

# NEW BRIDGE

Your Connection to Successful Aging

# NEWS

DECEMBER 2020

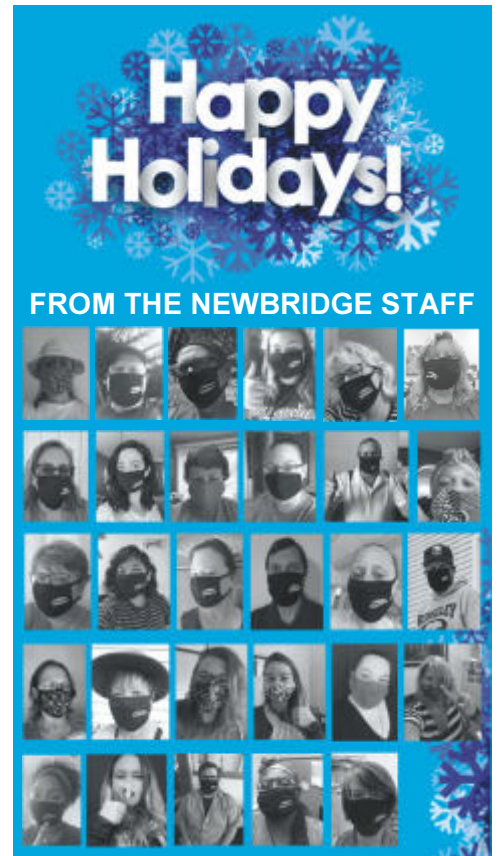


## PHOTOGRAPHING OUR LIVES DURING THE PANDEMIC

We are looking for photographers of all levels to take pictures of your lives as an older adult while living through this pandemic.

Help NewBridge record your experiences through the lens of your camera to be part of an online exhibit hosted by NewBridge.

*To sign up, please contact Deenah  
(608) 512-0000 Ext. 3002.*



**WE ARE CLOSED THURSDAY AND FRIDAY, DECEMBER 24 AND 25  
THURSDAY AND FRIDAY, DECEMBER 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

Providing older adults a bridge to successful aging.

## VISION

A Community Where All Older Adults Live Their Best Life.



## A LETTER FROM THE DIRECTOR...

*Happy Holidays*

A different kind of holiday season is in store for many of us this year. I hope we all will make the best of this unusual time and may your 2020 holidays be filled with love and friendship. A phone call or a virtual hug to your sibling, grandchild, parent or good friend can bring lots of joy, and is the next best thing to being there. After the holidays, let's put this dreadful year behind us and focus on our hopes for the upcoming year and how to achieve them.

On behalf of the NewBridge staff, board and volunteers I would like to wish everyone a healthy and happy holiday season!

## 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 Drive #125, Madison, WI 53704

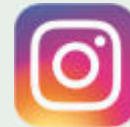
## EAST MADISON

4142 Monona Drive, Madison, WI 53716

## WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! [NewBridge Madison](#)



## BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
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# 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
  
- ABIGAIL NINNEMAN, Case Manager Intern Ext. 4008
- ADA ZHANG, Case Manager Intern Ext. 1001
- 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, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Case Manager - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL OKERSTROM, Case Manager Ext. 4002

- SAMMY AZUMA, Case Manager Ext. 1005
- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Cultural Diversity Program Coord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Cultural Diversity Program Crd. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —

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

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





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[www.VisitingAngels.com/MadisonWI](http://www.VisitingAngels.com/MadisonWI)



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



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# COVID-19 SERVICES

## Case Management

*“Your connection to community resources”*

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

## Bridge Buddies—Friendly Callers

*“Your connection to a friendly caller”*

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

## Face Mask Delivery

*“Your connection to a face mask”*

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

## Food Bridge Delivery

*“Your connection to wholesome groceries”*

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

## Foot Clinics

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

## Virtual Classes & Activities

*“Your connection to golden opportunities”*

Find online classes & activities on our website and pages 6, 7, 8, 12, 13. *Funded in part by Madison Community Foundation.*

## Take-Out Meals

*“Your connection to nutritious meals”*

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

## Take-Out Meal Locations:

Romnes Apartments, 540 W. Olin Ave.  
Monday-Friday, 11:30 am - **For residents only.**

Mt. Zion Church, 2019 Fisher St  
**Last day was Monday, November 23**  
**This site moved to the West Office on Mondays.**

