




NEWBRIDGE

Your Connection to Successful Aging

NEWS

FEBRUARY 2024



CELEBRATING
BLACK
HISTORY MONTH

NEWBRIDGE
Your Connection to Successful Aging

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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...

Reflecting back on 2023 there was both joy and heartache. In quarter one a long-time volunteer, Mary, passed away at age 99. There was a devastating fire at Monona Hills in March. The Monona/Madison community stepped up in such a BIG way to help the residents! In spring we saw a great increase in the number of people at our activities. It was wonderful to see everyone smiling and enjoying being together again. We lost two other long-time members this year, Bill and Sue, who I first met 16 years ago. We ended the year with a wonderful celebration for 150 people at Alliant Energy Center. It was quite a memorable year.

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
- LAURA STEIN, *Vice President* - Member at Large or Community Member
- TIM CONROY, *Treasurer* - Executive Director, Capitol Lakes Community
- AMY DEVINE, *Secretary* - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward
- JENNIFER SIMON-VOHS - Supervisor of Care Coordination Services at UnityPoint Health - Meriter

Thank you to our Funders:



Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- RACHEL ERICKSON, Mental Health Intern Ext. 3006
- TYLER SCHUEFFNER, Mental Health Intern Ext. 4004
- VIRGINIA WILCOX, Mental Health Peer Support Specialist Ext. 2003

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- DAVID GENSON, Nutrition Substitute —
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KEN HALIBURTON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

- ALIRIO PARDO, Diversity & Inclusion Program Coord. Ext. 1007
- ARIELLE HOLT, Diversity & Inclusion Program Coord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- DAVID WILSON, Marketing Manager Ext. 2006
- JASMINE SMITH, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- HANNAH MORGAN, Case Manager Ext. 3011
- HEATHER SIMS, Case Manager Ext. 3004
- JACQUELINE SELAMANI, Case Manager Ext. 1009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LUCY HAGEN, Case Manager Intern Ext. 1008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- PATTY WITTE, Case Manager Intern Ext. 1003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

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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2021 & 2022 BEST OF EDGERTON AWARD

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SERVICES AND ACTIVITIES

Case Management

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).*

Food Bridge

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. *Free for eligible Madison/Monona older adults (60+).*

Home Chore

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+). Sponsored in party by Oscar Rennebohm Foundation.*

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

Social, educational, exercise classes, and support groups to increase socialization and healthy aging opportunities with some programs designed specifically for Black and Hispanic older adults. Hispanic activities offered in Spanish only. *Free or low cost for older adults (60+) with scholarships available.*

Nutrition Dining Sites

Serves nutritious weekday meals and provides socialization at multiple Madison/Monona locations. Cost is an anonymous donation. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation. *Sponsored in party by Oscar Rennebohm Foundation.*



Representative Payee & Guardianship Service

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 more. *Free for Dane County older adults (60+).*

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.

Check out our Facebook page for events around our community.

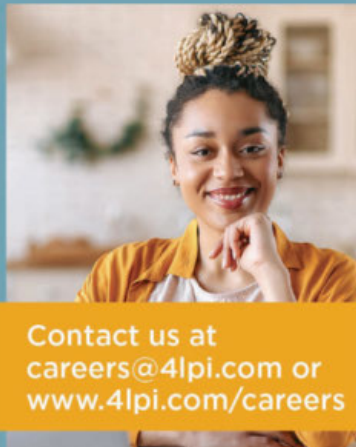
Black History Month reminds us that Black history is American history!

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BrainHealthResearch@medicine.wisc.edu

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FRIENDS OF NEWBRIDGE RENEWAL FOR 2024



Friendships can be purchased for 2024 with the below form or online. We hope you consider becoming a Friend today so we can stay in touch. Because of *our friends* we are able to continue our important work in the community. ***Your contribution facilitates our actions;*** thousands of local older adults are able to remain in their homes and are provided resources to vital services.

2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name/s: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2024 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden
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 or use the QR Code.

Friendships are renewed annually. *Donations may be tax deductible to the extent of the tax code.*

Questions? Call Ali at 608-512-0000 Ext. 3012 or AliL@newbridgemadison.org



NEWBRIDGE UNIVERSITY (NBU)



NewBridge University (NBU), a community of lifelong learners. As we age our learning paths may look different. The manner in which we learn may change and our learning curve might be steeper, but we never stop learning. At NBU we strive to engage, support and unite older adults in a social learning environment that is safe and inclusive.

NBU offers a hybrid model of programs, classes and activities that are either in-person or virtual (Zoom) and are developed with a focus on education (with a special emphasis on health education), socialization, arts, recreation and support groups. NBU is free to all older adults 60+ in Madison and Monona and extends into Dane County for our Black and Hispanic older adults.

