



NEWBRIDGE

Your Connection to Successful Aging

NEWS

NOVEMBER 2021

Together
we give.

GI  ING
TUESDAY

3 WAYS TO GIVE

1. Give your time or talent: volunteer, give your skills. See page 18 for opportunities.
2. Give money: donate to NewBridge. See page 23 for more information.
3. Give kindness: buy someone lunch, compliment a stranger

November 30, 2021

EFFECTIVE FRIDAY, NOVEMBER 8, OUR OFFICES WILL BE CLOSED TO WALK-INS ON FRIDAYS FROM 1:00-4:00 PM. WE ARE CLOSED THURSDAY AND FRIDAY, NOVEMBER 25 AND 26.

CHECK OUT
WHAT'S
INSIDE!

02 General Information
03 NewBridge Staff
04-05 NewBridge Programs & Services
06-09 Diversity & Inclusion Activities
10-12 Classes and Activities

14-15 Nutrition Program
16 Foot Care Clinics & Loan Closet
18 Volunteer Opportunities
22 Bridging Hope Fundraiser Recap
23 Friends and Donation Form

newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

Over 5 million Americans suffer from Alzheimer's Disease. November is Alzheimer's Awareness Month, a time to heighten our awareness and support those afflicted by this disease. Symptoms of Alzheimer's include memory loss, trouble making plans/solving problems, confusion over times/places, and misplacing objects. Over time the sufferer can't do routine tasks and may experience significant mood/personality changes. Eventually, they aren't sure where they are or may not be able to converse. We can help individuals with Alzheimer's by educating ourselves about the disease, keeping things simple when around them, not arguing or trying to reason with them and knowing routine is important. ***Together, we can support those with Alzheimer's until a cure is found.***

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partner:
Sherman Glen Apartments & Point Place Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001

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

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KATERI WEEGE, Case Manager Intern Ext. 1001
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LAUREN JACOB, Case Manager Intern Ext. 4008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006

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

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

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

ID Statement: The 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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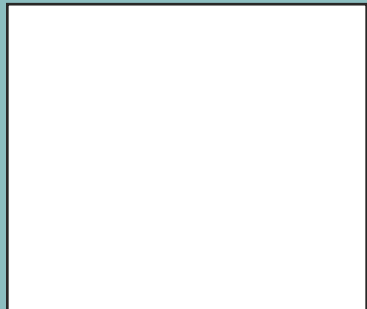


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SERVICES AND ACTIVITIES

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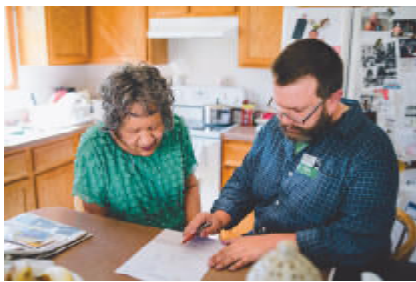
“Your connection to a friendly caller”

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

Case Management

“Your connection to community resources”

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult’s individual needs. *Free for eligible*



Madison/Monona older adults (60+).

Private Pay Case Management available.

Sponsored by: TASC.

Classes & Activities

“Your connection to golden opportunities”

Social, educational, and exercise classes at various community sites. Details listed in monthly newsletter and website. *Free or low cost for older adults (60+) with scholarships available. Sponsored by: UW Credit Union providing computer access.*

Diversity & Inclusion Activities

“Your connection to your peers”

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

Food Bridge

“Your connection to wholesome groceries”

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona.

This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+).*



Sponsored by: CUNA Mutual Group Foundation and Evjue Foundation.

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+).*

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.*

Mental Health Resources

“Your connection to mental health resources”

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

Nutrition Sites

“Your connection to nutritious meals”

Serves nutritious weekday meals and provides socialization for older adults at multiple Madison/Monona locations. Details listed in monthly newsletter and website.

Cost for older adults (60+) is an anonymous donation. Cost for 60 and under, full cost of meal. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation.



