

NEW BRIDGE

Your Connection to Successful Aging

NEWS

DECEMBER 2021

Joy Cards

BRING JOY TO AN OLDER ADULT THIS HOLIDAY SEASON

1 - Grab an envelope from our giving tree locations:

Warner Park Community Recreation Center 1625 Northport Dr, Madison, WI	Monona Senior Center 1011 Nichols Rd. Monona, WI 53716
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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.

Go to www.newbridgemadison.org for more details
Email: Deenahg@newbridgemadison.org Phone: (608) 512-0000 Ext. 3002

WE ARE CLOSED THURSDAY AND FRIDAY, DECEMBER 23, 24, 30, 31.

**CHECK OUT
WHAT'S
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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...

I hope this year's Holiday Season will be more like the ones before COVID.

That we can get together, in person, with family and loved ones to laugh and relive happy memories.

Unfortunately, the Holiday Season is also when we remember the special people in our lives who have died.

An older adult who was part of an informal exercise group at our Warner Park location for 13+ years, passed away last month. He was a wonderful gentleman with a great sense of humor. He helped start my workday with a laugh. Walt will be missed dearly.

Wishing everyone a Happy Holidays and a Healthy 2022, and thank you for your ongoing support of NewBridge!

Jim Kueger

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
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- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our Funders:



Friends of NewBridge

Housing Partner:
Sherman Glen Apartments & Point Place Apartments

NEWBRIDGE STAFF

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

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

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JOANNE MORTON, Case Manager Ext. 3006
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KATERI WEEGE, Case Manager Intern Ext. 1001
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LAUREN JACOB, Case Manager Intern Ext. 4008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005

- SUSAN WATSON, Case Manager Ext. 1006

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

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

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

ID Statement: The 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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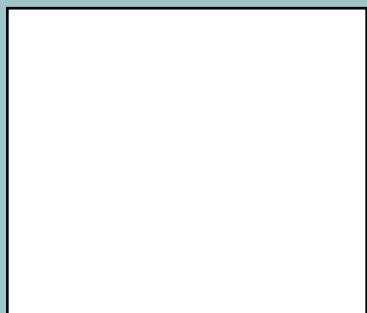


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SERVICES AND ACTIVITIES

Bridge Buddies

“Your connection to a friendly caller”

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

Case Management

“Your connection to community resources”

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



Madison/Monona older adults (60+ or 50+ with MA Benefit). Private Pay Case Management available.

Classes & Activities

“Your connection to golden opportunities”

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

Diet Consultations & Healthy Aging Workshops

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

Diversity & Inclusion Activities

“Your connection to your peers”

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

Food Bridge

“Your connection to wholesome groceries”

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

This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible*



Madison/Monona older adults (60+). Sponsored by: CUNA Mutual Group Foundation

Home Chore

“Your connection to helping hands”

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

Medical Equipment Loan Closet

“Your connection to health equipment”

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

Mental Health Resources

“Your connection to mental health resources”

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

Nutrition Sites

“Your connection to nutritious meals”

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

Sponsored by: Oscar Rennebohm Foundation


Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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




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DIVERSITY & INCLUSION ACTIVITIES

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



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

To register for activities:

See [NewBridge website for the Zoom links www.newbridgemadison.org](http://www.newbridgemadison.org) or contact Deana.

CHAIR EXERCISE

Mondays, 9:00-9:45 am

Reduce pain and stiffness, and improve mobility and muscle strength. Exercise while standing or sitting. *In collaboration with MSCR.*

DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm



Join Deana to discuss current events, social justice topics, health and wellness issues and so much more.

BALANCING ACT

Tuesdays, 1:00-1:45 pm

Increase your balance and decrease your risk for falling. Most exercises will be done from a standing position. *In collaboration with MSCR.*

GET MOVIN' ON ZOOM

Tuesdays & Thursdays

1:00-2:00 pm

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

COLOR ME HEALTHY

Tuesday, Dec. 14, 3:00-4:30 pm

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

BINGO

Thursday, Dec. 16, 3:00-4:30 pm



Game cards and chips will be mailed prior to the program. Gift cards will be mailed to game winners. *Sign up with Deana by Friday, Dec. 10.*

BLACK SPACE

Thursdays, 3:00-4:00 pm



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

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



Connect, socialize and engage in brain healthy games and activities, in an effort to prevent or delay the onset of cognitive decline and memory loss.

