

# NEWBRIDGE NEWS

Your Connection to Successful Aging

FEBRUARY 2020

## 2019 YEAR IN REVIEW

1,281

CASE MANAGEMENT CLIENTS

1,483

VOLUNTEERS

10,999

CASE MANAGEMENT HOURS

12,644

VOLUNTEER HOURS

38,279

MEALS SERVED

4,700

ACTIVITY HOURS

The 2019 Annual Report will be available in March on our website.



CHECK OUT  
WHAT'S  
INSIDE!

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

(608) 512-0000

# GENERAL INFORMATION

## MISSION

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



## A LETTER FROM THE DIRECTOR...

A commitment of mine going into NewBridge was to establish a strong fund development and marketing component. We have created fund development and marketing work plans and are anxious to implement them. I am excited to announce in 2020 we are taking steps in that direction. NewBridge will be hiring a part-time fund development assistant and we have shifted staff members responsibilities so they can assist with marketing duties.

As a result you will continue to see improvement in the quality and consistency of our agency promotional and fund development materials compared to past years. You will also enjoy more timely and consistent communication in response to your donations and Friends of NewBridge affiliation.

**Some exciting things in store for 2020!**

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

## MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

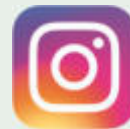
## EAST MADISON

4142 Monona Drive, Madison, WI 53716

## WEST MADISON

5724 Raymond Road, Madison, WI 53711

*Follow us!* **NewBridge Madison**



## BOARD OF DIRECTORS

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

**Thank you to our NewBridge Funders:**



*Friends of NewBridge*

**Housing Partner:**  
Sherman Glen Apartments

# NEWBRIDGE STAFF

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

- STEPHANIE AGUILERA, Case Manager - español Ext. 1007
- STEPHANIE BRANDSMA, Case Manager Intern Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEENAH GIVENS, Program Coordinator Ext. 3002
- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
  
- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- MARY HENNING, 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 February (issue 2) 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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The time, care and support provided by Heartland volunteers greatly impacts our patients and their families. Volunteer time commitments are flexible.

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



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from **UnitedHealthcare**



# CASE MANAGEMENT SERVICE

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

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

*Private Pay Case Management is also available for Dane County residents.*

## WALK-IN OFFICE HOURS

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

**Lussier Community Cntr**  
55 S. Gammon Rd.  
Friday, February 21  
11:30 am-12:30 pm

**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  
Thursday, February 6  
12:30-1:30 pm

**Goodman Comm. Center**  
149 Waubesa Street  
Wednesdays, February 12 & 26  
11:30 am-12:30 pm

**Monona Senior Center**  
1011 Nichols Rd, Monona  
Thursday, February 6  
10:00-11:00 am

## ADDITIONAL SERVICES:

### Home Chore

*“Your connection to helping hands”*

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

### Food Bridge

*“Your connection to wholesome groceries”*

This service offers monthly food pantry delivery for Case Management clients at nutritional risk. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County.

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

## Clerk’s Office Encourages Voters to Verify Registration

The Madison City Clerk’s Office strongly encourages voters to verify their registration status.

Voters with online access may verify their registration by visiting [MyVote.wi.gov](http://MyVote.wi.gov). Toward the top of the webpage, they may select “Search by Name” or “My Voter Info” to search for their voter registration. The website will prompt to enter their name and date of birth.

Once the voter’s registration information appears on the screen, the voter should look for a status of “You are Registered to Vote!” and should verify that the current address listed is accurate. If the voter sees a green button that says, “Click Here to Confirm Your Address,” that means the voter was included in the mailing the Elections Commission recently sent to all voters it believed may have moved. It is imperative that these voters click the green button to confirm their address, if accurate, or click the gray “Update Address” button to update their voter registration online.

Voters without access to the internet are encouraged to contact the City Clerk’s Office to verify their voter registration status.



# WELCOME KEISHA FURNISS



NewBridge is excited to introduce our newest staff member and new Volunteer Coordinator for the Home Chore and

Food Bridge programs, Keisha Furniss. She officially started on January 7th 2020. She is a graduate of the Human Services program at Madison College and has experience working at other senior focal points such as McFarland Senior Outreach and Oregon Area Senior Center.

There she had the opportunity to work in Case Management and with the Nutrition program. She is looking forward to being part of the team in helping the Home Chore and Food Bridge program grow and can't wait to see where we will be in the future!

If you participate in these programs Keisha will be contacting you in the next few months to get to know you and to work with you. Keisha will be located at the North office and can be reached directly at her extension 3008.

