



# NEWBRIDGE NEWS

Your Connection to Successful Aging

DECEMBER 2019

## FREE PERSONAL NUTRITION COUNSELING

NewBridge & Area Agency on Aging of Dane County provides personal nutrition counseling to older adults looking for ways to improve their overall health.

Registered Dietitian Alyce Miller meets with older adults 60+ to discuss nutrition-related questions or difficulties.

To learn more about this free community resource or to schedule an appointment, contact Alyce at (608) 261-5678 [miller.alyce@countyofdane.com](mailto:miller.alyce@countyofdane.com).



**NewBridge Offices are closed  
December 24, 25, 31  
and January 1.**

**CHECK OUT  
WHAT'S  
INSIDE!**

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[www.NewBridgeMadison.org](http://www.NewBridgeMadison.org)

(608) 512-0000

# GENERAL INFORMATION

## MISSION

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



## A LETTER FROM THE DIRECTOR... *Celebrating Our First Year*

Thank you to everyone who made 2019 AppleFest a great success! We generated \$16,601 in revenue. A special thanks to all the wonderful volunteers, event sponsors, and donors. We introduced a few new activities this year that added to the fun; Madison Gas and Electric sponsored laser tag and we had a trunk or treat car show.

As NewBridge closes out our first year as a new organization we have encountered a few challenges and I want to thank everyone for your patience and continued support of the essential work we do with the older adults in Madison and Monona. The NewBridge Board made a decision to close our south office on October 25 and relocate the staff to the other offices. We will continue to provide the same quality services for older adults on Madison's south side.

In 2020 NewBridge will develop and begin implementation of a three-year strategic plan. We will be reaching out to our Friends group, program participants and other community stakeholders for feedback to ensure our priorities address both the current and future needs of the older adults in our community. We look forward to the future!

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: [info@newbridgemadison.org](mailto:info@newbridgemadison.org)

Website: [newbridgemadison.org](http://newbridgemadison.org)

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

## MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

## EAST MADISON

4142 Monona Drive, Madison, WI 53716

## WEST MADISON

5724 Raymond Road, Madison, WI 53711

The South Madison location closed October 25.

**Follow us! NewBridge Madison**



## BOARD OF DIRECTORS

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

# NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Marketing Director Ext. 4001
- SONYA LINDQUIST, Senior Services Director Ext. 2002
  
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
  
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1003
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- KAYLEIGH COLOSO, Case Manager- español Ext. 2004
- MEGAN KULINKSI, Case Manager Ext. 3004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- RACHEL OKERSTROM, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- STEPHANIE AGUILERA, Case Manager- español Ext. 1007

- STEPHANIE BRANDSMA, Case Manager Intern Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
  
- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- FIL CLISSA, LED Program Coordinator —
- GLENDA ESCALERA QUINONES, Cultural Diversity Program Coordinator Ext. 3009
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
  
- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Nutrition Manager Assistant Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —

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

ID Statement: The December (issue 12) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.



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The time, care and support provided by Heartland volunteers greatly impacts our patients and their families. Volunteer time commitments are flexible.

**Contact our Volunteer Coordinators at 608-819-0033**





# CASE MANAGEMENT SERVICE

This service provides older adults support needed to live independently by identifying resources and coordinating services.

*Free for eligible Madison and Monona older adults (60+).*

*Private Pay Case Management is also available.*

## WALK-IN OFFICE HOURS

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

Madison Senior Center  
330 W. Mifflin Street  
Mondays, 11:00 am-Noon

Fisher-Taft Apartments  
2025 Taft Street  
Wednesdays, 10:30-11:30 am

Romnes Apartments  
540 W Olin Avenue  
Monday, December 9  
11:00 am-Noon

Meadowridge Commons  
5734 Raymond Road  
Tuesday, December 3  
11:30 am-Noon

## ADDITIONAL SERVICES:

### Home Chore

*“Your connection to helping hands”*

This service matches Case Management clients who need basic household chores help with individual volunteers/volunteer groups who provide assistance and friendly visitation.

### Food Bridge

*“Your connection to wholesome groceries”*

This service 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.

These services are free for eligible Madison/Monona older adults (60+).

## MONTHLY MIPPA MOMENT: PREVENTING PNEUMONIA

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare’s cost-saving benefits & preventive services.

