

NEWBRIDGE NEWS

Your Connection to Successful Aging

DECEMBER 2023

**EMPOWER
OLDER ADULTS
ELIMINATE
HUNGER**



In a December collaboration, NewBridge has been chosen as Delta Beer Labs' Nonprofit Partner of the month. All "tips" will be directed towards NewBridge, with a specific focus on addressing a pressing issue - eliminating hunger among older adults in our community!

We are CLOSED December 22, 25, 29, and January 1.

**CHECK OUT
WHAT'S
INSIDE!**

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newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A community where all older adults live their best life.



A LETTER FROM THE DIRECTOR...

Good news! NewBridge is receiving additional funding from Dane County and Madison next year. This allows us to hire another case manager and rent space at the Labor Temple to provide weekly activities on Madison's southside. We also received a grant to purchase two, 12-passenger vans to transport older adults to our programs and offset the cost of using taxis. We are excited about these changes. Unfortunately, these funding increases fall short in covering our expenses. We are fortunate to have you, our Friends of NewBridge, to fill the gap. Thank you for your ongoing generosity; we couldn't do it without you! Wishing you a wonderful holiday season and a happy, healthy 2024!

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

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

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

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

- ALIRIO PARDO, Diversity & Inclusion Program Coord. Ext. 1007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- JASMINE SMITH, Volunteer Coordinator Ext. 4007

- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- ERIC ANGELL, Case Manager Ext. 4004
- JACQUELINE SELAMANI, Case Manager Ext. 1009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.





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RETIREMENT HOUSING

Independent Living Apartments & Communities

Edgerton Retirement Apartments
 505 Stoughton Rd., Edgerton | (608) 884-9009
era@bmcmadison.com

Lovely apartment community nestled in a quiet park-like setting with 24 one-bedroom apartments including a community kitchen and dining area.

2021 & 2022 BEST OF EDGERTON AWARD

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

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

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

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

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








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SERVICES AND ACTIVITIES

Case Management

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

Food Bridge

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

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

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

Nutrition Dining Sites

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

Representative Payee & Guardianship Service

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

GIVE THE GIFT OF HOPE THIS SEASON.



For older adults in our community, like Manuel, many of you know the hurdles they face all too well. To ensure we can meet the challenges of today and tomorrow, you can make a difference with a year-end gift now.

Please join NewBridge by making your gift online or by sending a check to
1625 Northport Dr, #125 Madison, WI 53704.



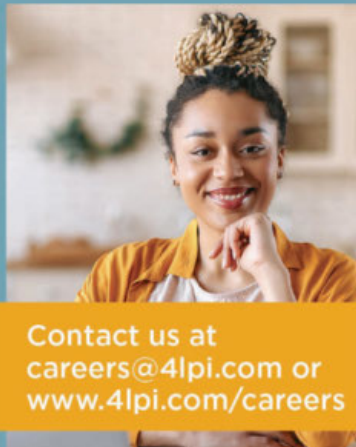
STAY TUNED IN DECEMBER FOR MORE ON MANUEL'S STORY.

WE'RE HIRING! AD SALES EXECUTIVES



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BrainHealthResearch@medicine.wisc.edu

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FRIENDS OF NEWBRIDGE RENEWAL FOR 2024



Friendships can now be purchased for 2024.

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

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

2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2024 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden
Send my monthly newsletter via mail email both none
- \$ _____ Additional or general donation for NewBridge programs and services
- \$ _____ In honor/memory of: _____
- I wish my donation remain anonymous

Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship or make a donation on our website or use the QR Code.

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

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



Joy Cards

BRING
JOY
TO AN
OLDER ADULT
THIS
HOLIDAY SEASON

NEWBRIDGE
Your Connection to Successful Aging

1. Grab an envelope and post card from our giving tree locations.
2. Write a personal message to the older adults and add a donated \$25 gift card from one of the suggested retailers.
3. Return the envelope, post card and gift card to the location you selected it from.

TREE LOCATIONS

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



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

NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

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

PAGES 10-11

Classes and Activities for Hispanic Older Adults
Alirio Pardo, Diversity & Inclusion Program Cord.
(608) 512-0000 Ext. 1007
AlirioP@newbridgemadison.org

PAGES 12-14

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

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

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

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

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

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

NBU : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



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

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

GET MOVIN': In-Person & Zoom - 1 credit
 Tuesdays and Thursdays, 1:00-2:00 pm
 No Class December 19

BINGO AND LUNCH: In-Person - 1 credit
 Friday, December 8, 10:30 am-1:00 pm
 Good Shepherd Church, 5701 Raymond Rd
 Reservations required by Tues. Nov. 28.