**WELCOME TO THE NEWBRIDGE TEAM, KEISHA!**

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# VOLUNTEER OPPORTUNITIES

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

## *Front Office Volunteers*

**DESCRIPTION**—The main office at Warner Park needs volunteers for half-day shifts, Monday-Friday. Greet visitors, answer phones, route calls to appropriate staff, and take reservations for programs. Volunteers help with basic clerical support to the comfort level of the volunteer and assistance is provided for every task.

**TIME COMMITMENT**—AM shift 8:00 am-Noon, PM shift Noon-4:00 pm

**IMMEDIATE NEED**— 1 volunteer, AM shift



## *Nutrition Site Volunteers*

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

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

**IMMEDIATE NEED**— 3 volunteers-variable shifts 11:30 am-1:00 pm

## *Cultural Diversity Volunteers*

**DESCRIPTION**—A variety of support groups are held monthly that focus on health and wellness topics for African American and Latinx older adults in Dane County. Volunteers are needed to help take attendance and socialize. Spanish speaking volunteers are needed to help serve and clean up food.

**TIME COMMITMENT**—3-4 hours/month

**IMMEDIATE NEED**— 2-4 volunteers and 2-4 Spanish speaking volunteers

## *Home Chore Volunteers*

### *Snow Angel Volunteers*

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

**TIME COMMITMENT**—Flexible

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





## Guardian and Representative Payee Volunteers

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

**TIME COMMITMENT**—2 years, 3-6 hs/mo  
Call Katie Brietzman for information at Ext. 1002

## Board of Directors and Committee Members

**DESCRIPTION**—Board of Directors, Committees: Nominating, Marketing/Fund Development, Finance, Friends of NewBridge. See page 22 for more info. Call Jim Krueger for information at Ext. 3005

## Brat Fest

**DESCRIPTION**—Volunteer at Brat Fest May 22-24 and your hours get turned into money for NewBridge! You also get a brat and ice cream for volunteering.

**TIME COMMITMENT**—4 hours shifts, duties vary from cashier to griller and much more!  
Call Ruth Hellenbrand for information at Ext. 3012.

## American Family Golf Championship Concessions

**DESCRIPTION**—Manage a beverage booth on June 5-7. Free admission included.  
**TIME COMMITMENT**—18 volunteers needed to work 4 hour shifts.  
Call Ruth Hellenbrand for information at Ext. 3012.

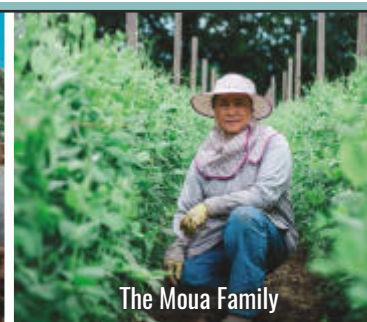
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GS3322 11/25/2019



# CLASSES & ACTIVITIES & SERVICES

Weekday social, educational, and exercise classes at various community sites.  
Details listed in monthly newsletter and website.

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

## **SOUTH & WEST MADISON**

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

### ***Stretch, Resistance & Cardio***

Mondays & Wednesdays, 8:40-9:40 am  
St. Andrews Episcopal Church  
1833 Regent Street—Lower Level  
\$4 suggested donation, \$18 for 6 classes,  
\$20/month. Instructor Becky Otte-Ford

### ***Simple Strength***

Tuesdays, 9:15-10:30 am  
Meadowood Neighborhood Center  
5740 Raymond Rd—Gym  
Instructor Becky Otte-Ford

### ***Westside Warblers Sing-Along***

Tuesdays, February 4 & 18, 6:00-7:30 pm  
Dale Heights Church, 5501 University Ave.  
Name That Tune 6:30-7:30 pm. A wide variety of  
your favorite songs, with Robert Auerbach on  
piano and Patricia Stone on accordion.  
Afterward stay for  
treats and mingle.  
Contact Ellie (608)  
230-6704.



### ***Ping Pong, Pool & Air Hockey***

Saturdays, 2:00-4:00 pm  
Meadowood Neighborhood Center  
5740 Raymond Rd.

### ***FREE Mindful Movement Exercise***

Tuesdays in February, 10:00-11:00 am  
Alicia Ashman Library 733 N High Point Rd  
Join fitness and mindfulness coach Venus  
Washington to explore the mind/body  
connection. Especially designed for older adults.  
Perfect for beginners and anyone interested in  
getting moving and learning that how you think  
affects the way you move; and how you move  
affects the way you think. RSVP to the library at  
(608) 824-1780

### ***Easy Yoga Plus***

Fridays in February, 1:30-2:30 pm  
Sequoia Public Library, 4340 Tokay Blvd  
Register by calling (608) 266-6385  
Donations appreciated to the instructor,  
Ellen Millar.

