register by **1/15/20**

March 28, 2020

The Colonial Club
(301 Blankenheim Ln, Sun Prairie)
Call 261-9930 to register by **3/18/20**

May 23, 2020

Mt Horeb Senior Center
(107 N Grove St, Mt Horeb)
Call (608) 261-9930 to register by **5/13/20**

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New Bridge, Madison, WI

G 4C 01-2049

LED CLASSES & ACTIVITIES

LED (Living Every Day) provide educational, social, and fitness opportunities.

Activities are for older adults (50+) who live in Madison and Monona. Any expenses are paid for by the participant.

For information call Fil Clissa at
(608) 698-0333 or email at
LED@newbridgemadison.org

Jam Session

Saturday, November 2, 9:00 am-Noon
Maple Bluff Village Hall Gym, 18 Oxford Rd
Calling all musicians! Free parking, free to
participate, all are welcome. Playing music after
1950. Bring an instrument, your voice, and a
song. You decide the genre! DROP IN!

Art Class

Thursday, November 7, 6:00-7:30 pm
Warner Park, 1625 Northport Dr.
Enjoy the colors of the season through creating
your own autumn landscape as we explore acrylic
techniques, landscape elements and composition,
and basic color theory. It is even rumored that
there will be sweets! \$10.00 RSVP by Nov. 4

Dining Club

Tuesday, November 12, 5:30 pm
Pasqual's Cantina, 1344 E. Washington Ave
Join us for dinner, conversation and friendship.
RSVP by November 10.



Participants are responsible for covering their
own costs associated with the activity.



Please take our survey.
www.surveymonkey.com/r/MKF323C

Events are added throughout the month.
Sign up for the LED newsletter.

WISH LIST ITEMS

We are non-profit on a tight operating
budget, so if you'd like to donate an item,
here is our Wish List. Please drop off items
to the Main office, 1625 Northport Dr.

- Pillsbury Cookie Dough
- Gift Wrap and Bows
- Gravy Boats
- Hot Chocolate
- Small Boom Box Radio
- Holiday Napkins
- Holiday Candy

THANKSGIVING MEAL DONATIONS NEEDED

In partnership with Door Creek Church,
and the FEED Kitchens, NewBridge
provides a home delivered meal for 325
older adults who will not have access to a
meal for Thanksgiving.

We need the following items. Please drop
off to the Main office, 1625 Northport Dr.

14 Turkeys, Canned Green Beans,
Boxed Potatoes, Canned Cranberry Sauce

CITY OF MADISON WINTER POLICIES

ALTERNATE SIDE PARKING

In effect from November 15-March 15, seven days a week. Park on the EVEN house numbered side of the street on even numbered days and park on the ODD house numbered side of the street on odd from 1:00-7:00 am to avoid a ticket.



SNOW REMOVAL

To make public sidewalks safe for pedestrians, the owner or occupant of property is responsible for the removal of any snow or ice that accumulates on the sidewalk. Residents are required to clear snow from their sidewalk by noon of the day after the snow stopped. If you are unable to clear the snow from the sidewalk because of your age, please call the Building Inspection Division at (608) 266-4551 and ask to be added to the 72-hour extension list. You will need provide your address and the reason why you are requesting.



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North side of Madison
608-268-9645

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Dr. Steph Greer, PT, DPT



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New Bridge, Madison, WI

H 4C 01-2049

NUTRITION SITES

Nutritious daytime meals are offered at various locations throughout Madison and Monona, Monday-Friday. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone. Meals and transportation require a reservation.

SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Dane County Consolidated Food Services Division All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option</p>				<p>01 *Pulled Pork, Coleslaw Carrot Raisin Salad Tropical Fruit Vanilla Pudding MO: Hummus Wrap Salad: Taco</p>
<p>04 Chili Baked Potato, Banana Cornbread Lemon Dream Bars MO: Veggie Chili</p>	<p>05 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO: Veggie Pot Pie</p>	<p>06 Chicken and Gravy Mashed Potatoes Green Beans, Orange Frosted Marble Cake MO: Veggie Chicken/Gravy</p>	<p>07 Fish Sandwich Tartar Sauce Yams, Coleslaw Fruit Cup Carnival Cookie MO: Cheese/Tomato Sand.</p>	<p>08 Chicken Stew Broccoli Fruit Cocktail Pumpkin Bar MO: Veggie Stew Salad: Cordon Blue</p>
<p>11 Order by 11/6 Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrot Cinnamon Apples Pumpkin Pie MO: Multigrain Burger</p>	<p>12 *Meatballs in Marinara Carrots, Mixed Salad Banana, Ambrosia Salad MO: Veggie Meatballs</p>	<p>13 *Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables Mandarin Oranges Chocolate Pudding MO: Veggie Wrap</p>	<p>14 Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO: Black Bean Burger</p>	<p>15 Chicken Noodle Soup Crackers, Grape Juice California Blend Veg. Frosted White Cake MO: Vegetable Soup Salad: Harvest</p>
<p>18 Beef Stew & Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake (no frosting) MO: Veggie Stew</p>	<p>19 Chicken Mac Casserole Peas Tomato Juice Pineapple Vanilla Pudding MO: Mac and Cheese</p>	<p>20 Cheese Tortellini Bake Spinach Mandarin Oranges Blueberry Crisp MO: Marinara Tortellini Bake</p>	<p>21 Traditional Meatloaf Mashed Potatoes w/Gravy Broccoli Apple Juice Cup Frosted Lemon Cake MO: Garden Patty</p>	<p>22 Order by 11/19 Turkey in Gravy Mashed Potatoes Carrots, Cranberry Stuffing, Pumpkin Pie Cinnamon Apples MO: Veggie Chicken Salad: Pulled Pork</p>
<p>25 Chicken a la King Brown Rice, Carrots Corn Salad, Peaches Cookie Bars MO: Soy a la king</p>	<p>26 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange, Raspberry Sherbet MO: Veg Meatballs/Gravy</p>	<p>27 *Sausage Veggie Egg Bake Orange Juice Spiced Apples Coffee Cake MO: Veggie Egg Bake</p>	<p>28 CLOSED</p>	<p>30 CLOSED</p>

South Madison Locations	Address	Day	Time
Fisher Taft Apartments	2025 Taft Street	M-F	11:30 am
Romnes Apartments	540 West Olin Avenue	M-F	11:30 am
Madison Senior Center	330 West Mifflin Street	M-F	11:30 am

RESERVATIONS

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 by Noon at least one business day in advance.

TRANSPORTATION

Transportation is available through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00 per round trip. No one is denied service. Reservation is required. (608) 512-0000

DONATION

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

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others;

overall the menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency.

All comments are welcome.

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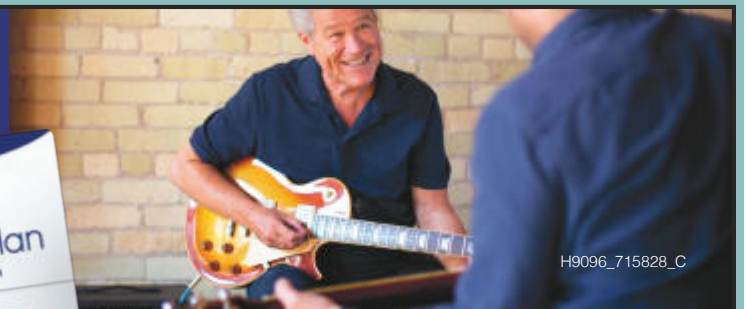
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*Wisconsin Department of Health Services Options Scorecard data for IRIS Consultant Agencies, July 2019

