



NEW BRIDGE NEWS

Your Connection to Successful Aging

FEBRUARY 2019

YOU MAY HAVE NOTICED A CHANGE...

Our phone number has been updated. Unfortunately, the phone company issued us a long distance phone number. We're sorry for any inconvenience. All of our previous phone numbers will continue to work for a year. We appreciate your patience as we straighten out the unforeseen issues.

And our new website is live.
Check it out!



Save the Date

Black Tie Bingo Fundraiser
Thursday, April 25, 6:00-9:00 pm
Maple Bluff Country Club
Tickets go on sale February 11.
\$40/single or \$70/pair

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★ **MAIN OFFICE**
South Madison

128 E. Olin Ave #110
Madison, WI 53713

North Madison

1625 Northport Dr #125
Madison, WI 53704

East Madison/Monona

4142 Monona Dr
Madison, WI 53716

West Madison

5724 Raymond Rd
Madison, WI 53711

www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: www.newbridgemadison.org

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

Like Us on Facebook: NewBridge Madison

MISSION

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

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

The "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Anyone may pick up an issue at their local library, grocery store, church or neighborhood center. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.

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A LETTER FROM THE DIRECTOR...

Welcome to 2019 and our new senior service agency, NewBridge! I am honored to serve as the Executive Director of the new organization, after serving as the Executive Director of the South Madison Coalition of the Elderly, and look forward to bringing you the news of the programs, activities and special events NewBridge will be providing for older adults throughout the City of Madison and Monona. We will continue to build upon the strong foundation of outstanding services, programs, activities and events that have been provided to residents of Madison and Monona for the past 40 years by the exceptional staff and volunteers.

BOARD OF DIRECTORS

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Pro Bono Coordinator, Victim Advocacy Program, Disability Rights Wisconsin
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona State Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program

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Contact our Volunteer Coordinators at 608-819-0033



CASE MANAGEMENT SERVICES

The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

FEBRUARY IS HEART MONTH

By the GWAAR Legal Services Team (for reprint)

Heart disease can happen at any age. More and more people are at risk for health disease earlier in life. In fact, half of all Americans have at least one of the top three risk factors for heart disease.

Conditions and behaviors that put people at risk for heart disease include:

- **High Blood Pressure.** Uncontrolled high blood pressure is one of the biggest risks for heart disease.
- **High Cholesterol.** High cholesterol can increase your risk of heart disease. Diabetes, obesity, smoking, eating unhealthy foods, and not getting enough exercise can all contribute to high cholesterol levels.
- **Smoking.** Smoking damages blood vessels, which can lead to heart disease.
- **Obesity.** Carrying extra weight can stress the heart.
- **Diabetes.** Diabetes can cause high blood sugar. This can damage blood vessels and nerves that help control the heart.
- **Physical inactivity.** Exercise helps keep the heart and blood vessels healthy.
- **Unhealthy eating.** Eating foods with too much trans fat, saturated fat, and added sugar can increase your risk of heart disease.

However, there are ways to lower your risk of heart disease. For example:

- **Don't smoke.** Quitting smoking is the single most important step smokers can take to live longer.
- **Manage your medical conditions.** Work with your doctor and other health care providers. Take all medications you have been prescribed.
- **Make heart-healthy diet changes.** Fill half your plate with fruits and vegetables.
- **Exercise.** Try to get at least 30 minutes of exercise per day.

WALK-IN HOURS

SOUTH MADISON

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

Romnes Apartments
540 W. Olin Avenue
Thursdays, 11:00 am-Noon

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

WEST MADISON

Lussier Community Education Center
55 S. Gammon Road
Friday, February 15, 11:30 am-12:30 pm

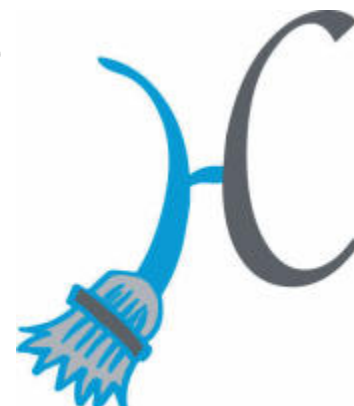
VOLUNTEER SPOTLIGHT

Scott Vadnais is originally from Waukesha, WI and lived in New Haven, CT for 10 years after college. He's now is back in WI and started volunteering with the Home Chore Program in 2018.

He is a jack of all trades and has helped his clients with many things. Last month he fixed a vacuum for one older adult and made sushi with another. His passion for helping others is inspiring.

"I wanted to volunteer to help make a difference in someone's life. Even on a small scale for the things I do, it matters to the people I help. My grandmother passed away recently and I saw first hand how

important it was for her to stay living at home as long as possible. When the time came that there were no other viable options and she had to go to assisted living for her own safety, I hated seeing her in a place she wasn't comfortable. It broke my heart to be asked to take her home when I saw her, knowing I could never do that again. If I can help someone stay living independently in the place they call home for even one more day, I think it's worth my time."