### ***Sunshine Arts & Cultural Dance***

Saturdays  
12:00-2:00 pm  
Meadowood  
Neighborhood  
Center  
5740 Raymond Rd.



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



## NORTH & EAST MADISON

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

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

### **Ping Pong League**

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

### **Sassy Steppers Dance Crew**

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

### **Technology Help Appointments**

Every Tuesday, 10:00 am-Noon  
Warner Park, 1625 Northport Dr.  
By appointment- (608) 512-0000 Ext. 3000.

### **5¢ Bingo**

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

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

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

### **Book Club Meeting**

Tuesday, February 4, 10:00 a,  
Warner Park, 1625 Northport Dr.  
Let's discuss the future of our Book Club.



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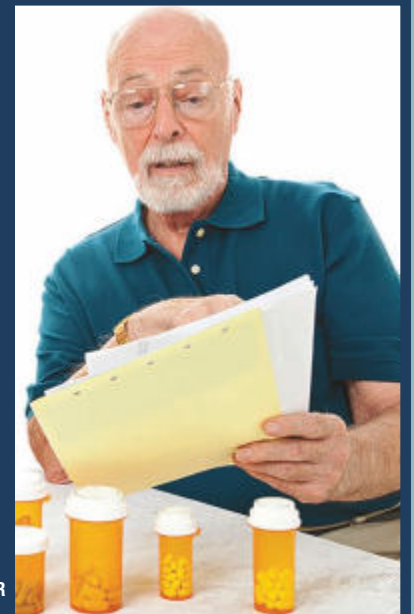
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New Bridge, Madison, WI

D 4C 01-2049

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

Wednesday, February 5, 1:00 pm  
Warner Park, 1625 Northport Dr.  
All materials are supplied for you; no previous experience needed.

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

Thursday, February 6 & 20, 9:00 am  
Warner Park, 1625 Northport Dr.  
FREE mending services for older adults.

## ***LGBTQ+ Coffee Meet Up***

Monday, February 10, 2:00-4:00 pm  
Warner Park, 1625 Northport Dr.  
50+ Join us for our monthly get together to discuss whatever is on your mind. Coffee is free. Group facilitator from OutReach.

## ***LGBTQ+ Veterans Support Group***

Mondays, February 10 & 24, 6-8 pm  
Warner Park, 1625 Northport Dr.

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

Monday, February 3, 10:00-11:00 am  
Warner Park, 1625 Northport Dr.  
RSVP required (608) 240-7400. Facilitated by Joy from the ADRC (Aging & Disability Resource Center).

## ***Bingo***

Tuesday, February 4, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

## ***Movie of the Month***

Tuesday, February 18, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

## ***Card Games***

Tuesday, February 25, 11:30 am  
Messiah Church, 5202 Cottage Grove Rd.

## ***Love Songs by Patricia Stone***

Monday, February 10, 10:30-11:30 am  
Warner Park, 1625 Northport Dr.  
Pat is a Musician, Singer and Storyteller. If you want to stay for lunch, reserve by calling (608) 512-0000 Ext. 3000.



## **Classes and activities are also offered at:**

Monona Senior Center  
1011 Nichols Rd. (608) 222-3415  
www.mymonona.com  
1001 Wisconsin Place

## ***Cookies and Cognition***

Friday, February 7, 10:00 am  
Monona Senior Center, 1011 Nichols Rd.  
Professor Joe Austerweil, Assistant Professor of Psychology and Computer Science at the UW-Madison will be at the MSC to have an interactive discussion on how people retrieve, acquire and use knowledge.

## ***Real ID Presentation***

Thursday, February 20, 10:00 am  
Monona Senior Center, 1011 Nichols Rd.  
Join us as Kerith Grande, Customer Service Representative, at the Madison East DMV shares information about what you need to know about the Real ID. Call (608) 222-3415 to register for this valuable presentation.



# LED ACTIVITIES

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

*Activities are for older adults (55+) who live in Madison and Monona. Any expenses are paid for by the participant.*

For information call Ruth  
(608) 512-0000 Ext. 3012 or  
LED@newbridgemadison.org

## Chazen Museum

Sunday, February 2, 12:30 pm  
Chazen Museum, 800 University Ave.  
Enjoy live music concert performed in the  
museum's Brittingham Gallery III. Free.  
RSVP by January 30.

## Coffee & Conversation

Saturday, February 15, 10:00 am-Noon  
Lazy Jane Café, 1358 Williamson St.  
Drop in.

## Dining Club: Ian's Pizza

Thursday, February 20, 5:30 pm  
Garver Feed Mill 3241 Garver Green  
RSVP by February 19.

## International Festival

Saturday, February 29, 1:00 pm  
Overture Center for the Arts, 201 State St  
Join LED for a fun and culturally rich community  
event. RSVP by February 27.

