



NEWBRIDGE NEWS

Your Connection to Successful Aging

NOVEMBER 2022

Together
we give.

GI^{VE}ING
TUESDAY

3 WAYS TO GIVE

1. Give your time or talent: volunteer, give your skills. See page 18-19 for opportunities.
2. Give money: donate to NewBridge. See page 24 for more information.
3. Give kindness: buy someone lunch, compliment a stranger.

NOVEMBER 29, 2022

WE ARE CLOSED THURSDAY AND FRIDAY, NOVEMBER 24 AND 25.

CHECK OUT
WHAT'S
INSIDE!

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newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

Thanksgiving Day was originally a celebration of the harvest and blessings of the past year. Legend has it that Thanksgiving is modeled after a large feast shared by the English colonists of Plymouth and the Wampanoag people. A few colonists went hunting and allegedly, in one day, killed enough to feed everyone for a week. Another group, the Wampanoag people, appeared at the settlement unnerving the colonists. Over the next few days the two groups socialized without incident. The Wampanoag brought food and beer and the people fired guns, ran races, and drank. These festivities helped seal a treaty between the two groups. Funny how sharing good times together can help resolve differences.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See Loan Closet Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST MADISON

5724 Raymond Road, Madison, WI 53711

LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EMILY MENDOZA, Case Manager Intern Ext. 1003
- EMMA HOIBY, Case Manager Intern Ext. 1008
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Resource Mgr. Ext. 3007
- LIZZ DOWNS, Mental Health Resource Intern Ext. 3006

- DAVID WILSON, Marketing Manager Ext. 2006
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- LISA HASSELL, Program Assistant Ext. 1011

- AL KUTIL, Nutrition Site Assistant —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator Ext. 3013
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.

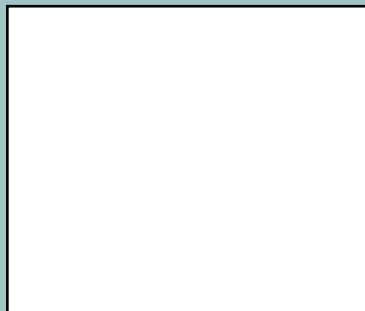



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SERVICES AND ACTIVITIES

Bridge Buddies

“Your connection to a friendly caller”

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

Case Management

“Your connection to community resources”

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

Classes & Activities

“Your connection to golden opportunities”

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

Diet Consultations &

Healthy Aging Workshops

“Your connection to nutrition and wellness.”

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

Diversity & Inclusion Activities

“Your connection to your peers”

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

Food Bridge

“Your connection to wholesome groceries”

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+).*

Home Chore

“Your connection to helping hands”

Matches Case Management clients who need basic household chore help with individual volunteers/volunteer groups who provide assistance and friendly visitation. *Free for eligible Madison/Monona older adults (60+).* *Sponsored by the Lau and Bea Christensen Charitable Foundation and Walmart Community Grant.*

Medical Equipment Loan Closet

“Your connection to health equipment”

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

Mental Health Resources

“Your connection to mental health resources”

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

Nutrition Sites

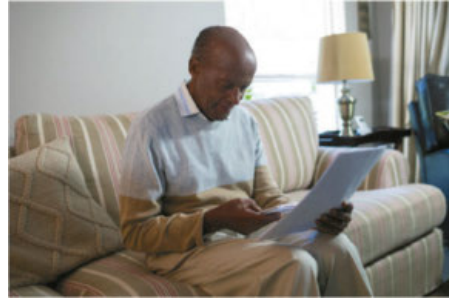
“Your connection to nutritious meals”

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

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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



Sponsored by the Henry Norman Leck Endowment Fund

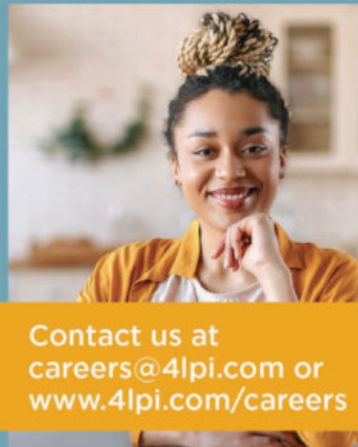
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New Bridge, Madison, WI

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New Bridge, Madison, WI

C 4C 01-2049

NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

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

PAGES 10-11

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

PAGES 12-14

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

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

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

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

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

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

NBU : BLACK DIVERSITY & INCLUSION ACTIVITIES



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



CONTACT DEANA:

(608) 512-0000
Ext. 2007

DeanaW@
NewBridge
Madison.org

Masks are recommended for all in-person programs and activities.
To register and/or request transportation, please contact Deana.