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VOLUNTEER OPPORTUNITIES

VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE

NewBridge is looking for compassionate individuals interested in becoming a volunteer guardian or representative payee for incapacitated older adults living in Dane County. The people we serve have no family or friends who are able to serve in this way. Training and ongoing support for volunteers is provided.

Contact *Katie Brietzman* katieb@newbridgemadison.org or Ext. 1002 or for more information.

NEWSLETTER MAILING

Tab, label, and bundle our monthly newsletters for mailing. Day of the week varies but it happens towards the end of the month from at the West and North Madison locations.

Contact *Deb Temerbekova* debt@newbridgemadison.org or Ext. 4000 for more information for the West location.

Contact *Lois Gerbitz* loisg@newbridgemadison.org or Ext. 3002 for more information for the North location.

FOOT CLINIC VOLUNTEERS

Help our nail technicians prepare the foot clinic site for clients by putting up signage, greeting participants, setting chairs, receiving and recording payments, tearing down and cleaning up.

Volunteers needed at the Goodman Center site in the morning, second Monday of each month.

Contact *Ruth Hellendbrand* ruthh@newbridgemadison.org or Ext. 3012 for more information.

NUTRITION VOLUNTEERS AT NORTH

Are you looking to provide warm meals along with a warm smile to the older adults in our community? Join our dining site team. Responsibilities include assisting with set up, serving and clean up, along with eating and socializing.

Volunteers are able to select shifts that fit their schedule between 9:30 am–12:30pm, Monday–Wednesday, and Friday.

Contact *Kristen Huber* kristenh@newbridgemadison.org or Ext. 2001 for more information.

OFFICE VOLUNTEERS AT NORTH

Be the first point of contact for our older adults at the North Madison location and help facilitate our daily procedures.

Welcome participants, clients, and visitors, and answer questions about our programs and services. Answer phone calls, assess the need of the caller, and transfer the call as needed. Register adults for programs and activities. Come and join our wonderful office volunteer team!

Contact *Lois Gerbitz* loisg@newbridgemadison.org or Ext. 3002 for more information.



HOME CHORE PROGRAM

Help an older adult with limited means remain in the comfort of his/her home or apartment by helping with minor home tasks. A few hours of your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items. **Be a friendly visitor to an older adult** and help ease the isolation of an older adult in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the older adult and the volunteer.

Contact David Wilson davidw@newbridgemadison.org or Ext. 2006 for more information for North, East and West Madison. Contact Jeanette Arthur Ext. 4007 or jeanettea@newbridgemadison.org for more information for South Madison.

BRATFEST VOLUNTEERS

This once a year, community-based event will be held over Memorial Day weekend, May 24-27, rain or shine on Willow Island, next to



the Alliant Energy Center. A percentage of the proceeds will benefit our agency. The more volunteer hours, the more money we can raise for NewBridge! Various jobs are available, from grilling to golf cart valeting. Each volunteer will get a free brat, ice cream and a t-shirt.

Contact Jeanette Arthur jeanettea@newbridgemadison.org or Ext. 4007 for more information.

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PROGRAMS & ACTIVITIES

WEST MADISON

For information about programs at the West Madison location, call Michelle at (608) 512-0000 Ext. 4008

Ongoing Programs - Location Listed

Stretch and Strengthen Yoga *NEW

Mound Street Yoga, 1342 Mound St.
\$15 drop-in charge, sliding scale available
Every Monday, 10:30-11:30 am

Exercise Classes

St. Andrew's Episcopal Church
1833 Regent St. \$4 drop in rate, \$18 for 6 class pass, \$20 for a month class pass
Every Monday Exercise 8:40-9:40 am
Monday Chair Exercise is canceled for the winter.
Every Wednesday Exercise 8:40-9:40 am

Dance Fitness for Life

Capital City Church, 401 N. Blackhawk Ave
\$10 class fee per class
Every Saturday 11:30 am-12:15 pm

Ping Pong, Pool and Air Hockey

Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday 2:00-4:00 pm

West Side Warblers Sing Along

Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm

Food Pantries

Lussier Community Education Center
55 S. Gammon Rd.
Every Friday, 10:30 am-12:30 pm
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Thursday, 10:30 am-1:00 pm

Movies at Alicia Ashman Library

733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
February 6 - First Man
February 13 - Crazy Rich Asians
February 20 - Fences
February 27 - Saturday Night Fever

Cultural Arts Dance Fitness

Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday 12:00-2:00 pm
Free to try then \$5 a month

Cribbage

Meadowood Neighborhood Center
Every Wednesday 10:30 am-12:00 pm
Every Thursday 10:30 am-12:00 pm and
12:45-2:00 pm

Programs at Meadowridge Commons

5734 Raymond Rd.

Meet NewBridge Program Coordinator

Tuesday, February 5, 11:30 am-12:30 pm
Thursday, February 7, 11:30 am-12:00 pm

Brain Games

Tuesday, February 12, 11:30 am-12:30 pm

Valentine Bingo

Thursday, February 14, 11:30 am-12:00 pm

Ink Inspirations

Tuesday, February 19, 11:30 am-12:00 pm
Thursday, February 28, 11:30 am-12:00 pm

Cribbage and Euchre

Thursday, February 21, 10:30 am-12:00 pm
or 12:45 pm-2:00 pm

Board Games

Tuesday, February 26, 11:30am -12:00 pm

Mark Your Calendar

Mary Todd Lincoln Part 2

Capital City Church, 401 N. Blackhawk Ave
Friday, May 24, 1:00-4:00 pm
Jessica Michna will be portraying Mary Todd Lincoln. Refreshments will follow.

