



NEW BRIDGE NEWS

Your Connection to Successful Aging

FEBRUARY 2022

February is Black History Month, a time to celebrate Black pride and recognize the amazing contributions of Black people. See pages 6-7 for more details.



INCLEMENT WEATHER POLICY: If the Madison Metropolitan School District closes due to weather conditions, all NewBridge programs and activities will be cancelled.

**CHECK OUT
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newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

February is Black History Month. The theme is Black Health and Wellness. A wide disparity of access to quality healthcare exists in our society that negatively impacts outcomes for Blacks. The medical establishment has a history of mistreating Black patients that has created medical mistrust. Inequities in access to health insurance, health care facilities, and treatments to institutional practices have made it more difficult to obtain care. In Dane county health service providers are working to establish cultures of trust with Black patients. Improved communication and transparency, dispelling false beliefs, and creating more welcoming environments would impact the health, wellness and longevity for Black older adults. Awareness, commitment and action can create impactful change. *Jim Koenig*

CONTACT US

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Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

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- STEPHANIE MUNOZ- Project and Community Engagement Associate, Kids Forward

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- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JOANNE MORTON, Case Manager Ext. 3006
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- LAUREN JACOB, Case Manager Intern Ext. 4008
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- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002

- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006

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

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

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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SERVICES AND ACTIVITIES

Bridge Buddies

“Your connection to a friendly caller”

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

Case Management

“Your connection to community resources”

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



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

Classes & Activities

“Your connection to golden opportunities”

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

Diet Consultations & Healthy Aging Workshops

“Your connection to nutrition and wellness.”

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

Diversity & Inclusion Activities

“Your connection to your peers”

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

Food Bridge

“Your connection to wholesome groceries”

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

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



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

Home Chore

“Your connection to helping hands”

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

Medical Equipment Loan Closet

“Your connection to health equipment”

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

Mental Health Resources

“Your connection to mental health resources”

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

Nutrition Sites

“Your connection to nutritious meals”

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

Sponsored by: Oscar Rennebohm Foundation

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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



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DIVERSITY & INCLUSION ACTIVITIES

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



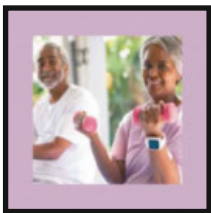
Deana Wright
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(608) 512-0000 Ext. 2007
DeanaW@
newbridgemadison.org

To register for activities:

See *NewBridge website for the Zoom links www.newbridgemadison.org or contact Deana.*

CHAIR EXERCISE

Mondays, 9:00-9:45 am



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

DIALOGUE WITH DEANA

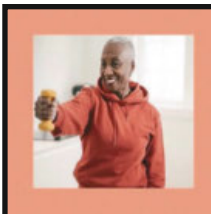
Mondays, 3:00-4:00 pm



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

BALANCING ACT

Tuesdays, 1:00-1:45 pm



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

GET MOVIN' ON ZOOM

Tuesdays & Thursdays, 1:00-2:00 pm

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

COLOR ME HEALTHY

Tuesday, February 15, 3:00-4:00 pm

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

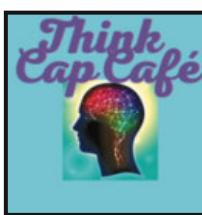
BLACK SPACE

Thursdays, 3:00-4:00 pm

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

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



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

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

BINGO

Friday, February 18, 3:00-4:00 pm

Game cards and chips will be mailed prior to the program. Gift cards will be mailed to game winners. *Sign up with Deana by Friday, February 11.*

LIFT EVERY VOICE: BLACK POETS & BLACK POETRY

Sunday, February 13, 1:00-2:00 pm

Join poet, storyteller and Madison's first Black Poet Laureate, Fabu Carter, for an afternoon of poetry. Her poems, your poems and the poems of other Black poets will be read and discussed.