NewBridge West Office, 5724 Raymond Rd.  
Monday between 10:00-11:30 am  
1 Meal Catered by Kavanaugh's Esquire Club  
*Order with Candice at (608) 512-0000 Ext. 4006*

Messiah Lutheran Church, 5202 Cottage Grove Rd.  
Tuesday and Thursday, 11:30 am-12:30 pm  
**Not taking new participants.**

NewBridge West Office, 5724 Raymond Rd.  
Wednesday between 3:00-4:00 pm  
1 Meal Catered by Kavanaugh's Esquire Club  
*Order with Candice at (608) 512-0000 Ext. 4006*

Kavanaugh's Esquire Club, 1025 N. Sherman Ave.  
Wednesday between 3:00-4:00 pm  
1 Meal Catered by Kavanaugh's Esquire Club  
*Order with Candice at (608) 512-0000 Ext. 4006*

LJ's Sports Tavern and Grill, 8 N. Patterson St.  
Friday between 3:00-4:00 pm  
1 Meal – Hot Fish Fry  
*Order with Candice (608) 512-0000 Ext. 4006*

**Meal Delivery for HOME BOUND ONLY**  
*If you do not have a car and do not have a proxy driver*  
Friday between 3:00-4:00 pm  
2 Meals Catered by Kavanaugh's Esquire Club  
*Order with Kristen at (608) 512-0000 Ext. 2001*

*Funded in part by UW Health, UnityPoint Health - Meriter & Quartz, Schlecht Family Foundation, Capitol Lakes, Madison Gas and Electric, Green Bay Packer Foundation.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meals provided by:</b> Dane County Consolidated Food Services Division <u>Messiah Lutheran Church</u> <u>&amp; Romnes Sites ONLY</u>	<b>01</b> Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO - Cheese Tortellini	<b>02</b> Chicken a la King Brown Rice, Green Beans Corn Salad, Banana Frosted Marble Cake MO - Soy a la King	<b>03</b> Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO - Black Bean Burger	<b>04</b> Pot Roast with Gravy Mashed Potatoes, Carrots Orange Juice Tapioca Pudding MO - 3 Veggie Meatballs
<b>07</b> Sausage Veg Egg Bake Fruit Cup, Hash Brown Patty Prune Juice Cup Cinnamon Raisin Bread MO - Veggie Egg Bake	<b>08</b> Rustic Tomato Bean Soup, Dinner Roll Mixed Greens, Peaches Chocolate Chip Cookie MO - Tomato Soup	<b>09</b> *Ham/Potato Casserole, California Blend Orange, Raspberry Sherbet MO - Veggie Wrap	<b>10</b> BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Frosted Chocolate Cake MO - BBQ Veggie Chicken	<b>11</b> *Saucy BBQ Ribs Potatoes, Baked Beans Cinn. Apple Slices Choc. Cream Pie MO - Garden Burger
<b>14</b> Chicken Strips Honey Mustard Sauce Garden Blend, Coleslaw Fruit Cup, Carnival Cookie MO - Veggie Chicken Strips	<b>15</b> Enchilada Casserole Fiesta Corn, Pinto Beans Mandarin Oranges Frosted Churro Cake MO - Bean/Cheese Burrito	<b>16</b> Mushroom Swiss Burger Green Beans, Potato Salad Fruit Cocktail, Lemon Bar MO - Garden Burger	<b>17</b> Stuffed Green Pepper Soup, Mixed Greens Spiced Apple Slices MO - Egg Salad Sandwich	<b>18</b> *Ham, Cheesy Potatoes Roasted Brussels Sprouts Chunky Apple Sauce Cherry Cheesecake MO - Multigrain Burger
<b>21</b> Tuna Salad Sandwich Tomato Soup, Fruit Cup Blueberry Pound Cake MO - Tomato and Cheese Sandwich	<b>22</b> *Pork Roast in Gravy Cranberry Stuffing, Broccoli Carrot Raisin Slaw Apple Juice Rainbow Sherbet MO - 3 Veg Meatballs/Gravy	<b>23</b> Roasted Turkey/Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/PB Frosting MO - Veg Chicken in Gravy	<b>24</b> <b>CLOSED</b>	<b>25</b> <b>CLOSED</b>
<b>28</b> Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Apple Crisp MO - Rice and Beans	<b>29</b> Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad, Orange Rainbow Sherbet Cup MO - Veggie Greek Pasta	<b>30</b> *Meatballs in Gravy Mashed Potatoes California Blend, Trop. Fruit Choc. Chip Cookie Bar MO - Veggie Burger	<b>31</b> <b>CLOSED</b>	<b>01</b> <b>CLOSED</b>

*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*

## Finally Ready To Sell Your Home?

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# NEWBRIDGE ONLINE CLASSES & ACTIVITIES

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

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

## ZOOM STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises.

The cost is \$20/month.

