



NEW BRIDGE NEWS

Your Connection to Successful Aging **NOVEMBER 2020**



FLU VACCINE INFORMATION

This season a flu vaccine is more important than ever due to COVID-19. Getting a flu vaccine this season helps protect yourself, your family and your community to reduce the burden on our healthcare systems responding to the pandemic.

For those with health insurance, flu vaccines are available at local clinics, and also at area pharmacies.

For Dane County residents 6 months and older who do not have health insurance:

Alliant Energy Center Drive Through Clinic
Tues, Thurs, Noon-8:00 pm
Wed, Fri, Sat, 8:00 am-4:00 pm
1919 Alliant Energy Center Way, Madison

No appointment needed. No ID required.
Free transportation available (608) 512-0000.
Walk, bike or drive. Interpretation available.
Immigration status not asked.

WE ARE CLOSED THURSDAY AND FRIDAY, NOVEMBER 26 AND 27.

**CHECK OUT
WHAT'S
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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

November is National Diabetes Awareness month. 340,000+ adults in Wisconsin have diabetes; about 25% are 65 or older. 90% of diabetics have type 2 diabetes and many are older adults. American Indians, Blacks and Hispanics have the highest rates of diabetes, almost twice that of Caucasians. NewBridge's Cultural Diversity program holds groups for Black and Hispanic older adults to support those living with diabetes. During COVID-19 these groups are not meeting and older adults are struggling with their diabetes. Exercise, diet, and monitoring one's blood sugar level are a critical part of a diabetic's daily life. For non-diabetics, help support those with diabetes and take care of yourself. Reduce your risk of becoming diabetic.

To our health!

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! [NewBridge Madison](#)



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- SUSAN WATSON, Case Manager Ext. 1006
- DAVID WILSON, Marketing Manager Ext. 2006
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- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —

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

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





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COVID-19 SERVICES

Case Management

“Your connection to community resources”

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

Food Bridge Delivery

“Your connection to wholesome groceries”

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

Necessity Kit Delivery

“Your connection to cleaning & hygiene products”

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

Face Mask Delivery

“Your connection to a face mask”

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

Bridge Buddies—Friendly Callers

“Your connection to a friendly caller”

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

Virtual Classes & Activities

“Your connection to golden opportunities”

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

Foot Clinics

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

Take-Out Meals

“Your connection to nutritious meals”

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

Mt. Zion Church, 2019 Fisher St

Monday between 10:00-11:30 am

2 Meals Catered by Kavanaugh’s Esquire Club

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

NewBridge West Office, 5724 Raymond Rd.

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh’s Esquire Club

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

Kavanaugh’s Esquire Club, 1025 N. Sherman Ave.

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh’s Esquire Club

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

Meal Delivery for HOME BOUND ONLY

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

Friday between 3:00-4:00 pm

2 Meals Catered by Kavanaugh's Esquire Club

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

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

Friday between 3:00-4:00 pm

1 Meal – Hot Fish Fry

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

Romnes Apartments, 540 W. Olin Ave.

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

Messiah Lutheran Church, 5202 Cottage Grove Rd.

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

Not taking new participants.