Please Join NewBridge for a
Holiday GATHERING
 DECEMBER 12 11:30AM - 1:30PM
 Lunch - DJ - and more...
 At Alliant Energy Center
 RSVP to JoeN@newbridgemadison.org
 or call (608) 512-0000 Ext 2000
 To reserve your seat
 or a ride by 12/5/23
 Limited transportation on request.

Wisconsin Alzheimer's Disease Research Center
 UNIVERSITY OF WISCONSIN
 SCHOOL OF MEDICINE AND PUBLIC HEALTH
UW South Madison Partnership
 2238 S. Park St.
 Madison, WI 53713
MEN'S SELF-CARE WORKSHOP Sat. Dec 9, 1-3 pm

NEWBRIDGE Your Connection to Successful Aging
 MADISON PUBLIC LIBRARY
CALMING COMPUTER JITTERS
 Wednesday, December 13, Noon-2 pm
 Grab your laptop and join us
 Mt. Zion Baptist Church 2019 Fisher Street
 for an afternoon of easy-to-understand instruction.

REBALANCED-LIFE WELLNESS ASSOCIATION
 NEWBRIDGE Your Connection to Successful Aging
Check-in Wednesday
 A Welcoming, Informative and Interactive space for Older Black Men 60+
Bid Whist, Spades, Dominoes, Checkers & Conversation
 2nd Wednesday of Every Month
Dec 13 1:00 - 4:00 PM
 Men's Health & Education Center
 588 Grand Canyon Dr., Madison, WI
 Next to the Perry Family Free Clinic & JP Hair Design

VIRTUAL BINGO: Zoom - 1 credit
 Thursday, December 21, 3:00-4:00 pm

NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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



CONTACT

ALIRIO:

(608) 512-0000

Ext. 1007

**AlirioP@
NewBridge
Madison.org**

¡BIENVENIDO ALIRIO! Alirio es nuevo en esta posición, pero no con NewBridge pues ha sido administrador de casos bilingües desde Noviembre del 2020. Él es un Colombiano que ha vivido en Estados Unidos por más de 25 años. Antes de vivir en Wisconsin, él vivió en Michigan e Illinois, pero en Wisconsin se siente como en casa. Anteriormente, él sirvió a la comunidad Hispánica y los adultos mayores a través de su experiencia pastoral y clínica mientras estudiaba su maestría. Le gusta mucho trabajar con la comunidad conectando a las personas con recursos y servicios disponibles. Él está planeando crecer el programa de Diversidad e Inclusión para adultos mayores en el condado de Dane, promoviendo la participación en programas de salud y formación. Afuera de su trabajo, Alirio disfruta servir en diferentes parroquias en el área de Madison como líder en la formación de la fe y como músico. Es un esposo y padre devoto que le gusta trabajar en proyectos de mejoras para el hogar.

EDUCACIONAL

LA CAFETERIA DE LA MEMORIA:

Zoom - 1 crédito

Jueves del 5 de Diciembre al 19 de Diciembre, 2:00-3:00 pm

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

SOCIAL

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles, del 6 de Diciembre al 20 de Diciembre, 1:00-2:00 pm

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

CELEBRACIÓN NAVIDEÑA:

en Persona - 1 crédito

12 de Diciembre

11:30 am-1:30 pm

En el Centro de Eventos de Alliant Energy

Almuerzo – Música con DJ - y más

Para reservar su asiento o para preguntas sobre transporte favor comunicarse con Alirio -AlirioP@newbridgemadison.org o llamar al (608) 512-0000 Ext. 1007.

Habrà transporte disponible limitado si se requiere.



NBU : CLASSES & ACTIVITIES



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



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

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

SOCIAL

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

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

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

CARD MAKING CLUB: In-Person - 1 credit
Wednesday, December 13, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

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

BOOK CLUB: Zoom - 1 credit
Wednesday, December 6, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our December book is: The Major Pettigrew's Last Stand by Helen Simonson
You are responsible for getting and returning your book. Available at the Lakeview Library.

RITMO & DRUMS: In-Person - 1 credit
We will break over the Holidays and reconvene in January.



SEWING CLUB: In-Person - 1 credit

Thursday, December 7, 21, 9:00 am-Noon
Warner Park, 1625 Northport Dr.

Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Mondays, 10:00-11:00 am

Lakeview Library, 2845 N. Sherman Ave.

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

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

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

EASY YOGA PLUS: Zoom - 1 credit

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

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

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

STRETCH & STRENGTH: Zoom - 1 credit

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

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

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

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

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

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

HEALTH/WELLNESS

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

Tuesdays, 1:00-2:30 pm

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

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

One Saturday/mo, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

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

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

COLLABORATIVE EVENTS

HOLIDAY LIGHTS TOUR & RECEPTION

Tuesday December 5, 6:00-7:30 pm - \$5

Catch the holiday spirit as we tour Olin Park's Holiday Lights display! Vans leave from Goodman for the tour. We will return to Goodman to enjoy a holiday reception of cookies & hot chocolate. Register now, limited seating.

NBU : CLASSES & ACTIVITIES CONTINUED

COMING IN JANUARY & FEBRUARY SPARK!

1st Tuesday/mo, starting February 6

11:30 am-1:00 pm

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Group sizes are limited, so please pre-register for the programs you plan to attend.

GRIEF & LOSS SUPPORT GROUP

We will be starting a Grief & Loss Support Group where participants can talk about thoughts and feelings and learn healthy ways to cope with grief and loss in a safe, supportive and confidential setting with other participants who have had a similar loss. The group will be led by members of the NewBridge Mental Health Team.

Please Join NewBridge for a

Holiday

GATHERING



DECEMBER 12



11:30AM - 1:30PM

Lunch - DJ - and more...

At Alliant Energy Center

RSVP to JoEN@newbridgemadison.org
or call (608) 512-0000 Ext 2000

To reserve your seat
or a ride by 12/5/23

Limited transportation on request.



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New Bridge, Madison, WI

D 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is **\$25** and we ask that you bring 2 towels.

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

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, December 5, 1:00-2:30 pm

Lake Edge Luther Church
4032 Monona Drive
Thursday, December 7, 21, 9:30-11:45 am

Goodman Community Center
149 Waubesa Street
Monday, December 11, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tues., December 12, 19, 26, 9:30-11:45 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, December 20, 9:00-Noon

Warner Park Community Rec Center
1625 Northport Drive
Thursday, December 28, 9:00-11:30 am



MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

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

Currently accepting 4 wheel walkers.

WELCOME NUTRITION COORDINATOR, KEN



Hello, my name is Kenneth (Ken) Haliburton. I was born and raised in Indianapolis, IN. I served in the United States Army from 1978 to 1981. My time in the service opened me up to many new beginnings, people, places and opportunities. I like the outdoors, swimming, wrestling, hiking and tennis. I am a father of three, one son and two girls, and am a Grandfather to two Granddaughters. I love the open road. I drove 18 wheelers for 8 years, switched to dump trucks for 12 years. I am semi retired and am now entering into a new venture as the Warner Park Nutrition Coordinator. I'm very excited for the opportunity. The staff and community are awesome. I look forward to my day and smiling every day.

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VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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

NUTRITION SITE VOLUNTEERS

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

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

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT – 2-4 times/month

IMMEDIATE NEED – 5 volunteers

GUARDIAN & REPRESENTATIVE PAYEE

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

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

NEWSLETTER DISTRIBUTION VOLUNTEER

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

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



PARTNER HIGHLIGHT



Allied Food Pantry
Serving the Community Since 2000

NewBridge is happy to announce a new partnership with Allied Food Pantry.

The pantry will be a pick-up location for Food Bridge participants and volunteers! Food Bridge is a program that connects older adults 60+ with nutritious food from a local food pantry. Volunteers are matched with an older adult to do regular food deliveries to their door.

Allied Food Pantry is located inside the Boys and Girls Club at 4619 Jenewein Rd. Madison, WI 53711. The pantry provides

perishable and non-perishable food items, as well as toiletries and hygiene products.

Allied Food Pantry is a warm welcoming place. They offer fresh coffee and reading materials while you are waiting for your turn to shop.

For information on how to enroll in the Food Bridge Program, call NewBridge and ask to speak to an Intake Case Manager.