HEALTH/WELLNESS

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

Tuesday, November 1, 2:00-3:00 pm
UW South Partnership, 2238 S. Park St.
Join Poets Fabu Carter, Gary Glazner and Deana Wright as they lead a memory arts cafe. Refreshments will be served.

THINK CAP CAFÉ: Zoom - 1 credit

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

COLOR ME HEALTHY: Zoom - 1 credit

Tuesday, November 15, 3:00-4:00 pm
Black health professionals focus on health literacy, health equity and positive health outcomes.

SOCIAL

GAME DAY: In-Person - 5 credits

Friday, November 4, 12:00-4:00 pm
Have fun playing Spades, Bid Whist, Dominos, Bingo, Backgammon and more!
Lunch provided; prizes awarded.

BINGO: Zoom - 1 credit

Thursday, November 17, 3:00-4:30 pm
Game cards and chips will be mailed prior to program; gift cards will be mailed to winners after program.

EDUCATION

SEWING 101: In-Person - 1 credit

Saturdays, 9:30-11:30 am
Learn the basics of sewing. Class is appropriate for beginners or those looking for a refresher. Sewing machines and supplies provided.

LET'S PAINT: In-Person - 1 credit

Mondays, 10:30 am-12:30 pm
Learn simple techniques to paint with watercolor. Complete one painting per class. Materials provided.

EXERCISE

GENTLE YOGA: In-Person - 1 credit

Thursdays, 1:00-2:00 pm
A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Please bring your own mat.

PILATES: In-Person - 1 credit

Tuesdays, 11:00 am-12:00 pm

This class focuses on postural symmetry, breath control, abdominal strength and spine stabilization. Bring your own mat.

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

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

UW South Madison Partnership
2238 S. Park St. or via Zoom

A gentle exercise program for every fitness level. Keep your body moving!

CHICAGO STEPPIN': In-Person - 1 credit

Saturdays, 1:00-3:00 pm

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

BODY GROOVE: In-Person - 1 credit

Mondays, 1:00-2:00 pm

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

SPECIAL EVENTS

A SALUTE TO BLACK VETERANS:

In-Person - 5 credits

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

Radisson Hotel, 517 Grand Canyon Dr.

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



PRIVATE SCREENING: WAKANDA FOREVER:

In-Person - 5 credits

Friday, November 11, 11:45 am-3:15 pm

Join us for a private screening of the new Black Panther movie. Wear all-white to honor the late Chadwick Boseman and our ancestors. Limited seating available.



NBU : HISPANOS ACTIVIDADES DE DIVERSIDAD E



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



CONTACTE A

KATIA:

(608) 512-0000

Ext. 3009

KatiaV@

NewBridge

Madison.org

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

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

SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD: Zoom - 1 crédito

Cada 3er miércoles del mes 16 de noviembre de 1:00-2:00 pm
Acompáñenos a conversar acerca de diferentes temas de la salud.



EJERCICIOS

YOGA SUAVE - MSCR: Zoom— 1 crédito

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

Del 12 de septiembre al 21 de noviembre

¡Inscríbese hoy! Gratuito.

EDUCACIONAL

LA CAFETERIA DE LA MEMORIA: Zoom - 1 crédito

Jueves de 2:00-3:00 pm

Entrene su memoria, percepción, atención, concentración y más...a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

LA REUNIÓN: Zoom - 1 crédito

Viernes 11 de noviembre de 10:00-11:30 am

Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

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

12 de septiembre – 12 de diciembre

Warner Park, 1625 Northport Dr.

Los participantes aprenderán a hablar y a comunicarse en inglés. Las clases están disponibles otros días y horarios.

¡Contáctenos para más opciones!

Se proveerá transporte.

ARTE

TARJETAS POR LAS FESTIVIDADES:

En persona - 1 crédito

Martes 8 de noviembre a las 10:00 am
Warner Park

Acompañenos a crear tarjetas para celebrar las festividades. Todos los materiales incluidos. Inscribábase antes del 1 de noviembre.



SOCIAL

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles 9 y 23 de noviembre
1:00-2:00 pm

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

BINGO: Zoom - 1 crédito

15 de noviembre, 10:00-11:00 am

BINGO BILINGÜE: En persona -1 crédito

Viernes 4 de noviembre, 10:15-11:15 am
Almuerzo a las 11:30 am

Warner Park, 1625 Northport Dr.