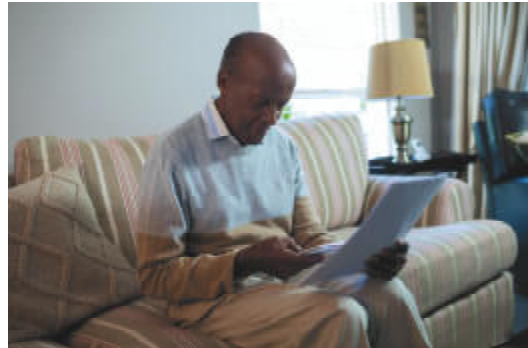
Sponsored by: Oscar Rennebohm Foundation and Evjue Foundation

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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

Free for Dane County older adults (60+).



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DIVERSITY & INCLUSION ACTIVITIES

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



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

To register for activities:

See *NewBridge website for the Zoom links www.newbridgemadison.org or contact Deana.*

CHAIR EXERCISE

Mondays, 9:00-9:45 am

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

DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm

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

BINGO

Thursday, Nov. 18, 3:00-4:30 pm



Game cards will be mailed before the program. Prizes will be mailed afterwards.

Sign up with Deana by Monday, Nov. 15.

BALANCING ACT

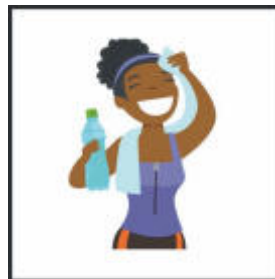
Tuesdays, 1:00-1:45 pm

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

GET MOVIN' ON ZOOM

Tuesdays & Thursdays

1:00-2:00 pm



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

BLACK SPACE

Thursdays, 3:00-4:00 pm



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

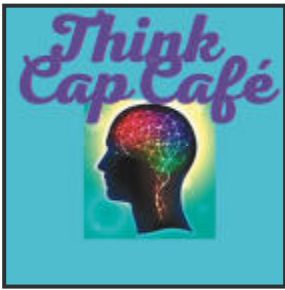
COLOR ME HEALTHY

Tuesday, Nov. 23, 3:00-4:30 pm

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

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



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

In collaboration with

Alzheimer's & Dementia Alliance of Wisconsin.



BLACK MEN, THE PSA TEST & PROSTATE CANCER: THE CONVERSATION

Thursday, Nov. 11, 1:00-2:00 pm



Black Men, the PSA test and Prostate Cancer: The Conversation

1 in 4 Black men will be diagnosed with prostate cancer in their lifetime, and they are twice as likely

to die from it. Early detection is the only way to mitigate the impact of the disease. Hear personal stories, learn about the prostate specific antigen (PSA) test and get your questions answered by a physician. Men AND women encouraged to attend. Call or email Deana to sign up.

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ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:

Consulte el sitio web de NewBridge para obtener el enlace Zoom

www.newbridgemadison.org

YOGA SUAVE

Los Lunes, el 1, 8, 15, 22, 29 de noviembre, 10:15-11:15 am

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

Hable con Garrett para inscribirse.



LA REUNIÓN

Los Viernes, el 5, 12, 19, 26 de noviembre, 10:00-11:30 am

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

BINGO BILINGÜE

El último lunes del mes, el 29 de noviembre, 1:00-2:30 pm

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



CÍRCULO DE AMIGOS

Cada otro Miércoles, el 3, 17 de noviembre, 1:00-2:00 pm

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

FIESTITA DEL DIA DE ACCIÓN DE LAS GRACIAS

Miércoles, el 24 de noviembre
1:00-2:30 pm

Llama a Garrett para inscribirse.



Festajamos (virtualmente) el 24 de Noviembre 1-2:30pm

FIESTA DEL DIA DE ACCIÓN DE GRACIAS

WELCOME LAUREN

Lauren Jacobs in a Case Manager Intern who started at NewBridge in September.

“I am a student at the University of Wisconsin-Madison. I am a senior in undergrad and I am currently enrolled in the BSW program. My internship at NewBridge is part of my required coursework for my program to help me gain experience and become a social worker. I plan on graduating next spring with a bachelor’s degree in social work and a bachelor’s degree in psychology. In my free time I like being outdoors, hiking, and trying to keep my houseplants alive.

WELCOME LAUREN!