If you are a current Food Bridge Volunteer and would like more info on the Allied Food Pantry, or if you would like info on how to become a Food Bridge Volunteer, contact Volunteer Coordinator, Keisha Furniss, 608-512-0000 Ext. 3008, keishaf@newbridgemadison.org

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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

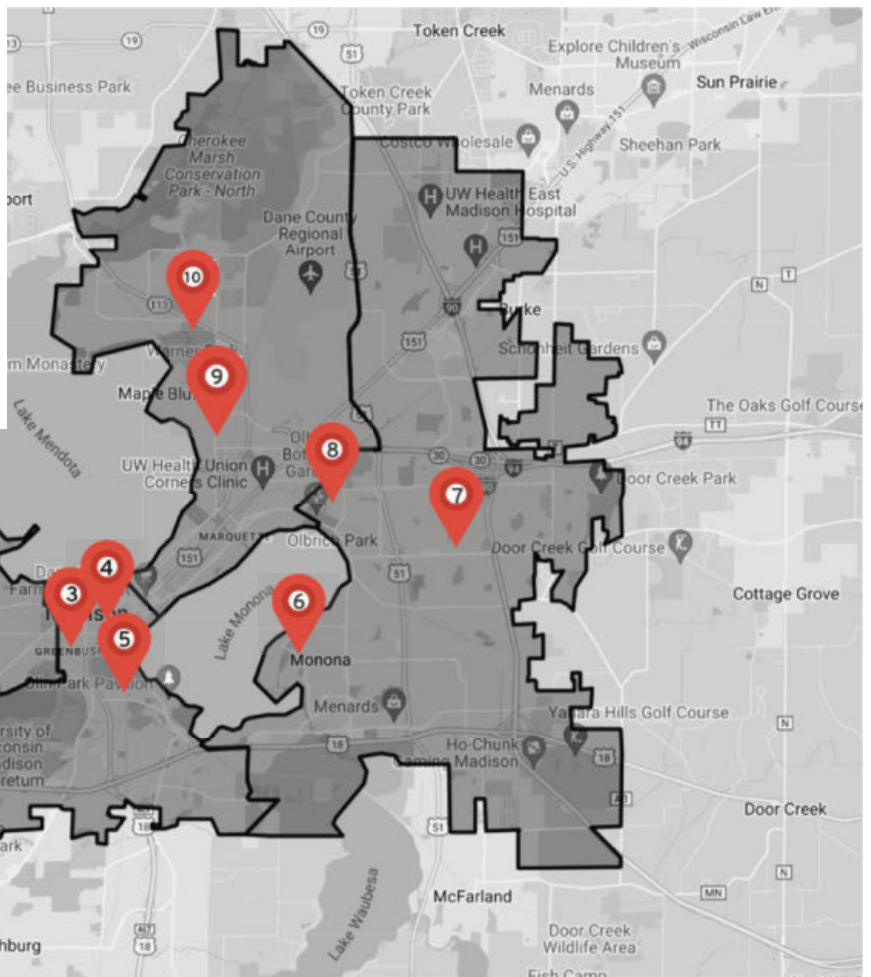
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$17.22**.

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



SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

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

Monday, December 4

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

11:30 am-12:15 pm: Traditional braised brisket, roasted Yukon potatoes, challah, tri color carrots, fruit & rugelach, MO: Pesto risotto w/ seared tofu

12:30-1:30 pm: Travelogue, South Africa - Ken & Claudia Miksa

Monday, December 11

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

11:30 am-12:15 pm: Roasted chicken w/ lemon-rosemary sauce, garlic whipped potatoes, roasted carrots, challah, fruit & rugelach, MO: Veggie option: seared tofu w/ lemon-rosemary sauce

12:30-1:30 pm: Klezmer and folk music - Yid Vicious

Monday, December 18

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

11:00 am -11:30 am: Complimentary Blood pressure check with Lori Edelstein

11:30 am-12:15 pm: Roasted chicken w/ wine and mushroom sauce, basmati rice, snap beans, fruit & rugelach, MO: seared tofu w/ wine and mushroom sauce

12:30-1:30 pm: Madison Ukulele



EAST MADISON

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

- **Friday, December 1** : Herb Roasted Chicken, Red Potatoes, Green Beans, Fruit, Jello, MO: Hummus & Cheese Sandwich
- **Friday, December 8** : Turkey & Gravy, Mashed Potatoes, Peas, Cranberry Sauce, MO: Veg. Casserole
- **Friday, December 15** : Meatloaf, Mashed Potatoes, Green Beans, Applesauce, Muffin, MO: Veg. Patty
- **Friday, December 22** : **CLOSED**
- **Friday, December 29** : **CLOSED**