STAFF CONTACT INFORMATION



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ArielleH@
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Deenah Givens
Program Coordinator
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DeenahG@
newbridgemadison.org

La Universidad de NewBridge (NBU) es una comunidad de aprendices de toda una vida. En la medida que envejecemos nuestros caminos de aprendizaje podrían ser diferentes, la manera en que aprendemos podría cambiar y nuestra capacidad de aprender podría ser más lenta, pero nunca paramos de aprender. En la Universidad de NewBridge buscamos unir, apoyar y acoger a los adultos mayores en un ambiente de aprendizaje social que es seguro e inclusivo.

La Universidad de NewBridge (NBU) ofrece un modelo híbrido de programas, clases y actividades que son en-persona o virtuales (Vía Zoom) que están desarrollados con enfoque en la educación (con especial énfasis en la educación en la salud), socialización, artes, recreación y grupos de apoyo. La Universidad de NewBridge (NBU) es gratuita para todos los adultos mayores de 60 años que residen en el Condado de Dane.

NEWBRIDGE UNIVERSITY (NBU)

NBU is offered to all older adults. Some of our programs 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. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



Programs focus on our Hispanic older adults and offered in Spanish only



AUTO RETRATO: En Persona

Viernes, 9 de febrero, 12:00-1:00 pm
Nuestro Pueblo En Cualquier Lugar, es un proyecto único donde usted hace su auto retrato y lo usa como punto de partida para disfrutar la conexión, la conversación y colaboración creativa. Favor registrarse antes del 5 de febrero.



CÍRCULO DE AMIGOS: Zoom

Todos Los Miércoles, 1:00-2:00 pm
¡Estaremos tratando temas de actualidad. Su opinión es muy importante. Haga parte dell circulo de una familia grande!



RITMO Y TAMBORES: En Persona

Todos los jueves de 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Transporte limitado. No necesita saber cómo tocar los tambores. Tocar tambores ayuda a reducir la tensión, la ansiedad.



BINGO BILINGÜE: En Persona

Primer Viernes, 2 de febrero
10:15-11:15 am, Warner Park
Tercer Viernes, 16 de febrero, 10:30-11:30 am, Good Shepherd Lutheran Church
Habrà transportación limitada
Favor regístrase antes del 6 de febrero



DIA DEL AMOR Y LA AMISTAD:

En Persona
Miércoles, Febrero 14, 11:00 am-12:30 pm
Kavanaugh's Esquire Club
Viernes, Febrero 16, 11:00 am-1:00 pm
Good Shepherd Lutheran Church
Venga a celebrar el día de San Valentín.
Favor deregistrarse.



BILINGO BINGO: In-Person

February 16, 10:45 am–lunch at 12:00 pm
Good Shepherd Lutheran Church
Registration required by February 6.

BILINGO BINGO: In-Person

Bingo called in English and Spanish
Friday, February 2, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Friday, February 16, 10:45-11:45 am
Meadowridge Commons, 5734 Raymond Rd. 50 cents p/card up to 4 cards; each bingo wins a \$1 & black out takes it all!

BINGO: In-Person

Fridays, February 9, 16, 23, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
50 cents p/card up to 4 cards; each bingo
wins a \$1 & black out Bingo takes the kitty!

 **BLACK HISTORY MONTH BINGO & LUNCHEON In-Person**

Friday, February 9, 10:15 am, Warner Park
Friday, February 23, 10:45 am
Good Shepherd Lutheran Church
5701 Raymond Rd.
Registration required by February 1.

BOOK CLUB: Zoom

Wednesday, February 7, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Contact Deenah for the 2024 list. You are
responsible for getting and returning your
book. Available at the Lakeview Library.

CARDS & GAMES: In-Person

Warner Park, 1625 Northport Dr.
BUNCO, Mondays, 2:00-4:00 pm
EUCHRE, Tuesdays, 1:00-3:00 pm
CARDS/GAMES, Wednesdays, 1-3:00 pm
(Bid Whist, Dominoes, Rummikub & More)
MAH JONG, Thursdays, 1:00-3:00 pm

CARD MAKING CLUB: In-Person

Wednesday, February 14, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards
for others, please join us!

 **CHECK-IN WEDNESDAY: In-Person**

NO MEETING IN FEBRUARY BUT WILL
RECONVENE IN MARCH
Men's Health & Education Center, 588
Grand Canyon Dr.

**DRUM CIRCLE "Ritmo & Drums":
In-Person**

Thursdays, 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Whether you have never touched a drum
before or have drummed your whole life
this is a group is for you! Drumming is a
great social activity that can improve
memory, keeps you active, and can be
soothing to the spirit, mind and body.