## Social Media Seminar

Wednesday, February 12, 6:00-7:30 pm  
Warner Park, 1625 Northport Dr.  
Social media safety, FaceBook, Instagram, and  
other options. Seminar is free.




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# CULTURAL DIVERSITY ACTIVITIES

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

Latinx activities offered in Spanish only.

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

## AFRICAN AMERICAN

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

### *Let's Check out the Nutrition Sites or Community Meals Together!*

- Monday, February 3, 8:30 am  
Cranberry Creek, 1501 Lake Point Dr.
- Tuesday, February 4, 9:00 am  
Door Creek Church, 1181 N. Sherman Ave.
- Wednesday, February 5, 11:30 am  
Cuco's Mexican Restaurant, 4426 E. Buckeye Rd.
- Thursday, February 6, 11:00 am  
Festival Foods, 810 E. Washington Ave.
- Friday, February 7, 12:00 pm  
Bridge Lake Point Waunona  
Neighborhood Venter, 1917 Lake Point Dr.
- Wednesday, February 26, 11:30 am  
River Food Pantry, 2201 Darwin Rd.

### *Line Dane Class (cha-cha slides)*

Saturday, February 1, 10:00-11:30 am  
Vera Court Neighborhood Center  
614 Vera Court

### *Diabetes Support Group*

Monday, February 10, 12:00-2:00 pm  
Burr Oaks Apartments, 2417 Cypress Way

### *Heart Health Support Group*

Thursday, February 20, 2:00-4:00 pm  
Catholic Multicultural Center, 1862 Beld St.

### *Community Resources Available*

Friday, February 28, 1:30-3:30 pm  
Warner Park, 1625 Northport Dr.

### *International Festival*

Saturday, February 29, 10 am-5 pm  
Overture Center, 201 State St.

Free, limited space, must reserve before  
Saturday, February 15 by calling Ericka.

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

## LATINX

For information call Sonya at  
(608) 512-0000 Ext. 2002

### *Bilingual Bingo and Lunch*

- Friday, February 7, 10:00 am-12:30 pm  
Warner Park, 1625 Northport Dr.  
Reserve by Wednesday, February 5
- Friday, February 21, 10:30 am-12:30 pm  
Fitchburg Senior Center, 5510 Lacy Rd.  
Reserve by Wednesday, February 19

To make reservations for Bingo  
transportation and lunch, call Stephanie  
at (608) 512-0000 Ext. 1007.

Please leave a message.

# TAX ASSISTANCE THROUGH AARP

AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers - especially those 60 and older. Our sites are open annually from late January/early February to April 15.

Before visiting a Tax-Aide site, please note:

- You will need to bring your important documents to the site.
- Please contact the sites directly to make an appointment.

Below are Madison sites. There are additional Dane County sites. Inquire through the website: <https://states.aarp.org/tag/free-tax-preparation>

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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

Lake Edge Lutheran Church

4032 Monona Drive

Monday, February 10, 9:00 am-Noon

\*Monday, February 17, 9:00 am-Noon

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

Monona United Methodist Church

606 Nichols Road, Monona

Wednesday, February 19, 1:00-3:00 pm

Wednesday, February 26, 1:00-3:00 pm

### NORTH MADISON

Goodman Community Center

149 Waubesa Street

Monday, February 10, 8:30-9:45 am

Warner Park Community Rec. Center

1625 Northport Drive

Friday, February 14, 9:00 am-Noon

Friday, February 27, 9:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

Tuesday, February 18, 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 3, 12:45-2:45 pm

Mount Olive Lutheran Church

110 N. Whitney Way Room 11

Tuesday, February 18, 9:30-11:15 am

Our Lady Queen of Peace

401 Mineral Point Road

Monday, February 24, 9:30-11:45 am

### MEDICAL EQUIPMENT LOAN CLOSET

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

Loan closet items are available to City of Madison and Monona residents. 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 are currently accepting in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes.



# 2020 CENSUS INFORMATION



## US Census Coming in March 2020

By Ben Zellers, Planner, City of Madison

The Census is a once-per-decade count of all people living in the United States that is mandated by the Constitution. Beginning in March, households will receive a mailed invitation to respond online or by phone. Federal law requires the Census Bureau to keep personally identifiable census information **confidential**.

The Census usually takes less than 10 minutes to complete, but brings 10 years of benefits. The Census informs how \$675 billion of federal funds – an average of over \$2,000 per person – will be allocated for things like affordable housing, childcare, healthcare, education, transit, roads, and more. Lack of a complete and accurate Census count can lead to underrepresentation in certain areas and a lack of funding for important community programs and infrastructure.

