



NEWBRIDGE NEWS

Your Connection to Successful Aging **FEBRUARY 2023**



February is Black History Month. It's an opportunity to celebrate Black people, their culture, their legacies, and their incredible achievements. It's a time to go beyond the discussion of slavery and oppression, which hold significant relevance, to spotlight Black excellence. We cannot have conversations about our country, or even our community, without highlighting the immeasurable contributions that Black Americans have made. Black History Month reminds us that Black history is American history!

Throughout the month our NewBridge Diversity & Inclusion Program will be hosting a variety of Black History Month activities and events for Black older adults. Programs will be held virtually and in-person; registration is required.

Please see pages 8-9 for more details.

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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...

Four years ago, my family gathered in New Orleans the week before Mardi Gras in memory of my late mother. New Orleans is a beautiful, vibrant, welcoming city. We attended a few neighborhood parades that occur the week before the annual craziness begins. The floats and costumes were amazing and we had fun catching the great swag thrown our way. The food (jambalaya, gumbo, beignets) and music (jazz, blues) was phenomenal! We spent time enjoying one another's company as we often did when my parents were alive. A priceless memory to be cherished forever. My family is spread across the USA and after a couple years hiatus (Covid) we have resumed our annual gathering.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! [NewBridge Madison](#)



BOARD OF DIRECTORS

- SARA CAMACHO, *President* - Public Health Supervisor, Public Health Madison & Dane County
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EMILY MENDOZA, Case Manager Intern Ext. 1003
- EMMA HOIBY, Case Manager Intern Ext. 1008
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- LIZZ DOWNS, Mental Health Resource Intern Ext. 3006
- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Diversity & Inclusion Program & Fund Development Assistant Ext. 4007
- KATIA VINE, Diversity & Inclusion Program Coord. Ext. 3009
- LISA HASSELL, Program Assistant Ext. 1011
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator Ext. 3013
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.

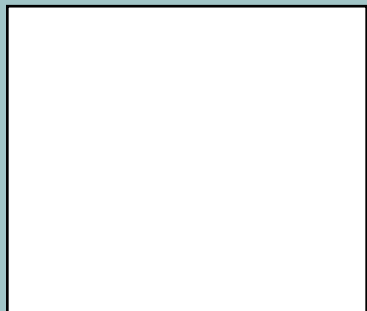



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SERVICES AND ACTIVITIES

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). Sponsored in part by CUNA Mutual Group Foundation.*

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.*

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

Salute to Black Veteran’s Event Sponsored by Exact Sciences.

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 in part by Dan and Patti Rashke (TASC) Family 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 in part by Dan and Patti Rashke (TASC) Family 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+).*



WE'RE HIRING!

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New Bridge, Madison, WI

B 4C 01-2049

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New Bridge, Madison, WI

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NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

Classes and Activities for Black Older Adults
Deana Wright, Diversity and Inclusion Manager
(608) 512-0000 Ext. 2007
DeanaW@newbridgemadison.org

PAGES 10-11

Classes and Activities for Hispanic Older Adults
Katia Vine, Diversity and Inclusion Coordinator
(608) 512-0000 Ext. 3009
KatiaV@newbridgemadison.org

PAGES 12-14

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

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

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

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

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

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

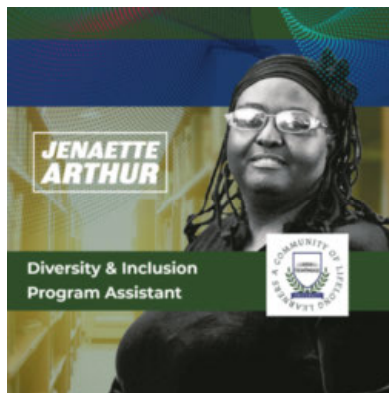
NBU : BLACK DIVERSITY & INCLUSION ACTIVITIES



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



CONTACT DEANA:
(608) 512-0000
Ext. 2007
DeanaW@NewBridgeMadison.org



CONTACT JEANETTE:
(608) 512-0000
Ext. 4007
JeanetteA@NewBridgeMadison.org

Masks are recommended for all in-person programs and activities. To register and/or request transportation, please contact Deana.

Longtime staff member Jeanette Arthur has a new role at NewBridge. She has joined our D&I Team as the Diversity & Inclusion Program Assistant, serving our Black older adults and working with Deana Wright. Jeanette brings a plethora of skills and experience to this new position. Please be sure to congratulate Jeanette when you see her on Zoom, or at an in-person D&I program or activity.