Did you know that about 1 million Americans go to the hospital with pneumonia each year? Pneumonia is a lung infection caused by pneumococcal disease, which can also cause blood infections and meningitis. The bacteria that causes pneumococcal disease spreads through person-to-person contact. There’s a vaccine to help prevent pneumonia, but only 67% of adults 65 and over have ever gotten it.

Medicare can help protect you from pneumococcal infections by getting the pneumococcal shot. Medicare Part B covers the shot and a second shot one year after you got the first shot. You may be at a higher risk if you:

- Are 65 or older
- Have a chronic illness (like asthma, diabetes, or lung, heart, liver, or kidney disease)
- Have a condition that weakens your immune system (like HIV, AIDS, or cancer)
- Live in a nursing home or other facility
- Have cochlear implants or cerebrospinal fluid (CSF) leaks
- Smoke tobacco

Protect yourself from pneumonia—get your pneumococcal shot today.

For more MIPPA program information, call MIPPA Program Specialist Leilani Amundson at (608) 240-7458.

# VOLUNTEER SPOTLIGHT



The **UW-Madison Badger Volunteers** have been helping NewBridge, formerly the South Madison Coalition of the Elderly, with the Home Chore Program.

(Photo: Nannaput Nonguage)

Badger Volunteers help with friendly visiting, sweeping & mopping floors, cleaning kitchens and bathrooms, vacuuming, taking out trash, help with organizing and de-cluttering and more.

*“We volunteer with NewBridge because we want to give back to community.”*

*“I have volunteered with schools and wanted to try something different.”*

*“I miss my grandparents and want to help out.”*

**More about Badger Volunteers:**

Badger Volunteers connects teams of UW-Madison students with local community sites (schools, nonprofits, municipalities) to volunteer with that organization 1-4 hours every week for an entire semester.



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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



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# VOLUNTEER OPPORTUNITIES

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

## *Holiday Meal Volunteers*

**DESCRIPTION**—Meet and Greet participants, help with set-up, serving the meal and clean-up, Tuesday, December 17 at our north, east and east sites. Friday, December 13 at Lussier site. Friday, December 20 at our south sites.

**TIME COMMITMENT**—10:00 am-1:00 pm

**IMMEDIATE NEED**—8 volunteers

## *Nutrition Site Volunteers*

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

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

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

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

## *Cultural Diversity Volunteers*

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

**TIME COMMITMENT**—3-4 hours/month

**IMMEDIATE NEED**—2 Spanish speaking volunteers on 2nd and 4th Thursdays 4:15-8 pm at Madison Senior Center.  
2 Spanish speaking volunteers on the 3rd Friday, 10:45 am-2:30 pm at Fitchburg Senior Center  
2 Spanish speaking volunteers on the 3rd Thursday, 10:45 am-2:00 pm at Meadowood Commons

## *Home Chore Volunteers*

### *Snow Angel Volunteers*

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

**TIME COMMITMENT**—Flexible

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



## Older Adult Program Volunteers

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

**TIME COMMITMENT**—1x/week for 1-2 hrs

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

## Loan Closet Office Volunteer

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

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

**IMMEDIATE NEED**—1-2 volunteers

## Food Bridge Volunteer Drivers

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

**TIME COMMITMENT**—1x/month

**IMMEDIATE NEED**— Visit RSVP's website [www.rsvpdane.org](http://www.rsvpdane.org) to get started or call (608) 238-7787

## Board of Directors and Committee Members

**DESCRIPTION**—Board of Directors, Committees: Nominating, Marketing/Fund Development, Finance, Friends of NewBridge

Call Jim Krueger for information at Ext. 3005

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GS3322 8/6/2019 **mgoe**



# CLASSES & ACTIVITIES & SERVICES

**Weekday social, educational, and exercise classes at various community sites.**

**Details listed in monthly newsletter and website.**

*Free or low cost for older adults (55+) with scholarships available.*

## **SOUTH & WEST MADISON**

For information call Deenah at  
**(608) 512-0000 Ext. 3002**

### *Yoga from a Chair*

Every Monday, 11:30-Noon  
Beth Israel Center, 1406 Mound St.  
No classes on December 23 and 30

### *Stretch, Resistance & Cardio*

Mondays & Wednesdays, 8:40-9:40 am  
St. Andrews Episcopal Church  
1833 Regent Street—Lower Level  
\$4 suggested donation  
Instructor Becky Otte-Ford

### *Simple Strength*

Tuesdays, 9:15 am  
Meadowood Neighborhood Center  
5740 Raymond Rd—Gym  
Instructor Becky Otte-Ford

### *Westside Warblers Sing-Along*

1st and 3rd Tuesdays, Dec. 3 & 17, 6:00 pm  
Dale Heights Church, 5501 University Ave.  
Name That Tune 6:30-7:30 pm. A wide variety of  
your favorite songs,  
with Robert Auerbach  
on piano and Patricia  
Stone on accordion.  
Afterward stay for  
treats and mingle.