Visit [www.cityofmadison.com/2020Census](http://www.cityofmadison.com/2020Census) to find out more about what the City is doing and learn about 2020 Census events and updates, or visit [www.2020census.gov](http://www.2020census.gov) for more from the Census Bureau. The City of Madison wants to ensure all residents are counted - help shape our future by completing the Census next year!

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# HAS APPLEFEST RUN ITS COURSE?



AppleFest has been a wonderful northside community event and fundraiser for older adult programs. However, in the past five years attendance has declined and the revenue generated has leveled off to about \$11,800. If the cost of staff time to coordinate the

event was added to the cost of AppleFest our revenue would be even lower.

NewBridge would be saddened by ending AppleFest because it was a treasured event for many but the reality is there are many more local fundraisers to compete against now than there were 15-20 years ago. If we were to continue AppleFest we would have to make considerable changes and devote additional resources (carnival games, advertising, staff, volunteer) to the event and even then, there is no guarantee of increased success.

Many non-profit agencies are focusing on one signature fundraising event. The NewBridge Golf

Fundraiser on the east side of Madison was cancelled last summer and will not be continued. We are now evaluating if it is time to discontinue AppleFest. The NewBridge staff and board believe Black Tie BINGO has most potential of the NewBridge fundraising events because is quite unique in Madison.

Before a decision is made about AppleFest, we would like input from NewBridge supporters and the community at large. Initial input and suggestions were sought from attendees at the January 16 Friends of NewBridge event at Warner Park. We are asking for your input as well. Please send your thoughts and ideas to [info@newbridgemadison.org](mailto:info@newbridgemadison.org) or to NewBridge, 1625 Northport Dr., #125.



# MORE COMMUNITY ENGAGEMENT

Community engagement is critical to the mission of NewBridge. If we reduce the number of NewBridge fundraising events then we must identify other meaningful ways to connect with as many different portions of the community as possible. One idea for increasing community engagement is to develop partnerships with local groups to create or participate in intergenerational events throughout Madison and Monona. This will help us build our citywide identity and also help us remain rooted in the neighborhoods.

One of these events could occur during the fall at Warner Park.

With strong support from throughout the whole community, NewBridge will be able to develop a substantial number of Friends, a bigger volunteer pool and a more robust donor base. As NewBridge builds these agency attributes, we will be able to expand our services for older adults to help make our community an incredible place to live and grow old.





# WELCOME MARY HENNING



Mary Henning joined the NewBridge staff as a Nutrition Coordinator at the Warner Park meal site.

If you haven't had a chance to meet Mary yet, here is a little more about her.

I have been doing supportive services in Dane County for over 20 years. I love helping others feel a part of their community.

I have watched people I have served reach their individual goals whether it is employment, mental health, housing, connecting them with community resources and other related achievements, which is very rewarding.

I have some college experience focusing on human service. I completed the medical assistant and substance abuse training programs. I have extensive training in family support.

I am excited to work seniors because I believe seniors are one of the most fragile population that needs community connection.

## WELCOME TO THE NEWBRIDGE TEAM, MARY!

 <p><b>INDEPENDENT LIVING, INC.</b> <i>Your local connection to an independent life since 1973</i></p> <p><i>ILI offers senior housing options with the independence you want, and services that you need.</i></p> <p>Health and Wellness Center—Memberships available for seniors in the community. Call today for a complimentary wellness assessment and Aqua Walk Class 608-268-5492</p> <p><a href="http://www.independentlivinginc.org">www.independentlivinginc.org</a> • 608-274-7900</p>	<p><b>The Gardens</b> Retirement Community Ind. Plus &amp; Assisted Living</p> <p><b>602 N. Segoe Rd.</b> <b>Madison, WI</b> near Hilldale Mall <b>608-204-0900</b></p>	<p><b>Tennyson</b> Senior Living Community Assisted Living</p> <p><b>1936 Tennyson Lane</b> <b>Madison, WI</b> North side of Madison <b>608-268-9645</b></p>
<p>Wisconsin's PRIVATE PRACTICE OF THE YEAR RECIPIENT</p>  <p>Dr. Sarah Stinevan, PT, DPT, OCS</p>  <p>Dr. Steph Greer, PT, DPT</p>	<p><b>MEADOWMERE MADISON</b> ASSISTED LIVING COMMUNITY</p>  <p>We value great care, wonderful meals, meaningful activities, &amp; community involvement</p> <p><i>Come visit us to see why we are so proud of our community.</i></p> <p><b>5601 Burke Road • Madison • 608-268-9100</b></p>	
 <p><b>Capitol Physical Therapy</b> 608.848.6628</p> <p>Medicare Accepted</p> <p>MT HOREB   VERONA   AT ASSOCIATED PHYSICIANS   UNIVERSITY AVE   WAUNAKEE   SUN PRAIRIE No referral needed to start PT!</p>	<p><b>Monona Motors</b> Greg Carlson   Carlos Villota   Fidel Duran</p>  <p>(608) 222-1342 <a href="http://www.mononamotors.com">www.mononamotors.com</a> 4500 Winnequah Road, Monona, WI 53716</p>	<p>Honest, reasonably priced attorney <b>I Make House Calls!</b> Wills • Trusts Domestic Partnership Agreements Powers of Attorney • Real Estate</p> <p><b>Paul O'Flanagan</b> Attorney at Law 862 Woodrow Street Madison, WI 53711 608-630-5068 <a href="mailto:Paul@oflanaganlaw.com">Paul@oflanaganlaw.com</a></p>