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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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CLASSES & ACTIVITIES



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

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

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

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays
9:00-10:00 am

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

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



TECHNICAL ASSISTANCE - In-Person

Tuesdays, 9:00-11:00 am
Warner Park Comm. Rec. Center
Meadowridge Library

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

To sign up, contact Deenah.



SPIRIT & STRENGTH - Zoom

SHARING WISDOM THROUGH OUR STORIES
Tuesdays, 1:00-2:30 pm

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

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

EASY YOGA PLUS - Zoom

Wednesdays, 10:00-11:00 am
Friday, 11:00 am-Noon

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

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

BOOK CLUB - Zoom

Wednesday, Nov. 3, 10:00-11:00 am
Warner Park Comm. & Rec. Center
Discussing A Man Called Ove by Fredrik Backman. The December selection is The Vanishing Half by Brit Bennett. Please remember, you are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club. *To get more information, contact Deenah.*

MAHJONG - In-Person

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

BINGO! - Zoom and In-Person

Every Friday, 10:15-11:15 am
Warner Park Comm. Rec. Center
November 5 - In-Person
November 12 - In-Person
Zoom *1:00 pm start
November 19 - In-Person
November 26 - CANCELLED

Join caller Diana D & Don and other friends as we play Friday Bingo and one lucky winner will receive a gift card.
Contact Deenah to sign up for Zoom to get your bingo cards and Zoom link.



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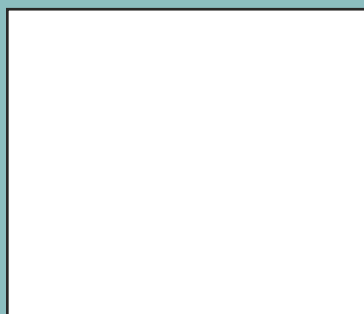
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SEWING CLUB - *In-Person*

Thursday, Nov. 4, 18, 9:00 am-Noon
Warner Park Comm. Rec. Center
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

HOW TO GET YOUR ITEMS MENDED:

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

PING PONG - *In-Person*

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

CARD MAKING CLUB - *In-Person*

Wednesday, Nov. 10, 1-3:00 pm
Warner Park Comm. Rec. Center
If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

SASSY STEPPERS

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

COLLABORATIVE PROGRAMS

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

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

Friday, November 12, 5:00-9:00 pm
Madison Senior Center, 330 W. Mifflin St.
Please join us for the opening and a short program at 5:30 pm.

AUTHORS SPEAK - *Zoom*

Tuesdays, November 2, 9, 16, 23, 30
1:30-2:30 pm
Join Heather for a virtual drawing workshop based on *Drawing as a Sacred Activity*. Art supplies will be provided. In collaboration with Madison Public Libraries and Goodman Community Center. *To get more information, contact Deenah.*

MIND OVER MATTER; HEALTHY BOWELS, HEALTHY BLADDER - *Zoom*

January 21, February 4 and 18, 2022,
1:00-3:00 pm
This online workshop is designed to give women the tools they need to take control of their symptoms. The cost of the workshop is \$20 which includes educational material that will be mailed to you prior to the workshop.
To sign up, contact Deenah.

MONONA SENIOR CENTER ACTIVITIES



For more information (608) 222-3415
 Monona Senior Center, 1011 Nichols Road
www.mymonona.com/251/Senior-Center

CELEBRATE VETERANS WITH US... VETS ON FRETS

Wednesday, November 10, 10:00 am
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 FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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www.mycommunityonline.com



CONGREGATE MEAL SITES

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

RESERVATIONS

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

TRANSPORTATION

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

DONATION

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

WEST MADISON

Hy-Vee West, 675 S. Whitney Way

Wednesday, 10:00 am-1:00 pm

**No meal reservation required*

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

Meadowridge Commons, 5734 Raymond Rd.

Tuesday, Thursday, Noon

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

Good Shepherd Church, 5701 Raymond Rd.

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church,

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

Hy-Vee East, 3801 E. Washington Ave.

Wednesday, 10:00 am-1:00 pm

Fridays, 10:00 am-1:00 pm

**No meal reservation required*

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

NORTH MADISON

Warner Park Community Recreation Center, 1625 Northport Dr.