### *Balance Ball in the Commons*

Wednesdays, 9:15 am  
Meadowridge Commons, 5734 Raymond Rd.  
Instructor Becky Otte-Ford

### *Movies at Alicia Ashman Library*

Every Wednesday, 1:30-3:30 pm  
733 N. High Point Rd.  
*Sponsored by BrightStar Care*  
December 4 - Christmas Tree  
Documentary w/film maker Bob  
December 11 - A Sun is also a Star  
December 18 - White Christmas w/Bing Crosby  
December 25 - No Movie  
January 1 - No Movie

*Happy Holidays*

### *FREE Mindful Movement Exercise*

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





## Holiday Meal & Entertainment

Tuesday, December 17, 12:00-1:30 pm  
Meadowridge Commons, 5734 Raymond Rd.

Lunch is provided by Goodman's Catering. Lunch seating is limited. Check out the menu on page 20.

Santa Claus is visiting from 12:15-12:45 pm and music by Dewayne Keyes 12:45-1:30 pm.

Each person will receive a raffle ticket for a chance to win a raffle prize. Raffle is at 12:30 pm.

Reserve your meal by Friday, December 6, Ext. 4006.



## Holiday Meal & Entertainment

Friday, December 13, 11:30 am-12:30 pm  
Lussier Comm. Center, 55 S. Gammon Rd.

Lunch is provided by Goodman's Catering. Lunch seating is limited. Check out the menu on page 20.

Music by Greg Matysik, guitar & vocal.

Reserve your meal by Friday, December 6, Ext. 4006.



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



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## CLASSES AND ACTIVITIES AND SERVICES CONTINUED

### **NORTH & EAST MADISON**

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

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

#### ***Ping Pong League***

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

#### ***Sassy Steppers Dance Crew***

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

#### ***Technology Help Appointments***

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

#### ***Adult Coloring***

Tuesday, December 3, 10:30 am  
Warner Park, 1625 Northport Dr.

#### ***Free Older Adult Chair Yoga***

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

#### ***5¢ Bingo***

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

#### ***Book Club***

Tuesday, December 3, 10:00 am  
Warner Park, 1625 Northport Dr.

#### ***Knit & Crochet Club (Quilters too!)***

No group December 2019-March 2020.

#### ***Card-Making Club***

Wednesday, December 11, 1:00 pm  
Warner Park, 1625 Northport Dr.

#### ***Sewing Club/FREE Mending Service***

Thursdays, December 5 & 19, 9:00 am  
Warner Park, 1625 Northport Dr.

#### ***LGBTQIA+ Coffee Meet Up***

Monday, December 16, 2:00-4:00 pm  
Warner Park, 1625 Northport Dr.  
50+ Join us for our monthly get together to  
discuss whatever is on your mind. Coffee is free.

#### ***Holiday Meal & Entertainment***

Tuesday, December 17, 10:30 am  
Warner Park, 1625 Northport Dr.  
Limited space available. Reserve early!  
Entertainment Piano Music by Robert Altenbach  
Reserve your meal by Friday, December 6,  
Ext. 3000.

#### ***Men's Caregiver Support Group***

Monday, December 2, 10:00-11:00 am  
Warner Park, 1625 Northport Dr.  
RSVP required (608) 240-7400

#### ***Blood Pressure Clinic***

Wednesday, December 18, 11:00 am  
Warner Park, 1625 Northport Dr.

#### ***Cookie Decorating***

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

## Holiday Bingo

- Tuesday, December 10, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.
- Monday, December 23, 11:30 am  
Monona Meadows, 250 Femrite Dr.

## Adult Coloring

Wednesday, December 4, 11:30 am  
Monona Meadows, 250 Femrite Dr.

## Movie of the Month— The Rockettes Christmas Spectacular

Tuesday, December 3, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.  
Monday, December 30, 11:30 am  
Monona Meadows, 250 Femrite Dr.

