



NEWBRIDGE NEWS

Your Connection to Successful Aging

NOVEMBER 2023

Together
we give.

GI[♥]ING
TUESDAY

3 WAYS TO GIVE

1. *Give money:* donate to NewBridge. See page 7-8 for more information.

2. *Give your time or talent:* volunteer, give your skills. See page 18-19 & 24 for opportunities.

3. *Give kindness:* buy someone lunch, compliment a stranger.

TUESDAY, NOVEMBER 28

WE ARE CLOSED THURSDAY AND FRIDAY, NOVEMBER 23 AND 24.

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...

Recently I traveled to Pennsylvania to visit the National Civil War Museum and National Military Park. I heard about the many bloody, deadly battles and saw where they happened. What an eye-opening experience. This was a troubled chapter in American history. Our county was very divided on issues of reunification, independence and the abolition of slavery. President Lincoln made some difficult choices but stuck to his principles for the betterment of our nation. This trip heightened my appreciation of the many brave men and women who fought (fight) for us in war. Let's celebrate the Veterans in our community, and honor those who lost their lives, every day and especially on November 11.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- DEENAH GIVENS, Program Coordinator Ext. 3002

- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- JASMINE SMITH, Volunteer Coordinator Ext. 4007

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- ERIC ANGELL, Case Manager Ext. 4004
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- RACHEL ERICKSON, Mental Health Intern Ext. 3006
- VIRGINIA WILCOX, Mental Health Peer Support Specialist Ext. 2003

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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2021 & 2022 BEST OF EDGERTON AWARD

Genesis Apartments
230 S. Oak St., Oregon | (608) 835-8600
customerservice@genesishousinginc.org | genesishousinginc.org

Affordable apartment community with 56 one- and two- bedrooms located in the heart of downtown Oregon and Brooklyn. Our rent includes all utilities!

Greenspire Apartments
924 Jackson St., Stoughton | (608) 873-7855
greenspire@sbcglobal.net

Located a few blocks from downtown Stoughton, over 90 one- and two-bedroom apartments that are convenient to shopping, hospital and doctors.

All properties including 24-hour emergency maintenance, attentive onsite management, onsite laundry and parking. Affordable communities for those 62+ and/or disabled. Income limits apply, rental assistance may be available.



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SERVICES AND ACTIVITIES

Case Management

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

Food Bridge

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

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

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

Nutrition Dining Sites

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

Representative Payee & Guardianship Service

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

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.

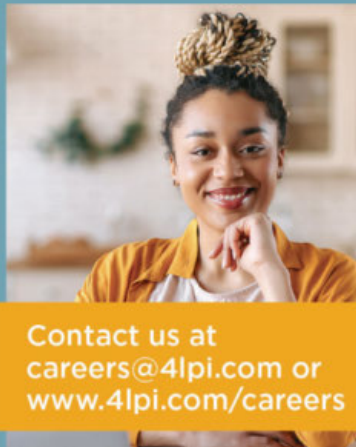
We will re-open when the Madison Schools re-open. In the event of inclement weather when school is not in session, please call us at (608) 512-0000 and a message on the answering machine will announce any closings. If Madison Schools are closed, NewBridge is closed.

WE'RE HIRING! AD SALES EXECUTIVES



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Are you interested in learning about brain health and participating in research?



Join the Brain Health Community Registry

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

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NEWBRIDGE
Your Connection to Successful Aging

1. Grab an envelope from our giving tree locations.
2. Write a personal message to the selected participant and add a donated \$25 gift card from their retailer of choice.
3. Return the envelope/card and gift card to the location you selected it from.

TREE LOCATIONS

Monona Senior Center - 1011 Nichols Rd, Monona, WI 53716
Warner Park - 1625 Northport Dr, Madison, WI 53704
NewBridge West - 5724 Raymond Rd, Madison, WI 53711



www.newbridgemadison.org (608) 512-0000 Ext. 3002

FRIENDS OF NEWBRIDGE RENEWAL FOR 2024



Friendships can now be purchased for 2024. We hope you consider becoming a Friend today so we can stay in touch. Because of *our friends* we are able to continue our important work in the community.

Your contribution facilitates our actions; thousands of local older adults are able to remain in their homes and are provided resources to vital services.

2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2024 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 or use the QR Code.

