



# NEWBRIDGE

Your Connection to Successful Aging

# NEWS

FEBRUARY 2021



# BLACK HISTORY MONTH

February is Black history month, a time to celebrate Black pride and recognize the amazing contributions of Black people.

Throughout the month the NewBridge Diversity & Inclusion

Program will be hosting a variety of events for Black older adults to highlight Black history, celebrate Black heroes who have enriched our country, celebrate Black music and discuss how these things have impacted their lives. All events will be held virtually to keep us all safe during COVID-19. **See pages 14-15 for more details.**

**CHECK OUT  
WHAT'S  
INSIDE!**

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

(608) 512-0000

# GENERAL INFORMATION

## MISSION

Providing older adults a bridge to successful aging.

## VISION

A Community Where All Older Adults Live Their Best Life.



## A LETTER FROM THE DIRECTOR...

Last summer NewBridge made a commitment to promote anti-racism and advance racial equity and inclusion within our organization and our work with older adults. The first step is to assess our current practices as individuals, an organization, and in our contacts with older adults.

NewBridge has established a partnership with the nINA Collective to evaluate where we are now and what areas we can improve upon.

NewBridge will also seek input from older adults, our staff and board, our supporters and collaborators and the community at large. A Core Team of NewBridge staff have been meeting to develop and implement a plan to carry out this project. *We will keep you posted.*

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

## MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

## EAST MADISON

4142 Monona Drive, Madison, WI 53716

## WEST MADISON

5724 Raymond Road, Madison, WI 53711

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## BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
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- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
  
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
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- ABIGAIL NINNEMAN, Case Manager Intern Ext. 4008
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- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Coord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Fund Devel. & Event Coord. Ext. 3012
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- GINNIE RICHMOND, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —

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

ID Statement: The 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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**Contact our Volunteer Coordinators at 608-819-0033**



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# COVID-19 SERVICES

## Bridge Buddies-Friendly Callers

Volunteers are matched with Case Management clients to do safety check calls and/or social friendly calls.

## Case Management

Case Managers are available to help older adults connect to available resources.

## Face Mask Delivery

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

## Food Bridge Delivery

Volunteers are matched with Case Management clients to deliver food from a pantry and continue as needed.



## Foot Clinics

See page 16 for more info.

## Zoom Classes & Activities

See our website and pages 6, 7, 8, 12, 13, 14, 15.

## Home Chore - *outdoor only*

Volunteers are matched with Case Management clients who need basic household chore help.



## Representative Payee & Guardianship Service

Trained volunteers are matched with vulnerable older adults who need a payee or guardian.

*Funded in part by Endres Manufacturing.*

## Take-Out Meals

Meals are available to pick up at the following locations for older adults 60+. Donations are accepted to NewBridge, 1625 Northport Dr. Madison, 53704. Call to order M-F, 8 am-4 pm with Candice at (608) 512-0000 Ext. 4006.

**Orders are due by Thurs. 10:00 am, 1 week prior.**

**Romnes Apartments, 540 W. Olin Ave.**

Monday-Friday, 11:30 am - **For residents only.**

**NewBridge West Office, 5724 Raymond Rd.**

Monday between 10:00-11:30 am

1 Meal Catered by Kavanaugh's Esquire Club

**Messiah Lutheran Church, 5202 Cottage Grove Rd.**

Tuesday and Thursday, 11:30 am-12:30 pm

**Not taking new participants.**

**NewBridge West Office, 5724 Raymond Rd.**

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

**Kavanaugh's Esquire Club, 1025 N. Sherman Ave.**

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

**LJ's Sports Tavern and Grill, 8 N. Patterson St.**

Friday between 3:00-4:00 pm

1 Meal - Hot Fish Fry

*Funded in part by UW Health, UnityPoint Health - Meriter & Quartz and CUNA Mutual Group.*