BHM MOVIE SCREENING & DISCUSSION- TONI MORRISON: THE PIECES I AM

Sunday, February 20, 1:00-4:00 pm
 Grab your laptop, find a comfy place to sit and we'll provide the popcorn! Join us as author Toni Morrison leads an assembly of peers, critics and colleagues on an exploration of race, America, history, and the human condition. Release Date: 2019

Please be sure to check the NewBridge website and Facebook page for additional Black History Month programs. If you'd like to receive email notifications of programs and activities, join our email list by contacting Deana by phone or email.



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ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



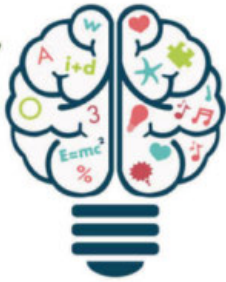
Katia Vine
Diversity & Inclusion
Program Coordinator
(608) 512-0000 Ext. 3009
KatiaV@
newbridgemadison.org

Para inscribirse a las actividades:

Consulte el sitio web de NewBridge para obtener el enlace Zoom
www.newbridgemadison.org

LA CAFETERIA DE LA MEMORIA

Jueves, 9:30-10:30 am



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

y conversaremos acerca de ellas los jueves de la siguiente semana. Regístrese vía Katia.

LA REUNIÓN

Viernes 11, 18, 25 de febrero

10:00-11:30 am

¡Conéctate vía zoom! conversaremos acerca de temas relevantes sobre la salud, el bienestar y otros temas importantes para la comunidad latina.

TARJETAS POR SAN VALENTIN

Viernes 4 de febrero, 10:00-11:00 am

¡Prepárense para celebrar el día del amor y la amistad haciendo tarjetas para nuestros amigos, familiares, y seres queridos! Regístrese vía Katia antes del 1ro de febrero. El material será enviado por correo.

CÍRCULO DE AMIGOS

Cada otro miércoles del mes 9 y 23 de febrero 1:00-2:00 pm

Únete a nosotros en el zoom. ¡Vengan a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

LUNES DE PELICULAS

14 de febrero a las 3:00 pm

Aliste sus palomitas de maíz/Pop corn y celebremos juntos el día de la amistad viendo "Encanto."

BINGO

22 de enero a las 10:00 am

¡Regístrese antes del 18 de febrero!

CLASES DE MEDITACIÓN

Todos los viernes de 9:00-9:40 am

Empezando del 18 de febrero al 25 de marzo

YOGA SUAVE

Todos los lunes de 10:15-11:15 am

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gracias a la

colaboración de

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¡Regístrese hoy!

Yoga Suave



BIENVENIDA KATIA

María Katia Vine, originalmente de Lima, Perú, es la nueva Coordinadora de Diversidad e Inclusión de NewBridge Madison. Le gusta que la llamen Katia y se graduó recientemente de la Universidad de Wisconsin, en el programa de Genética (¡Arriba los Badgers!). Antes, ella trabajó para Access Community Health Centers y otros Hospitales y clínicas del condado de Dane como Interprete médico en español. En su tiempo libre, a Katia le gusta pasar el tiempo y jugar con su hijo de 3 años, su esposo, 2 perros y 2 gatos. A ella también le gusta mucho cantar, hacer manualidades y siempre está buscando un nuevo proyecto que empezar.

Katia está muy emocionada de empezar en este nuevo rol con NewBridge Madison para poder apoyar y trabajar con la comunidad Latinx del condado de Dane.

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

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CLASSES & ACTIVITIES



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

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

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

Are you interested in playing Gin Rummy or Bunco on a regular basis, in-person with others? If so, please contact Deenah.

PING PONG - In-Person

Mondays, 9:00 am-Noon

Warner Park Comm. Rec. Center

Do you like to play ping pong? *If you are interested in joining a group of people who play weekly contact Deenah.*

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays

9:00-10:00 am

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

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

SPIRIT & STRENGTH - Zoom

SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

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

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

EASY YOGA PLUS - Zoom

Wednesdays and Fridays

10:00-11:00 am

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

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

BOOK CLUB - Zoom

Wednesday, February 2

10:00-11:00 am

Discussing Fried Green Tomatoes at the Whistle Stop Café by Flagg. Our March selection is: The Hungry Tide by Ghosh. Please remember, you are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club. *To get more information, contact Deenah.*