Se proveerá transporte. *Regístrese antes del 28 de Octubre.*

CHARLAS EDUCATIVAS SOBRE LA

SALUD: En persona y Zoom - 1 crédito

18 de noviembre a las 10:30-11:30 am

Centro de Adultos Mayores de Madison

Regístrese antes del 11 de noviembre.

CELEBRACIÓN DEL DIA DE GRACIAS:

En persona - 5 créditos

Martes 15 de noviembre, 1:00-3:00 pm

Warner Park

Compartiremos postres y nos divertiremos cantando Karaoke

Regístrese antes del 8 de noviembre.



NBU : CLASSES & ACTIVITIES



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



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

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

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

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

SOCIAL

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

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

WESTSIDE WARBLERS: *In-Person*

Monday, November 7, 11:00 am-12:30 pm
Middleton Senior Center, 7448 Hubbard Ave.
Tuesday, November 15, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Our accompanists are Robert and Patricia Stone. Refreshments provided. For more information, contact Ellie (608) 230-6704

SASSY STEPPERS: In-Person - 1 credit

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

CARD MAKING CLUB: In-Person - 1 credit

Wednesday, November 9, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

SEWING CLUB: In-Person - 1 credit

Thursday, November 3, 17, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:

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

BINGO: In-Person - 1 credit

Fridays, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

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

NO ZOOM BINGO THIS MONTH.

BOOK CLUB: Zoom - 1 credit

Wednesday, November 2, 10:00-11:00 am

Warner Park, 1625 Northport Dr.

November book The Happiness Project by Rubin. December book is Tenth of December by Saunders. You are responsible for getting and returning your book. Available at Lakeview Library.

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

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

EASY YOGA PLUS: Zoom - 1 credit

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

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

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

STRETCH & STRENGTH: Zoom - 1 credit

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

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

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

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

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

Warner Park, 1625 Northport Dr.

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

HEALTH/WELLNESS

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

Tuesdays, 1:00-2:30 pm

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

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, November 8, 1:00-3:00 pm

Warner Park, 1625 Northport Dr.

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

[By appointment only, contact Deenah.](#)

ARTS

MUSIC JAM SESSION: In-Person - 1 credit

Saturday, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

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

NBU : CLASSES & ACTIVITIES CONTINUED

ARTS

HALLOWEEN PUMPKIN PAINTING: In-Person - 1 credit



We purchased 75 pumpkins that will be painted at different dining sites during the months of October and November. Our first pumpkin painting was at North where we had 20 participants. We

provided the paints, pumpkins, some treats and participants adorned them. Everyone had a good time! The holidays are off to a great start.

Pictured: Charles Vickery

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS WITH LISA: In-Person - 1 credit

Birthday Celebrations – First week of each month we will be honoring all who have birthdays during the month of November by bringing in special treats, singing happy birthday and honoring you! These mini-celebrations take place before lunch.

- Warner Park Comm. Rec., November 1
- Meadowridge Commons, November 3
- Romnes Apartments, November 4
- Messiah Church, November 8

WALKING CLUB & BIRD WATCHING:

In-Person - 1 credit

Mondays, Warner Park

During seasonable months. Come before lunch is served and join us for a guided walk on the lovely paths outside.

BOARD GAMES @ KAVANAUGH'S:

In-Person - 1 credit

Wednesdays, 2:00-3:30 pm

Starting November 2nd. Games provided.

Beverages served at a small cost.

SPECIAL HOLIDAY MUSIC: In-Person - 1 credit

Singer and songwriter Sherri Pitman.

Accompanied by Steve Roberts.

- Meadowridge Commons, Thursday, November 10, 11:00 am
- Warner Park Comm. Rec., Monday, November 14, 10:30 am
- Messiah Church, Thursday, November 17, 11:00 am

YOUR INPUT IS REQUESTED

Some older adult participants asked if we could provide a regular (weekly or monthly) older adult “drop-in” program during daytime hours at our Warner Park site. We are working on a west side site.

If we did this - would you attend?

The program would feature social activities like tea & talk, movies, meet & greets and times to connect with other older adults and resources in the community; and educational programs presented by area professionals on topics like: healthy aging, retirement planning, how to prepare a will, health and wellness talks, and much more. Let us know what you think - contact Deenah Givens deenahg@newbridgemadison.org 608-512-0000 Ext 3002 or Lisa Hassell lisah@newbridgemadison.org 608-512-0000 Ext 1011.