# NUTRITION SITE INFORMATION

Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations.

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

Suggested transportation donation is \$1.00 round trip.

North Madison Location	Address	Day	Time
<b>Warner Park Community Center</b> Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 3000.	1625 Northport Drive	M-W & F	11:30 am

East Madison/Monona Locations	Address	Day	Time
<b>Messiah Lutheran</b> Meal reservation due by 10:00 am the previous business day. Reserve at meal site or call (608) 512-0000 Ext. 2001. Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.	5202 Cottage Grove Road	T	Noon
<b>St. Stephen's Lutheran</b> Meal reservation due by 10:00 am the previous business day. Reserve at meal site or call (608) 512-0000 Ext. 2001. Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.	5700 Pheasant Hill Rd, Monona	TH	Noon

South Madison Locations	Address	Day	Time
<b>Madison Senior Center</b> Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006.	330 West Mifflin Street	M-F	11:30 am
<b>Romnes Apartments</b> Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006.	540 West Olin Avenue	M-F	11:30 am

West Madison Locations	Address	Day	Time
<b>Meadowridge Commons</b> Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006.	5734 Raymond Road	T-TH	Noon
<b>Lussier Community Center</b> Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 4006.	55 South Gammon Road	F	Noon

# Menu for ALL locations on page 18.

Meals provided by: Dane County Consolidated Food Services Division. All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b> Enchilada Casserole Spanish Rice, Pinto Beans Spiced Applesauce Vanilla Pudding MO: Bean/Cheese Burrito	<b>04</b> *Brat, Bun Stewed Tomatoes, Green Beans Mandarin Oranges, Apple MO: Veggie Dog	<b>05</b> Chicken Strips Roasted Brussel Sprouts Coleslaw, Fruit Cup Frosted Marble Cake MO: Black Bean Burger	<b>06</b> Tuna Casserole Roasted Baby Carrots Pickled Beets Banana, Lime Sherbet MO: Mac and Cheese	<b>07</b> Roasted Turkey in Gravy Rice Pilaf, Corn, Cranberry Fruit Cocktail, Brownie MO: Veg Chicken in Gravy Salad: Tuna
<b>10</b> Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Peach Crisp MO: Red Beans and Rice	<b>11</b> Chicken Sandwich, Bun Cheesy Potatoes 4 Bean Salad, Fruit cup Cheese Cake Brownie MO: Garden Burger	<b>12</b> Tuna Salad Sandwich Tomato soup, Peaches/Pears Blueberry Pound Cake MO: Egg Salad Sandwich	<b>13</b> *Meatballs in Gravy Mashed Potatoes California Blend, Tropical Fruit Chocolate Ice Cream MO: Veggie Meatballs in Gravy	<b>14</b> Baked Chicken on the Bone Mashed Potatoes, Gravy Coleslaw, Oranges, Cherry Pie MO: Multigrain Burger Salad: 7 Layer
<b>17</b> Sloppy Joe, Bun Kidney Bean Salad Mixed Vegetable, Pears Orange Juice, Carnival Cookie MO: Chickpea Joe	<b>18</b> Lemon Baked Fish Baked Potato, Fruit Cup Frosted Chocolate Cake MO: Tomato/Cheese Sandwich	<b>19</b> Meat Sauce, Spaghetti Noodles Wax Beans, Mixed Green Salad Peaches, Brownie MO: Marinara Sauce	<b>20</b> Honey Baked Chicken Broccoli, Yams Applesauce, Sugar Cookie MO: Veggie Wrap	<b>21</b> *Italian Sausage, Bun Potatoes, Stewed Tomatoes, Banana, Strawberry Ice Cream MO: Veggie Dog Salad: Chix. Cran. Bacon Bleu
<b>24</b> *BBQ Pulled Pork, Bun Carrots, Creamy Coleslaw Cinnamon Applesauce Vanilla Pudding MO: BBQ Veggie Chicken	<b>25</b> Chili, Baked Potato Tropical Fruit, Cornbread Lemon Bar MO: Veggie Chili	<b>26</b> Fish Sandwich, Bun, Cheese Peas, Carrots, Coleslaw Mandarin Oranges Chocolate Chip Cookie Bar MO: Veggie Burger	<b>27</b> Chicken Stew Broccoli, Banana Frosted White Cake MO: Veggie Stew	<b>28</b> Beef Pot Pie w/Biscuit Top Creamed Spinach, Apple Juice Strawberry Jello MO: Veggie Meatballs Salad: Chicken Taco



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New Bridge, Madison, WI

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# NUTRITION SITE INFORMATION CONTINUED

Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations.