SOUTH MADISON

For information about programs at the South Madison location, call Michelle at (608) 512-0000 Ext. 4008

Programs at Romnes & Fisher-Taft Apartments

Meet NewBridge Program Coordinator

Monday, February 4
11:00-11:30 am Romnes
12:30-1:00 pm Fisher-Taft

Poetry Reading & Writing

Tuesday, February 5, 11:30 am at Romnes
2:45 pm at Fisher-Taft
Poet Fabu, Madison Poet Laureate 2008-2012, Literary Artist, Innovative Educator and Culture Columnist--Journey to Wisconsin, African American Life in Haiku, Award winner, Supported by Alzheimer's Poetry Project through Alzheimer's Alliance.

Ink Inspirations

Monday, February 11
11:00-11:30 am Romnes
12:30-1:00 pm Fisher-Taft

Euchre and King's Corners

Monday, February 18
11:00-11:30 am Romnes
12:30-1:00 pm Fisher-Taft



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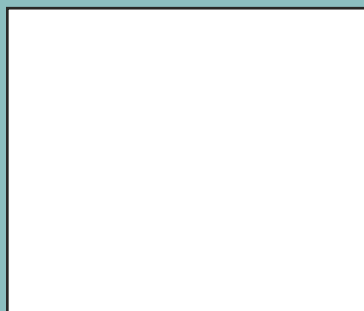
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PROGRAMS & ACTIVITIES

NORTH MADISON

For information about programs at the North Madison location, call Ruth at (608) 512-0000 Ext. 3012.

Ongoing Programs at Warner Park

5¢ Bingo

Every Friday, 10:15 am
Bilingual (Spanish) Bingo on the 1st Friday
Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:15 am.

Book Club

1st Tuesday, 10:00 am

Card Playing-All skill levels welcome!

Euchre - Mondays, 8:30-11:30 am
Sheepshead - 1st & 3rd Wed, 1:00-3:00 pm

Blood Pressure Clinic

4th Wednesday, 11:00 am-12:00 pm
GHC will be doing FREE blood pressure checks. No need to call in advance, just drop in.

FREE Senior Chair Yoga

Every Wednesday, 10:30 am
Increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. Certified Yoga Instructor Kim Sprecher leads the class.

Technology Help Appointments

Every Wednesday, 10:00 am-12:00 pm
Sharon Persich, is available to answer your questions. *Bring in your phone, laptop computer or tablet.* Call to make an appointment (608) 512-000 ext. 3000.

Knit & Crochet Club (Quilters too!)

2nd and 4th Tuesday, 9:00-11:00 am
Meet in the lobby of Warner Park Community Recreation Center.

Sassy Steppers Dance Crew

Every Monday, 4:00 pm
Sassy Steppers are a fun dance team that perform for events and other senior centers around the area.

Ping Pong League

Every Monday, 9:00 am-Noon
Warner Park Game Room
Looking for a fun way to exercise? This is the group for you!

Card-Making Club

2nd and 4th Wednesdays, 1:00 pm
Help create home-made cards for all occasions. We sell these cards in our office. All proceeds go to support NewBridge programs and services.

Sewing Club/FREE Mending Service

1st and 3rd Thursday, 9:00 am
Senior adults with general mending and alteration needs. Limit three articles per month.

Mahjong (American version)

Every Thursday, 1:00 pm

February Programs at Warner Park

Soups On!

February 27, 4:00-6:00 pm
Join Chef Lily Kilfoy and learn some new delicious soup recipes! Limited space available. Call Ruth to sign up.

EAST MADISON/MONONA

For information about programs at the East Madison/Monona location, call Ruth at (608) 512-0000 Ext. 3012.

Musician Jesse Walker

Tuesday, February 12, 11:00 am
Messiah Madison, 5202 Cottage Grove Rd.

Accordion Music By Patricia Stone

Wednesday, February 20, 11:00 am
Messiah Madison, 5202 Cottage Grove Rd.

February Programs - Monona Senior Center, 1011 Nichols Rd, Monona

For information about programs at the Monona Senior Center, call Diane at (608) 222-3415.

Snowshoe with Us!