ARTFUL AGING - *In-Person*

Wednesday, February 2-March 23
1:00-3:00 pm ***NOTE DATE CHANGE**

Warner Park Comm. Rec. Center
Artful Aging with Amy Conover Cavi is back! This time we'll be focusing on painting. You'll learn watercolor techniques, as well as acrylics. Join us on for painting in a supportive, comfortable environment. *For more information, contact Deenah.*

CARD MAKING CLUB -*In-Person*

Wednesday, Feb. 9, 1:00-3:00 pm
Warner Park Comm. Rec. Center
If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

MINDFULNESS MOVEMENT FOR LGBTQ FOLKS, FRIENDS & ALLIES - *In-Person*

Wednesdays and Fridays
10:15-11:45 am (No class Feb. 4, 9 & 11)

Warner Park Comm. Rec. Center
Have more energy, feel more relaxed, learn to be mindful and reduce stress while having fun. Gently stretch energy meridians, practice calming breathing techniques, and improve your body's natural healing ability. Small donation requested, your choice.

This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen, M.Ed., MS, Energy Practitioner since 2005. To get more information or to register, contact Deenah.



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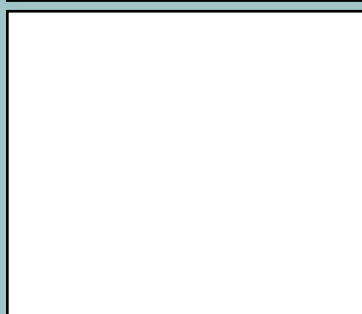
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CHAIR YOGA - *In-Person*

Thursdays, 10:30-11:30 am

Warner Park Comm. Rec. Center

Please join Instructor Kim S as she leads you through a series of gentle stretch and yoga movements either from a standing or seated position. This class is good for all ability levels. *To get more information or to register, contact Deenah.*

MAHJONG - *In-Person*

Thursdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

You need your own game pieces to play.
To get more information, contact Deenah.

SEWING CLUB - *In-Person*

Thursday, February 3 & 17

9:00 am-Noon

Warner Park Comm. Rec. Center

Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

HOW TO GET YOUR ITEMS MENDED:

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

SASSY STEPPERS

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

To get more information, contact Deenah.

BINGO! - *Zoom and In-Person*

Every Friday, 10:15-11:15 am

Warner Park Comm. Rec. Center

February 4 - In-Person

February 11 - In-Person

Zoom *1:00 pm start

February 18 - In-Person

February 25 - In-Person

Zoom *1:00 pm start

Join caller Diana D & Don and other friends as we play Friday Bingo and one lucky winner will receive a gift card.

Contact Deenah to sign up for Zoom to get your bingo cards and Zoom link.

MY CAMERA AND EYE

Coming in March!

“A photo does not always have to be technically perfect to be a masterpiece; after all, life is perfect not and yet we find it wonderful.” Nina Hrusa.

Please join this innovative group led by facilitator Pam Philips Olson as we explore visual impression by viewing photos taken by ourselves or others; and we will discuss how they affect us. We will share pictures we've taken in the past to preserve their fleeting quality, or those that we have taken recently that have moved us deeply.

To get more information or to register, contact Deenah.



COLLABORATIVE CLASSES & ACTIVITIES

Brought to you by NewBridge, Monona Senior Center, Madison Senior Center & Goodman Community Center.

ALTERED PERSPECTIVES-Zoom

Wednesdays, January 25-March 1
10:30-11:45 am

We all need to alter our perspective sometimes. Join artist Patrizia from Arts for All on this creative journey as we challenge our viewpoints and look at things from a variety of angles. We will play with materials and techniques to generate new perspectives. This is a mixed media workshop. Class is free and all materials are provided. *For more information, contact Deenah.*

MIND OVER MATTER; HEALTHY BOWELS, HEALTHY BLADDER - Zoom

Fridays, January 21, February 4 & 18
1:00-3:00 pm

This online workshop is designed to give women the tools they need to take control of their symptoms. The cost of the workshop is \$20 which includes educational material that will be mailed to you prior to the workshop.