# FEBRUARY MENU - MESSIAH & ROMNES SITES ONLY


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>01</b> Cheese Tortellini Bake Spinach, Mandarin Oranges Blueberry Crisp MO - Marinara/Cheese Tortellini	<b>02</b> Chicken a la King Brown Rice, Green Beans Corn Salad, Banana Raspberry Sherbet MO - Soy a la King	<b>03</b> Pot Roast with Gravy Mashed Potatoes, Carrots Orange Juice Frosted Chocolate Cake MO - Veggie Meatballs	<b>04</b> Tomato Bean Soup Mixed Greens, Peaches Chocolate Chip Cookie MO - Tomato Soup	<b>05</b> Ham/Potato Casserole California Blend, Pineapple Tapioca Pudding MO - Soy and Potato Cass.
<b>08</b> BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Banana Cake MO - BBQ Veggie Chicken	<b>09</b> Stuffed Green Pepper Soup, Mixed Greens Spiced Apple Slices MO - Egg Salad	<b>10</b> Enchilada Casserole Fiesta Corn, Pinto Beans Mandarin Oranges Butterscotch Ice Cream MO - Bean/Cheese Burrito	<b>11</b> Mushroom Swiss Burger Green Beans, Potato Salad Fruit Cocktail Vanilla Pudding MO - Black Bean Burger	<b>12</b> Lemon Baked Fish Baked Potato, Peaches Red Velvet Cake MO - Veggie Wrap
<b>15</b> Tuna Casserole Stewed Tomatoes Pickled Beets, Apple Sauce Lemon Bar MO - Veggie Casserole	<b>16</b> Chicken Strips Honey Mustard Sauce Roasted Brussel Sprouts Coleslaw, Fruit Cup Apple Crisp MO - Veggie Chicken Strips	<b>17</b> Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Carnival Cookie MO - Veggie Taco Chicken	<b>18</b> Roasted Turkey/Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail Frosted Marble Cake MO - Garden Burger	<b>19</b> Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad Cranberry Juice Rainbow Sherbet Cup MO - Hummus and Pita
<b>22</b> *Meatballs in Gravy Mashed Potatoes California Blend, Fruit Cup Peanut Butter Cookie MO - Veg Meatballs in Gravy	<b>23</b> Tuna Salad Sandwich Tomato Soup, Tropical Fruit Strawberry Swirl Ice Cream MO - Cheese Sandwich	<b>24</b> Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Frosted Carrot Cake MO - Chickpea Joe	<b>25</b> Honey Baked Chicken Broccoli, Yams, Pears Brownie MO - Honey Baked Veggie Chicken	<b>26</b> Meat Sauce Spaghetti Noodles Wax Beans, Mixed Salad Peaches, Pumpkin Bars MO - Marinara Sauce


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# NEWBRIDGE ONLINE CLASSES & ACTIVITIES

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

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

## ZOOM STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises. The cost is \$20/month.

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

## ZOOM TECHNICAL ASSISTANCE

Tuesdays, 9:00-11:00 am

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

*To sign up, contact Deenah [DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)*

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

Tuesdays, 1:00-2:30 pm

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

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

## ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

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

## ZOOM BOOK CLUB

Wednesday, Feb. 3, 1:00-2:00 pm

Discussing Circling the Sun by Paula McLain. Our March book is Me Before You by JoJo Moyes. You are responsible for getting and returning your book each month. The Lakeview is our home library and will have the books available there for pick up or order it through another library.

*To sign up, contact Deenah [DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)*

## ZOOM COFFEE TALK WITH RUTH & DEENAH

Tuesday, February 9, 3:00-4:00 pm

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

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



# ZOOM ARTS FOR ALL: MEDITATION WITH TEXTILES

Thursday, February, 4, 11, 18  
10:30-11:45 am

Second part of this 6-week series as we learn to work with textiles in a meditational way. Artist Patrizia will be our guide. No prior experience necessary. All materials will be supplied to you free of charge.