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

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

Goodman Community Center,

149 Waubesa St.

Monday-Friday, 11:45 am

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

NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Bone-in Garlic Parmesan Chicken Tomatoes, Spinach Cass. Peaches, Lemon Bar MO – Hummus Wrap	02 Beef Stew Biscuit, Corn Chunky Apple Sauce Banana Bar MO – Veggie Beef Stew	03 Chicken Strips Steamed Brussel Sprouts Calico Beans, Mixed Fruit Sugar Cookie MO – Veggie Chicken	04 Pot Roast in Gravy Mashed Potatoes, Carrots Pineapple Tidbits Frosted Pumpkin Bar MO – Veggie Meatballs	05 *Ham Potato Cass. Peas, Peaches Strawberry Jell-o w/Pears MO – Soy/Potato Casserole
08 Chicken & Gravy Over White Bread Carrots, Broccoli, Orange Carnival Cookie MO – Veg Chicken in Gravy	09 Sloppy Joe on Bun Potato Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO – Chickpea Joe	10 *BBQ Ribs Cheesy Potatoes Pickled Beets Warm Spiced Pears MO – BBQ Veggie Meatballs	11 Chicken Stew Mixed Greens, Crackers Copper Penny Salad Applesauce, Choc Pudding MO – Veggie Stew	12 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail, Sugar Cookie MO – Black Bean Burger
15 *Meatballs in Marinara Over Penne, 4 Bean Salad Peaches Cheesecake Brownie MO – Veggie Meatballs	16 Fish Sandwich Yams, Peas, Pears Chocolate Banana Cake MO – Hummus Wrap	17 Bone-in BBQ Chicken Baked Potato, Banana Cherry Crisp MO – Veggie BBQ Chicken	18 Tomato Bean Soup Caesar Salad, Pineapple Strawberry Jell-o MO – Tomato Bean Soup	19 Roast Turkey in Gravy Stuffing, Pumpkin Pie Green Bean Casserole Yam Bake, Spiced Pears MO – Egg Salad Sandwich
22 Lemon Dill Baked Fish Baked Potato, Coleslaw Marble Loaf Cake MO – Veggie Wrap	23 *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Oranges, Apple Pie MO – Red Beans and Rice	24 Meat Sauce Spaghetti Noodles, Carrots Salad, Peaches, Brownie MO – Marinara Sauce	25 CLOSED	26 CLOSED
29 Chicken a la King Brown Rice, Capri Blend Broccoli Salad, Fruit Cocktail Frosted Chocolate Cake MO – Soy a la King	30 Chili Baked Potato, Cornbread Cinnamon Spiced Apples Chocolate Chip Cookie MO – Veggie Chili	Meals provided by: Dane County Consolidated Food Services Division All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO : Meatless Option / * : Pork		

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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+. Cost is \$20 and we ask that you bring 2 towels.

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

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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, Nov. 9, 16, 23, 9:30-11:45 am

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Monday, November 8, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Friday, November 12, 9:00 am-Noon
Monday, November 29, 9:00 am-Noon

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

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, November 23, 9:00-11:40 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. Monetary donations are welcomed.

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



We ask that you call ahead to make an appointment to pick up, return and to donate. Currently accepting shower chair donations.



PUBLIC HEARING

to Comment & Provide Input on the

2022-2024 Dane County Aging Plan DRAFT

Tuesday, December 14, 2021

Noon via Remote/Zoom

Pre-registration required for persons wishing to speak

Go to <https://dane.legistar.com/Calendar.aspx> & select "Area Agency on Aging Board Meeting" or call (608) 261-9930

For those wishing to attend but not speak

Call (833) 548-0276 (access code: 969 4688 6739)

The Aging Plan draft is available at <https://dcdhs.com/Aging-Plan-Development> or call (608) 261-9930. Written comments may be mailed to: Area Agency on Aging, Attn: Cheryl Batterman, 2865 N Sherman Ave, Madison, WI 53704 or emailed to Batterman.Cheryl@countyofdane.com by 12/28/21



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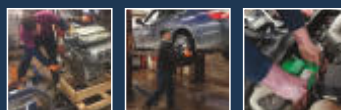
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VOLUNTEER OPPORTUNITIES



David Wilson
Marketing & Volunteer
Services Manager
(608) 512-0000 Ext.
2006 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.