Funded in part by UW Health, UnityPoint Health -

Meriter & Quartz, Schlecht Family Foundation,

Capitol Lakes, Madison Gas and Electric,

Green Bay Packer Foundation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Sloppy Joe Kidney Bean Salad Mixed Vegetable Pears, Brownie MO – Chickpea Joe	03 Honey Baked Chicken Broccoli, Yams, Banana Ambrosia Salad MO – Veggie Honey Chicken	04 Meat Sauce Spaghetti Noodles Wax Beans, Peaches Mixed Green Salad Frosted Marble Cake MO – Marinara Sauce	05 Lemon Dill Baked Fish Baked Potato, Fruit Cup Sugar Cookie MO – Veggie Wrap	06 *Italian Sausage Oven Roasted Potatoes Stewed Tomatoes Orange Chocolate Ice Cream Cup MO – Veggie Hot Dogs
09 *BBQ Pulled Pork Chickpea Salad, Corn Tropical Fruit Vanilla Pudding MO – Black Bean Burger	10 Sweet and Sour Chicken Brown Rice, Peas, Banana Chocolate Chip Cookie Bar MO – Veggie Sweet & Sour Chicken	11 Saucy BBQ Ribs Cheesy Potatoes Herb Roasted Carrots Cherry Pie MO – Veggie Meatballs	12 Chicken Stew Broccoli, Tropical Fruit Frosted White Cake MO – Veggie Stew	13 Egg Salad Split Pea Soup Apple Sauce Peach Pie Bar
16 Chicken and Gravy Creamed Corn, Green Beans Orange, Carnival Cookie MO – Veg Chicken in Gravy	17 Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Italian Ice MO – Garden Burger	18 Beef Stew Biscuit, Cauliflower/Broccoli Chunky Apple Sauce Choc Chip Banana Cake MO – Veggie Stew	19 *Meatballs in Marinara Over Penne, Carrots Mixed Salad, Banana Cheesecake Brownie MO – Veg Balls in Marinara	20 Turkey in Gravy Mashed Potatoes Green Bean Casserole Cranberries, Pumpkin Pie MO – Veg Chicken in Gravy
23 Cheeseburger 4 Bean Salad 4 Way Vegetable Blend Ambrosia MO – Multigrain Burger	24 Chicken on the Bone Mashed Potatoes/Gravy Brussels Sprouts Oranges, Lemon Bars MO – Veggie Meatballs	25 Chicken Noodle Soup Mixed Greens Salad, Pears Chocolate Chip Cookie MO – Tomato Soup	26 CLOSED	27 CLOSED
30 Sloppy Joe Carrot, Black Eyed Pea Salad Pineapple Chocolate Pudding MO – Chickpea Joe	<p>Meals provided by: Dane County Consolidated Food Services Division <u>Messiah Lutheran Church & Romnes Sites ONLY</u></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</p>			

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NEWBRIDGE ONLINE CLASSES & ACTIVITIES

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

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

ZOOM STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises. The cost is \$20/month.

To register please contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

See Ellen's website for the Zoom link www.thewonderofyoga.com

ZOOM TECHNICAL ASSISTANCE

Tuesdays in November

9:00-11:00 am

Learn more about Zoom, your iPhone, iPad or tablet via Zoom appointment.

Contact Deenah to sign up (608) 512-0000 Ext. 3002.

ZOOM SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES

Tuesdays in November

1:00-2:30 pm

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

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

ZOOM BOOK CLUB

Wednesday, Nov. 4, 1:00-2:00 pm

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

ZOOM BINGO!

Friday, November 13, 1:00-2:00 pm

Join us for bingo with caller Diana!

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

ZOOM POETRY WITH FABU

Thursday, Nov. 12, 1:00-2:00 pm

Bring your curiosity to learn and try something new. The goal is to stimulate memory using poetry and to prevent memory loss. We will listen, recite, and write our own poetry led by Madison's Poet Laureate Fabu Carter. *Made possible in part by generous funding from The Alzheimer's Poetry Project and Bader Philanthropies, Inc.*

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

ZOOM HUMP DAY COFFEE TALK WITH RUTH & DEENAH

Wednesday, November 4 & 18
10:30-11:15 am

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

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

ZOOM COLLAGE FOR THE SOUL

Thursday, November 12 & 19

10:30-11:30 am - 6 Week Course

Art class in collaboration with Arts For All. Artist, Patrizia will lead us gently through the process of discovering our inner-artist through creating collage.

Contact Deenah to sign up (608) 512-0000 Ext. 3002.

ZOOM KINDNESS CULTURE JUMPSTARTED!

Thursday, Nov. 19, 1:00-2:00 pm

Presenter Don Carter. More info on page 8

Register online at tinyurl.com/KindnessCulture

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KINDNESS CULTURE JUMPSTARTED!

Online Event with Don Carter

Thursday, Nov. 19, 1pm

Register online: tinyurl.com/KindnessCulture

Join this online event to learn more about how you can shift your perception to see that the world is not as hostile as it may seem.



“If you want the world to change, first, change how you see it, then change how you see yourself in it.”

–Don Carter

Learn more about Don at doncarter.co

Sponsors:



MADISON SENIOR CENTER ACTIVITIES



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

TAKE CHARGE OF YOUR HEALTH

Tuesdays, 10:00-11:00 am

Presenter, Janet Bollig, MSW, a community educator from St. Mary's Hospital Health at Home program.