*To register please contact Becky Otte Ford [raonine@gmail.com](mailto:raonine@gmail.com) or (608) 215-4119.*

## ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

*See Ellen's website for the Zoom link [www.thewonderofyoga.com](http://www.thewonderofyoga.com)*

## ZOOM TECHNICAL ASSISTANCE

Tuesdays in Dec. 9:00-11:00 am

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

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

zoom



## ZOOM SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES

Tuesdays in Dec. 1:00-2:30 pm

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

*See NewBridge website for the Zoom link [www.newbridgemadison.org](http://www.newbridgemadison.org)*

## ZOOM BOOK CLUB

Wednesday, Dec. 2, 1:00-2:00 pm

Discussing The Beans Trees by Barbara Kingsolver. *Contact Deenah to sign up*

*(608) 512-0000 Ext. 3002.*

## ZOOM BINGO!

Friday, December 11, 1:00-2:00 pm

Join us for bingo with caller Diana!

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

## ZOOM POETRY WITH FABU

Thursday, Dec. 3, 1:00-2:00 pm

Join us as we listen, recite, and write our own poetry led by Madison's Poet

Laureate Fabu Carter. Our December get-together is our **Annual Poetry Party** so we

will be joined by the founder of the Poetry Project, New York Poet, Gary Glazner!

See page 8 for more info. *Made possible in part by generous funding from The Alzheimer's Poetry Project and Bader Philanthropies, Inc.*

*See NewBridge website for the Zoom link [www.newbridgemadison.org](http://www.newbridgemadison.org)*

## ZOOM HUMP DAY COFFEE WITH RUTH & DEENAH



Wednesday, December 2 & 16  
10:30-11:15 am

Brew a cup of coffee or tea and join us for a fun chat! You'll hear about the latest NewBridge happenings and we'd love to hear from you! Come prepared to share what programs your interested in and what you've been up to.

*See NewBridge website for the Zoom link [www.newbridgemadison.org](http://www.newbridgemadison.org)*

## ZOOM COLLAGE FOR THE SOUL

Thursday, December 3, 10, 17  
10:30-11:30 am

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

*Contact Deenah to sign up and receive your art supplies and Zoom link (608) 512-0000 Ext. 3002.*



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# POETRY PARTY



Thursday  
December 3  
1:00-2:30 pm  
Via Zoom  
*Free and Open  
to the Public*

Featuring an array of Madison Poets reading original work. Former Madison Poet Laureate, Fabu Carter and Founder and Executive Director of the APP, New York Poet, Gary Glazner will lead the event. This event is for people living with memory loss, their caregivers and the general public.

For info, please contact Fabu (608) 235-4745  
Fabu@artistfabu.com

***See NewBridge website for the Zoom link  
[www.newbridgemadison.org](http://www.newbridgemadison.org)***

*Funded in part by the Bader Philanthropies, Inc. The event is sponsored by the Alzheimer's & Dementia Alliance of Wisconsin. The Alzheimer's Poetry Project is proud to have the Center for Community Stewardship as our fiscal sponsor.*



# OUTREACH LGBT COMMUNITY CENTER ACTIVITIES



**OutReach**  
LGBT COMMUNITY CENTER

For more information (608) 255-8582  
Ticia Kelsey, LGBT Senior Advocate

## HOLIDAY SHOPPING & SCAMS

Wednesday, December 9, 10:00 am  
In this all-encompassing presentation by the BBB, you'll learn about smart shopping tips, identity theft and seasonal shopping scams. We will talk about how to spot the scams and what to do if you or a loved one becomes a victim. Join Zoom: <https://us02web.zoom.us/j/88611416119>

## FINANCIALLY FIT IN 2021

Thursday, January 14, 10:00 am

Is your resolution to spend less money or pay off debt? Do you need help with creating a budget or getting your current budget back on track? Join us to learn ways to get your finances.