THANKSGIVING MEAL DELIVERY DRIVERS

DESCRIPTION—Help Deliver 350 Thanksgiving meals to Madison older adults in need. Meals will be picked up and delivered between the hours of 11:00 am-1:00 pm on Thanksgiving Day, Thursday, November, 25! Location of pickup is yet to be determined.

TIME COMMITMENT—2 hours

IMMEDIATE NEED—50 volunteers



NUTRITION SITE VOLUNTEERS

DESCRIPTION— Serve meals to older adults, Monday-Fridays, 10:30 am-1:00 pm

TIME COMMITMENT— 2.5 hours on Monday-Fridays or any days of the week you have available.

IMMEDIATE NEED – 8 volunteers

Tasks include:

- Serving meals to the participants
- Serving beverages
- Making coffee
- Socializing with older adults as they eat their meals
- Help cleaning-up after the meal

Training will be provided by the Nutrition Site Manager.

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VOLUNTEERS NEEDED!
Snow Angels

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



www.newbridgemadison.org

(608) 512-0000

Share your experience!

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



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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.

INCLEMENT WEATHER INFORMATION



INCLEMENT WEATHER POLICY

For everyone's safety, if the Madison Metropolitan School District closes school due to weather conditions, all NewBridge programs and activities will be cancelled. School closings are announced on the major television and radio stations.

We will re-open when the Madison Schools re-open. In the event of inclement weather when school is not in session, please call us at (608) 512-0000 and a message on the answering machine will announce any closings. If Madison Schools are closed, NewBridge is closed.

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BRIDGING HOPE FUNDRAISER RECAP



We held our second annual online fundraiser, October 4-7, to help Madison area older adults and we raised \$15,000!

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

Day 2: We highlighted our staff.

Day 3: With generous business sponsors, we were able to match all of our donations on during Corporate Match Day.

- Capitol Lakes
- Kollath & Associates, CPA's
- Diversified Financial Consultants
- Gunderson Funeral and Cremation Care
- Wegner CPA's

Day 4: We recognized all of the individuals who were nominated as "Champions of Hope" and the winners were announced. In case you missed it, our 2021 Champion of Hope winners are:

BRIDGING HOPE
NEWBRIDGE

Charlestine Daniel
Champion of Hope Nominee

Daniel is long-time resident of the Madison area and exemplifies her commitment to human and civil rights through her work as an educator, advocate, policy maker, and consultant. Charlie is described as a fierce advocate for justice and is a well-respected community leader. She works tirelessly to improve the quality of life for underrepresented and disenfranchised communities.

BRIDGING HOPE
NEWBRIDGE

Amy Scarr
Champion of Hope Nominee

"Amy is a strong yet caring advocate for older adults affected by crimes of any kind. Not only does she work with the elderly but she also volunteers by delivering home-delivered meals and delivering Thanksgiving meals to those who are homebound. Amy is compassionate about her role in the lives of older adults!"

BRIDGING HOPE
NEWBRIDGE

Pastor David Smith
Champion of Hope Nominee

"Pastor Smith (and his Wife Tracy) are great examples of serving the community. He is the local Pastor at the Door Creek Church on Sherman Ave. He has worked tirelessly to feed people age 60 and over, who have no access to a Thanksgiving meal otherwise."

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.

FRIENDS COMMITTEE VOLUNTEERS NEEDED

Volunteers are needed to serve on the Friends of NewBridge Committee. Members are needed to plan special events, recruit volunteers, expand the benefits, and more. If you are interested, call Deenah (608) 512-0000 Ext. 3002.

RENEW YOUR FRIENDSHIP FOR 2022 - It's annual renewal time for our Friends of NewBridge. Please complete the form below to be a Friend of NewBridge in 2022. If you are not currently a Friend of NewBridge, now is the time to join! You can also renew on our website! newbridgemadison.org

2022 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2022 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden

Send my monthly newsletter via mail email both none

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

\$ _____ In honor/memory of: _____

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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
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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