*Contact Deenah to sign up and receive supplies and Zoom link*  
[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)

# ZOOM BINGO!

Friday, Feb. 12 & 26, 1:00-2:00 pm  
Join us for bingo with caller Diana D! Fill up a card and win a prize. Play with your own card or get them from Deenah.

*To sign up, contact Deenah*  
[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org) at least one week in advance to get bingo cards and Zoom link.



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## ZOOM POETRY WITH FABU

Thursday, February 18, 1:00-2:00 pm

Join us as we listen, recite, and write our own poetry led by Madison's Poet Laureate Fabu Carter. Poetry is a wonderful way to share words and keep memories alive; so, whether you are a novice or an accomplished poet, join us!

*Funded by Bader Philanthropies, Inc.*

**Coming in March** – a live call in show!

Watch for more details coming soon.

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

## ARTFUL AGING – DRAWING CLASS

Wednesday, February 3, 10, 17, 24

10:15 am-12:15 pm

8-week series. All levels of experience are invited. Artist Amy will lead us through a process of drawing with pencil, pen, markers, crayons or other medium. \$5 fee to cover the cost of materials – all materials needed will be supplied.

*To sign up, contact Deenah*

*[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)*

## LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'

Calling photographers from beginners to professionals. Please join us for this intergenerational and multi-cultural journey of telling our stories through photographing our lives during this pandemic – from March 15, 2020 to June 30, 2021.

*To sign up, contact Deenah*

*[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)*

## FREE PHOTOGRAPHY CLASS

Thursday, February 11, 4:00 pm

The Basics of Photography with professional photographer, Stephanie Shanks. There will be a Q&A time so bring your questions.

*To sign up, contact Deenah*

*[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)*

## SPECIAL EVENTS

These collaborative events are brought to you by NewBridge Madison, Monona Community Center, Madison Community Center & Goodman Community Center.

## ZOOM TUNES

Friday, February 12, 4:15-5:15 pm

We will kick off our Zoom Tunes Series with Essensual Beatz who delivers authentic performances of original songs and updated standards that unite past and future. *See NewBridge website for the Zoom link, [www.newbridgemadison.org](http://www.newbridgemadison.org)*

## LET'S COOK TOGETHER

Fridays, Feb. 19, 26 & March 5, 12

4:00-5:30 pm

Join UW medical students as they lead us through cooking simple, healthy recipes with six ingredients or less. We will send you the recipe and you pick up the ingredients. If you need help getting the ingredients please contact Deenah at least one week in advance. You will be sent the recipe and the Zoom link.

*To sign up, contact Deenah*

*[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)*



# REVISED INCLEMENT WEATHER POLICY



We are adapting our inclement weather policy since the Madison School District may be virtual and we can't count on their "snow day" decisions like years prior.

For everyone's safety, if the National Weather Service issues a winter weather warning or advisory that goes into effect for a weekday between 8:00 am-4:00 pm for Dane County, **\*\***most take-out meals, foot care clinics, and all other in-person activities will be canceled.

We will re-open the next business day once the warning or advisory is lifted. All warnings and advisories are announced on major television and radio

stations. A message on our answering machine will also announce any closings.

Warnings and advisories include the following:

- Winter Storm Warning or Advisory
- Blizzard Warning or Advisory
- Wind Chill Warning or Advisory
- Ice Storm Warning or Advisory

(**\*\***For the Romnes and Messiah take-out sites: If the warning or advisory goes into effect **after** 12:00 pm, meals **will** be served.)