Goodman Community Center

149 Waubesa St.

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
				01 Italian Chicken Sandwich
04 Breakfast	05 3 Bean Chili	06 Cajun Chicken Pasta	07 Ham	08 Arroz Con Pollo
11 Chicken Peen Rosa	12 Cheese-burger	13 BBQ Chicken Thigh	14 Stroganoff	15 Chicken & Veg Stir Fry
18 Sloppy Jo	19 Chicken Alfredo	20 Mac n Cheese with Sausage	21 Chicken and Cheese Sandwich	22 Chicken Pot Pie
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

NORTH MADISON

Kavanaugh's Esquire Club

1025 N. Sherman Ave.

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

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

- **Wednesday, December 6** : Swiss Steak
- **Wednesday, December 13** : Lasagna
- **Wednesday, December 20** : Roasted Pork & Mashed Potatoes
- **Wednesday, December 27** : Beef Tips & Mashed Potatoes
- **Every Wednesday**: Baked Fish or Sandwich & Soup

NUTRITION MEAL SITES

MEAL SITES ARE CLOSED, THURSDAY, DECEMBER 7.

WEST MADISON

Meadowridge Commons

5734 Raymond Rd.

Tuesday, Thursday, Noon

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

Good Shepherd Church

5701 Raymond Rd.

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

NORTH MADISON

Warner Park Community Recreation

Center, 1625 Northport Dr.

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATERED BY: AtlantisValley Foods All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO = Meatless Option. *Contains Pork				01 Cabbage Roll Green Beans, Crinkle Carrots Juice, Blueberry Muffin MO: Plant Based Cabbage Roll
04 Cheesy Lasagna Roll-Ups Broccoli, Tuscan White Beans Cucumber Salad, Pineapple Mini Eclairs Entree Salad: Chicken Caesar	05 BBQ Pulled Chicken Good Grains Rice Pilaf Baby Lima Beans, Banana Butterscotch Pudding MO: BBQ Jack Fruit Entree Salad: Italian Salad*	06 Turkey Teriyaki Meatballs Brown Rice, Stir Fry Vegetables Mandarin Orange Chocolate Chip Cookie MO: Plant Based Meatballs Entrée Salad: Spinach Salad*	07 CLOSED	08 HOLIDAY MEAL Oven Baked Ham* Scalloped Potatoes Pesto Caprese Pasta Salad Cali. Veg., Peppermint Brownie MO: Honey Spiced Tofu
11 Whole Wheat Penne Pasta Meat Sauce, Italian Vegetables Paco Blend, Peaches Cherry Strudel MO: Tofu Entree Salad: Greek Salad	12 Chick Florentine Pasta Bake Mixed Vegetables, Diced Pears Blueberry Muffin MO: White Beans, Spinach Pasta Entree Salad: Cobb Salad	13 Shepherd's Pie w/Meat Cauliflower, Tropical Fruit Assorted Cheesecake MO: Plant Based Ground Beef Entree Salad: Chicken & Bacon*	14 Creamy Chicken Chili Cowboy Caviar, Tortilla Chips Mixed Fresh Fruit, M&M Cookie MO: Veggie Chili Entree Salad: Grilled Chicken Almond	15 Shredded Beef in Gravy Baked Beans, Broccoli Roasted Garlic Mashed Potatoes, Red Velvet Cake Roll MO: Plant Based Sausage
18 Spaghetti and Meatballs* Crinkle Cut Carrots, Green Beans Packaged Apple Slices Tapioca Pudding MO: Veggie Meatballs Entree Salad: Chef Salad*	19 Grilled Chicken Garlic Mashed Potatoes and Gravy, Cranberry Relish Peas and Pearl Onions Peppermint Brownie MO: Rosemary Tempeh Entree Salad: Chicken Caesar	20 Philly Cheesesteak Casserole, Broccoli Pineapple Tidbits Chocolate Chip Cookie MO: Plant Based Beef Entree Salad: Southwest Chicken	21 Hamburger Corn, Roasted Potatoes Nutty Buddy Bar MO: Veggie Burger Entree Salad: Garden Vegetable	22 CLOSED
25 CLOSED	26 Beef Stroganoff with Egg Noodles, Vegetables Tropical Fruit, Gingersnap Cookie MO: Plant Based Ground Beef Entree Salad: Turkey Club*	27 Chicken Noodle Casserole Roasted Root Vegetables Honeydew Melon, Side Salad Cinnamon Roll MO: Veg and Pasta Casserole Entree Salad: Spinach Salad*	28 Creamy Chicken and Wild Rice Soup, Pineapple Tidbits Quinoa Salad, Sugar Cookie MO: Minestrone Entree Salad: Italian Salad*	29 CLOSED