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

Suggested transportation donation is \$1.00 round trip.

Kosher Site	Address	Day	Time
<b>Beth Israel Center</b> To reserve your meal and transportation call 608-442-4081 or email office@jssmadison.org by 2:00 pm the preceding Wednesday. Monday, February 3: Braised Balsamic Chicken, Herbed Rice, Green Beans, Fruit, Brownie, MO-Braised Balsamic Tofu Monday, February 10: Chicken Marsala, Mashed Potatoes, Corn, Fruit, Brownie MO-Tofu Marsala Monday, February 17: Spaghetti, Meat Sauce, Garlic Bread Italian Zucchini Casserole, Fruit Strawberry Short Cake, MO-Spaghetti w/“Impossible” Meat Sauce Monday, February 24: Chicken Shawarma, Saffron Rice, Israeli Salad, Fruit, Pita, Halvah, Birthday Cake, MO-Tofu Shawarma Next month dates: March 2, 9, 16, 23, 30	1406 Mound Street	M Sept-May	Noon

East Madison Restaurants	Address	Day	Time
<b>Cranberry Creek</b> Five delicious breakfast options. <i>No meal reservation needed.</i> Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.	1501 Lake Point Drive	M & F	8:30 am - 10:30 am
<b>Cuco’s Mexican Restaurant</b> Six delicious lunch options. <i>No meal reservation needed.</i> Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.	4426 E. Buckeye Road	W	11:30 am - 1:00 pm

North, East, South Grocery Store	Address	Day	Time
<b>Festival Foods</b> Enjoy one trip through the extensive salad bar and a bowl of soup. After lunch do your shopping. <i>No meal reservation needed.</i> Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.	810 E. Washington Ave.	TH	11:00 am - 1:00 pm

Goodman Neighborhood	Address	Day	Time
<b>Goodman Community Center</b> This meal site serves people of all ages. <i>No meal reservation needed.</i> Transportation reservation due by Friday of the previous week. Make transportation reservations at the meal site or call Goodman at (608) 241-1574. <b>Menu on page 21.</b>	149 Waubesa Street	M-F	11:45 am



# Menu for the Goodman location on page 20.

Meals provided by: Goodman Catering. All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option. Fruit and Dessert Served Daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b> Pulled Pork, Bun, Baked Beans Mixed Salad, Canned Pears Pudding MO: BBQ Veg Meat Sandwich	<b>04</b> Spaghetti, Meat Sauce Green Beans, Mixed Salad Cantaloupe, Brownie MO: Veg. Spaghetti w/Cheese Salad: Chef	<b>05</b> Grilled Cheese Burger, Bun Winter Vegetable Salad Green Peas, Watermelon, Cake MO: Veggie Burger	<b>06</b> Chicken Teriyaki Stir Fry Veggies, Brown Rice Asian Cabbage Slaw Orange Slices, Cookies MO: Vegetarian Stir Fry	<b>07</b> Beef and Bean Enchilada Cowboy Caviar, Mixed Salad Apple Slices, Ice Cream MO: Bean/Cheese Enchilada
<b>10</b> Seasoned Cod, Sweet Potatoes Quinoa and Vegetable Salad Canned Peaches Baked Apple Sliced MO: Baked Tofu w/Lemon	<b>11</b> Beef Goulash, Creamed Spinach Mixed Salad, Honey Dew, Jello MO: Vegetable Goulash Salad: Southwest	<b>12</b> Sausage Mac and Cheese Steamed Broccoli, Mixed Salad Pineapple, Fruit Crumble MO: Mac & Cheese	<b>13</b> Grilled Brat, Sauerkraut, Onions Sweet Corn, Cantaloupe, Cake MO: Veggie Brat	<b>14</b> BBQ Chicken Thigh Collard Greens, Baked Beans Mixed Fruit, Ice Cream MO: Veggie Burger
<b>17</b> Chicken Pot Pie, Broccoli Salad Biscuit, Apple Sauce, Pudding MO: Vegetarian Bean & Mushroom Jambalaya	<b>18</b> Beef Stew, Biscuit Mixed Salad, Watermelon Cookies MO: Vegetable Bean Stew Salad: BLT	<b>19</b> Sloppy Jo, Whole Wheat Bun Roasted Red Potatoes Steamed Broccoli Sliced Oranges, Brownie MO: Lentil Sloppy Jo	<b>20</b> Crispy Chicken/Cheese Sandwich, Bun Vegetable Salad, Mixed Salad Honeydew, Cake MO: Crispy Tempeh Sandwich	<b>21</b> Chicken Alfredo Whole Wheat Pasta Chickpea and Tomato Salad Mixed Fruit, Ice Cream MO: Veggie Alfredo
<b>24</b> Egg Bake, Breakfast Potatoes V8 Juice, Biscuit Canned Pineapples, Jello MO=Veggie Egg Bake	<b>25</b> Open Face Turkey w/Gravy Roasted Carrots/Brussels Sprouts, Apple Slices, Pie MO: 3 Bean Stew & Rice Salad: Turkey Cobb	<b>26</b> Country Style BBQ Pork Baked Beans Tomato Vinaigrette Salad Cantaloupe, Cookies MO: 3 Bean and Mushroom Chili	<b>27</b> Baked Tilapia, Baked Potato Cole Slaw, Watermelon, Brownie MO: Baked Tofu w/Lemon	<b>28</b> Sweet Sour Chicken Stir Fry Veggies, Mixed Salad Brown Rice, Mixed Fruit Ice Cream MO: Chickpea Stir Fry