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New Bridge, Madison, WI

I 4C 01-2049

NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Goodman Catering</p> <p>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option. Fruit and Dessert Served Daily.</p>				<p>01</p> <p>Seasoned Baked Cod Mashed Sweet Potatoes Quinoa & Vegetable Salad Mixed Salad MO: Lemon Baked Tofu</p>
<p>04</p> <p>Hungarian Beef Goulash Creamed Spinach Glazed Carrots MO: Vegetable Goulash</p>	<p>05</p> <p>Sausage Mac and Cheese Steamed Vegetables Mixed Salad MO: Mac and Cheese Salad: Chef</p>	<p>06</p> <p>Grilled Brat Sauerkraut Vegetable Salad Sweet Corn MO: Grilled Veggie Brat</p>	<p>07</p> <p>Grilled Chicken BBQ Chicken Thighs Baked Potato Baked Beans MO: Falafel and Hummus</p>	<p>08</p> <p>Chicken Pot Pie Broccoli Salad MO: Vegetarian Bean & Mushroom Jambalaya</p>
<p>11</p> <p>Open Face Turkey and Gravy Sandwich Roasted Carrots Brussels Sprouts MO: 3 Bean Stew</p>	<p>12</p> <p>Sloppy Jo Roasted Red Potatoes Steamed Broccoli MO: Lentil Sloppy Jo Salad: Raspberry Chicken</p>	<p>13</p> <p>Crispy Chicken Sandwich Vegetable Salad Mixed Salad MO: Crispy Tempeh Sandwich</p>	<p>14</p> <p>Chicken Alfredo Whole Wheat Penne Pasta Chickpea and Tomato Salad MO: Veggie Alfredo</p>	<p>15</p> <p>Cheese, Pepper and Onion Egg Bake Breakfast Potatoes Biscuit V8 Juice</p>
<p>18</p> <p>Beef Stew over Biscuit Mixed Salad MO: Vegetable Stew over Biscuit</p>	<p>19</p> <p>Country Style Pork Ribs Baked Beans Tomato Vinaigrette Salad MO: Bean/Mushroom Chili Salad: Tuna</p>	<p>20</p> <p>Baked Lemon Tilapia Baked Potato Cole Slaw MO: Baked Lemon Tofu</p>	<p>21</p> <p>Sweet and Sour Chicken Steamed Brown Rice Stir Fry Veggies Mixed Salad MO: Veggie Stir Fry</p>	<p>22 Order by 11/11</p> <p>Open Faced Turkey Sandwich Mashed Potatoes & Gravy Green Bean Casserole Fruit, Pumpkin Pie MO: Grilled Veggie Sausage on a Bun</p>
<p>25 (Goodman Closed)</p> <p>Black Bean and Cheese Enchilada Casserole Broccoli Medley Mixed Salad</p>	<p>26</p> <p>Beef Lasagna Sweet Corn, Mixed salad Garlic Bread MO: Vegetable Lasagna Salad: BLT Cobb</p>	<p>27 Order by 11/15</p> <p>Turkey Mashed Potatoes & Gravy Corn, Stuffing, Cranberries Pumpkin Pie MO: Veg Bean Stew over Egg Noodles</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>

East Madison/Monona Locations	Address	Day	Time
Monona Meadows	250 Femrite Drive, Monona	M & W	Noon
Messiah Lutheran	5202 Cottage Grove Road	T	Noon
North Madison Locations	Address	Day	Time
Warner Park Community Ctr	1625 Northport Drive	M-W & F	11:30 am
Goodman Community Ctr (meal reservation not required)	149 Waubesa Street	M-F	11:45 am
West Madison Locations	Address	Day	Time
Meadowridge Commons	5734 Raymond Road	T-TH	Noon
Lussier Community Center	55 South Gammon Road	F	Noon

RESTAURANT, GROCERY AND KOSHER SITES

North Madison and East Madison/Monona Locations	Address	Day	Time
Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Cranberry Creek	1501 Lake Point Drive	F	8:30-10:30 am

Meal reservation is not required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping.

West Madison Kosher Site	Address	Day	Time
Beth Israel Center	1406 Mound Street	M Sept-May	Noon

Meal and Transportation Reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

- Monday, November 4:** Chicken shawarma, saffron rice, Israeli salad, Israeli sauces, eggplant salad, fruit, brownie (MO: Tofu shawarma)
- Monday, November 11:** Moroccan beef stew, herbed rice, market vegetable, dessert, fruit (MO: Vegan Moroccan stew)
- Monday, November 18:** Ropa Vieja (Cuban shredded beef), Congri (rice and beans), corn on the cob, dessert (MO: Ropa Vieja (jackfruit))
- Monday, November 25:** Turkey, stuffing, green beans, mashed potatoes, mixed green salad, sweet potato crumble (MO: Stuffed peppers)

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FRIENDS OF NEWBRIDGE

The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

We invite you to join the Friends of NewBridge today! Dues will be renewed annually.