SOCIAL



EXERCISE

GET MOVIN': Zoom/In-Person - 1 credit

Every Tuesday & Thursday, 1:00-2:00 pm

A gentle exercise program for every fitness level to keep your body moving!

ROW FIT: In-Person - 1 credit

Monday, February 6, 3:00-3:45 pm

Low impact, joint-friendly exercise class that helps to build bone density and increase physical stamina and strength.

WINTER BIRD WALK: In-Person - 1 credit

Wednesday, February 22, 12:30-2:00 pm

Learn about using binoculars and identifying bird species, by sight and by ear, on an afternoon of birding adventure.

EDUCATION

LET'S WATERCOLOR: In-Person - 1 credit

Every Wednesday, 10:30 am-12:30 pm

Complete one painting per class in this 5-week session. All materials provided.

SEWING 101: In-Person - 1 credit

Every Saturday, 9:30-11:30 am

Learn the basics of sewing in this 4-week session. Sewing machines provided.

THINK CAP CAFÉ: Zoom - 1 credit

Thursdays, 11:00 am-12:30 pm

Play brain engaging games/activities that may lower the risk of memory decline.



CALMING COMPUTER JITTERS
Help for Older Adults Who Aren't Computer Savvy



Grab your laptop and join us
at Mt. Zion Baptist Church 2019 Fisher Street
for an afternoon of easy-to-understand instruction.

WEDNESDAY, FEBRUARY 22ND

Call Deana to sign up. A light lunch will be served.



QUESTION & ANSWER



Q: Where can older adults meet Wisconsin Supreme Court Candidate The Honorable Reverend Everett Mitchell?

A: Virtual Q&A
Thursday, February 9th
11:00 am - 12:00 pm
(Scan QR code to register)



BLACK FILM FRIDAY



Friday, February 3
1:00 - 3:30 pm



NBU : ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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



**CONTACTE A
KATIA:**

**(608) 512-0000
Ext. 3009**

**KatiaV@
NewBridge
Madison.org**

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

Normas sobre las mascarillas:
El uso de mascarillas para actividades de grupo presenciales será determinado de acuerdo a cada grupo.

EDUCACIONAL

**CLASES DE ESL (INGLÉS) CON
LITERACY NETWORK - En persona
- 1 crédito**

Lunes y Miércoles 23 de enero-3 de mayo
10:00-11:00 am
Warner Park, 1625
Northport
Drive
Se proveerá
transporte.



**LA CAFETERIA DE LA MEMORIA: Zoom
- 1 crédito**

Jueves de 2:00-3:00 pm
Entrene su memoria, percepción, atención, concentración y más, a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

**LA REUNIÓN: En Persona y Zoom
- 1 crédito**

Viernes 10 y 17 de febrero, 10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

SOCIAL

BINGO BILINGÜE: En persona - 1 crédito

Viernes 3 de febrero, 10:15-11:15 am

En El Warner Park
Se proveerá transporte.
Regístrese antes del 27 de enero.

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles 8 de febrero, 1:00-2:00 pm
Conéctese por Zoom ¡Venga a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

BINGO: Zoom - 1 crédito

21 de febrero, 10:00-11:00 am

SOCIAL

CELEBRACIÓN DE SAN VALENTÍN:

En Persona - 1 crédito

14 de Febrero, 10:30-11:30 am

Meadowood Community Center

Vengan a hacer unas manualidades y pasar un momento en compañía de amigos Almuerzo incluido.



SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD: Zoom -

1 crédito

Cada 3er miércoles del mes 15 de febrero

1:00-2:00 pm

Acompáñenos a conversar acerca de diferentes temas de la salud.

LITERATURA DE LA SALUD: En Persona

- 1 crédito

7 de febrero a las 10:45-11:45 am

Centro Católico Multicultural

Almuerzo incluido “Genética básica”

COMIENDO SALUDABLE, MANTENIÉNDONOS ACTIVOS:

En Persona - 1 crédito

Miércoles 22 de febrero

10:30 am-12:00 pm

FoodWise – Fen Oak Dr. Madison, WI

Venga a probar y aprender a hacer recetas saludables para usted y su familia.



EJERCICIOS

ACTÍVATE BAILANDO: 1 crédito

Viernes del 24 de febrero al 24 de marzo

3:00-4:00 pm

Venga a bailar y relajarse mientras mejora su estabilidad para prevenir caídas

Instructora: Laura Prieta.