In this virtual workshop, you will learn:

- The importance of saving
- How to stop “spending leaks”
- How to create and stick with it
- Tips and tricks to spend less and save

Join Zoom: <https://us02web.zoom.us/j/84746087052>

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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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## MADISON SENIOR CENTER ACTIVITIES



For more information  
(608) 266-6581  
[www.madison-seniorcenter.org](http://www.madison-seniorcenter.org)

### GRIEF THROUGH THE HOLIDAYS

Tuesday, December 15, 10:00 am  
Dealing with loss and grief, especially during these trying times, is difficult. It can be even more challenging during the holiday season. Learn about resources and coping strategies to navigate through this time. [See madison-seniorcenter.org](http://www.madison-seniorcenter.org) for a registration link or send an email to [lhunt@cityofmadison.com](mailto:lhunt@cityofmadison.com).

### HOLIDAY RECIPE EXCHANGE

Tuesday, December 8, 10:00 am  
The familiar smell of fresh-baked desserts and homemade dishes are a shared favorite of the Holiday season. Although this year looks a bit different, we want to keep the cooking traditions alive and well. *Send your favorite recipe to [xmasxchangemsc@gmail.com](mailto:xmasxchangemsc@gmail.com) to be featured in a virtual cookbook that will be shared via email.* Then join us on December 8, 10:00 am via Zoom to participate in a discussion about our cooking stories, hacks, and other holiday traditions.

## MONONA SENIOR CENTER ACTIVITIES



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

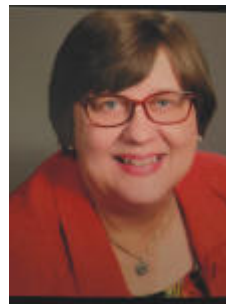
### HOLIDAY TREAT DRIVE THRU

Thursday, December 17, 1-2:00 pm  
Tis the season to be jolly! Come get a holiday treat bag and share the joy of the season. Pick up in the parking lot behind the Monona Pool bathhouse. Limited supply. One per person. Please wear a mask.



### LESSONS LEARNED IN JOY

Friday, December 4, 10:00 am



Karen Dickrell, an educator of human development and relationships, loves to reach out to individuals and families to share the research of the University with people where they live and work. The lessons learned in joy build on our family strengths with messages and experiences gained over the years.

*Register online*  
<https://tinyurl.com/Lessons-in-Joy>  
or call  
(608) 222-3415.



# GOODMAN COMMUNITY CENTER ACTIVITIES



**Goodman**  
Community Center

For more information contact Gayle Laszewski (608) 204-8032 or [gayle@goodmancenter.org](mailto:gayle@goodmancenter.org).

## COVID QUESTIONS ANSWERED

Do you have a question or concern about COVID or the safety guidelines? UW Med Students are available to answer your questions. *For more information contact Gayle (608) 204-8032 or [gayle@goodmancenter.org](mailto:gayle@goodmancenter.org)*

## WALK THROUGH HOLIDAY PARTY

Monday, December 14, 1-3:00 pm  
Goodman Community Gym & Parking Lot, 214 Waubesa St.

Enjoy holiday music as you walk thru our decorated gym with a cup of hot chocolate and a holiday gift. Congregate outside and be warmed by the fire pits. Upon leaving you will receive a special plate of homemade holiday cookies and a holiday dinner to enjoy at home. **Registration required. Call Elisa (608) 204-8037 or [elisa@goodmancenter.org](mailto:elisa@goodmancenter.org)**

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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.*

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

## LATINX CULTURAL DIVERSITY

For more information, contact  
Garrett Tusler, Cultural Diversity Program  
Coordinator, (608) 512-0000 Ext. 3009  
GarrettT@newbridgemadison.org

## WELCOME GARRETT



Garrett is a Madison native and so excited to be joining the talented team here at NewBridge as the Cultural Diversity Program Coordinator for Spanish Speaking Older Adults. He received his BA in Spanish and Teaching

English as a Second Language from the University of Minnesota - Twin Cities in 2015. Since then, he has been working with culturally responsive and antiracist pedagogy during his time teaching in Uruguay, New Mexico, and through his studies of the work of Paulo Freire in Brazil as a Fulbright Scholar. When he is not at work, he is teaching himself the electric guitar, dancing salsa (poorly), and finishing up his thesis to receive his masters degree in International Educational Development from Columbia University. Garrett was drawn to NewBridge to join in and support their important mission of raising up the diverse voices of the Latinx community here in Madison and throughout Dane County.