Thursday, February 14, 10:00-11:00 am

Mark Your Calendar

Multicultural Wellness Fair

March 29, 9:30-11:30 am, Warner Park
Free health screenings and informational booths from 9:30-11:30 am. Over 12 screenings and 40 informational booths to check out. Door prizes, too!
Lunch at 11:30 am, followed by Bingo.
RSVP for lunch by calling 608-512-0000 Ext. 3000

5th Annual Black Tie Bingo Fundraiser

Thursday, April 25, 6:00-9:00 pm
Maple Bluff Country Club, 500 Kensington Drive. Tickets are \$40/single or \$70/pair. Tickets will go on sale February 11.




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Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?



The University of Wisconsin Osteoporosis Clinical Research Program is looking for men who have been diagnosed with osteoporosis or low bone density and are not receiving drug therapy. Participants must be willing to:

- Come to the study office for 9 visits over 15 months
- Administer a daily dose of injectable study medication or placebo (injection with no medicine)

If interested, please call the UW Osteoporosis Clinical Research Program at 608-265-6410 and ask about the Bone Density study.

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CULTURAL DIVERSITY PROGRAM

LATINX CULTURAL DIVERSITY PROGRAM

Bilingual Bingo and Lunch with optional Computer Class

Friday, February 1, 10:00 am-2:00 pm
Warner Park Community Recreation Center, 1625 Northport Dr.

Computer class presented by Jorge Antezana of DANEnet from 12:30-2:00 pm at the Vera Court Neighborhood Center (participants will be shuttled)

Support Group in Meadowood

Thursday, February 7, 10:30 am-1:00 pm
Meadowood Neighborhood Center
5740 Raymond Rd.

Transportation available for those living in the West Madison service area.

Latinx Monthly Discussion Group

Wed., February 20, 5:45 pm-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us for our monthly discussion group as we discuss relevant issues on health and wellness.

Fitchburg Bilingual Bingo and Lunch

Friday, February 22, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods.

Call (608) 512-0000 to see if you qualify or would like to join.

AFRICAN AMERICAN CULTURAL DIVERSITY PROGRAM

Call (608) 512-0000 for more information.

WISH LIST

We are non-profit on a tight budget, so if you'd like to donate an item, here is our wish list.

- Valentines Day dinner napkins (unopened packages)
- St. Patty's Day dinner napkins (unopened packages)
- Bird Seed
- Small CD Player
- Centerpieces for Dining Sites
- Gift Cards to Walmart, Woodman's, Pick & Save
- Transit Vouchers
- Cab Vouchers

LOCAL RESOURCES

West Madison Triad

Wednesday, February 27, 10:00 am
"Protect Your Identity" by Walter Segó
Oak Park Place West, 4327 Nakoma Rd.

Vets Connect at St. Paul's Lutheran

Thursday, 4:45-7:00 pm
2126 N. Sherman Ave.
Connect with vet services, free dinner, games, movies and more!

MSCR Knitting & Crocheting

Every Wednesday, 9:30-11:30 am
Meadowood Neighborhood Center
Bring your project and enjoy the fellowship!

LOCAL RESOURCES

Caregiver Support Group

First Thursday, 10:00–11:00 am
Goodman Community Center
214 Waubesa St.

Caregiving is stressful and difficult no matter how much we may want to help a loved one. This group will offer caregiver resources, how to take care of yourself while taking care of others, and most importantly, a space to gather with other caregivers to share experiences and receive support. Co-sponsored by the Alzheimer's & Dementia Alliance and Goodman Community Center. For more information, contact Gayle at (608) 204-8032

Agrace February Grief Support Groups

2906 Marketplace Dr., Fitchburg

Attendance is free for people whose family member had hospice care in the past 12 months. Fees can be lowered or waived for others. (608) 327-7118 to register.

- **Bridges Grief Support Group** is for adults. No pre-registration needed. Meets Wednesdays, alternating between morning and evening sessions.
- **Journey Through Grief Support Group** is a six-week support group series for grieving adults. Meets Mondays, beginning February 25. Pre-registration is required.
- **Spouse/Partner Loss Support Group** meets weekly for six weeks beginning Tuesday, February 26. Pre-registration is required.



Madison Chiropractic
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Madison, WI 53704

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www.madisonchironorth.com



Care Wisconsin



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Government-funded programs for frail seniors and adults with disabilities.

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NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for \$20. Please bring two towels. Call (608) 512-0000 to make an appointment.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, February 20
Wednesday, February 27
12:45-3:30 pm

NORTH MADISON

Warner Park Community Rec. Center
1625 Northport Drive
Friday, February 8
9:00-11:30 am

Goodman Community Center
149 Waubesa Street
Monday, February 11
8:30-9:45 am

St. Paul Lutheran Church
2126 N. Sherman Ave
Tuesday, February 12
1:00-2:30 pm

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, February 19
1:00-2:30 pm

WEST MADISON

Capital City Church
401 N. Blackhawk Ave.
(PARKING is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)
Monday, February 4 **** New Day & Time**
9:30-11:15 am
1:00-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, February 19
9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, February 25
9:30-11:45 pm

MEDICAL EQUIPMENT LOAN CLOSET

The East Madison/Monona location has a loan closet with items such as walker, raised toilet seats, commodes, crutches and more. Loan closet items are available to seniors for a donation. Call NewBridge to ask if the item you need is available.