Friendships are renewed annually. *Donations may be tax deductible to the extent of the tax code.*

Questions? Call Ali at 608-512-0000 Ext. 3012 or AliL@newbridgemadison.org



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

PAGES 10-11

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

PAGES 12-14

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

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

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

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

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

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

NBU : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



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

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

CONTACT DEENAH GIVENS TO REGISTER AND/OR REQUEST TRANSPORTATION UNTIL A NEW STAFF IS HIRED.
 (608) 512-0000 Ext. 3002
 Deenah@NewBridgeMadison.org

VIRTUAL

BINGO

Thursday, November 16

3:00 - 4:00 PM

NEWBRIDGE MADISON PUBLIC LIBRARY
 Your Connection to Successful Aging

CALMING COMPUTER JITTERS

Help for Older Adults Who Aren't Computer Savvy

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

Wednesday, November 15, Noon-2 pm

REBALANCED-LIFE WELLNESS ASSOCIATION **NEWBRIDGE**
 Your Connection to Successful Aging

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

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

Nov 8 **1:00 - 4:00 PM**

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

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

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

MEN'S SELF-CARE WORKSHOP **Sat. Nov. 11, 1-3 pm**

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

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

Tuesdays & Thursdays
 1:00-2:30 PM

An indoor gentle exercise program designed for every fitness level

NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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

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

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

EDUCACIONAL

LA CAFETERIA DE LA MEMORIA:

Zoom - 1 crédito

Jueves de 2:00-3:00 pm

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

EJERCICIOS

YOGA SUAVE (MSCR): Zoom - 1 crédito

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

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

SOCIAL

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles, 1:00-2:00 pm

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

RITMO & DRUMS: En Persona - 5 crédito

Martes del 7, 14, 21, 28 de noviembre
10:00-11:00 am

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



NBU : CLASSES & ACTIVITIES



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



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

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

SOCIAL

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

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

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

CARD MAKING CLUB: In-Person - 1 credit
Wednesday, November 8, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

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

BOOK CLUB: Zoom - 1 credit
Wednesday, November 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our November book is: The Signature of All Things by Elizabeth Gilbert.
You are responsible for getting and returning your book. Available at the Lakeview Library.

RITMO & DRUMS: In-Person - 1 credit
Wednesday, November 8, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Intergenerational Drum Circle. Ritmo is Spanish for Rhythm. **If you would like to drum with us please contact Deenah Givens for more details.**

WESTSIDE WARBLERS will NOT be meeting in November.

SEWING CLUB: In-Person - 1 credit

Thursday, November 2, 16, 9:00 am-Noon
Warner Park, 1625 Northport Dr.

Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Mondays, 10:00-11:00 am

Lakeview Library, 2845 N. Sherman Ave.

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

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

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

EASY YOGA PLUS: Zoom - 1 credit

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

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

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

STRETCH & STRENGTH: Zoom - 1 credit

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

Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$30/mo.

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

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

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

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

HEALTH/WELLNESS

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

Tuesdays, 1:00-2:30 pm

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

WELLNESS WARRIORS: Zoom - 1 credit

Group Starting in January

"We get by with a little help from our friends." This lively group is led by Edgewood College instructor Kim W and her students. Each week we meet to learn and grow together as we discuss relevant topics that affect older adults today.

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

One Saturday/mo, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

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

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

NBU : CLASSES & ACTIVITIES CONTINUED

COLLABORATIVE EVENTS COMING IN JANUARY

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement, workshops and programs. SPARK! programs are **FREE** for families to attend together in a comfortable environment led by specially trained staff and volunteers. SPARK! programs typically last 60-90 minutes and group sizes are limited, so please pre-register for the programs you plan to attend. Each program is unique and include topics such as cooking, art-making, drama/dance, music/song, poetry and storytelling. SPARK! programs are designed to be offered on various days and times to encourage attendance at multiple locations in your region.

GRIEF & LOSS SUPPORT GROUP

We will be starting a Grief Support group participants can talk about thoughts and feelings and learn healthy ways to cope with grief and loss in a safe, supportive and confidential setting with other participants who have had a similar loss.

MONTHLY DINING SITE ACTIVITIES In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

- 1st Wednesday of the Month - Birthday Celebration!

MADISON SENIOR CENTER

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

MEADOWRIDGE COMMONS/GOOD SHEPHERD LUTHERAN CHURCH

- 1st Week of the Month - Birthday Celebration!

MESSIAH LUTHERAN CHURCH

- 1st Week of the Month - Birthday Celebration!

ROMNES

- 1st Week of the Month - Birthday Celebration

WARNER PARK

- 1st Week of the Month - Birthday Celebration!
- Every Friday, 10:15 am - Bingo



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CONTACT ME
Ruth Schlitz

rschlitz@lpicommunities.com
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This project was supported, in part by grant number 90MPPG0102-01-00, 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 **\$25** and we ask that you bring 2 towels.