November 17: Healthy Holiday Eating

December 15: Grief Through the Holidays

Register for the session on madison-seniorcenter.org

WHAT TO EXPECT WHEN DEATH IS APPROACHING

Thursday, Nov. 5, 10:00 am

Caring for people at end of life is a unique privilege, but this time can be anxiety-provoking. Participants will learn to identify potential signs and symptoms of end of life, understand food and nutrition concerns at end of life, and learn ways to provide care and comfort to the dying person and their family. Presented by Rebecca Kahl, RN Educator at Agrace HospiceCare.

Email lhunt@cityofmadison.com to receive a Zoom invite.

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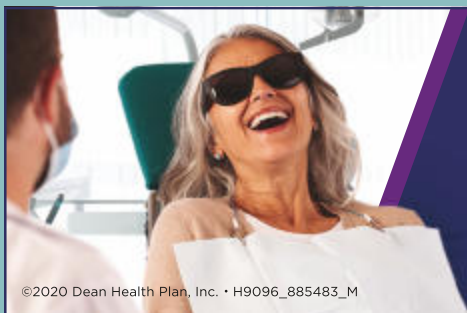
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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CULTURAL DIVERSITY

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

Latinx activities offered in Spanish only.

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

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

AFRICAN AMERICAN CULTURAL DIVERSITY

For more information, contact Deana Wright, Cultural Diversity Program Coordinator, (608) 512-0000 Ext. 2007
DeanaW@newbridgemadison.org

LATINX CULTURAL DIVERSITY

For more information, contact (608) 512-0000 Ext. 3009

ZOOM LATINX DISCUSSION GROUP

Every Friday, 10:30 am (except 11/27)

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

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

GRUPO DE DISCUSIÓN ZOOM

Todos los viernes, 10:30 am

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

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

TRANSPORTATION AVAILABLE FOR CULTURAL DIVERSITY PARTICIPANTS

To Get Your Flu Vaccine

Public Health Madison & Dane County is recommending that everyone who is able to get a flu shot, and get one as soon as possible. NewBridge is providing transportation for our Black and Latinx older adults to the Alliant Energy Center free clinic (more information on the front page), to their primary care clinic, or to a community pharmacy to get a flu shot.

To Vote

NewBridge is providing transportation for our Black and Latinx older adults to your voting location. You'll need to bring along your face mask, but casting your ballot can be done curbside, as well.

To arrange a ride, please call Deana Wright (608) 512-0000 Ext. 2007 for the African American participants, and (608) 512-0000 Ext. 3009 for the Latinx participants.

MONONA SENIOR CENTER ACTIVITIES



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

CLIMATE CHANGE AND THE FUTURE OF WINTER RECREATION IN WISCONSIN

Friday, November 13, 10:00 am
 What would life in Wisconsin be like without outdoor winter recreation? Along with biophysical effects, climate change poses significant risks to regional cultural

and recreational activities. Eric Compas is a professor in the Geography, Geology and Environmental Sciences Department specializing in geographic information systems (GIS) and human-environment interactions. Open to the Public.

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GET INVOLVED & VOLUNTEER

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

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

BRIDGE BUDDY CALLERS

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

TIME COMMITMENT—Flexible

FOOT CLINIC VOLUNTEERS

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

TIME COMMITMENT—1-2 times per month

LOCATION—Westside clinic

SNOW SHOVELING VOLUNTEERS

DESCRIPTION—Volunteers are matched with older adults to help them remain independent and in their own homes. One way we do this is by providing snow shoveling help! (Due to COVID-19, our volunteers are only doing outdoor work.)

TIME COMMITMENT—Flexible

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT—2-4 times per month

IMMEDIATE NEED—20+ volunteers

THANKSGIVING MEAL DELIVERY DRIVERS

DESCRIPTION—300 Thanksgiving meals will be delivered on Thanksgiving Day, Thursday, November 26 between 11:00 am -1:00 pm from Lj's Sports Tavern and Grill, 8 N. Patterson St. Staff will load meals in volunteer cars curbside. Volunteers will be given their routes a few days prior and will be asked to call the older adults when they deliver. We would like this to be contactless. Masks are required.