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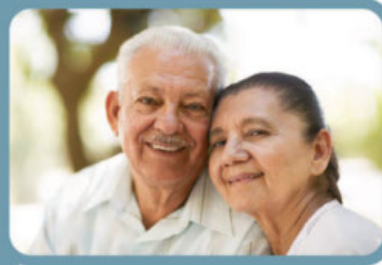


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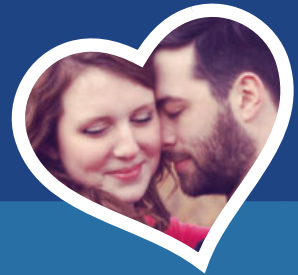
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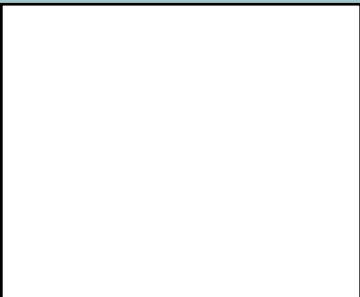
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New Bridge, Madison, WI

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BINGO



Our annual fundraiser, Black Tie Bingo, was a success. We had over 150 people who attended and raised \$16,500 for our older adult services. Proceeds will support our nutrition programs, which provide meals and camaraderie to those dealing with food insecurity and social isolation. A special thank you to our emcee the Honorable Reverend Judge Everett Mitchell and our bingo callers Willma Flynn-Stone and Victoria Lynn-Mirage.

We would also like to congratulate our 2023 Champion of Hope winner, Sharon Rook. Sharon has volunteered in our older adult guardian program for 13 years. The program serves older adults who are unable to make decisions independently due to a chronic mental illness, and who have no family members or friends able to act as a guardian. She has helped several older adults by being a strong advocate, ensuring they receive good care and can live the best life possible. NewBridge is lucky to have such a dedicated volunteer who has given thousands of hours of her time to the people who need it most.

Mark your calendars for 2024 Black Tie Bingo - Friday, September 20, 2024, 6-9 pm at the Monona Terrace.

EXERCISE YOUR CREATIVITY IN 2024

NewBridge is hosting a peer support group to read, journal and play our way through each chapter of the best-selling creativity book "The Artist's Way" by Julia Cameron.

Your Group Facilitators: Virginia Wilcox, MHPSS & Kathleen Pater, LCSW

Cost: A free copy of the book will be given to registered participants upon request.

**EVERY OTHER WEDNESDAY FROM JANUARY 17-JULY 10, 2024
ZOOM 10:00-11:15 AM**

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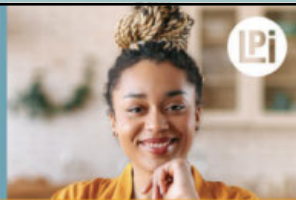


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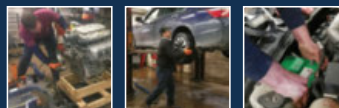
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Paul@oflanaganlaw.com



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

WELCOME CASE MANAGER, ERIC



Hello! I was born and raised in Wisconsin. I'm actually from "Hodag Country" if that means anything to anyone that has traveled up north in the state! I met my wife at UW - Green Bay where I earned my degree in history and English secondary education. I taught in Wisconsin's public schools for about 10 years, and I now live in Stoughton with my wife and two sons. I enjoy running, reading horror stories/novels, and cooking new recipes.

CASE MANAGEMENT WALK IN HOURS

Case Management provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through home visit assessments of each older adult's individual needs.

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

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, December 5, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Fri., December 8, 11:30 am-12:30 pm

Madison Senior Center

330 W. Mifflin St.

Monday, December 11, 10:45 am-Noon

Good Shepherd Church

5701 Raymond Rd.

Friday, December 15, 11:15 am-Noon

Bilingual English/Spanish

Goodman Community Center

214 Waubesa St.

Tues., December 19, 11:30 am-12:30 pm



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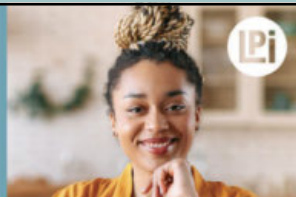
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