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

Lake Edge Luther Church
4032 Monona Drive
Thursday, November 2, 16, 9:30-11:45 am

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, November 7, 1:00-2:30 pm

Goodman Community Center
149 Waubesa Street
Monday, November 13, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tues., November 14, 21, 28, 9:30-11:45 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, November 28, 9:00-11:40 am

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



MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

We ask that you call ahead to make an appointment to pick up, return and to donate.

Currently accepting 4 wheel walkers.

WELCOME PEER SUPPORT SPECIALIST, VIRGINIA



My name is Virginia. I was born and raised in the San Francisco Bay Area, though I lived in New York City for a decade and then recently made my way to Madison.

I am the solo mama of a very energetic six year old daughter. I am delighted that my new role as Mental Health Peer Support Specialist combines my training in deep listening at the Circling Institute of Berkeley, as well as my studies in Applied Compassion from Stanford University's Center for Compassion and Altruism Research and Education, with my real-life struggles navigating through my own mental health journey (through the wilds of anxiety and depression). I am a heartfelt advocate for good health. I love connecting with our sense of shared humanity.

A Certified Peer Specialist is a professional who utilizes their personal lived experience to provide support to others.

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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 – Monday-Friday 11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*



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

GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.

TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

NEWSLETTER DISTRIBUTION VOLUNTEER

DESCRIPTION – Help us distribute our newsletter to community centers, churches, and libraries. Personal vehicle required.

TIME COMMITMENT – Once per month for approximately 2-3 hours

NEWBRIDGE
Your Connection to Successful Aging

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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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.*

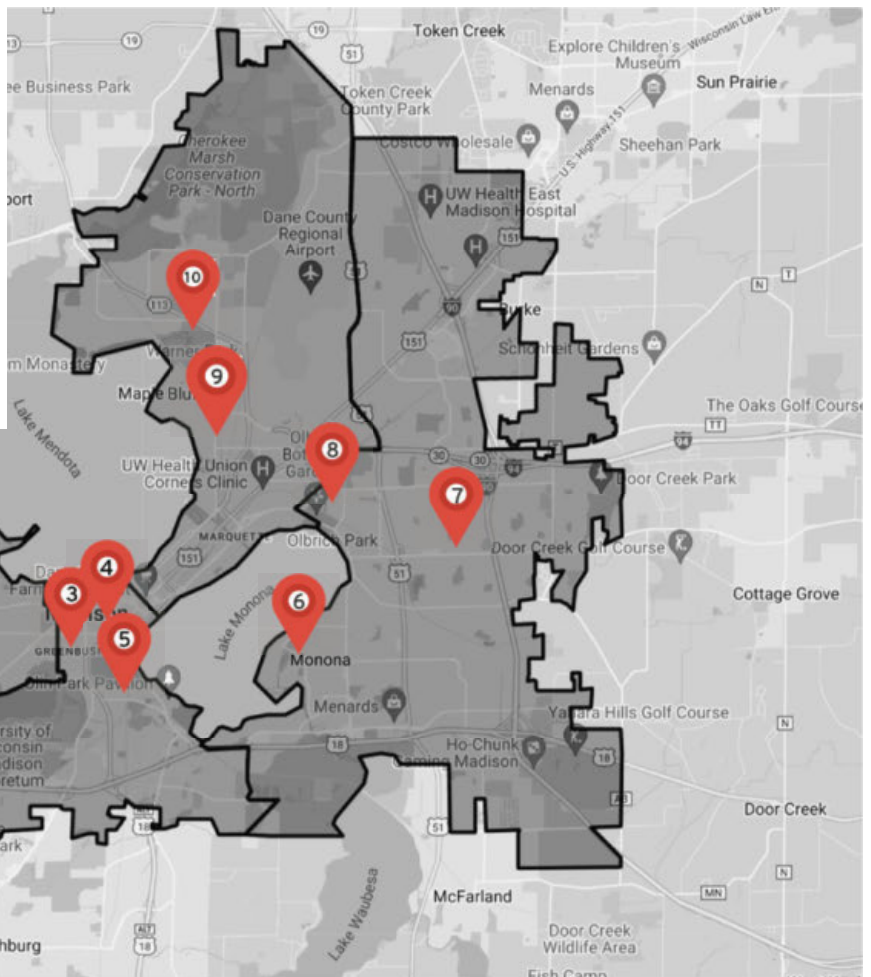
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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 **\$17.22**.