In collaboration with Alzheimer's & Dementia Alliance of Wisconsin.



BLACK FILM FRIDAY - CHRISTMAS EDITION

Fridays, 1:00-3:00 pm

Get in the Christmas spirit! Grab your popcorn and snacks, snuggle up in your coziest comfy blanket, and join us on Zoom for 3 of your favorite Black Christmas movies.



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ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:

Consulte el sitio web de NewBridge para obtener el enlace Zoom

www.newbridgemadison.org

LA REUNIÓN

Los Viernes, el 3 de diciembre

10:00-11:30 am

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



CÍRCULO DE AMIGOS

Cada otro Miércoles, el 1 de diciembre, 1:00-2:00 pm

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



Get Diversity & Inclusion Latinx group updates on Facebook!

facebook.com/groups/newbridgelatinx

Pantry Staples

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, chick-peas, 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!

—Shannon Gabriel, Registered Dietitian & Healthy Aging Coordinator



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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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CLASSES & ACTIVITIES



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

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

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

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays

9:00-10:00 am

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

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



TECHNICAL ASSISTANCE - In-Person

Tuesdays, 9:00-11:00 am

Warner Park Comm. Rec. Center
Meadowridge Library

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

To sign up, contact Deenah.

SPIRIT & STRENGTH - Zoom

SHARING WISDOM THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

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

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

“One thing I really appreciate about this group is that we can share our various stories honestly as friends, knowing that they will be accepted in good faith. As different as we all are, with our different backgrounds and interests, over these past several months we have come together into a supportive virtual community.”

EASY YOGA PLUS - Zoom

Wednesdays, 10:00-11:00 am

Friday, 11:00 am-Noon

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

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

BOOK CLUB - Zoom

Wednesday, Dec. 1, 10:00-11:00 am
Warner Park Comm. & Rec. Center
Discussing The Vanishing Half by Brit Bennett. Stay tuned for our 2022 list of books to be announced soon. Please remember, you are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club. *To get more information, contact Deenah.*

MAHJONG - In-Person

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

BINGO! - Zoom and In-Person

Every Friday, 10:15-11:15 am
Warner Park Comm. Rec. Center
December 3 - In-Person
December 10 - In-Person
Zoom *1:00 pm start
December 17 - In-Person
December 24 - CANCELLED
December 31 - CANCELLED

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



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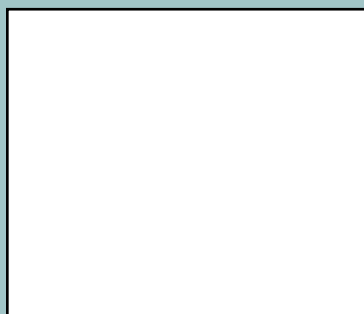
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SEWING CLUB - *In-Person*

Thursday, Dec. 2 & 16, 9:00 am-Noon
Warner Park Comm. Rec. Center
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

HOW TO GET YOUR ITEMS MENDED:

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

PING PONG - *In-Person*

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

CARD MAKING CLUB - *In-Person*

Wednesday, Dec. 8, 1-3:00 pm
Warner Park Comm. Rec. Center
If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

SASSY STEPPERS

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

ARTFUL AGING - *Zoom*

Wednesday, January 12-March 2
1:00-3:00 pm
Warner Park Comm. Rec. Center
Artful Aging with Amy Conover Cavi is back! This time we'll be focusing on painting. You'll learn watercolor techniques, as well as various ways to work with acrylics. There will be plenty of color theory, composition, tips on shading, and much more to help you create and express your own personal, artistic side. Join us on for painting in a supportive, comfortable environment. *For more information, contact Deenah.*

COLLABORATIVE PROGRAMS

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

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

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

MONONA SENIOR CENTER ACTIVITIES



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

GET IN THE HOLIDAY SPIRIT WITH US!

Thursday, December 9, 10:00 am
Come to the Monona Senior Center for festive songs and a sing along complete with cocoa and cookies! Call 222-3415 to register for this event.