To sign up, contact Deenah.



See page 14 for additional classes & activities.

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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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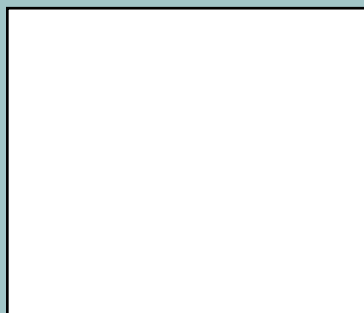
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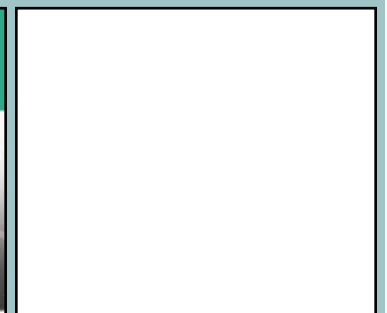
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COLLABORATIVE CLASSES & ACTIVITIES

Brought to you by NewBridge, Monona Senior Center, Madison Senior Center & Goodman Community Center.

WELLNESS WARRIORS - Zoom

Wednesdays, February 9-March 23
3:00-4:15 pm

"We get by with a little help from our friends." Please join this lively group of older adults as we navigate the aging process with curiosity, wisdom and aplomb! This weekly support group is led by an Edgewood College teacher, one of her students, and NewBridge and Goodman Community Center staff. We often have guest speakers who present on things that we want to hear about – from brain health, staying active, how to stay safe in these trying times and so much more. Each week the topics are directed by what the group wants to learn or know more about. *To get more information, contact Deenah.*

LET'S COOK TOGETHER - Zoom

Wednesdays, January 26-March 2
4:00-5:30 pm

Join us virtually as we cook together. UW Med students will demonstrate how to cook the featured dish as well as share nutrition information/facts suggested by the group. Recipes will be sent out prior to the cooking session so you will have time to gather your ingredients. *To get more information or to register, contact Deenah.*

HEART HEALTH

PRESENTATION - Zoom

Thursday, Feb. 24, 10:00-11:00 am
February is American Health Month! Join Shannon Gabriel, Registered Dietitian and Healthy Aging Coordinator, from the Area Agency on Aging of Dane County, as she shares tips to keep your heart healthy for a lifetime. *To get more information or to register, contact Deenah.*

BONE HEALTH PRESENTATION- Zoom and In-Person

Tuesday, February 8, 1:00-2:00 pm
Goodman Community Center
214 Waubesa St.

Please join Presenter Ellen Millar as she presents on Bone Health. The discussion will include: information about the skeletal system (bones and joints), bone types and functions, bone issues – fractures, cancer, the spine and common problems, effects of aging on bones, Osteopenia and Osteoporosis and ways to keep the bones healthy and strong.

To get more information or to register, email thewonderofyoga@gmail.com or call Deenah. If you choose to view from home, you will receive a Zoom link the day before the presentation.



FRIENDS OF NEWBRIDGE

We invite you to join the Friends of NewBridge. The Friends support our mission and our work with older adults in Madison and Monona. They also have the opportunity to participate in a variety of programs, events, meetings, volunteer opportunities and more.

See page 24 or our website to sign up today!

Benefits for Friends of NewBridge

- Monthly Newsletter
- Discount Card to Local Businesses
- Invitation to Special Events
- Valuable Social Connections



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

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

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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, Feb. 8, 15, 22, 9:30-11:45 am

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Monday, February 14, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Thursday, February 3 & 24, 9:00 am-Noon

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

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, February 22, 9:00-11:40 am



MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

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

Stepping Up Your Nutrition



Did You Know? Malnutrition can cause muscle loss and dizziness and increase your risk of falls.

You may be at risk if you are: losing weight without dieting, not getting enough to eat, losing muscle strength, have two or more chronic conditions, or not drinking enough fluids.

Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health

Identifying malnutrition risk among older adults is important.