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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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New Bridge, Madison, WI

D 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is \$20 and we ask that you bring 2 towels.

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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, Nov. 8, 15, 22, 9:30-11:45 am

NORTH MADISON

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

Goodman Community Center
149 Waubesa Street
Monday, November 14, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
No November Clinic

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, November 1 & 22, 9:00-11:40 am

MEDICAL EQUIPMENT LOAN CLOSET

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

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

Loan closet items are available to City of Madison and Monona residents. Monetary and equipment donations are welcomed.



Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 8:00 am-3:00 pm and closed on Fridays.

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

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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VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT– Flexible

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

NUTRITION SITE VOLUNTEERS

DESCRIPTION– Help with check in, meal service, clean up, and socialize with older adults at our nutrition sites.

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

GUARDIAN & REPRESENTATIVE PAYEE

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

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

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT– 2-4 times/month

IMMEDIATE NEED– 5 volunteers



BRIDGE BUDDY CALLERS

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

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

NEWSLETTER COORDINATOR VOLUNTEER

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

TIME COMMITMENT– 2-4 hours a month.

NEWBRIDGE
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GUARDIAN AND REPRESENTATIVE PAYEE VOLUNTEERS NEEDED!

Volunteer Application 



The Volunteer Guardian Program serves older adults age 60 and over who are in need of a guardian due to such conditions as advanced dementia or chronic mental illness, and who have no family members or friends able to act as a guardian.

The program recruits, trains and provides ongoing support to volunteers willing to serve as legal guardians for older adults in need. The preferences and abilities of the volunteer and the specific need of the disabled older adult are taken into account in the assignment process.

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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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New Bridge, Madison, WI

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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

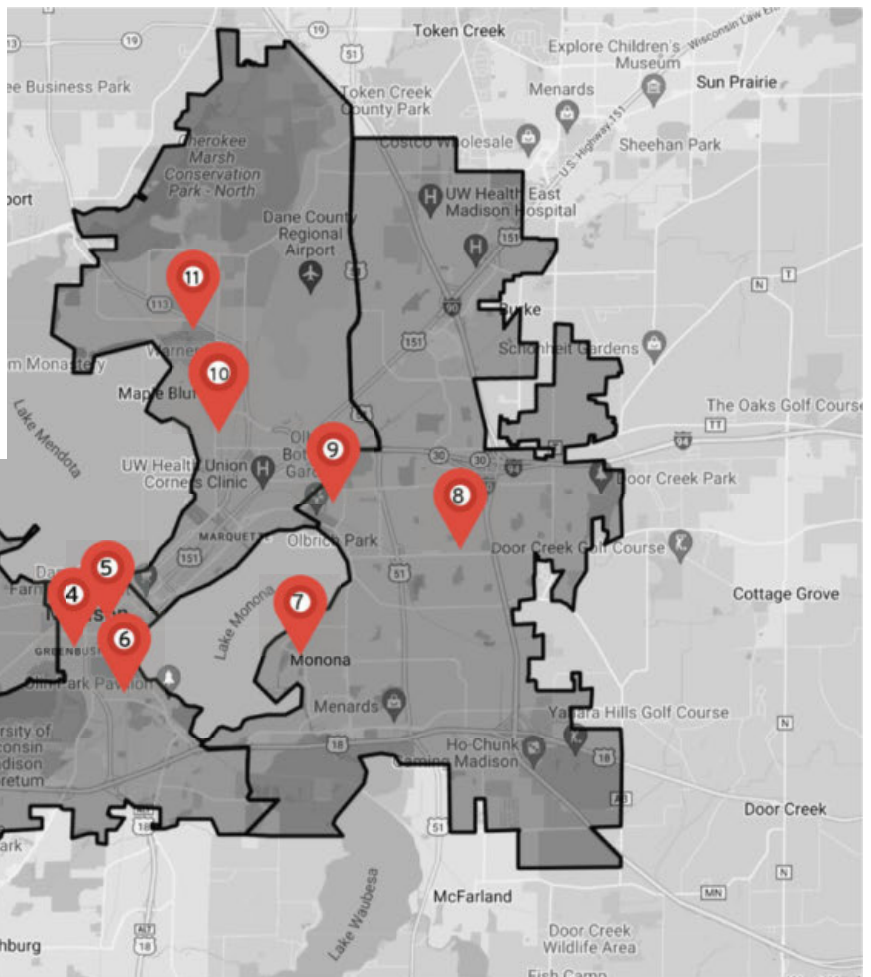
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is \$4.50. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$9.07.**

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



IMPORTANT NOTE: Due to food shortages we are not allowed to accept any extra meal reservations beyond our normal participant numbers. This includes holiday meals.