We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes.

The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.



Aging Mastery Program®

Join the adventure!

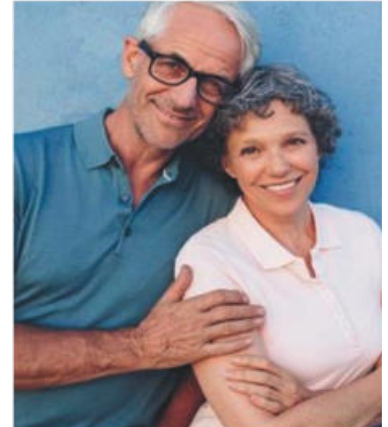
Who Needs AMP? Retirement age adults who plan to live another 10-30 years.

What will I gain? Learn skills to master behaviors that lead to improved health, stronger financial security, and overall well-being through small but impactful changes. Meet people who are at the same stage in their life as you. Learn about valuable resources from local experts.

February 11 - March 11
Mondays, 5-8pm

Warner Park Community Recreation Center
1625 Northport Dr

Call 266-6581 for information on fees and to register.
Limited Spots. Sign up now!



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oakparkplace.com/madison



608-663-0336
4517 Monona Dr.



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New Bridge, Madison, WI

G 4C 01-2049

NUTRITION PROGRAM

Nutritious daytime meals are offered at thirteen locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

RESERVATIONS

Meal, bus reservations, and cancellations should be made by calling (608) 512-0000 by Noon at least one business day in advance.

TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is \$1.00 per round trip, but no one is denied service. Reservation is required.

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 **\$8.97**

CONSOLIDATED CATERING MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Items on this menu are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact.				01 Beef Pot Pie MO: Veggie Pot Pie Salad: 7 Layer
04 Beef Pot Pie MO: Veggie Pot Pie	05 Chicken and Gravy MO: Soy Pot Pie	06 Fish Sandwich MO: B. Bean Burger	07 Meatballs in Sauce MO: Veggie Meatballs	08 Chicken Salad MO: Egg Salad Salad: Tuna
11 Cheeseburger MO: Garden Burger	12 Egg Salad Sandwich	13 Beef Stew MO: Veggie Burger	14 Chicken Casserole MO: Veggie Casserole	15 BBQ Ribs MO: Veggie Wrap Salad: Beef Taco
18 Cheese Tortellini Bake MO: Veggie Tortellini	19 Chicken a la King MO: Soy a la King	20 BBQ Chicken on Bone MO: Mac-n-Cheese	21 Meatloaf MO: Veggie Meatballs	22 Pot Roast with Gravy MO: Hummus Wrap Salad: Chef's
25 Egg Bake	26 Pizza Burger MO: Cheese Sandwich	27 Ham/Potato Casserole MO: Veggie Casserole	28 BBQ Chicken Breast MO: Multigrain Burger	

Meal Site	Address	Day Served	Meal Time
SOUTH MADISON			
Fisher Taft Apartments	2025 Taft Street	M-F	11:30 am
Romnes Apartments	540 West Olin Avenue	M-F	11:30 am
Madison Senior Center	330 West Mifflin Street	M-F	11:30 am

RESTAURANT, GROCERY AND KOSHER SITES

Meal Site	Address	Day Served	Meal Time
NORTH MADISON and EAST MADISON/MONONA			
Meal and Transportation Reservations: Meal reservation is <u>not</u> required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.			
<ul style="list-style-type: none"> • More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week made from fresh, organic ingredients. • More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping before returning home. 			
Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Cranberry Creek	1501 Lake Point Drive	F	8:30-10:30 am
WEST MADISON			
Meal and Transportation Reservations: Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.			
Beth Israel Center	1406 Mound Street	M Sept-May	Noon

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GOODMAN CATERING MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Items on this menu are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. Fruit and Dessert Served Daily				01 Grilled Casserole MO: Veggie Casserole
04 Meat Lasagna MO: Veggie Lasagna	05 Swedish Meatballs MO: Veg. Bean Stew Salad: Chicken Caesar	06 Pork Chops MO: Veggie Burger	07 Tuna Casserole MO: Veggie Curry	08 Baked Ziti MO: Veggie Baked Ziti
11 Fish/Cheese Sandwich MO: Bkck Bean Burrito	12 Sliced Ham MO: Veggie Burger Salad: Rasp. Chicken	13 Tater Tot Casserole MO: Veggie Curry	14 Chicken Alfredo MO: Tofu Alfredo	15 Chicken Salad MO: Veggie Burger
18 Beef Stir Fry MO: Tofu Stir Fry	19 BBQ Chicken MO: Baked Tofu Salad: Tuna	20 Meatloaf MO: Veggie Meatloaf	21 Pulled Pork MO: Bean Stew	22 Spaghetti MO: Veg. Spaghetii
25 Grilled Chicken Thighs MO: Baked Tofu	26 Sloppy Jo MO: Lentil Sloppy Jo Salad: Harvest	27 Chicken Pot Pie MO: Veggie Pot Pie	28 Baked Fish MO: Tofu	