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



SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

Catered by UW Hillel Adamah Catering
Join us for great food, friends, fun and interesting programs. Check JSS website jssmadison.org or call for more information (608) 442-4083 or paul@jssmadison.org by Wednesday preceding the meal. The cost of the meal is \$17.20 for those younger than 60 years old.

Monday, November 6

11:00-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Roasted chicken w/wine and mushroom sauce, (MO: Seared tofu w/mushroom sauce), Basmati rice, snap beans, rugelach & fresh fruit

12:30 pm-1:30 pm: Mad City Jug Band

Monday, November 13

11:00-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Brisket w/BBQ sauce, (MO: tofu w/ BBQ sauce), yellow rice, za'atar roasted vegetables, fresh fruit & rugelach

12:30-1:30 pm: Sound Billies: Folk and Americana music

Monday, November 20

11:00-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Roasted chicken w/balsamic tomato sauce, (MO: seared tofu w/ balsamic tomato sauce, garlic whipped potatoes, challah rolls, roasted vegetables, fresh fruit & rugelach

12:30-1:30 pm: Medical Imaging – Dr. Hal Bennett

Monday, November 27

11:00-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Roasted chicken w/harissa, (MO: quinoa-stuffed acorn squash, couscous, garlic/lemon green beans, fresh fruit & rugelach

12:30-1:30 pm: Refugee Resettlement – Updates and Introductions



EAST MADISON

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

- **Friday, November 3** : Mushroom Steak/Gravy, Mashed Potatoes, Whole Wheat Roll, Garden Blend Veggies, Fruit, Dessert, MO: Veggie Patty
- **Friday, November 10** : Swedish Meatballs, Noodles, Cucumber Salad, Carrots, Fruit, Dessert, MO: Soy Crumble Gravy
- **Friday, November 17** : **CLOSED**
- **Friday, November 24** : **CLOSED**

**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 BBQ Chicken	02 Stroganoff	03 Chicken and Veggie Stir-Fry
06 Sloppy Jo	07 Roasted Red Pepper Chicken Alfredo	08 Mac & Cheese with Sausage	09 Crispy Chicken and Cheese Sandwich	10 Chicken Pot Pie
13 Winter Squash Pork	14 Chickpea Curry	15 Baked Lemon Haddock	16 Sweet & Sour Chicken	17 Parmesan Chicken
20 Tex-Mex Casserole	21 Lasagna	22 Turkey	23 CLOSED	24 CLOSED
27 Baked Ziti	28 Fish Sandwich	29 Orange Chicken	30 Tater Tot Casserole	

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 1** : Baked Ham & Scalloped Potatoes
- **Wednesday, November 8** : Spaghetti & Meatballs
- **Wednesday, November 15** : Turkey & Mashed Dressing
- **Wednesday, November 22** : **CLOSED**
- **Wednesday, November 29** : **CLOSED**
- **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

Good Shepherd Church

5701 Raymond Rd.

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

NORTH MADISON

Warner Park Community Recreation Center, 1625 Northport Dr.