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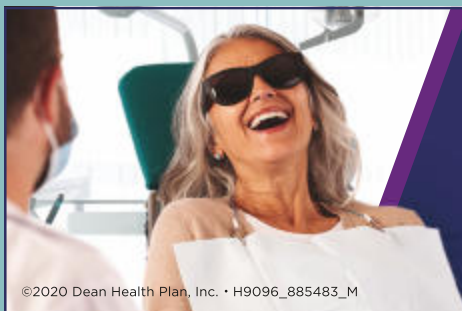
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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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## MONONA SENIOR CENTER ACTIVITIES



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

### MAINTAINING MENTAL HEALTH

Thursday, February 4, 1:00-2:00 pm  
Gretchen Schadeberg, NewBridge Case Manager will be discussing the prevalence of mental health concerns in older adults and how to recognize warning signs, with a special focus on Seasonal Affective Disorder. She will also provide tips to maintaining mental stimulation and

keeping spirits up during the winter.  
*Call (608) 222-3415 to share your email address to receive the invite.*

### WINTER ENERGY SAVINGS PRESENTATION BY MG&E

Tuesday, February 9, 10:00 am  
Come learn what is fact or fiction when it comes to saving energy this winter. Laura Paprocki will discuss possible improvements, dispel myths, and answer any questions you have when it comes to your homes energy use. Come discuss simple or complex ideas about energy use in your home.  
*Call (608) 222-3415 for an invite to this virtual event.*

## MADISON SENIOR CENTER ACTIVITIES



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

### Fossil Safari

Thursday, February 16, 9:30 am  
Join the UW-Madison Geology Museum in a time-traveling safari to ancient Wisconsin! You will get to see what Wisconsin looked like 450 million years ago when it was covered by a shallow, tropical sea. *Find the registration link at [madison-seniorcenter.org](http://madison-seniorcenter.org) or by emailing [gflesher@cityofmadison.com](mailto:gflesher@cityofmadison.com).*

### Advance Planning for Everyone

Wednesday, February 24, 10:00 am  
You need a will! It doesn't matter how much money that you have. Our presenter, Chris Schmidt is an attorney at Boardman Clark. He will cover the following important points:

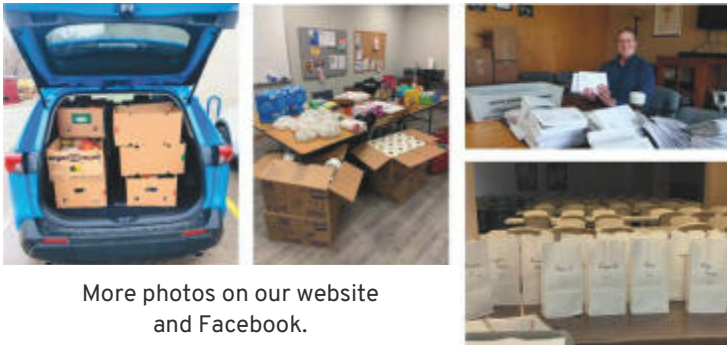
- Why is a will important for you to have?
- Why everyone should have a power of attorney for finances and health care?
- What is the difference between a power of attorney and a will or trust?
- What should you consider when planning for retirement benefits?

*Find the registration link at [madison-seniorcenter.org](http://madison-seniorcenter.org) or by emailing [gflesher@cityofmadison.com](mailto:gflesher@cityofmadison.com).*

# OUR COVID IMPACT REPORT

Our offices were closed to the public Wednesday, March 18 and NewBridge staff has been working remotely and limited in the office and through that, we've been able to help hundreds of local older adults and we continue to serve those in need.

We track our impact monthly and post our report on our website and Facebook.



More photos on our website and Facebook.

**March 30, 2020-December 31, 2020**

**191 business days**

- 1,594 Case Management Intake Calls
- 369 Older Adults receiving Food Bridge Deliveries (groceries from a food pantry)
- 528 Necessity Kit Deliveries (cleaning and hygiene items)
- 195 Face Mask Deliveries
- 43 Older Adults matched with a Bridge Buddy (friendly caller)
- 32,220 Take-Out Meals

*"You are a God sent to so many people, especially in these trying times. God Bless."*

*"Thank you to NewBridge for offering the meals to us – words literally cannot do justice in saying thank you for this."*

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# FEBRUARY DIVERSITY & INCLUSION ACTIVITIES

Activities are developed for Spanish Speaking older adults that focus on socialization and health education. Activities offered in Spanish only.