- 1-in-2 older adults may be at risk for Malnutrition
- Annual costs for disease-associated malnutrition are estimated at \$51.3 billion
- Although prevalent, malnutrition often goes unrecognized

Monday, March 14: 1:30-3:30 p.m.
Online via Zoom; Cost: FREE

Facilitator: Shannon Gabriel, RDN, CD
Registered Dietitian Nutritionist & Healthy Aging Coordinator
Area Agency on Aging of Dane County

To Register Contact: Shannon at 608-261-5678
or Gabriel.Shannon@countyofdane.com



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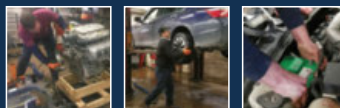
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options, contact your local ADRC.

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HUAN-HUA CHYE

TELL US A LITTLE ABOUT YOURSELF AND YOUR BACKGROUND?

I grew up in the San Francisco Bay Area and came to Madison because my husband started a grad school program at UW. We liked it here, so we stayed! I studied linguistics at UC Berkeley and now work as an account manager at a medical translation agency. In my free time, I keep busy with many hobbies, including cooking, playing guitar, keyboard, and singing (I play in bands including Gentle Brontosaurus, Vowl Sounds, and miscellaneous owl), sewing, knitting, biking, and drawing. Before the pandemic brought things to a halt, I was also volunteering at the Dane County Humane Society doing wildlife rehab with injured or orphaned birds and mammals.

WHAT BROUGHT YOU TO NEWBRIDGE AS A VOLUNTEER?

My friend Cedric Johnson is on the NewBridge Board of Directors and towards the beginning of the pandemic, he mentioned the Food Bridge volunteer opportunity to me. My other regular volunteer gig at the time had stopped due to COVID concerns, and I was looking for another way to volunteer.



WHAT DO YOU ENJOY MOST ABOUT VOLUNTEERING?

I love that the volunteer work gets me out of my own head for a little bit and helps me focus some positive energy outwards. I'm studying Spanish to be able to communicate better with one of my clients who is a native Spanish speaker, and it feels very rewarding to get a little better at talking to her every week. I enjoy the human connection and getting to chat with my clients and help them out with their groceries. My clients are so sweet and kind and it's always a pleasure to talk to them.

WHAT INSPIRES YOU TO VOLUNTEER?

I started volunteering at NewBridge during the pandemic, as I was feeling stressed out, isolated, frightened, and powerless in the face of everything happening across the world at the time. Volunteering with Newbridge made me feel like I had the power to make positive changes and give something back to my community despite everything else going on around me.

WHAT WOULD YOU SAY TO OTHERS WHO ARE THINKING ABOUT VOLUNTEERING?

Do it! The time commitment is pretty low and the hours are flexible as you can work out the timing with your individual clients; it's also quite safe as far as COVID because the food pantries have great safety protocols. It is very rewarding to feel like you can make a tangible difference for the people in your community.



Volunteer Today!

Application → 

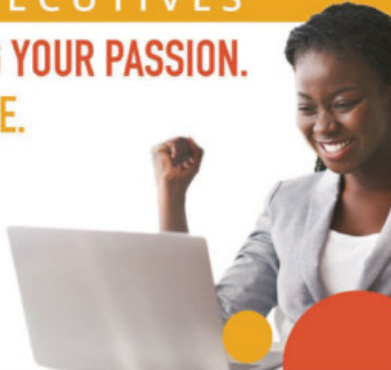
We need your help to make sure all people 60+ have the chance to have a warm nutritious meal! Utilize your excellent people skills to provide great service to older adults attending NewBridge nutrition sites all around Madison. Tasks include: Serving meals to the participants, serving beverages, making coffee, socializing with older adults as they eat their meals, and help cleaning-up after the meal.

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CHERYL BATTERMAN, RETIRES IN FEBRUARY



Cheryl Batterman, Manager of the Area Agency on Aging of Dane County, is retiring on February, 2 of 2022. For the past 24 years, Cheryl has been a leading advocate for the needs of older adults in Madison and Dane County.