## ZOOM LATINX DISCUSSION GROUP

Every Friday, 10:30 am (except 12/25)  
Todos los viernes, 10:30 am  
December 4: Nutrition  
December 11: How to use Facebook&Zoom  
December 18: How to use Facebook&Zoom

*See NewBridge website for the Zoom link  
[www.newbridgemadison.org](http://www.newbridgemadison.org)*

*Consulte el sitio web de NewBridge para  
obtener el enlace Zoom  
[www.newbridgemadison.org](http://www.newbridgemadison.org)*

## ZOOM YOGA SUAVE (SPANISH)

Mondays from Nov. 16-Dec. 21  
10:15-11:15 am, 6 weeks

Cost \$12 for MMSD residents and  
\$18 for non residents

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. Por favor traiga su propia estera (yoga mat) a la clase.

*Offered in collaboration with MSCR.*

*Register by contacting Garrett.*

## AFRICAN AMERICAN CULTURAL DIVERSITY

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

## GETTING SOCIAL DURING COVID

During this pandemic, many older Black community members are facing social challenges, loneliness, anxiety, depression and isolation. It has, undoubtedly, been challenging not seeing family members, not engaging face-to-face with friends and not being able to enjoy NewBridge programming, outings and activities.

**Zoom and Teleconference to the rescue!** Zoom is a video conferencing software, that works with iOS, Android and Windows operating systems. Zoom can help older adults stay connected with friends and family, access learning opportunities and stay engaged with the community. They'll be able to join a group presentation, class or conversation right on their cell phones. After all, we all need human connection now more than ever. Some of the interests we may explore: Fitness & Wellness, Book Club, Internet & Digital Inclusion, Money Matters, Speaker Series, Current Events & The News, Cooking Classes, Art & Music, BLM & Social Justice, Aging with Attitude, Virtual Lunch Dates, etc. More information will be forthcoming as I ascertain interest and an accessibility!



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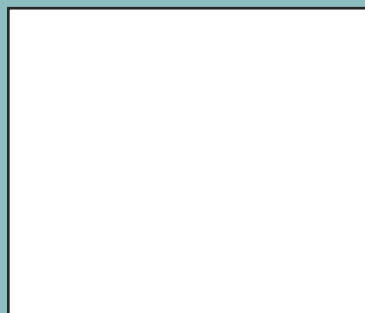


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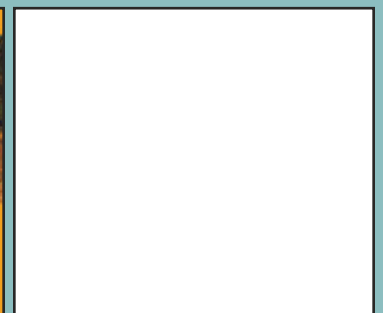


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# GET INVOLVED & VOLUNTEER

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

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

## BRIDGE BUDDY CALLERS

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

**TIME COMMITMENT**—Flexible

## FOOT CLINIC VOLUNTEERS

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

**TIME COMMITMENT**—1-2 times per month

**LOCATION**—Westside clinic

## SNOW SHOVELING VOLUNTEERS

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

**TIME COMMITMENT**—Flexible



## FOOD BRIDGE DELIVERY DRIVERS

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

**TIME COMMITMENT**—2-4 times per month

**IMMEDIATE NEED**—20+ volunteers

## TAKE-OUT MEAL VOLUNTEERS

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

**TIME COMMITMENT**—1.5 hours on Fridays

**IMMEDIATE NEED**—2 volunteers

## VOLUNTEER BOARD MEMBER

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

**TIME COMMITMENT**—Minimum of two hours per month. The board meets monthly. Board members serves a three-year term (up to two consecutive terms.) For more information on being considered for service on the NewBridge Board of Directors, contact Jim Krueger, Executive Director at [jimk@newbridgemadison.org](mailto:jimk@newbridgemadison.org) or (608) 512-0000 Ext. 3005.

# VOLUNTEER SPOTLIGHT – Meggan and Cole



Volunteering for NewBridge has been such a fun and rewarding experience for both myself and my 16-year-old son Cole. Teaching our children, the values we believe in and establishing this great feeling of hope we have within our community is something I hope he holds forever. NewBridge has given us the opportunity to form new relationships by helping us support the needs of others. My son has enjoyed being a volunteer and mowing lawns to help members of our community in need. I hope as he gets older

his drive to help others remains. For this experience we are forever grateful. - **Meggan**

Volunteering as a 16 year old for NewBridge has been very fun over the last 4 months. I enjoy mowing lawns and so when I get to help someone else do what I love it makes me feel happy. I like meeting new people, helping others and making someone else's day better. It feels very good to help other people and become part of a community that is out to help others. It gives me a great hopeful feeling and makes me want to continue to do what I can do to make a difference for someone else. - **Cole**

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

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

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

Appointments are filling up quickly.