Bird & Nature Adventures "Gifts for the Wild"

Wednesday, December 15th at 10:00 a.m.

Join Naturalist Kathleen Wolf for this presentation on creative ways to enjoy our feathered friends this winter.

How to maintain sanity by bringing nature to our living space. Come with questions or ideas to share.

Call to Register 608-222-3415

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LET'S GET STARTED!

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

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CONGREGATE MEAL SITES

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

RESERVATIONS

Meal reservation, transportation reservation, and any cancellations should be made on-site or by calling the numbers below by Noon, two business days in advance.

**Not all sites require a meal reservation.*

TRANSPORTATION

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

Transportation reservation is always required by calling the numbers below.

DONATION

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

WEST MADISON

Hy-Vee West, 675 S. Whitney Way

Wednesday, 10:00 am-1:00 pm

**No meal reservation required*

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

Meadowridge Commons, 5734 Raymond Rd.

Tuesday, Thursday, Noon

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

Good Shepherd Church, 5701 Raymond Rd.

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church,

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

Hy-Vee East, 3801 E. Washington Ave.

Wednesday, 10:00 am-1:00 pm

Fridays, 10:00 am-1:00 pm

**No meal reservation required*

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

NORTH MADISON

Warner Park Community Recreation

Center, 1625 Northport Dr.

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

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

Goodman Community Center,

149 Waubesa St.

Monday-Friday, 11:45 am

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

Holiday Meals: Friday, December 17- Good Shepherd, Romnes, Madison Senior Center, Warner Park and Tuesday, December 21- Messiah Lutheran Church.

DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals provided by: Dane County Consolidated Food Services Division <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.</i> <i>No substitutions allowed. MO: Meatless Option / *: Pork</i>		01 *Italian Sausage Roasted Potatoes Stewed Tomatoes Mandarin Orange Vanilla Ice Cream Cup MO - Veggie Dog	02 Chicken Broc Rice Cass Carrot Coins Chickpea Salad Tropical Fruit Glazed Lemon Loaf Cake MO - Veggie Broc Cass	03 *Meatballs in Gravy Mashed Potatoes Mixed Greens, Mixed Fruit Choc. Pudding Cup MO - Veggie Meatballs
06 Bone-in Garlic Parm. Chicken, Stewed Tomatoes Spinach Casserole Peaches, Lemon Bar MO - Black Bean Burger	07 Beef Stew & Biscuit Corn, Chunky Apple Sauce Banana Bar MO - Veggie Stew	08 Sausage Veg. Egg Bake Fruit, Roasted Potatoes Orange Juice Cinnamon Raisin Bread MO - Veggie Egg Bake	09 Chicken Strips Stmd Brussel Sprouts Calico Beans, Pineapple Sugar Cookie MO - Veggie Chicken	10 Pot Roast in Gravy Mashed Potatoes, Carrots Mixed Fruit Frosted Pumpkin Bar MO - Garden Burger
13 *Ham & Potato Cass. Peas, Peaches Strawberry Jell-o w/Pears MO - Veg & Potato Cass.	14 Chicken and Gravy Over White Bread Carrots, Broccoli, Orange Carnival Cookie MO - Veg Chicken in Gravy	15 Sloppy Joe Potato Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO - Chickpea Joe	16 *BBQ Ribs Cheesy Potatoes Pickled Beets Warm Spiced Pears MO - BBQ Multigrain Burger	17 Roast Beef in Gravy Mashed Potatoes Green Bean Casserole Oranges, Cherry Pie MO - Veggie Meatballs
20 Chicken Stew Mixed Greens, Pears Copper Penny Salad, Pudding MO - Veggie Stew	21 *Pork Loin in Gravy Cranberry Stuffing, Yams Cali Veg Apple Sauce, Pie MO - Hummus Wrap	22 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail, Candy Cookie MO - Garden Burger	23 CLOSED	24 CLOSED
27 Fish Sandwich Yams, Peas, Pears Frosted Choc. Banana Cake MO - Hummus Wrap	28 Rstc. Tom. Bean Soup Caesar Salad, Pineapple Strawberry Jell-o MO - Veggie Bean Soup	29 Bone-in BBQ Chicken Baked Potato, Banana Apple Crisp MO - BBQ Veggie Chicken	30 CLOSED	31 CLOSED

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

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

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

EAST MADISON

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

NORTH MADISON

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

Warner Park Community Rec Center
1625 Northport Drive
Friday, December 10, 9:00 am-Noon

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

WEST MADISON

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

MEDICAL EQUIPMENT LOAN CLOSET

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

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 9:00 am-3:00 pm and closed on Fridays.