*These activities are free for Spanish Speaking older adults (60+) who live in Dane County.*

*Funded in part by UW Health, UnityPoint Health-Meriter & Quartz and CUNA Mutual Group.*

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

To register for the activities below:  
**See NewBridge website for the Zoom link [www.newbridgemadison.org](http://www.newbridgemadison.org)**  
**Consulte el sitio web de NewBridge para obtener el enlace Zoom**

## ZOOM CHATS WITH GARRETT CÍRCULO DE AMIGOS

Wed., Feb. 10 & 17, 1:00-2:30 pm  
Miércoles, el 10 y 17 de Febrero  
1:00-2:30 pm

Join us on zoom for informal chats where we can get to know one another and talk about what matters to us most!

Únete a nosotros en el zoom. Vengan a tomarse un cafecito, charlar, y platicar en un ambiente familiar para una oportunidad de conocernos mejor!

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**¡SÍGUENOS EN FACEBOOK!**  
**[www.facebook.com/groups/newbridgelatinx](http://www.facebook.com/groups/newbridgelatinx)**

## ZOOM BILINGUAL BINGO

### BINGO BILINGÜE EN EI ZOOM

Friday, February 26, 2:00-3:30 pm  
Viernes, el 26 de Febrero, 2-3:30 pm

## ZOOM DISCUSSION GROUP

### GRUPO DE DISCUSIÓN EN EL ZOOM

Every Friday, 10:00-11:30 am

Cada Viernes, 10:00-11:30am

Join us on zoom as we discuss relevant issues on health, wellness, and important themes within our community.

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

## ZOOM VALENTINES DAY PARTY

### FIESTITA DE SAN VALENTÍN

Friday, February 12, 3:00-4:15 pm

Viernes, el 12 de Febrero, 3:00-4:15 pm

Love's in the air! Come celebrate love and friendship at our valentines day party!

¡El amor está en el aire!

¡Ven a celebrar el amor y la amistad en nuestra fiesta del día de San Valentín!



## ART CLASS WITH PATRIZIA FERREIRA

### HAGÁMOS ARTE CON HILOS Y TELA

Lots of beautiful things can be made with just a few scraps of fabric and different colored threads. There are tons of ancient techniques that we can use to create. This is a class to enjoy the slow pace that sewing can provide us.

Se pueden hacer montones de cosas hermosas con apenas unos restos de tela e hilos de distintos colores. Hay montones de técnicas ancestrales que podemos usar para crear. Esta es una clase para disfrutar del ritmo desacelerado que nos propone la costura.

*Contact Garrett for date and time.*

*Contacte a Garrett por la fecha y la hora.*

## YOGA SUAVE

Mondays, 10:00-11:15am

los Lunes, 10:00-11:15am

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

11 week course- A good option for all levels and abilities. This yoga class combines slow, gentle movements and focuses attention on the breath. Please bring your own yoga mat to class.

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

Offered in collaboration with MSCR.

*To sign up, contact Garrett.*

*Hable con Garrett para inscribirse.*

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**LET'S GET STARTED!**  
First, contact your county Aging and Disability Resource Center (ADRC).  
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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# FEBRUARY DIVERSITY & INCLUSION ACTIVITIES

Activities are developed for Black older adults that focus on socialization and health education.

*These activities are free for Black older adults (60+) who live in Dane County.*

*Funded in part by UW Health, UnityPoint Health-Meriter & Quartz and CUNA Mutual Group.*

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

**If you did not receive a schedule of Black History Month programming in the mail, please contact Deana to inquire about specific dates and times of activities.**



## TASTY TUESDAY

Tuesday, February 23 5:00-6:30 pm

### A Heart Healthier Soul Food Dinner

Air-fried chicken, collard greens, candied yams, mac-n-cheese, dressing, cornbread, sweet potato pie and peach cobbler. Sound yummy? Enjoy a healthy soul food dinner while socializing and sharing your personal Black life experience with others. Dinners will be delivered prior to event.