We recommend you call a few months in advance.

We do provide a waitlist.

### **New Procedure for Foot Clinics:**

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

## **EAST MADISON**

Monona United Methodist Church  
606 Nichols Road, Monona

Tuesday, December 8 & 22, 9:30-11:45 am

## **NORTH MADISON**

Goodman Community Center  
149 Waubesa Street

Monday, December 14, 10:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

Tuesday, December 15, 1:00-2:30 pm

## **MEDICAL EQUIPMENT LOAN CLOSET**

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

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

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

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

We are currently accepting in-kind donations of:

- shower chairs
- tub transfer benches





## COVID-19 TESTING

Public Health of Dane County recommends testing for:

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

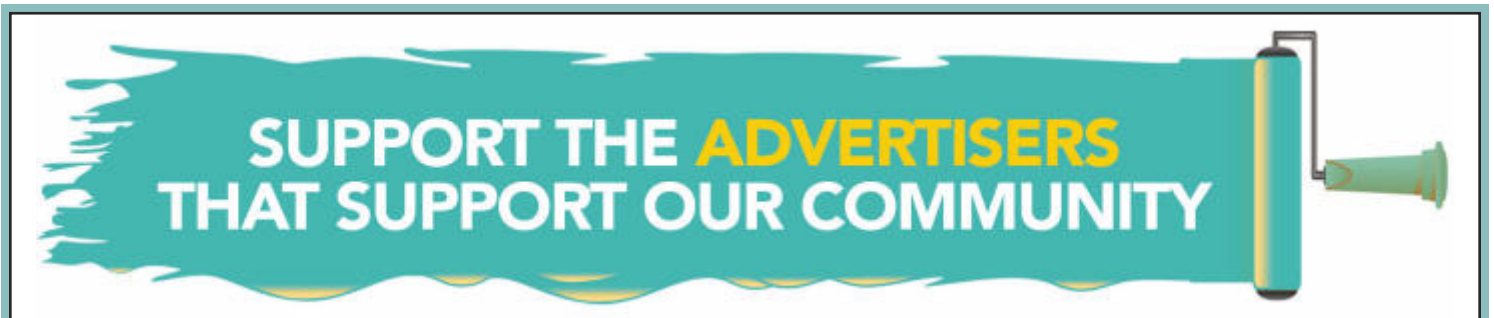
## TESTING SITE OPTIONS

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

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

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

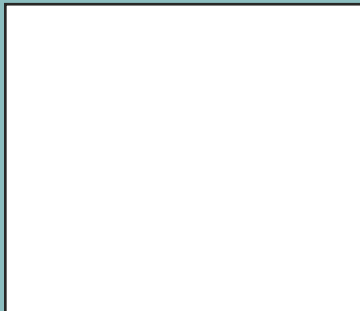
**For Alliant and South Madison Sites:**  
Free. Spanish and Hmong translators are available. For a free ride, call Public Health Transportation Line (608) 243-0420



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Alliant Energy Center drive-through flu clinic

# **NEW!!!** FREE FLU SHOTS!

The clinic is now open to ALL Dane County adults and children 6 months and older regardless of health insurance status.

### Hours and location:

Tuesdays and Thursdays 12:00pm to 8:00pm

Wednesdays, Fridays, and Saturdays 8:00am to 4:00pm

Alliant Energy Center, 1919 Alliant Energy Center Way, Madison, WI 53713

### Details:

- Free transportation available by calling NewBridge (608) 512-0000
  - No appointment needed
  - No ID required
  - Immigration status not asked
  - Interpretation is available
- After your shot, you'll be asked to stay 15 minutes to watch for possible side effect.

### CDC guidelines say you cannot get a flu shot if:

- You also need a COVID test the same day
- You have tested positive for COVID in the last 14 days
  - You are waiting for a COVID test result
- You have symptoms like fever, cough, shortness of breath, vomiting, or diarrhea.