YOGA SUAVE (MSCR): Zoom - 1 crédito

Lunes del 9 de enero al 20 de marzo

10:15-11:15 am

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta de yoga, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar general.

NBU : CLASSES & ACTIVITIES



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



CONTACT DEENAH:
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Ext. 3002

DeenahG@
NewBridge
Madison.org



CONTACT LISA:
(608) 512-0000
Ext. 1011

LisaH@
NewBridge
Madison.org

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

See [NewBridge website for the Zoom link, www.newbridgemadison.org](http://www.newbridgemadison.org). Masks for in-person activities will be determined on a program-by-program basis.

SOCIAL

GAMES: In-Person - 1 credit

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

PING PONG: In-Person - 1 credit

Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

WESTSIDE WARBLERS: In-Person - 1 credit

Monday, February 6, 11:00 am-12:30 pm
Middleton Senior Center, 7448 Hubbard Ave
Tuesday, February 21, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Accompanists Robert and Patricia Stone.
Refreshments provided. For more information, contact Ellie (608) 230-6704

SASSY STEPPERS: In-Person - 1 credit

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

CARD MAKING CLUB: In-Person - 1 credit

Wednesday, February 8, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

BINGO: In-Person - 1 credit

Fridays, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Join caller Diana D. for BINGO. You can play up to 4 cards; each card costs 50 cents. Bilingual Bingo is on the 1st Friday of each month. **NO ZOOM BINGO.**

BOOK CLUB: Zoom - 1 credit

Wednesday, February 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.

Our February book is on The Woman Warrior: Memoirs of a Girlhood Among Ghosts by Maxine Hong Kingston. The March book is Cold Sassy Tree by Olive Ann Burns. You are responsible for getting and returning your book. Available at Lakeview Library.

SEWING CLUB: In-Person - 1 credit

Thursday, February 2 & 16, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am
Warner Park, 1625 Northport Dr.
Join Instructor Kim S. as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels.

EASY YOGA PLUS: Zoom - 1 credit

Wednesdays & Fridays, 10:00-11:00 am
Ellen Millar leads a series of exercises that can be done standing or from a chair.

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

STRETCH & STRENGTH: Zoom - 1 credit

Mondays & Wednesdays, 9:00-9:45 am
Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$20/mo.
To sign up, contact [Becky Otte Ford raonine@gmail.com](mailto:BeckyOtteFordraonine@gmail.com) or (608) 215-4119.

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

Wednesdays and Fridays, 10:15-11:45 am
Warner Park, 1625 Northport Dr.
Small donation requested. *A collaboration with Outreach, Inc. 50+ Alliance. Taught by Mimi Millen, M.Ed., MS, Energy Practitioner.*

HEALTH/WELLNESS

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

Tuesdays, 1:00-2:30 pm
Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, February 14, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Laptop, cell phone or other electronics - sign up for one of our 30-minute sessions.
[By appointment only, contact Deenah.](#)

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

Saturday, 9:00 am-Noon
Warren Dailey Cabin, Maple Bluff
All are welcome. Contact Walt Stewart (608) 576-5437.

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

- Every Wednesday, 1:00–2:30 pm
Card and Board Games

MADISON SENIOR CENTER

- Every Wednesday, 10:00 am
BINGO! You can play up to 4 cards;
each card costs 50 cents.
- Wednesday, February 1, 11:00 am
Birthday Celebration

MESSIAH LUTHERAN CHURCH

- Tuesday, February 7, 11:30 am
Birthday Celebration
- Every Tuesday & Thursday
Trivia MadLibs & Brain Games

MEADOWRIDGE COMMONS & GOOD SHEPHERD CHURCH

- Thursdays, February 2 & 16, 10:30 am
BINGO! You can play up to 4 cards;
each card costs 50 cents.
- Thursday, February 2, 10:30 am
Birthday Celebration
- Thursday, February 9, 10:30 am
Tea Talk with Lisa
- Thursday, February 16, 12:30 pm
Movie Madness **in collaboration with
Meadowridge Library*
- Thursday, February 23, 10:30 am
Karaoke

ROMNES

- Monday, February 6, 10:30 am
Birthday Celebration
- Monday, February 6 & 20
Puzzles, MadLibs & Brain Games

WARNER PARK

- Tuesday, February 7 & 21, and Every
Friday, 10:15 am – BINGO! You can play
up to 4 cards; each card costs 50 cents.
- Tuesday, February 14, 10:15 am
Tea Talk & Birthday Celebration
- Tuesday, February 28, 1:00 pm
Movie Madness **in collaboration with
Lakeview Library*
- Monday, February 13 & 27, 10:15 am
Stretch & Balance Activities

AUTHORS SPEAK

A collaboration with NewBridge, Goodman Community Center and Madison Public Libraries.