## Kings Corner Card Games

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

## Holiday Trivia

Wednesday, December 18, 11:30 am  
Monona Meadows, 250 Femrite Dr.

## Holiday Meal & Entertainment


Tuesday, December 17, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.  
Entertainment music by Dewayne Keys—  
harmonica hour. Reserve your meal by Friday,  
December 6, Ext. 2001.

**Classes and activities are also offered at:** Monona Senior Center  
1011 Nichols Rd. (608) 222-3415  
[www.mymonona.com](http://www.mymonona.com)

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# CULTURAL DIVERSITY ACTIVITIES

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

Latinx activities offered in Spanish only.

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

## LATINX

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

### *Meadowood Neighborhood Lunch*

Thursday, December 5, 11:00 am-2:00 pm  
5740 Raymond Rd, Madison, WI 53711

### *Holiday Dinner*

Wednesday, December 11, 5:45-8:00 pm  
Los Gemelos, 6713 Odana Rd. #9

### *Bilingual Bingo and Lunch*

Friday, December 20, 10:30 am-12:30 pm  
Fitchburg Senior Center, 5510 Lacy Rd.

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



**UW**Health

 UnityPoint Health  
Meriter

**Quartz**

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

## AFRICAN AMERICAN

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

### *Healthy Eating Discussion Group*

Friday, December 6, 12:00-2:00 pm  
Vera Court Neighborhood Center,  
614 Vera Court

### *Diabetes Support Group*

Monday, December 9, 12:00-2:00 pm  
Burr Oaks Apartments, 2417 Cypress Way

### *Heart Health Support Group*

Thursday, December 19, 2:00-4:00 pm  
Catholic Multicultural Center, 1862 Beld St.

### *Holiday Party*

Friday, December 20, 1:00-3:00 pm  
Catholic Multicultural Center, 1862 Beld St.

### *Community Resources Available*

Friday, December 27, 1:00-3:00 pm  
Warner Park, 1625 Northport Dr.

### *Self Care Day*

Monday, December 30, 1:00-5:00 pm  
Warner Park, 1625 Northport Dr.  
RSVP required by Monday, December 16.

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

# NEWBRIDGE DAY TRIPS

## Holiday Lights Outing

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

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



## Holly Jolly Christmas

Wednesday, Dec. 11, 9:00 am-5:00 pm  
 The Palace Theater, 564 Wisconsin Dells  
 Parkway South, Wisconsin Dells  
 Transportation, Lunch and Ticket  
 \$67 for Non-Friends and \$57 for Friends

**Register is now closed.**  
 Seating is wheelchair accessible.

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[www.dellspalace.com](http://www.dellspalace.com)

Pick up between 8:00-9:30 am.

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### **EAST MADISON**

Lake Edge Lutheran Church

4032 Monona Drive

Monday, December 9, 9:00 am-Noon

\*Monday, December 16, 9:00 am-Noon

\***Diabetic Clinic \$25** (non-diabetics welcome)

Monona United Methodist Church

606 Nichols Road, Monona

Wednesday, December 11, 1:00-3:00 pm

Wednesday, December 18, 1:00-3:00 pm

### **NORTH MADISON**

Goodman Community Center

149 Waubesa Street

Monday, December 9, 8:30-9:45 am

Warner Park Community Rec. Center

1625 Northport Drive

Friday, December 13, 9:00 am-Noon

Friday, December 26, 9:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

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

### **WEST MADISON**

Capital City Church

401 N. Blackhawk Ave.

(Parking is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)

Monday, December 2, 12:45-2:45 pm

Mount Olive Lutheran Church

110 N. Whitney Way Room 11

Tuesday, December 17, 9:30-11:15 am

Our Lady Queen of Peace

401 Mineral Point Road

Monday, December 23, 9:30-11:45 am

### **MEDICAL EQUIPMENT LOAN CLOSET**

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

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

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

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





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# LED CLASSES & ACTIVITIES

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

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

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

## ***Holiday Tour of Gov. Mansion***

Saturday, December 7, 11:00 am  
99 Cambridge Rd.  
RSVP by Wednesday, December 6.

## ***Gift Wrapping & Holiday Party***

Thursday, December 12, 5:00-8:00 pm  
Warner Park, 1625 Northport Dr.  
Join LED for some holiday cheer. Help us wrap gifts for NewBridge older adults and enjoy a holiday potluck. RSVP by Tuesday, December 10.