## BLACK HISTORY BINGO

Thursday, Feb. 25, 3:00-4:30 pm

Learn about Black history; the people, places and information while trying your luck at winning cool prizes. Game cards and pieces will be delivered prior to event.

## BLACK GIRL MAGIC YOGA

Tuesday, Feb. 9, 10:00-11:15 am

Learn about the history of Blacks and yoga, then join instructor Venus Washington for a class that's gentle, low impact. Mats not required, but suggested.

## BEYOND MLK

Wednesday, Feb. 17, 2:00-3:30 pm

Black History Month provides the opportunity to celebrate heroes who've enriched our country. Join us as we introduce you to some Black men and women, you may not be quite as familiar with, who also contributed to the enrichment of our country.

## BLACK MOVIE MONDAY

Friday, Feb. 26, 3:00-6:00 pm

Get comfy in your favorite chair, grab your laptop, and we'll provide the popcorn. Join us for, 'The United States vs. Billie Holiday', which explores the tragic story of the musical legend and civil rights activist, her encounters with the FBI and the racial inequalities in the 40's.

## SAY IT LOUD: BLACK PRIDE AND BLACK ANTHEMS

Friday, Feb. 19, 5:00-6:00 pm

We'll be celebrating Black music by spotlighting Black artists whose voices and songs had great impact, throughout the decades and across genres. If you don't know the song, "Lift Every Voice and Sing," plan to learn that and more!

## THINK CAP CAFE

Thursday, Feb. 11, 11:00am-12:15 pm

Alzheimer's disease (the most common type of dementia) is the 4th leading cause of death for Black people.

Loneliness, isolation and sitting all day, which many people are dealing with during the pandemic, have been identified as risk factors. There are ways to reduce the risk for dementia and

some cases, slow the progression of the disease. Join the fun, weekly, in partnership with Alzheimer's & Dementia Alliance of Wisconsin.

## THE COLOR OF COVID

Time and Date TBA

Black and Latinx people have been three times as likely as white people to become infected with COVID-19, and twice as likely to die, according to federal data. Underlying conditions put older Black people at higher risk. Join local Black and brown health professionals as they share information about the vaccine, and when you can expect it to be available. Get all your questions answered about the vaccine, so you can make the best decision for yourself, and your family.

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

*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.*

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

### COVID Procedure for Foot Clinics:

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

### EAST MADISON

Monona United Methodist Church  
606 Nichols Road, Monona  
Tuesday, Feb. 9, 16, 23, 9:30-11:45 am

### NORTH MADISON

Goodman Community Center  
149 Waubesa Street  
Wednesday, February 10, 10:00 am-Noon

## MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

### REOPENING MONDAY, FEBRUARY 1

**We ask that you call ahead and please wear a mask when you pick up equipment.**

*We are not accepting donations at this time.*





# COVID-19 TESTING

Public Health of Dane County recommends testing for:

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


# TESTING SITE OPTIONS

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

- **Alliant Energy Center, 1919 Alliant Energy Center Way, Madison**  
Mon., Wed., Fri., Sat. 8:00 am-4:00 pm  
Tues. and Thurs. 8:00 am-8:00 pm  
No appointment necessary but is available
- **South Madison Community Test Site, Public Health WIC Clinic, 2230 S. Park St, Madison**  
Mondays and Fridays, 8:00 am-4:00 pm  
Wednesdays, 12:00pm-8:00pm  
If you can, make an appointment (608) 243-0302  
Must wear a face covering.