- February 28, 12:30-2:00 pm
Meet the Author
- March 7, 14, 21, 28 & April 4
12:30-2:00 pm, 5-week writing series
using a hybrid model of virtual and
in-person classes.

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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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New Bridge, Madison, WI

D 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is **\$25** and we ask that you bring 2 towels. **We've had to increase our price in 2023.**

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.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, February 14, 21, 28
9:30-11:45 am

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, February 7, 1:00-2:30 pm

Goodman Community Center
149 Waubesa Street
Monday, February 13, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
No February Clinic

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, February 6 & 28. 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 loan closet location:

505 Cottage Grove Rd.
(location changed in September 2022)

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

Call NewBridge to ask if the item you need is available
(608) 512-0000 Ext. 2000.

The loan closet is open Monday-Thursday 8:00 am-3:00 pm and closed on Fridays.

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



INCLEMENT WEATHER POLICY

For everyone's safety, if the Madison Metropolitan School District closes school due to weather conditions, all NewBridge programs and activities will be cancelled. School closings are announced on the major television and radio stations.

We will re-open when the Madison Schools re-open. In the event of inclement weather when school is not in session, please call us at (608) 512-0000 and a message on the answering machine will announce any closings. *If Madison Schools are closed, NewBridge is closed.*

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VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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

NUTRITION SITE VOLUNTEERS

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

TIME COMMITMENT – Wednesdays and/or Fridays 11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*

GUARDIAN & REPRESENTATIVE PAYEE

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

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

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT – 2-4 times/month

IMMEDIATE NEED – 5 volunteers



BRIDGE BUDDY CALLERS

DESCRIPTION – Bridge Buddies is a program designed to conduct safety checks and combat loneliness in older adults through regular phone calls.

TIME COMMITMENT – Weekly friendly chats 15-60 min. Weekday reassurance calls 1-5 min.

NEWSLETTER COORDINATOR VOLUNTEER

DESCRIPTION – Help with the organization and mailing distribution of the NewBridge newsletter. Dates are set in advance. Mailing is done at the North office, 1625 Northport Dr. with help from the READI volunteers.

TIME COMMITMENT – 2-4 hours a month.



Become a "Snow Angel" and help a low income, older adult in need, by volunteering to take care of their snow removal this season. We work with older adults who are physically unable to clear their sidewalks and driveways and they desperately need your help removing their snow.




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NEEDED**

Snow Angels

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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

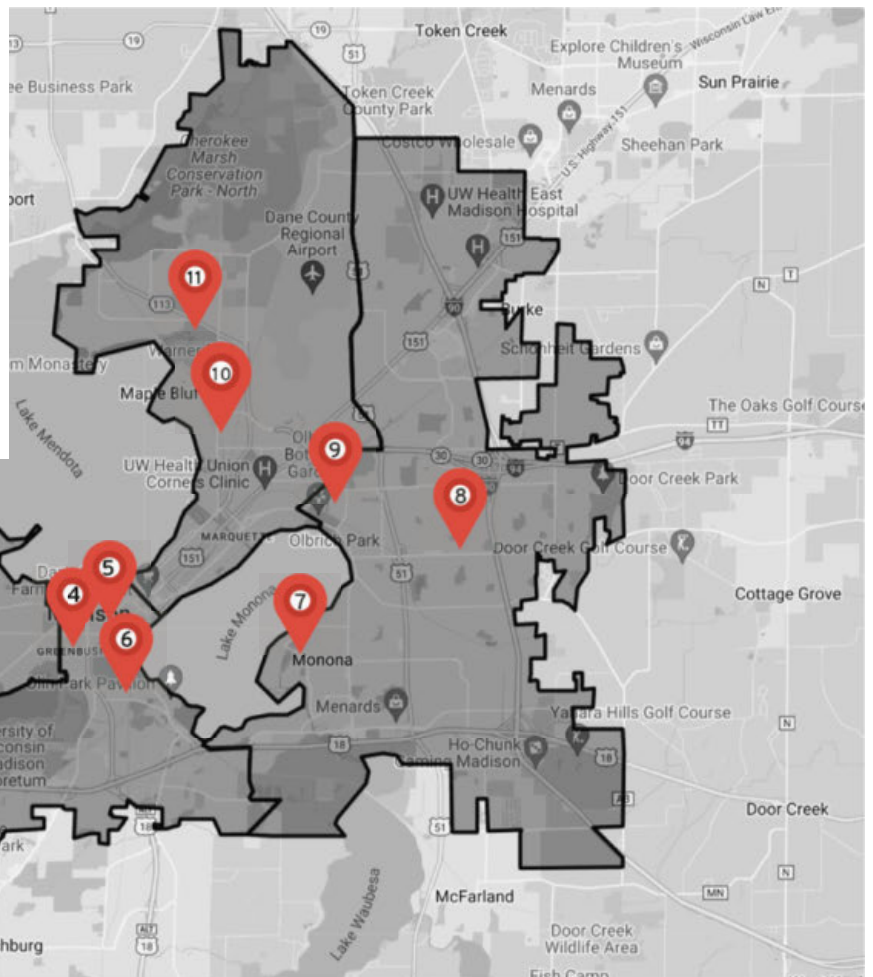
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$15.44.