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



PUBLIC HEARING

to Comment & Provide Input on the

2022-2024 Dane County Aging Plan DRAFT

Tuesday, December 14, 2021

Noon via Remote/Zoom

Pre-registration required for persons wishing to speak

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

For those wishing to attend but not speak

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

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



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DHS Approved 4/22/2021

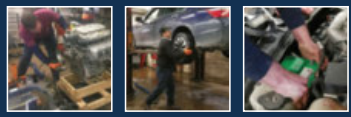
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VOLUNTEER OPPORTUNITIES



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

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

HYVEE NUTRITION SITE VOLUNTEERS

DESCRIPTION– Help check people in, serve drinks, and socialize with older adults at our new HyVee site.

TIME COMMITMENT– 2.5 hours, Fridays

Training will be provided by the Nutrition Site Manager.

HOME CHORE 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

FOOD BRIDGE VOLUNTEER DRIVERS

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

TIME COMMITMENT– 1x/month

GUARDIAN & REPRESENTATIVE PAYEE

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

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

NEWBRIDGE
Your Connection to Successful Aging

VOLUNTEERS NEEDED!

Snow Angels

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

 www.newbridgemadison.org
(608) 512-0000

VOLUNTEER SPOTLIGHT



Thanksgiving Volunteers

Thank you to the 48 volunteers who took the time to deliver meals to isolated older adults this Thanksgiving! This special time of year is when we reflect on everything

we have to be thankful for and NewBridge is so thankful for you!

Year after year, you strive towards making a difference and show up to support this special program.

Many of you have incorporated it into your yearly family traditions and pass on the spirit of giving to your kids and grandkids, making this an amazing intergenerational experience. We are so very grateful to have your help.

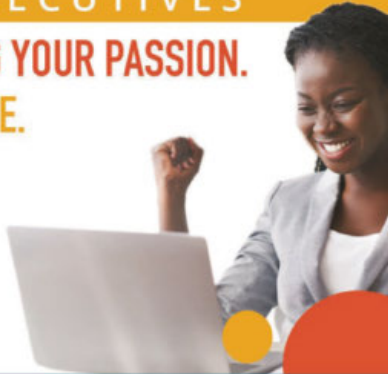
Thank you for being so selfless with us and for so many in whose lives you make a tangible difference!

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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.

SNOW REMOVAL EXTENSION

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, 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.**

WISHING YOU

HAPPY HOLIDAYS

AND A WONDERFUL NEW YEAR

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WELCOME NEW STAFF

WELCOME JODI



My name is Jodi Evans. I am the new Case Manager at NewBridge. I am excited to be working with this team and with this community.

I'd like to share some details about myself. I grew up in Racine, WI but have lived in Madison for 25 years.

I have been married for 22 years to my husband Jesse and I have two wonderful girls Jessica who is 20 years old and Jenelle who is 16 years and a junior in high school.

I have volunteered in youth football for the last 15 years as an assistant coach with my husband who is the head coach.

I graduated from Upper Iowa University with my Human services degree and have worked with the homeless AODA and mental health for about 10 years.

I look to getting to know you all!

WELCOME KATERI



Kateri Weege, Case Management Intern, is a senior in the Bachelor of Social Work Program at the University of Wisconsin - Madison.

She most recently worked as a K-2 after-school teacher at the Goodman Community Center.

Her placement with NewBridge has allowed her the opportunity to understand how best to serve the older adult population here in Madison.

Kateri plans to continue on in her education in the hopes of working in family law and policy.

She and her husband, Theodore, have two boys, Francis and Lawrence. Together they enjoy hiking, reading, and the arts.

FRIENDS OF NEWBRIDGE

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

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

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

FRIENDS COMMITTEE VOLUNTEERS NEEDED

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

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

2022 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

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

Send my monthly newsletter via mail email both none

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

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You can also purchase a friendship or make a donation on our website
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