TIME COMMITMENT—A Few Hours

IMMEDIATE NEED—50 volunteers

TAKE-OUT MEAL VOLUNTEERS

DESCRIPTION—Handing out take-out meals on Fridays from 2:45-4:15 pm at LJ's Sports Tavern and Grill, 8 N. Patterson St. Holidays excluded. You will be provided a mask and gloves and will place the meals in the trunk or back seat of the vehicle.

TIME COMMITMENT—1.5 hours on Fridays

IMMEDIATE NEED—2 volunteers

VOLUNTEER BOARD MEMBER

DESCRIPTION—Seeking individuals who are committed to meeting the needs of older adults in our community.

We are recruiting for diverse leaders with expertise in the following areas:

- Involvement in older adult programs and services in the Madison or Monona. This individual will provide insight on the trends, needs and interests addressed by NewBridge Madison programming from the older adult's perspective.
- Media or advertising professional, who has assisted with media or community wide events to support an issue or cause.

TIME COMMITMENT—Minimum of two hours per month. The board meets monthly. Board members serves a three-year term (up to two consecutive terms.) Board members are expected to participate in one or more committees.

IMPACT OF NEWBRIDGE— NewBridge Madison's annual revenues are approximately \$1.97 million. In 2019, NewBridge Madison served over 10,000 older adults.

For more information on being considered for service on the NewBridge Board of Directors, contact, Jim Krueger, Executive Director at jimk@newbridgemadison.org or (608) 512-0000 Ext. 3005.

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BRIDGING HOPE RECAP

We held our first ever week-long online fundraiser, October 5-9, to help Madison area older adults and we raised \$10,000!

Day 1: We highlighted our organization. Our services, staff and more.

Day 2: With generous business sponsors, we were able to match all of our donations on during Corporate Match Day.

Day 3: Our live stream concert with *Frank Martin Busch and the Names* had a good turnout on Facebook live.

Day 4: Our Artful Aging Silent Auction sold three paintings. The artwork was amazing and the story being each piece is even more powerful.

Day 5: Cheryl Batterman won over \$400 in local gift cards for donating more than \$50 during Bridging Hope.

THANK YOU

Corporate Match Businesses:

- Kollath CPA's
- Research Products Corp.
- Monona Bank
- Capital Lakes
- Gunderson Funeral and Cremation Care

T-shirt and Mask Sponsors:

- Willy St. Co-op
- Gallagher Tent and Awning

Event Sponsor:

- Wegner CPA's

To everyone who donated during Bridging Hope!

We are always accepting donations via:

- Website—newbridgemadison.org/donate
- Check to NewBridge, 1625 Northport Dr. #125 Madison 53704

We will also continue to sell Bridging Hope t-shirts and NewBridge masks until our inventory is gone on our website.

VOLUNTEER SPOTLIGHT – LUIS GARCIA



For me volunteering gives me a sense of fulfillment knowing that my work is helping people get through this pandemic. Volunteering has helped me learn about the needs of my community and even if it's little, my work is helping those in need. I have learned that having hope is the core of a good heart. Hope is what makes me wake up in the morning knowing that even if it looks to be a bad day, hope will get me through. Helping those in need, I in turn am giving hope by my actions and that is fulfilling. It's an honor and a privilege to volunteer with NewBridge.

When life offers the gift of time...

how will you spend it?

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

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NewBridge is partnered with Registered Nurse Gail Owens and Nail Technician Susan Hasey to provide foot care for older adults 60+. We offer non-diabetic and diabetic clinics. The cost is \$20 for non-diabetic and \$25 for diabetic and we ask that you bring two towels.

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

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

Appointments are filling up quickly.

We recommend you call a few months in advance.

We do provide a waitlist.

New Procedure for Foot Clinics:

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

EAST MADISON

Monona United Methodist Church

606 Nichols Road, Monona

Tuesday, Nov. 10 & 24, 9:30-11:45 am

NORTH MADISON

Goodman Community Center

149 Waubesa Street

Monday, November 9, 10:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

Tuesday, November 17, 1:00-2:30 pm

MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location, 4142 Monona Dr.

Loan closet items are available to City of Madison and Monona residents. Donations are welcomed.

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

We ask that you please wear a mask when you pick up or donate equipment.