For more information: [publichealthmdc.com/flu](https://publichealthmdc.com/flu)



# NEW PROGRAM - MENTAL HEALTH RESOURCES

## MENTAL HEALTH RESOURCES FOR OLDER ADULTS

NewBridge Madison has been awarded a contract from Dane County Human Services to provide mental health resources for older adult (age 60+) case management clients from senior focal points throughout Dane County. NewBridge is in the process of hiring staff for the program which would begin operations as early as December. NewBridge is one of twelve senior focal points in Dane County. Senior focal point case managers are increasingly challenged with serving older adults whose mental health behaviors threaten their health, living situation, food security,

and safety, yet these older adults may not have a mental health diagnosis or receive treatment. Without appropriate resources, focal point case managers are constantly required to react to the client's behavior rather than address proactive treatment. This program will assist and provide support to focal point case managers to effectively help older adults with chronic mental health issues, who do not currently meet the qualifications of other mental health programs. The program provides mental health support to older adults in both urban and rural areas, and help prevent crises and the high costs associated with emergency care. *More details to come in January newsletter.*



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# Pantry Staples

By Alyce Miller, MS, RDN, CD

Registered Dietitian and Healthy Aging Coordinator  
Area Agency on Aging of Dane County



With the cold weather rolling in, now is a good time to take inventory of what's in your pantry and stock up on a few staples you may be missing. Keeping your pantry full of healthy, shelf-stable foods will allow you to create nutritious meals regardless of bad winter weather. Here is a list of some pantry "must-haves:"

## Canned items *(always look for "low-sodium")*

**Canned Protein:** canned salmon, chicken, tuna, black beans, pinto beans, white beans, kidney beans, chickpeas, and lentils

**Soups and broth:** Adding vegetables and protein to canned broth or stock can make a quick and easy meal when in a pinch. Canned soup is a convenient and inexpensive way to create a warm, filling meal in no time!

**Vegetables:** Canned tomatoes, corn, green beans, peas, carrots, peppers, and beets allow you to consume servings of vegetables without needing fresh options on hand. Strive to consume 2-2½ cups of vegetables per day.



**Fruit:** Canned fruit such as pineapple, mandarin oranges, peaches, or fruit cocktail are all great options. Make sure to look for canned fruit in 100% juice or water instead of syrup. Applesauce and dried fruits such as raisins, cranberries, prunes, and dates are also great ways to consume your recommended 1½-2 cups per day.

## Grains

Brown rice, quinoa, oats, whole grain pasta, crackers, rice cakes, and boxed dry cereal such as Raisin Bran are grains that offer energy, B vitamins, and fiber.



## Whole foods

Potatoes, garlic, and onions can last in your pantry for weeks maybe even months! They are easy to incorporate in a variety of meals and offer a great source of fiber, vitamins, and minerals.



## Oils, Vinegars & Sauces



Extra virgin olive oil, canola oil, apple cider vinegar, balsamic vinegar, mayonnaise, marinara sauce, low sodium soy sauce, ketchup, mustard, peanut butter, and honey. Having these oils, sauces, and vinegars on hand allows you to create dressings, marinades, or toppings for any dish.

## Spices

Mrs. Dash, dried herbs, garlic powder, chili powder, cumin, cinnamon, and turmeric are just a few go-to spices that can elevate flavor in any meal!



# GI ING TUESDAY

December 1, 2020

GivingTuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. GivingTuesday was created in 2012 as a simple idea: *a day that encourages people to do good.* Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give.



If you're inspired to give a financial contribution to NewBridge for GivingTuesday, visit our website at [newbridgemadison.org](http://newbridgemadison.org)

If you'd like to volunteer, contact David Wilson at (608) 512-0000 Ext. 2006.

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# REGULAR SERVICES AND ACTIVITIES

## Case Management

*“Your connection to community resources”*

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

## Home Chore

*“Your connection to helping hands”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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



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

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Nutrition Sites

*“Your connection to nutritious meals”*

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



## Representative Payee & Guardianship Service

*“Your connection to trained volunteers”*

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

## Medical Equipment Loan Closet

*“Your connection to health equipment”*

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

## Cultural Diversity Activities

*"Your connection to your peers"*

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



## Classes & Activities

*"Your connection to golden opportunities"*

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

## LED Activities (Living Every Day)

*"Your connection to enjoyable experiences"*

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

**COVID-19 Specific Services on page 4.**

## 2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

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

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**Please check all boxes that apply:**

\$ \_\_\_\_\_ 2021 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](http://newbridgemadison.org). Friendships are renewed annually.

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