Cheryl started her work with older adults as Director of Programs at the Colonial Club in Sun Prairie. In 2002 Cheryl Batterman was named Executive Director of the North/Eastside Senior Coalition (NESCO), one of the four coalitions that eventually merged to become NewBridge. Cheryl helped take NESCO to another level. She secured additional funding for older adult programs and services and raised the level of programs and services provided for older adults. Under her direction NESCO achieved both State and

National Accreditation as an exemplary organization serving older adults in the community. She hired quality staff, modeled amazing leadership and team building skills, and continues to serve as a mentor (and friend) for many of her former employees. Cheryl also started a fundraiser, AppleFest in 2003, that was a staple on the north/east side of Madison for many years.

In 2012, Cheryl left NESCO to become the Manager of the Area Agency on Aging (AAA) of Dane County. AAA secures county and federal monies to support services provided by the NewBridge and the 11 other Senior Focal Points in Dane County. Under Cheryl's leadership funding has increased for the traditional older adult programs managed by AAA as well as adding a few new programs.

On behalf of NewBridge, thank you Cheryl for all you have done for older adults in Dane County! Best wishes for your retirement and enjoy the extra time with your grandchildren. ***You will be missed.***



ERIN FABRIZIUS, BRAVA 2022 WOMAN TO WATCH

NewBridge Board Member Erin Fabrizius is recognized as a *BRAVA 2022 Woman to Watch* in latest edition of Brava Magazine. Check out the full article on our website or bravamagazine.com.



LOBBYING FOR GOOD

As a farm girl growing up in Poynette, Wis., Erin Fabrizius never imagined she would be a lobbyist, educating Wisconsin nonprofit groups on unlocking their potential through policy and legislation. But after graduating with degrees in

strategic communications and political science from UW Madison in 2010, Fabrizius landed a role with Blumenfeld & Associates, a lobbying firm in Madison. “Lobbyists often get a bad rap, and I never really considered it as a career. I thought I might go to law school,” she says. “But as I started learning about lobbying, I began questioning why I would work within the confines of the law if I could instead help change the laws for the better.”

When she’s not at the Capitol helping her clients advocate and argue their cases, she finds ways to lend her 10 years of expertise to other nonprofit groups through volunteering. Whether it’s serving on the board for NewBridge Madison, a group that provides services for older adults, or presenting at the WI Women’s Network about how to testify at state legislative public hearings, Fabrizius hopes to continue to tie together her passion for advocacy and helping others.

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CONGREGATE MEAL SITES



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

RESERVATIONS

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

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

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

Transportation reservation is always required.

DONATION

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

SOUTH & WEST MADISON

Hy-Vee West, 675 S. Whitney Way

Wednesday, 10:00 am-1:00 pm

**No meal reservation required*

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

Lechayim at Beth Isreal Center

1406 Mounds St.

Mondays, Noon - *Call to Confirm Dates*

For reservations call (608) 442-4083 by 2:00 pm

the preceding Wednesday. A meatless or strictly

kosher option is available. Catered by UW Hillel

Adamah Catering.

NORTH & EAST MADISON/ MONONA

Hy-Vee East, 3801 E. Washington Ave.

Wednesday, 10:00 am-1:00 pm

Fridays, 10:00 am-1:00 pm

**No meal reservation required*

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

HY-VEE MENU

Breakfast Combo #1	Breakfast Combo #2	Breakfast Combo #3	Breakfast Combo #4
Morning Sandwich with scrambled egg, ham, and cheese	Brioche French Toast 2 pieces	Garden Omelet 2 eggs, cheese; ½ cup total of: mushrooms, onions, bell peppers, tomatoes	Biscuit with Sausage Gravy + Scrambled Egg ¾ order biscuit + 1 egg
English Muffin	Ham Steak 3 ounces	Choice of Toast 2 pieces	Apple Pecan Kale Salad 1 cup
Fresh Fruit Mix 1 cup	Fresh Fruit Mix 1 cup	Banana 1 small or ½ med./lg.	Fresh Squeezed OJ 8-ounces
Milk 8-ounces	Milk 8-ounces	Milk 8-ounces	Milk 8-ounces

A cup of coffee included with all meals, available upon request. Unlimited refills for a fee. No substitutions.

Lunch combos available starting at 11:00 a.m.