We are currently accepting in-kind donations of:

- shower chairs
- tub transfer benches



COVID-19 TESTING

Public Health of Dane County recommends testing for:

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

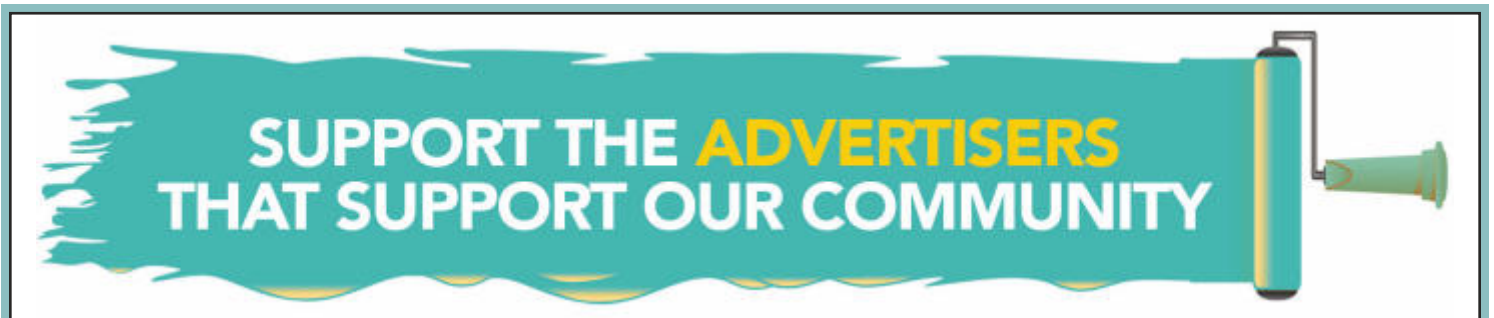
TESTING SITE OPTIONS

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

- Alliant Energy Center, 1919 Alliant Energy Center Way, Madison
Mon., Wed., Fri., Sat. 8:00 am-4:00 pm
Tues. and Thurs. 8:00 am-8:00 pm
No appointment necessary but is available
Will be open through December.

- South Madison Community Test Site, Public Health WIC Clinic, 2230 S. Park St, Madison
Mondays and Fridays, 8:00 am-4:00 pm
Wednesdays, 12:00pm-8:00pm
If you can, make an appointment
(608) 243-0302
Must wear a face covering.
**** Will be open until at least December 30.***

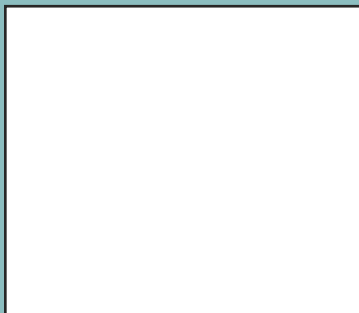
For Alliant and South Madison Sites:
Free. Spanish and Hmong translators are available. For a free ride, call Public Health Transportation Line (608) 243-0420



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MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

Save money and get the best coverage!

What can a NewBridge Case Manager help you with?

We can help you compare your current Medicare Part D plan with other Medicare Plan choices. Once you have decided on a plan that will meet your needs, we can help you enroll.

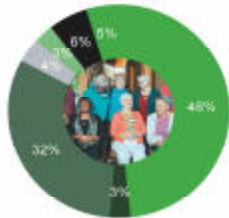
We have found safe, creative, and socially distanced solutions to continue serving you during the COVID-19 pandemic.

**To learn more or to get the process started
contact NewBridge:
(608) 512-0000**

Ask for **Intake Case Manager** and they will start the process by gathering some information to get you set up.

2019 ANNUAL REPORT NOW AVAILABLE

FINANCIALS



- Dane County
- Fundraising & Other Revenues
- City of Madison
- Grants & Sponsorships
- City of Monona
- United Way of Dane County
- Program Donations



- Administration
- Caregiver Support
- Case Management
- Volunteer Guardian/Rep. Payee
- Cultural Diversity
- Home Care
- Fundraising
- Nutrition
- Classes & Activities
- Major Expenses

FINANCIAL REPORT

Revenue by Source	
Dane County	\$992,784
City of Madison	\$609,158
City of Monona	\$54,206
United Way of Dane County	\$110,540
Grants & Sponsorships	\$74,109
Friends of NewBridge	\$9,599
Program Donations	\$91,440
Fundraising & Other Revenue	\$57,705
Total	\$1,939,535