Meal Site	Address	Day Served	Meal Time
EAST MADISON/MONONA			
Monona Meadows	250 Femrite Drive, Monona	M & W	Noon
Messiah Madison	5202 Cottage Grove Road	T	Noon
NORTH MADISON			
Warner Park Community Ctr	1625 Northport Drive	M-W & F	11:30 am
Goodman Community Ctr	149 Waubesa Street	M-F	11:45 am
WEST MADISON			
Meadowridge Commons	5734 Raymond Road	T-TH	Noon
Lussier Community Center	55 South Gammon Road	F	Noon

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others; overall the

menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency. Mary Browning, DTR, reviews all menus. All comments are welcome.

FRIENDS OF NEWBRIDGE

We are excited to announce our new Friends group and we want you to join! 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.

Friends will have an influential voice in older adult issues in our community.

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

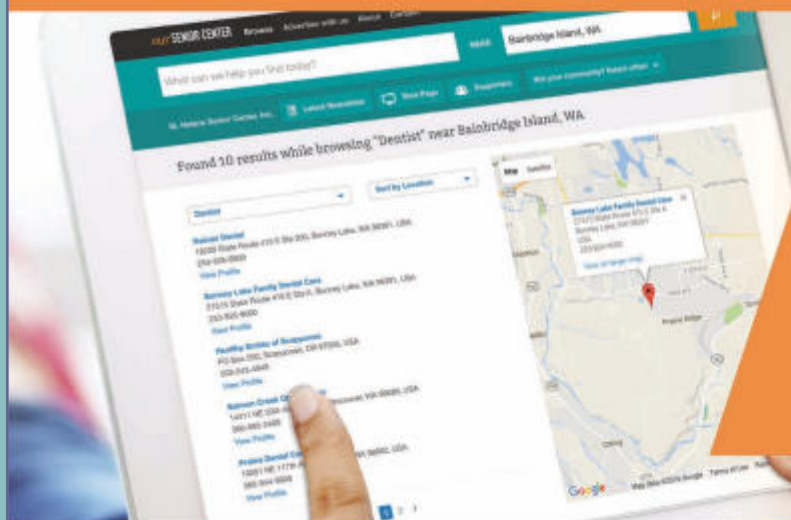
We invite you to join the Friends of NewBridge today and become a Founder of the Friends of NewBridge. Founders will pay a special introductory rate of \$15 for up to two members of the same household to join the Friends group. This Founders offer began in December 2018 and extends through March 31, 2019.

After March 31, the 2019 Friends group rate will be \$15 for an individual and \$25 for a family. Friends dues will be renewed annually.

(More information about the Friends on pages 20-21.)

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FROM THE FRIENDS OF NEWBRIDGE COMMITTEE

FRIENDS OF NEWBRIDGE NEW FRIENDS - NEW YEAR

Over 300 people have already become Founding Friends of NewBridge. This will be a year of discovery and imagining. You are invited to help plan events and explore opportunities. There will be a get-together early in March to start this process.

My membership with the North/Eastside Senior Coalition and the Friends of the Madison Public Library have given me many learning and serving experiences that I would not have had otherwise.

I have gained knowledge and valuable friendships over the years as a result. I look forward to expanding my knowledge and circle of friends to more parts of our city in the years to come.

If you want to help us make sure Friends of NewBridge is a vital and influential organization, please contact:
Lois Gerbitz (608) 512-0000 Ext. 3002
LoisG@newbridgemadison.org

Thanks for your interest and support,
Barbara J. Arnold
Friends of NewBridge Organizing Committee

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Name of Second Household Member (if any): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Please email me the newsletter: yes no

Amount Enclosed: \$15 for 2019 enrollment fee

\$_____ optional donation to help the
Friends group support NewBridge



Make checks payable to: **NewBridge**

Please mail the form & payment to: NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713

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

BUSINESS BENEFITS FOR FRIENDS:

Benvenuto's Italian Grill

North Madison, Middleton, Fitchburg
FREE ice cream sundae with
entrée purchase

Boomerangs Resale Store

1133 N Sherman Ave
10% off regular priced
merchandise (excludes furniture)

Cambria Suites Madison

5045 Eastpark Blvd
Hotel stay \$89/night for visiting
family or relatives

Culver's

1325 Northport Dr
FREE cone/dish of custard with
the purchase of a cone/dish

Golden Heart Senior Care

437 S Yellowstone Dr #101
(608) 467-3590
One free hour of service for new
clients

Kavanaugh's Esquire Club

1025 N Sherman Ave
FREE dish of Schoeps ice cream
with the purchase of lunch
between 11:00 am-2:00 pm

Madison Family Wellness, Acupuncture & Massage

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

Manna Café & Bakery

611 N Sherman Ave
10% off in-dining food &
beverages

Meikle's & Dorn True Value

2935 N Sherman Ave
Have a free key made each
month

Overture Center

201 State St
Receive reduced ticket prices for
select shows

And more added monthly!