## ***Jam Session***

Saturday, December 14, 10:00 am-1:00 pm  
Maple Bluff Village Hall Gym, 18 Oxford Rd.  
Calling all musicians! Free parking, free to participate, all are welcome. Playing music after 1950. Bring an instrument, your voice, and a song. You decide the genre! DROP IN!

## ***Brunch/Dining Club***

Sunday, December 15, 1:00 pm  
Nau-Ti-Gal, 5360 Westport Rd.  
Join us for dinner, conversation and friendship.  
RSVP by Friday, December 13.

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

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Jerry Johnson  
Kathleen Poi  
Shirley Raymakers  
Vicki Fuszard Schnurbusch  
Geraldine Torti  
Thelma Wells  
Barbara Zabawa



## July-December Memorial Donations:

- Cheryl Batterman... in memory of Rosie Bass and Marian Forseth
- Marian Ezrow... in memory of Leo Ezrow
- Lesleigh Luttrell... in memory of Rosie Bass
- Jim Ryan... in memory of Dick Peton
- Vicki Fuszard Schnurbusch... in memory of Richard Fuszard
- Ann Kenworth-Schroeder... in memory of Paul Kusuda



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# NUTRITION 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.

## SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> *Brat Stewed Tomatoes Green Beans, Fruit Cocktail Apple Crisp MO: Veggie Dog NCS: Spiced Apples NAS: 3 tomato wedges	<b>03</b> BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Lime Sherbet MO: BBQ Veg Chicken NCS: SF Ice Cream	<b>04</b> *Ham and Potato Casserole, California Blend Banana, MG Bread/ Butter Frosted Churro Cake MO: Veggie Potato Cass. NCS: SF Pudding NAS: Chicken/Potato Cass.	<b>05</b> Stuffed Pepper Soup Mixed Greens Warm Spiced Apple Slices MO: Veg Pepper Soup	<b>06</b> Enchilada Casserole Rice, Pinto Beans Mandarin Oranges Chocolate Cream Pie MO: Bean/Cheese Burrito NCS: SF Pudding Salad: Tuna
<b>09</b> Rustic Tomato Bean Soup Broccoli, Fruit Cup Chocolate Chip Cookie MO: Veggie Tomato Soup NCS: SF Cookie Packet	<b>10</b> Chicken Strips Roasted Brussel Sprouts Coleslaw Fruit Cup, Strawberry Jello MO: Black Bean Burger NCS: SF Jello NAS: Steamed Peas	<b>11</b> Baked Mostaccioli Garlic Bread Stick Mixed Greens, Green Beans, Tropical Fruit Raspberry Sherbet MO: Veggie Mostaccioli NCS: SF Ice Cream	<b>12</b> Tuna Casserole Roasted Baby Carrots Pickled Beets Banana Frosted Marble Cake MO: Black Bean Burger NCS: SF Cookie Packet	<b>13</b> Roasted Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce, Fruit PButter Frosted Brownie MO: Veg. Chicken in Gravy NCS: SF Pudding Salad: Beef Taco
<b>16</b> Taco Pasta Casserole Broccoli Cauliflower Pineapple, Preach Crisp MO: Red Beans and Rice NCS: Spiced Peaches	<b>17</b> Chicken Sandwich Cheesy Potatoes 4 Bean Salad, OJ Carton Frosted Chocolate Cake MO: Garden Burger NCS: SF Cookie Packet NAS: Baked Potato	<b>18</b> *Meatballs in Gravy Mashed potatoes California Blend Spiced Applesauce Strawberry Ice Cream MO: Veg Meatballs/Gravy NCS: SF Ice Cream	<b>19</b> Tuna Salad Sandwich Tomato Soup, Fruit Cup Blueberry Pound Cake MO: Egg Salad Sandwich NCS: SF Jello	<b>20 ORDER BY 12/17</b> *Ham Baked Sweet Potato Green Bean Casserole Pineapple, Cherry Pie MO: Multigrain Burger NCS: SF Apple Pie Salad: Chicken Cranberry
<b>23</b> Sloppy Joe Kidney Bean Salad Mixed Vegetable, Peaches Frosted Strawberry Cake MO: Chickpea Sloppy Joe NCS: SF Jello	<b>24</b> <b>CLOSED</b>	<b>25</b> <b>CLOSED</b>	<b>26</b> Honey Baked Chicken Broccoli, Yams Tropical Fruit Cheesecake Brownie MO: Hummus Wrap NCS: SF Pudding	<b>27</b> Meat Sauce, Spaghetti Wax Beans, Mixed Greens Spiced Pears, Cookie Bars MO: Marinara Sauce NCS: SF Cookie Packet Salad: 7 Layer
<b>30</b> Lemon Baked Fish Tartar Sauce, Baked Potato Fruit Cocktail, Sugar Cookie MO: Veggie Wrap NCS: SF Cookie Packet	<b>31</b> <b>CLOSED</b>	<b>1</b> <b>CLOSED</b>	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	