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATERED BY: AtlantisValley Foods All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.		01 *Ham & Bean Soup Tomato Cucumber Salad Cantaloupe, Kringle MO: Bean & Kale Soup Salad: Garden Vegetable	02 French Toast Sticks Turkey Sausage Patties Egg White Patty, Juice Pineapple Tidbits, Asparagus MO: Plant Based Bfast Sausage Salad: *Italian	03 Stuffed Pepper Casserole Mixed Fruit, Brussel Sprouts Chocolate Pudding MO: Vegetarian Stuffed Pepper Casserole
06 Italian Wedding Soup Quinoa Salad, Sliced Peaches Chocolate Chip Cookie MO: Minestrone Salad: *Turkey Club	07 *Barbecue Pulled Pork Good Grains Rice Pilaf w/ Vegetables, Baby Lima Beans Banana, Nutty Buddy Bar MO: Barbecue Jack Fruit Salad: Chicken Caesar	08 Swedish Meatballs Mashed Potatoes California Vegetables Sliced Beets, Blueberry Muffin MO: Plant Based Meatballs Salad: Gyro	09 Turkey Pinwheels 3 Bean Medley, Broccoli Salad Honeydew, Dried Cranberries Pumpkin Cake Roll MO: Vegetarian Pinwheel Salad: Sunflower Crunch	10 Baked Cod Dill Cream Sauce Capri Vegetables, Baked Potato Red, White & Blue Cake MO: Plant Based Shrimp
13 Grilled Chicken Breast Gravy, Rosemary Potatoes Peas and Pearl Onions Tropical Fruit, Oreo Cheesecake MO: Grilled Tofu with Veg Gravy Salad: Southwest Chicken	14 *Roast Pork Loin, Wild Rice Roasted Root Vegetables Broccoli, Applesauce Vanilla Pudding MO: Plant Based Sausage Salad: Grilled Chicken Almond	15 Chili Cowboy Caviar Yellow Corn Tortilla Chips Mixed Fresh Fruit, M&M Cookie MO: Veggie Chili Salad: Garden Vegetable	16 Macaroni and Cheese Capri Vegetables, Baked Beans Mixed Fruit, Fruit Danish MO: Vegetarian Baked Beans Salad: *Spinach Salad	17 Roasted Turkey Gravy, Mashed Potatoes, Corn Cranberry Sauce, Pumpkin Pie MO: Plant Based Chicken Breast
20 Creamy Chicken and Wild Rice Soup Tomato Cucumber Salad Pineapple Tidbits Cherry Apple Crunch Bar MO: Broccoli Cheddar Soup Salad: Greek	21 *Oven Baked Ham, Gravy Parisian Carrots Cornbread Stuffing Cinnamon Apples Pumpkin Parfait MO: Plant Based Ham Salad: *Chicken and Bacon	22 Crab Cake Good Grains Rice Pilaf w/ Vegetables, Potato Salad Orange, Yogurt MO - Plant Based Shrimp Salad: *Chef	23 CLOSED	24 CLOSED
27 Three Cheese Calzone Marinara, Italian Vegetables Fall Harvest Pasta Mixed Fresh Fruit Chocolate Chip Cookie Salad: Chicken Caesar	28 Brisket Burnt Ends Roasted Root Vegetables Good Grains Rice Pilaf Cornbread, Cantaloupe, Yogurt MO: Plant Based Sausage Salad: *Cobb	29 *Sausage, Egg Scramble Rosemary Potato, Asparagus Mini Croissants, Orange, Cookie MO: Plant Based Scramble Salad: Garden Vegetable	30 Turkey Sausage Kale Soup 3 Bean Salad, Fruit Cocktail PB Pie MO: Tomato Bisque Salad: Chicken Caesar	

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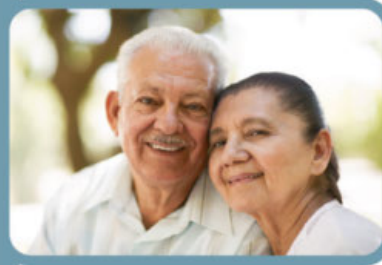


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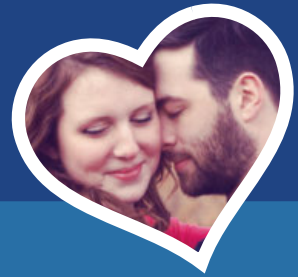
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New Bridge, Madison, WI

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Snow Angels

VOLUNTEERS NEEDED

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

WELCOME CASE MANAGER, JACQUELINE



Hi, my name is Jacqueline Selemani and I am a new case manager at NewBridge Madison. I recently moved to Monona in early June from Cedar Rapids, Iowa.

In my free time I enjoy spending time with family, going for walks, and watching movies. During my college years, I worked overnights as a caregiver for older adults who struggled with mental and physical disabilities. I fell in love with the population and began looking for opportunities after graduation. I found a job opening for a case manager position at NewBridge and quickly applied and thought this would be perfect for me. NewBridge's mission statement stood out to me because it provides a variety of services to older adults in our community to ensure longer and healthier lives for all eligible older adults.

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DHS Approved 4/22/2021

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

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, November 7, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Fri., November 10, 11:30 am-12:30 pm

Madison Senior Center

330 W. Mifflin St.

Monday, November 13, 10:45 am-Noon

Meadowridge Commons

5734 Raymond Rd.

Thursday, November 16, 11 am-Noon

Bilingual English/Spanish

Goodman Community Center

214 Waubesa St.

Tues., November 21, 11:30 am-12:30 pm

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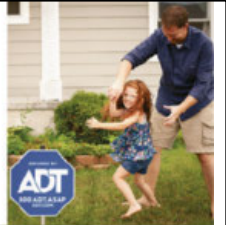


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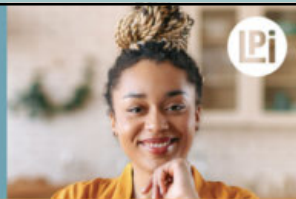
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