Expense by Program	
Administration & General	\$330,907
Caregiver Support	\$40,189
Case Management	\$163,033
Cultural Diversity	\$123,913
Home Care	\$90,954
Nutrition & Dietitian	\$244,003
Classes & Activities	\$152,798
Volunteer Guardian/Rep. Payee	\$56,948
Fundraising	\$38,927
Major Expenses	\$40,091
Total	\$2,114,365

Assets	
Current Assets	\$672,619
Property & Equipment	\$193,428
Other Assets	\$90,695
Total	\$956,742

Liabilities & Net Assets	
Current Liabilities	\$165,206
Long Term Liabilities	\$134,070
Net Assets	\$657,466
Total	\$956,742

Our 2019 annual report is now available on our website newbridgemadison.org

We list our 2019:

- Accomplishments
- Program Numbers
- Client Testimonial
- Business Sponsors
- Major Bequests
- Board of Directors
- Executive Team
- Friends of NewBridge Committee
- Financial Report
- Service Descriptions
- ...and much more



Norwegian American Genealogical Center & Naeseth Library

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

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New Bridge, Madison, WI

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Alzheimer's & Dementia Caregiver Conference

This informative program is for families, friends and caregivers of persons with Alzheimer's disease or related dementia. It is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day.

**Thursday,
November 5th**
Virtual Presentation
9 - 11:30 am

Registration deadline is November 2, 2020. Register by emailing teena.monk-gerber@alzwisc.org or by calling 608-843-3544. Free and open to the public.



Keri Olson

Finding balance when busy seems to be the only word you know: thoughts for those who care for others.

Thanksgiving every day: adding joy to your life by adopting an attitude of gratitude.

Keri Olson is a three-time cancer survivor of benign neurological tumors including one that caused temporary chest-down paralysis. Keri is also a former family caregiver, sharing her wisdom with audiences about blessing and joy.



Pam Kul-Berg



Teena Monk-Gerber

Community resources: what every caregiver should know.

Teena Monk-Gerber, Dementia Outreach Specialist with the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) and Pam Kul-Berg, Dementia Care Specialist with the Aging & Disability Resource Center of Green County (ADRC) will partner to present this session.



Shirley Kelter

The gift of presence: how we are present to a person with dementia changes as their condition changes them.

Through sharing stories, Shirley Kelter, Chaplain at Monroe Clinic, will offer ideas on how to be present in meaningful ways.



Monroe Clinic

A Member of  SSMHealth.

RECIPE OF THE MONTH

PUMPKIN TURKEY CHILI

Ingredients:

- 2 tbsp oil
- 1 lb ground turkey
- 1 can pumpkin
- 1 can diced tomatoes
- 1 can beans
- 1 onion diced
- chili powder
- garlic powder



Cooking Instructions:

In a pot heat up oil. Add onions and sauté until translucent. Add ground turkey and cook until brown. Add pumpkin, tomatoes (with liquid), beans (if using fancy beans keep liquid-other beans drain.) Add 2 tablespoons chili powder & teaspoon of garlic powder. Stir until well mixed, turn heat down to simmer for 15 minutes.

Serve by itself or on top of macaroni, rice, quinoa, top with sour cream, onions, cheese, or whatever your heart desires.

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REGULAR SERVICES AND ACTIVITIES

Case Management

“Your connection to community resources”

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

Home Chore

“Your connection to helping hands”

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

Food Bridge

“Your connection to wholesome groceries”

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



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

Bridge Buddies

“Your connection to a friendly caller”

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

Nutrition Sites

“Your connection to nutritious meals”

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



Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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

Medical Equipment Loan Closet

“Your connection to health equipment”

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

Cultural Diversity Activities

“Your connection to your peers”

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



Classes & Activities

“Your connection to golden opportunities”

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

LED Activities (Living Every Day)

“Your connection to enjoyable experiences”

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

COVID-19 Specific Services on page 4.

2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Additional Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

How would you like newsletter? Mail Email Both None



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

Office Use:

Check # _____

Cash _____

Amount \$ _____

Initials _____

Letter Sent _____

Card Sent _____

Initials _____

Mail the form & payment to 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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MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

We can help you compare your current
Medicare Part D plan with other
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Save money and get the best coverage!

Call NewBridge at (608) 512-0000