STATUS OF YOUR FRIENDSHIP CARD & COMMEMORATIVE CERTIFICATE:

We are in the process of printing the 2019 Friendship Cards and Commemorative Certificates for Founding Friends and plan to begin mailing them by early February. We appreciate and thank you for your patience.

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FEBRUARY CALENDAR OF EVENTS



01 FRIDAY

10:15 Bilingual Bingo Warner Park
 11:30 Food Pantry Lussier Center
 12:30 Computer Class Vera Court

02 SATURDAY

11:30 Dance Fitness Capital City
 12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

04 MONDAY

8:30 Euchre Warner Park
 8:40 Exercise St. Andrew's
 9:00 Ping Pong Warner Park
 9:30 Foot Clinic Capital City
 10:30 Yoga Mound St. Yoga
 11:00 Meet Michelle Romnes
 12:30 Meet Michelle Fisher-Taft
 9:30 Foot Clinic Capital City
 4:00 Sassy Steppers Warner Park

05 TUESDAY

10:00 Book Club Warner Park
 11:30 Meet Michelle Meadowridge
 11:30 Poetry Romnes
 2:45 Poetry Fisher-Taft
 6:00 Sing Along Dale Heights

06 WEDNESDAY

8:40 Exercise St. Andrew's
 10:00 Tech Appt. Warner Park
 10:30 Cribbage Meadowood
 10:30 Chair Yoga Warner Park
 1:00 Sheepshead Warner Park
 1:30 Movie Alicia Ashman

07 THURSDAY

9:00 Sewing Club Warner Park
 10:30 Cribbage Meadowood
 10:30 Food Pantry Meadowood
 10:30 Latinx Support Meadowood
 11:30 Meet Michelle Meadowridge
 12:45 Cribbage Meadowood
 1:00 Mahjong Warner Park

08 FRIDAY

9:00 Foot Clinic Warner Park
 10:15 Bingo Warner Park
 11:30 Food Pantry Lussier Center

09 SATURDAY

11:30 Dance Fitness Capital City
 12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

11 MONDAY

8:30 Euchre Warner Park
 8:30 Foot Clinic Goodman Center
 8:40 Exercise St. Andrew's
 9:00 Ping Pong Warner Park
 10:30 Yoga Mound St. Yoga
 11:00 Ink Inspirations Romnes
 12:30 Ink Inspirations Fisher-Taft
 4:00 Sassy Steppers Warner Park
 5:00 Aging Mastery Warner Park

12 TUESDAY

9:00 Knit Group Warner Park
 11:00 Jesse Walker Messiah
 11:30 Brain Games Meadowridge
 1:00 Foot Clinic St. Paul's

13 WEDNESDAY

8:40 Exercise St. Andrew's
 10:00 Tech Appt. Warner Park
 10:30 Cribbage Meadowood
 10:30 Chair Yoga Warner Park
 1:00 Card Making Warner Park
 1:30 Movie Alicia Ashman

14 THURSDAY

10:30 Cribbage Meadowood
 10:30 Food Pantry Meadowood
 11:30 Bingo Meadowridge
 12:45 Cribbage Meadowood
 1:00 Mahjong Warner Park

15 FRIDAY

10:15 Bingo Warner Park
 11:30 Food Pantry Lussier Center

16 SATURDAY

11:30 Dance Fitness Capital City
 12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

18 MONDAY

8:30 Euchre Warner Park
 8:40 Exercise St. Andrew's
 9:00 Ping Pong Warner Park
 10:30 Yoga Mound St. Yoga
 11:00 Euchre/King's Romnes
 12:30 Euchre/King's Fisher-Taft
 4:00 Sassy Steppers Warner Park
 5:00 Aging Mastery Warner Park

19 TUESDAY

9:30 Foot Clinic Mount Olive
 11:30 Ink Inspirations Meadowridge
 1:00 Foot Clinic Lakeview
 6:00 Sing Along Dale Heights

20 WEDNESDAY

8:40 Exercise St. Andrew's
 10:30 Cribbage Meadowood
 10:00 Tech Appt. Warner Park
 10:30 Chair Yoga Warner Park
 11:00 Accordion Music Messiah
 12:45 Foot Clinic Monona United
 1:00 Sheepshead Warner Park
 1:30 Movie Alicia Ashman
 5:45 Latinx Discussion Madison SC

FEBRUARY CALENDAR OF EVENTS

21 THURSDAY

9:00 Sewing Club Warner Park
 10:30 Cribbage/Euchre Meadowood
 10:30 Food Pantry Meadowood
 12:45 Cribbage/Euchre Meadowood
 1:00 Mahjong Warner Park