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



WEST MADISON

Hy-Vee West, 675 S. Whitney Way
CLOSED

SOUTH MADISON

Lechayim Lunchtime Plus,
Beth Israel Center, 1406 Mound St.

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering
Recommends attendees have had vaccination
and booster and wear masks when not eating.
For reservations contact Jewish Social
Services at (608) 442-4083 by Wednesday
preceding the meal.

- **Monday, February 6** : Smoked BBQ Chicken, Vegan Mac 'n' Cheese, Apple Cider Coleslaw, Fudge Brownies, Fresh Fruit, MO: Smoked BBQ Tofu
- **Monday, February 13** : Roasted Chicken, Calico Beans, Glazed Sweet Potatoes, Challah Rolls, Fudge Brownies, Fresh Fruit, MO: Roasted Tofu
- **Monday, February 20** : Ethiopian Beg Wot Lamb Stew, Yellow Rice, Sautéed Peas, Peppers & Onions, Dessert and Fruit, MO: Misir Wot-Ethiopian Lentil Stew
- **Monday, February 27** : West African Suya Brisket, African Jollof Rice, Braised Cabbage, Fudge Brownies, Fresh Fruit, MO: Stewed Black Eyed Peas



EAST MADISON

Goodman Community Center,
149 Waubesa St.

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
		01 Beef Tater Tot Casserole	02 Italian Chicken Sandwich	03 Beef Chili
06 Flank Steak Stir Fry	07 BBQ Chicken Thighs	08 Ground Turkey Meatloaf	09 Smoked Pulled Pork Shoulder	10 Spaghetti w/ Meat Sauce
13 Grilled Cheese Burger	14 Chicken Teriyaki with Stir Fry	15 Beef & Bean Enchilada Casserole	16 Seasoned Baked Cod	17 Hungarian Beef Goulash
20 Sausage Mac and Cheese	21 Grilled Brat and Sauerkraut	22 BBQ Chicken Thighs	23 Chicken Pot Pie	24 To Be Announced
27 Beef Stew over Biscuit	28 Sloppy Jo			

NORTH MADISON

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

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

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

- **Wednesday, February 1** : Baked Ham
- **Wednesday, February 8** : Swiss Steak
- **Wednesday, February 15** : Spaghetti & Meatballs
- **Wednesday, February 22** : Roast Poek
- **Every Wednesday**: Baked Fish or Sandwich & Soup



NUTRITION MEAL SITES

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

Monona Senior Center, 1011 Nichols Rd.

Friday, 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

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New Bridge, Madison, WI

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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.

FRIENDS COMMITTEE VOLUNTEERS NEEDED

Volunteers are needed to serve on the Friends of NewBridge Committee. Members are needed to plan special events, recruit volunteers, expand the benefits, and more. If you are interested, call Deenah (608) 512-0000 Ext. 3002.

RENEW YOUR FRIENDSHIP ONLINE



Your NewBridge Friendship is renewed annually. You can complete the form below and mail in with a check or save yourself a stamp and use our website. newbridgemadison.org/become-a-friend1

DONATE TO NEWBRIDGE TODAY!