Lunch Combo #1	Lunch Combo #2	Lunch Combo #3	Lunch Combo #4
Baked Chicken 3 ounces 1 breast or 1 thigh + 1 leg	Pulled Pork Sandwich 3 ounces, hamburger bun	Beef Lasagna 1 cup portion	Meatloaf 3 ounces
Dinner Roll 1 roll	Rainbow Rotini Salad ½ cup	Garlic bread 1 piece	Loaded Corn Muffin 1 muffin
Mashed Potatoes with gravy ¾ cup	Pickled Beets ¾ cup	Fresh Mixed Greens choice of dressing 1 cup	Mashed Potatoes with gravy ¾ cup
Waldorf Salad 1 cup	Fresh Fruit Mix 1 cup	Fresh Fruit Mix 1 cup	Waldorf Salad 1 cup
Milk 8-ounces	Milk 8-ounces	Milk 8-ounces	Milk 8-ounces

A cup of coffee included with all meals, available upon request. Unlimited refills for a fee. No substitutions.

FEBRUARY MENU FOR THE BELOW SITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Chili Cheese, Baked Potato Cornbread, Cinn. Apples Choc. Chip Cookie MO – Veggie Chili	02 Chicken a la King Brown Rice, Capri Blend Broccoli Salad, Fruit Cocktail Frosted Chocolate Cake MO – Soy a la King	03 Traditional Meatloaf Yams, Broccoli Chunky Applesauce MO – Black Bean Burger	04 Lemon Dill Baked Fish Baked Potato, Coleslaw Marble Loaf cake MO – Hummus Wrap
07 *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Oranges Lemon Bar MO – Egg Salad	08 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Brownie MO – Marinara with Soy	09 *Italian Sausage Bun, Roasted Potatoes Stewed Tomatoes Mandarins, Van. Ice Cream MO – Multigrain Burger	10 Chicken Broc. Rice Cass. Carrots, Chickpea Salad Tropical Fruit, Lemon Loaf MO – Veggie Broccoli Rice Casserole	11 *Meatballs in Gravy Mashed Potatoes Mixed Greens, Mixed Fruit Butterscotch Pudding Cup MO – Veggie Meatballs
14 Bone-in Garlic Parmesan Chicken, Stewed Tomatoes Spinach Casserole, Peaches Cherry Crisp MO – Veggie in Garlic Parm Sauce	15 Beef Stew Biscuit, Corn Chunky Apple Sauce Banana Bar MO – Veggie Stew	16 Sausage Veggie Egg Bake., Fruit Cup Oven Roasted Potatoes Orange Juice Cinnamon Raisin Bread MO – Veggie Egg Bake	17 Chicken Strips Honey Mustard Sauce Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit, Sugar Cookie MO – Veggie Chicken	18 Pot Roast in Gravy Garlic Mashed Potatoes Carrots, Pineapple tidbits Frosted Pumpkin Bar MO – Garden Burger
21 *Ham/Potato Casserole Peas, Peaches Strawberry Jell-o w/Pears MO – Soy Potato Casserole	22 Chicken and Gravy Over White Bread, Carrots Broccoli, Orange juice Carnival Cookie MO – Veggie in Gravy	23 Sloppy Joe on Bun Potato Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO – Chickpea Joe	24 Chicken Stew Mixed Greens, Crackers Copper Penny Salad Applesauce, Choc Pudding MO – Veggie Stew	25 *BBQ Ribs Cheesy Potatoes Pickled Beets Warm Spiced Pears MO – Multigrain Burger

28 Cheeseburger
Calico Beans, Potato Salad
Fruit Cocktail, Candy Cookie
MO – Black Bean Burger

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 / *: Pork*

WEST MADISON

**Meadowridge Commons,
5734 Raymond Rd.**

Tuesday, Thursday, Noon

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

**Good Shepherd Church,
5701 Raymond Rd.**

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

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

Tuesday and Thursday, Noon

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

NORTH MADISON

**Warner Park Community Recreation
Center, 1625 Northport Dr.**

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

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

**Goodman Community Center,
149 Waubesa St.**

Monday-Friday, 11:45 am

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



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