WEST MADISON

Hy-Vee West, 675 S. Whitney Way

Wednesday, 11:00 am-1:30 pm

**No meal reservation required*

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

Catered by Hy-Vee.

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

SOUTH MADISON

Lechayim Lunchtime Plus,

Beth Israel Center, 1406 Mound St.

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

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

For reservations contact Jewish Social

Services at (608) 442-4083 by Wednesday preceding the meal.

- **Monday, November 7** : Braised Balsamic Chicken, Basmati Rice, Roasted Market Vegetables (zucchini, squash, red onion), Fudge Brownies & Fresh Fruit, MO: Balsamic Tofu
- **Monday, November 14** : Lemon-Rosemary Chicken, Roasted Red Potatoes & Challah Rolls, Garlic Green Beans, Fudge Brownies & Fresh Fruit, MO: Lemon-Rosemary Tofu
- **Monday, November 21** : Herb Roasted Turkey, Garlic Whipped Potatoes & Challah Rolls, Corn on the Cob, Fudge Brownies & Fresh Fruit, MO: Polenta with Mushrooms
- **Monday, November 28** : Braised Beef Brisket, Basmati Rice, Steamed Green Beans, Fudge Brownies & Fresh Fruit, MO: Lemon-Rosemary Tofu

EAST MADISON/MONONA

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

Catered by Gaylords. September Menu:

- **Friday, November 4** : Roasted Herb Chicken, Brown Rice Medley, Green Beans, Multigrain Bread, Fruit, Jello, MO: Hummus Sandwich
- **Friday, November 11** : Roast Turkey, Mashed Potatoes, Gravy, Corn, Dinner Roll, Ambrosia Salad, Apple Pie, MO: Stuffed Shell
- **CLOSED Friday, November 18**
- **CLOSED Friday, November 24**

Goodman Community Center,

149 Waubesa St.

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
	01 Sausage Mac & Cheese	02 Grilled Brat & Sauerkraut	03 BBQ Chicken Thighs	04 Chicken Pot Pie
07 Beef Stew Over Biscuit	08 Sloppy Jo	09 Crispy Chicken Sandwich	10 Chicken Alfredo	11 Egg Bake
14 Open Face Turkey Sandwich	15 Country Style Pork Ribs	16 Baked Lemon Tilapia	17 Sweet and Sour Chicken	18 Parmesan Chicken
21 Black Bean & Cheese Enchilada	22 Beef Lasagna	23 Swedish Meatballs	24 CLOSED	25 CLOSED
28 Baked Ziti	29 Fish Sandwich	30 Honey Glaze Ham		

NORTH MADISON

Kavanaugh's Esquire Club,

1025 N. Sherman Ave.

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

For transportation, call 512-0000 Ext. 2001 by 10 am the Monday prior. Catered by Kavanaugh's.

- **Wednesday, November 2** : Meatloaf
- **Wednesday, November 9** : BBQ Pork
- **Wednesday, November 16** : Beef Tips
- **Wednesday, November 23** : Turkey
- **Wednesday, November 30** : Spaghetti & Meatballs
- **Every Wednesday:** Baked Fish or Sandwich/Soup

NUTRITION MEAL SITES

WEST MADISON

Meadowridge Commons, 5734 Raymond Rd.