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

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# VOLUNTEER OPPORTUNITIES

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

To apply, please fill out our application on our website <https://www.newbridgemadison.org/volunteer#App>

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

## FOOT CLINIC VOLUNTEERS

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

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

**LOCATION**—Westside clinic

## 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 per month

**IMMEDIATE NEED**—20+ volunteers

**TO APPLY**—Contact Mary Schmelzer (608) 238-7787 or <https://www.rsvpdane.org/volunteer/i-want-to-volunteer>

## TAKE-OUT MEAL VOLUNTEERS

**DESCRIPTION**—Deliver meals to older adult residents at Romnes apartments, 540 W Olin Ave. Monday-Fridays from 9:30 am-12:00 pm.

**TIME COMMITMENT**—2.5 hours on Monday-Fridays or any days of the week you have available.

**IMMEDIATE NEED**—2 volunteers

## FRIENDS COMMITTEE

**DESCRIPTION**—We are looking for volunteers to join our Friends of NewBridge committee to plan and implement one or two annual events for the Friends of NewBridge, and also help to promote NewBridge and the friendship opportunity.

**TIME COMMITMENT**—Monthly meetings via Zoom, 2nd Thursday of each month, 2:00-3:30 pm.

**IMMEDIATE NEED**—1-3 volunteers

**CONTACT**—Ruth Hellenbrand at (608) 512-0000 Ext. 3012 or [RuthH@newbridgemadison.org](mailto:RuthH@newbridgemadison.org)



# LAWN MOWING VOLUNTEERS NEEDED!

Help an older adult stay independent by volunteering to mow their lawn for the **2021** summer season



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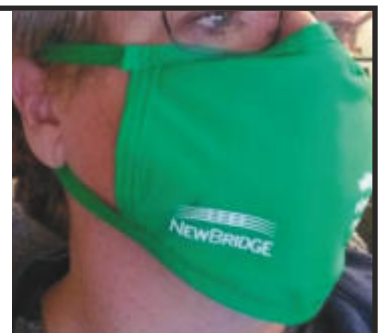
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[facebook.com/NewBridgeMadison](https://www.facebook.com/NewBridgeMadison)



# COVID-19 VACCINE

## HELP PROTECT THE VULNERABLE (AND YOURSELF) GET VACCINATED!



Many people are feeling a sense of relief now that COVID-19 vaccines have been developed and some are concerned or resistant about getting vaccinated. They don't

trust the vaccine or they had COVID and believe they are immune. The COVID-19 vaccines in the United States have been shown to be highly effective. The vaccine may help you from getting seriously ill and protect

the people you care about. You can also protect people at increased risk for severe illness including the older adult community. If you have had COVID-19 you still should get vaccinated. Experts do not know how long the immunity lasts and you run the risk of getting sick again or passing it on to others. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed. Until a large portion of the community is vaccinated the best way to protect yourself and others is to keep wearing masks and practice social distancing. Please encourage older adults and the others around you to get vaccinated. **Once the COVID-19 vaccine is made available for all older adults** please contact your health care provider for information.

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# REGULAR SERVICES AND ACTIVITIES

## Case Management

*“Your connection to community resources”*

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

## Home Chore

*“Your connection to helping hands”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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



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

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Nutrition Sites

*“Your connection to nutritious meals”*

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



## Representative Payee & Guardianship Service

*“Your connection to trained volunteers”*

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

## Medical Equipment Loan Closet

*“Your connection to health equipment”*

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

## Diversity & Inclusion Activities

*“Your connection to your peers”*

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



## Classes & Activities

*“Your connection to golden opportunities”*

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

## LED Activities (Living Every Day)

*“Your connection to enjoyable experiences”*

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

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

## 2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

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Send my monthly newsletter via  mail  email  both  none

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

\$ \_\_\_\_\_ In honor/memory of: \_\_\_\_\_

I wish my donation remain anonymous



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

You can also purchase a friendship or make a donation on our website at [newbridgemadison.org](http://newbridgemadison.org). Friendships are renewed annually.

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