South Madison Locations	Address	Day	Time
Fisher Taft Apartments (last meal 12/13/19)	2025 Taft Street	M-F	11:30 am
Romnes Apartments	540 West Olin Avenue	M-F	11:30 am
Madison Senior Center	330 West Mifflin Street	M-F	11:30 am

## RESERVATIONS

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

## TRANSPORTATION

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

## DONATION

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

### Meal Site Changes for 2020

Beginning in January, two of NewBridge's meal sites will be moving to new locations.

The Fisher-Taft lunch meal site will be moving to the Romnes Apartments meal site beginning Wed., Dec. 16. Transportation will be available.

The second NewBridge meal site to move in January will be the Monona Meadows lunch site. This site will be moving to Cranberry Creek Restaurant for a breakfast meal beginning Mon., Jan. 6 and to St. Stephen's Lutheran Church, 5700 Pheasant Hill Road in Monona beginning Thurs., Jan. 9. Transportation will be available.

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# NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> Baked Ziti Bean Salad Mixed Salad MO: Vegetarian Baked Ziti	<b>03</b> Fish Sandwich w/Cheese Mediterranean Quinoa Mixed Salad MO: Grilled Cheese Sandwich Salad: BLT Cobb	<b>04</b> Honey Glaze Ham Cheesy Potato Bake Glazed Carrots MO: Veggie Burgers	<b>05</b> Ground Beef Tater Tot Casserole Sweet Pea Salad MO: Veg Tater Tot Cass.	<b>06</b> Italian Chicken Sandwich Balsamic Glazed Carrots Tomato/Cucumber Salad MO: Veggie Burgers
<b>09</b> Beef Chilli Corn Bread Potato Salad Mixed Salad MO: 3 Bean/Mushroom Chili	<b>10</b> Flank Steak Stir Fry Stir Fry Veggies Asian Cabbage Salad Steamed Brown Rice MO: Tofu Stir Fry Salad: Chef	<b>11</b> BBQ Chicken Thigh Macaroni Salad Carrot Slaw Mixed Salad MO: Veggie burger	<b>12</b> Ground Turkey Meatloaf Mashed Potatoes Turkey Gravy Broccoli MO: Vegetarian Loaf	<b>13</b> Ham Cheesy Potatoes Broccoli Pineapple Cherry Pie MO: Veggie Burger
<b>16</b> Spaghetti w/ Meat Sauce Green Beans Mixed Salad Garlic Bread MO: Veg Spaghetti w/ Cheese	<b>17 ORDER BY 12/6</b> Pot Roast w/Gravy Roasted Red Potatoes & Carrots, Broccoli Salad Baked Cinnamon Apples Vanilla Ice Cream MO: Veggie Burgers Salad: Chicken Caesar	<b>18</b> Chicken Teriyaki Stir Fry Veggies Steamed Brown Rice Asian Cabbage Salad MO: Vegetarian Teriyaki	<b>19</b> Beef and Bean Enchilada Casserole Elotes Mixed Salad MO: Bean and Cheese Enchilada Casserole	<b>20</b> Seasoned Baked Cod Mashed Sweet Potatoes Quinoa/Vegetable Salad Mixed Salad MO: Lemon Baked Tofu
<b>23</b> Hungarian Beef Goulash Creamed Spinach Mixed Salad MO: Vegetable Goulash	<b>24</b> <b>CLOSED</b>	<b>25</b> <b>CLOSED</b>	<b>26</b> Grilled Chicken BBQ Chicken Thigh Baked Potato Baked Beans MO: Falafel and Hummus	<b>27 LUSSIER SITE</b> <b>CLOSED</b> Chicken Pot Pie Broccoli Salad MO: Vegetarian Bean & Mushroom, Jambalaya
<b>30</b> Beef Stew over Biscuit Mixed Salad MO: Veg Stew over Biscuit	<b>31</b> <b>CLOSED</b>	<b>1</b> <b>CLOSED</b>	Meals provided by: Goodman Catering All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option. Fruit and Dessert Served Daily.	