Tuesday, Thursday, Noon

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

***CLOSED November 8th for voting**

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

***Meals will be pick up on November 8th due to voting, no congregate meal in the dining room.**

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

***CLOSED November 8th for voting**

EAST MADISON/MONONA

Messiah Lutheran Church,

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

NORTH MADISON

Warner Park Community Recreation

Center, 1625 Northport Dr.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONSOLIDATED FOOD SERVICE MENU	01 Beef Stew Corn, Sugar Cookie Strawberry Applesauce MO – Soy beef stew	02 Sausage Veg Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Blueberry Muffin MO – Veggie Egg Bake	03 Pot Roast in Gravy Garlic Herb Mashed Potatoes, Carrots Pineapple Cup Oatmeal Raisin Cookie MO – Veggie Meatballs	04 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Cup Rice Crispy Treat MO – Alfredo Penne
07 *Ham and Potato Casserole, Peas, Peach Cup Jello Cup MO – Soy & Potato Casserole	08* Chicken and Gravy Over White Bread Carrots, Broccoli Orange Juice Cup Chocolate Chip Cookie MO – Veg & Gravy	09 Sloppy Joe Potato Salad Mixed Vegetable, Banana Marble Loaf cake MO – Chickpea Joe	10 Chicken Stew Mixed Greens, Crackers Copper Penny Salad Pears, Chocolate Pudding MO – Veggie Stew	10 *Pork Loin in Gravy Yam Bake, 3 Beak Salad Cinnamon Applesauce Cup Sugar Cookie MO – Hummus/Pita
14 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail Cup Rice Crispy Treat MO – Black Bean Burger	15 *Meatballs in Marinara Over Penne, 4 Bean Salad Peach Cup Oatmeal Raisin Cookie MO – Veggieballs	16 Fish Sandwich Yams, Peas, Pear Cup Nuttty Buddy Bar MO – Garden Burger	17 Rustic Tom. Bean Soup Crackers, Caesar Salad Pineapple Cup, Jello Cup MO – Tom. Bean Soup	18 Herb Roasted Cornish Hen, Cranberry Stuffing Yam Bake Green Bean Casserole Cinnamon Applesauce Pumpkin Crumble Cake MO – Veggie BBQ
21 Lemon Dill Baked Fish Baked Potato, Coleslaw Butterscotch Pudding MO – Hummus Wrap	22 *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Orange Cup Lemon Loaf Cake MO – Veggie Wrap	23 Chili Cheese, Baked Potato Cornbread, Pears, Brownie MO – Bean Chili	24 CLOSED	25 CLOSED
28 Chicken Broccoli Rice Casserole, Carrot Coins Chickpea Salad, Fruit Cup Fig Newton Bar MO – Veggie/Rice Casserole	29 Chicken a la King Brown Rice, Capri Blend Broccoli Salad Fruit Cocktail cup Carnival Cookie MO – Soy a la King	30 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad Peach Cup Cinnamon Loaf Cake MO – Marinara Sauce	<i>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</i>	

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New Bridge, Madison, WI

G 4C 01-2049

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 2023 - It's annual renewal time for our Friends of NewBridge. Please complete the form below to be a Friend of NewBridge in 2023. If you are not currently a Friend of NewBridge, now is the time to join! You can also renew on our website! newbridgemadison.org

DONATE TO NEWBRIDGE TODAY!

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Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2023 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden

Send my monthly newsletter via mail email both none

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

\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



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

Bring Joy To An Older Adult This Holiday Season

Joy Cards



GRAB AN ENVELOPE FROM ANY GIVING TREE LOCATION. WRITE A PERSONAL MESSAGE AND ADD A DONATED \$25 GIFT CARD

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Phone: (608) 512-0000 Ext. 3002

GIVING TREE LOCATIONS AND HOURS

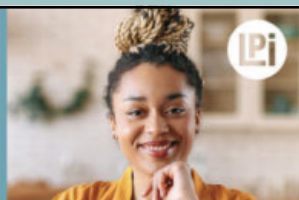
NewBridge, Warner Park Lobby (M-F 8am-9pm)
Monona Senior Center, 1011 Nichols Rd (M-F 8am-4pm)
NewBridge, 5724 Raymond Rd (W & TH 10am-3pm)

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DHS Approved 4/22/2021

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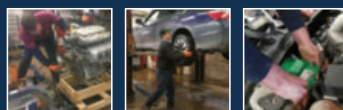
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New Bridge, Madison, WI H 4C 01-2049



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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.

CASE MANAGEMENT WALK-IN HOURS

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

EAST MADISON

Monona Senior Center
1011 Nichols Rd.

Friday, November 11, 11:30 am-12:30 pm

Goodman Community Center
214 Waubesa St.

Tuesday, Nov. 15, 11:30 am-12:30 pm

SOUTH MADISON

Romnes Apartments
540 W Olin Ave.

Tuesday, November 1, 11:00 am-Noon

Madison Senior Center, 330 W Mifflin St
Monday, November 14, 11:00 am-Noon

WEST MADISON

Good Shepherd Church
5701 Raymond Rd.

Friday, November 18, 11:15 am-12:15 pm
Bilingual Spanish/English

Meadowridge Commons
5734 Raymond Rd.

Thursday, November 17
11:15 am-12:30 pm

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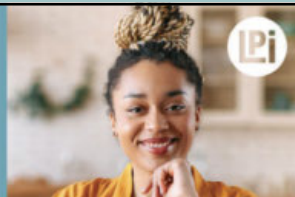
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