OPPORTUNITIES TO GIVE BACK DURING THE HOLIDAYS

NewBridge is partnering with Door Creek Church to deliver Thanksgiving meals to homebound older adults. Our goal this year is to deliver 325 meals on Thanksgiving Day.

Volunteers are needed on Wednesday, November 27, 4:00–9:00 pm, to help with food preparation and Thanksgiving Day, November 28, 8:00 am–2:00 pm, to either help package or deliver meals to older adults in Madison. The meal prep and delivery happen at the FEED Kitchens, 1219 N. Sherman Avenue.

We are also in need of frozen turkeys, pumpkin or pecan pies, boxed stuffing and mashed potatoes, canned cranberries and canned green beans. Donated food can be dropped off at the NewBridge Main office, 1625 Northport Drive, #125.

The Holiday Tree will be in the lobby of the Warner Park Community Center, beginning the week of November 25 and also West and East Towne Malls. There will be 300 tags, each identifying a gift needed for an older adult. You simply pick a tag off the tree, purchase the gift (no used gifts please) and bring the gift unwrapped with the tag attached to the NewBridge Main office, 1625 Northport Drive, #125 by 4:00 pm on Friday, December 13.

NewBridge is also in need of volunteers from 10:30 am–1:30 pm on November 27 and December 17 to help serve our special holiday meals at our dining sites. For more details contact David at (608) 512-0000 Ext. 2006.

FRIENDS FALL EVENT

"Thriving at Any Age," Wednesday, November 6, 4:30–5:30 pm at Good Shepherd Lutheran Church, 5701 Raymond Road. Parking is in the back of the building off S. Whitney Way.

Robert McGrath, Psy D, ABPP is a licensed psychologist providing Mind/Body Wellness Services at University Health Services. Everyone has some thoughts on strategies for living a happy and healthy life. This talk takes a look at strategies that have been shown to be effective in maintaining a healthy, satisfying life.

All are welcome!

2020 FRIENDSHIP RENEWAL REMINDER

NewBridge Friendships are renewed annually. You can renew your friendship starting in November for next year 2020. We have added a few additional friendship levels. We also accept payment via credit or debit through our website at newbridgemadison.org

FRIENDS COMMITTEE MEMBERS NEEDED

If you are interested, please call Jim at (608) 512-0000 Ext. 3005 for more information.

BUSINESS BENEFITS FOR FRIENDS

Benvenuto's Italian Grill
 North Madison, Middleton, Fitchburg
 FREE ice cream sundae with
 entrée purchase



Boomerangs Resale Store
 1133 N Sherman Ave
 10% off regular priced
 merchandise (excludes furniture)



Cambria Suites Madison
 5045 Eastpark Blvd
 Hotel stay \$89/night for visiting
 family or relatives



Culver's
 1325 Northport Dr
 FREE cone/dish of custard with
 the purchase of a cone/dish



Golden Heart Senior Care
 437 S Yellowstone Dr #101
 (608) 467-3590
 1 free hr of service for new clients



Kavanaugh's Esquire Club
 1025 N Sherman Ave
 FREE dish of Schoeps ice cream
 with the purchase of lunch
 between 11:00 am
 and 2:00 pm



Madison Family Wellness
 222 N. Midvale Blvd. (608) 358-2068
 \$10 off first visit and 10% off
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2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Additional Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

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 - \$ 25 Individual Friend (1 Card)
 - \$ 30 Family Friend (2 Cards)
 - \$ 50 Silver Friend (2 Cards)
 - \$ 100 Golden Friend (2 Cards)
 - \$ _____ Additional Donation

Mail the form & payment to NewBridge c/o Friends of NewBridge, 1625 Northport Dr. #125, Madison 53704.
 You can also purchase a friendship on our website at newbridgemadison.org. Dues will be renewed annually.

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



1625 Northport Dr. #125
Madison, WI 53704

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December 3, 2019

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