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# FRIENDS OF NEWBRIDGE

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

## Benefits for Friends of NewBridge

Monthly Newsletter  
Invitation to Special Events

Discount Card to Local Businesses  
Valuable Social Connections

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

## VOLUNTEER OPPORTUNITIES

NewBridge is seeking candidates to serve on our nominating committee or our Board of Directors. *This is a great opportunity to make a difference in the community.*

### NOMINATING COMMITTEE MEMBER

**Responsibilities:** Assist in identifying and recommending candidates to serve on the NewBridge Board of Directors. The Committee will ensure on-boarding procedures and materials for new Board members are in place. The Committee may assume other duties (assisting with the development of Board evaluations, board policies, board member job descriptions) as directed by the Board.

**Committee Make-Up:** The committee will consist of 5-7 members, to include NewBridge Board members and at-large representatives from the community.

**Length of Appointment:** This is a 6 to 12 month commitment. After 6 months, Committee members may continue to assist with other duties at the discretion of the Board.

**Time Commitment:** The committee will meet 1-2 times a month as needed, for a minimum of 6 months. Additional hours may be necessary to complete other committee assignments between.

## BOARD MEMBER

**Responsibilities:** As a Board member you will help ensure strong fiduciary oversight and financial management of NewBridge. The Board will oversee effective strategic and organizational planning, monitor NewBridge Madison's services, actively advocate for NewBridge in the community, help leverage financial resources and partnerships and give a personal financial donation and/or volunteer at agency events to ensure that adequate resources are available.

**Committee Make-Up:** The Board committee will consist of 7-11 members.

**Length of Appointment:** This is a three-year appointment (no more than two consecutive terms).

**Time Commitment:** Five to ten hours per month. The Board meets monthly. Each Board member is also required to serve on a committee. Each committee will determine the frequency of their meetings. Additional hours may be necessary to complete other committee assignments between meetings.

If you would like to apply to serve on the NewBridge Nominating Committee or the Board of Directors or for more information contact Jim Krueger, jimk@newbridgemadison.org (608) 512-0000 Ext. 3005



Don't forget to renew your Friendship for 2020. You can pay on our website, or mail in the form.

# BUSINESS BENEFITS FOR FRIENDS

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



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



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



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



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



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



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

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



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



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



*And more added monthly!*

## 2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

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

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

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

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

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

How would you like newsletter?  Mail  Email  Both  None



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

**Office Use:**  
 Check # \_\_\_\_\_  
 Cash \_\_\_\_\_  
 Amount \$ \_\_\_\_\_  
 Initials \_\_\_\_\_  
 Letter Sent \_\_\_\_\_  
 Card Sent \_\_\_\_\_  
 Initials \_\_\_\_\_

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





1625 Northport Dr. #125  
Madison, WI 53704

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ORGANIZATION  
U.S. POSTAGE PAID  
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PERMIT #1410



ALL PROCEEDS GO TO FUNDING PROGRAMS FOR MADISON AREA OLDER ADULTS



**SAVE THE DATE**  
5 . 7 . 20

**BLACK  
TIE  
BINGO**

INDIVIDUAL TICKET \$100 | TABLE OF 8 \$750  
FRIEND OF NEWBRIDGE TICKET \$50

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