22 FRIDAY

10:15 Bingo Warner Park
 10:30 Latinx Bingo Fitchburg SC
 11:30 Food Pantry Lussier Center

23 SATURDAY

11:30 Dance Fitness Capital City
 12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

25 MONDAY

8:30 Euchre Warner Park
 8:40 Exercise St. Andrew's
 9:00 Ping Pong Warner Park
 9:30 Foot Clinic Queen of Peace
 10:30 Yoga Mound St. Yoga
 4:00 Sassy Steppers Warner Park
 5:00 Aging Mastery Warner Park

26 TUESDAY

9:00 Knit Group Warner Park
 11:30 Board Games Meadowridge

27 WEDNESDAY

8:40 Exercise St. Andrew's
 10:00 Tech Appt. Warner Park
 10:30 Cribbage Meadowood
 10:30 Chair Yoga Warner Park
 11:00 Blood Pressure Warner Park
 12:45 Foot Clinic Monona United
 1:00 Card Making Warner Park
 1:30 Movie Alicia Ashman
 4:00 Soups On! Warner Park

28 THURSDAY

10:30 Cribbage Meadowood
 10:30 Food Pantry Meadowood
 11:30 Ink Inspirations Meadowridge
 12:45 Cribbage Meadowood
 1:00 Mahjong Warner Park



PROGRAM LOCATIONS:

Alicia Ashman Library
 733 N. High Point Road

Capital City Church
 401 N. Blackhawk Avenue
 Parking lot on Eugenia Avenue

Dale Heights Church
 5501 University Avenue

Fisher-Taft Apartments
 2110 Fisher Street

Fitchburg Senior Center
 5510 Lacy Road, Fitchburg

Goodman Community Center
 149 Waubesa Street

Lakeview Lutheran Church
 4001 Mandrake Road

Lussier Community Education
 Center 55 S. Gammon Road

Meadowood Neighborhood
 Center, 5740 Raymond Road

Meadowridge Commons
 5734 Raymond Road

Messiah Madison
 5202 Cottage Grove Road

Monona United Methodist Church
 606 Nichols Road, Monona

Mound Street Yoga
 1342 Mound Street

Mount Olive Lutheran Church
 110 N. Whitney Way

Our Lady Queen of Peace
 401 Mineral Point Road

Romnes Apartments
 540 W Olin Avenue

St. Andrew's Episcopal Church
 1833 Regent Street

St. Paul Lutheran Church
 2126 N. Sherman Avenue

Vera Court Neighborhood Center
 614 Vera Court

Warner Park Community
 Recreation Center
 1625 Northport Drive



South Madison Coalition of the Elderly
 128 E. Olin Avenue #110
 Madison, WI 53713

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IMPORTANT PHONE NUMBERS

AARP	(866) 448-3611	Independent Living	274-7900
Access Community Health- Erdman Clinic	443-5480	Jewish Social Services	278-1808
Access Community Dental Clinic	443-5482	LGBT Senior Alliance	255-8582
Access Community Health- Wingra Clinic	263-3111	Lussier Community Education Center	833-4979
Access to Independence	242-8484	Madison Public Health	266-4821
ADRC Aging and Disability Resource Center	240-7400	Madison School & Community Rec	204-3000
Affordable Housing Resource Line	(855) 510-2323	Madison Senior Center	266-6581
Age Advantage Older Workers	242-4914	Meals on Wheels (lunch)	276-7598
Agrace Hospice	276-4660	Meals on Wheels (evening)	204-0923
Alzheimer's & Dementia Alliance	232-3400	Mental Health Crisis Line	280-2600
Alzheimer's Association	203-8502	Metro Paratransit Reservations	266-4466
American Parkinson Disease Association	229-7628	Madison Gas & Electric	252-7222
Area Agency on Aging of Dane County	261-9930	National Alliance on Mental Illness	249-7188
Catholic Multicultural Center	661-3512	NewBridge	512-0000
Care Wisconsin	240-0020	Non-Emergency Police Dispatcher	255-2345
Centro Hispano	255-3018	Project Home	246-3737
Community Action Coalition	246-4730	RSVP Driver Escort Program	238-7787
Crisis Line	280-2600	SAIL Sense of Security (SOS)	230-4321
Dane County SOS Senior Council	256-7626	Social Security Administration	(866) 770-2262
Dane County Veteran's Service Office	266-4158	St. Vincent De Paul	257-0919
Domestic Abuse Intervention Service	251-4445	Veterans Service Office Of Dane County	266-4158
Elder Abuse & Neglect Helpline	261-9933	Tenant Resource Center	257-0006
Goodman Community Center	204-8032	Transit Solution	294-8747
Home Health United/VNS	242-1516	United Way 2-1-1	2-1-1
Homeless Services Consortium	(855) 510-2323	Warner Park Community Rec. Center	245-3690