East Madison/Monona Locations	Address	Day	Time
Monona Meadows (last meal 12/30/19)	250 Femrite Drive, Monona	M & W	Noon
Messiah Lutheran	5202 Cottage Grove Road	T	Noon
North Madison Locations	Address	Day	Time
Warner Park Community Ctr	1625 Northport Drive	M-W & F	11:30 am
Goodman Community Ctr (meal reservation not required)	149 Waubesa Street	M-F	11:45 am
West Madison Locations	Address	Day	Time
Meadowridge Commons	5734 Raymond Road	T-TH	Noon
Lussier Community Center (closed 12/27/19)	55 South Gammon Road	F	Noon



# RESTAURANT, GROCERY AND KOSHER SITES

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

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

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

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

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

**Monday, December 2:** Ropa Vieja (cuban shredded beef), Congri (rice and beans), Corn on the Cob, Dessert (MO: Ropa Vieja-Jackfruit)

**Monday, December 9:** Beef Brisket, Roasted Red Potato, Roasted Carrots, Salad, Babka (MO: Vegan Stew)

**Monday, December 16:** Braised Balsamic Chicken, Cous Cous, Salad, Cake (MO: Balsamic Jackfruit)

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# FRIENDS OF NEWBRIDGE

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

## Benefits for Friends of NewBridge

Monthly Newsletter  
Invitation to Special Events

Discount Card to Local Businesses  
Valuable Social Connections

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

## BECOME A FRIEND OF NEWBRIDGE IN 2020

Calling all friends of NewBridge: If you have already joined in 2019, we thank you and remind you to renew your membership for 2020. Friendships are renewed annually. We have added a few additional friendship levels. We also accept payment via credit or debit on our website at [newbridgemadison.org](http://newbridgemadison.org)

If you have not become a Friend now is a time of great opportunity. You can help shape and grow *Friends of NewBridge*.

## FRIENDS COMMITTEE MEMBERS 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. The meeting schedule is flexible and rotates around the City of Madison. If you are interested, please call Jim (608) 512-0000 Ext. 3005 [jimk@newbridgemadison.org](mailto:jimk@newbridgemadison.org).

## BENEFITS FOR FRIENDS

We are looking to expand the benefits that Friends of NewBridge receive from local businesses with their discount card. If you have suggestions for potential businesses to contact please email us at: [info@newbridgemadison.org](mailto:info@newbridgemadison.org).

## NOMINATING COMMITTEE MEMBERS NEEDED

Two *Friends of NewBridge* members are needed to serve as community representatives on a nominating committee to fill two NewBridge Board vacancies for 2020. As a member of the nominating committee your role would be to solicit prospects for board vacancies, research candidates backgrounds and form the short list of potential candidates to present to the NewBridge Board for consideration. If you are interested, please contact Jim.

## OPPORTUNITIES TO GIVE BACK DURING THE HOLIDAYS

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

NewBridge is also in need of volunteers from 10:00 am-1:00 pm on Tuesday, December 17 at our north, east and east sites, Friday, December 13 at Lussier site and Friday, December 20 at our south sites to help serve our special holiday meals. For more details contact David Ext. 2006.

# BUSINESS BENEFITS FOR FRIENDS

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



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



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



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



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



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



**Madison Family Wellness**  
 222 N. Midvale Blvd. (608) 358-2068  
 \$10 off first visit and 10% off  
 follow-up visits

**Manna Café & Bakery**  
 611 N Sherman Ave  
 10% off in-dining food &  
 beverages



**Meikle's & Dorn True Value**  
 2935 N Sherman Ave  
 Free key made each month



**Overture Center**  
 201 State St  
 Receive reduced ticket  
 prices for select shows



*And more added monthly!*

## 2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: \_\_\_\_\_

Additional Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

How would you like newsletter?  Mail  Email  Both  None



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

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

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





1625 Northport Dr. #125  
Madison, WI 53704

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
MADISON, WI  
PERMIT #1410



# WINTER WEATHER POLICIES

## SNOW REMOVAL

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

## 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.**

**Thank you to our Funders:**