Name/s: _____

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Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2023 annual Friend of NewBridge renewal or new Friend of NewBridge
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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. Friendships are renewed annually. Donations may be tax deductible to the extent of the tax code.

RECOGNIZING THE BLACK DIVERSITY & INCLUSION PROGRAM



Our Black Diversity and Inclusion (BDI) program, under the direction of Program Manager Deana Wright, expanded significantly this past year. With the creation of NewBridge University (NBU), Deana has plans to further grow the program and increase the number of Black older adult participants. She will be assisted by Jeanette Arthur, previously one of our volunteer coordinators, so we can increase the number and variety of programs that focus

on health educational, health and wellness activities and support groups, and socialization. Programs are held both virtually or in-person to increase the number lifelong learners among Black older adults. There is something happening just about every weekday and occasionally on weekends as well. The passion and care embodied by Deana and Jeanette for older adults is endless. 135 Black older adults participated in one of the 200+ programs offered by our BDI program last year. Many were unable to attend because they lacked computer/internet access or were not ready to participate in groups for fear of Covid. We expect the number of participants to reach 200+ this year. To sign up for NBU or for more information contact Deana Ext. 2007 or Jeanette Ext. 4007.

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CASE MANAGEMENT WALK-IN HOURS

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

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

Goodman Community Center

214 Waubesa St.

Tuesday, Feb. 21, 11:30 am-12:30 pm

Madison Senior Center

330 W Mifflin St.

Monday, February 13, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Friday, February 10, 11:45 am-12:15 pm

Romnes Apartments

540 W Olin Ave.

Tuesday, February 7, 11:00 am-Noon

Good Shepherd Church

5701 Raymond Rd.

Friday, February 17, 11:15 am-12:15 pm

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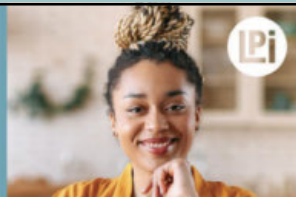
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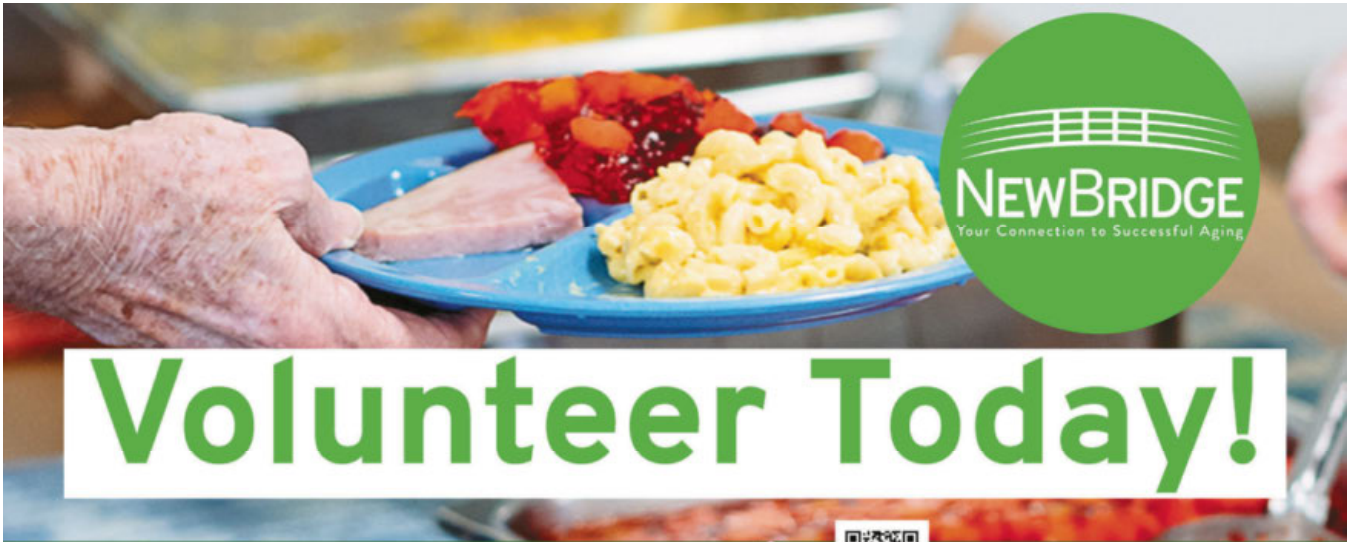
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