SASSY STEPPERS: In-Person

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!

SEWING CLUB: In-Person

Thursday, February 1, 15, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults.

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!

PING PONG: In-Person

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



STRETCH & STRENGTH: Zoom

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 \$30/mo. *To sign up, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.*

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

Wednesdays and Fridays, 10:15-11:45 am
Warner Park, 1625 Northport Dr.
Small donation requested. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen.*

GET MOVIN': Zoom and In-Person

Tuesdays, Thursdays, 1:00-3:00 pm
UW South Madison Partnership, 2238 S Park St., Registration is required.



MUSIC JAM SESSION: In-Person

One Saturday/mo, 9:00 am-Noon
Warren Dailey Cabin, Maple Bluff
All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
For more info please contact Walt Stewart (608) 576-5437.

H YOGA SUAVE: Zoom

Todos Los Lunes, Enero 8-Junio 3
10:15-11:15 am

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

CHAIR YOGA: In-Person

Mondays, 10:00-11:00 am
Lakeview Library, 2845 N. Sherman Ave.
To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA: In-Person

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. No pre-registration needed at this time.

EASY YOGA PLUS: Zoom

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*



**HEALTH & WELLNESS
SALUD Y BIENESTAR
CLASSES**

H CAFETERIA DE LA MEMORIA: Zoom

Todos Jueves, 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.

**B MEN'S SELF-CARE WORKSHOP:
In-Person**

Saturday, February 10, 1:00-3:00 pm
UW South Madison Partnership
2238 S Park St

SPARK!2

1st Tuesday/mo, 11:30 am-1:00 pm
SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Group sizes are limited, so please pre-register for the programs you plan to attend.

**SPIRIT & STRENGTH: SHARING WISDOM
IN TROUBLED TIMES THROUGH OUR
STORIES: Zoom**

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.

WELLNESS WARRIORS: Zoom

"We get by with a little help from our friends."
Thursdays, February 8-April 4



**EDUCATIONAL
EDUCACIONAL
CLASSES**

B COMPUTER CLASS: In-Person

Wednesday, February 21, 1:00-3:00 pm
Labor Temple, 1602 S Park St UNIT 106
Registration is required.

H CORTE Y CONFECCION: En Persona

Todos Martes, 10:00 am-12:00 pm
Art & Lit Lab
Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación.

H CHOQUE EN LÍNEA: Zoom

Todos los Jueves, 3:15-4:15 pm
Desde la comodidad de su casa, aprenda los puntos y encadenados sencillos para hacer peluches de lana. Desarrolle sus cualidades para que pueda hacer su propio saco, bufanda y gorro para que pueda protegerse del frío. ¡Solicite el enlace para que se conecte con la maestra! ¡No olvide los materiales!



**FOOD, MUSIC &
GAMES!**

BLACK

HISTORY

Month Luncheon

FEBRUARY 9TH

10:15 AM

**Warner Park Community Center
1625 Northport Drive, Madison WI, 53704**

FEBRUARY 23RD

10:45 AM

**Good Shepherd Lutheran Church
5701 Raymond Road. Madison WI, 53711**



WELCOMING NEW STAFF & RECOGNIZING THE BLACK DIVERSITY & INCLUSION PROGRAM



Hello everyone! My name is Arielle Holt and I am the new Diversity & Inclusion Activities Coordinator for Black Older Adults at NewBridge. I am so excited to get to know each and every one of you! What excites me most about this position is the community building aspect. I have been in Madison since I was only three years old so this is the only home that I have known. I grew up with my mom, who is also a lifelong Madison resident, my dad and two older brothers, who are my best friends.

I attended Leopold Elementary, Cherokee Middle School and West High School. I went to college at the University of Wisconsin, Madison, where I studied Communications and got a certificate in Afro-American Studies. I have always had a strong passion for service and community outreach, so that, along with

my strong ties to our community are really what makes me motivated to succeed in this new position.

What I hope to accomplish while working at NewBridge is bringing in new faces and helping to inspire a sense of belonging for all members of this community. I'm looking forward to taking on this role and I cannot wait to see how we grow together. I hope to make an impact here and build new relationships with each of you. Never hesitate to reach out to me if you need help, have questions, want to give me feedback or if you just want somebody to talk to. I am hopeful that 2024 will be a great year and I am glad that I get to start it here at NewBridge with you!

Arielle Holt

ArielleH@newbridgemadison.org
(608) 512-0000 Ext. 2007

Our Black Diversity and Inclusion (BDI) program continues to expand since the pandemic and Arielle has plans to further grow the program and increase the number of Black older adult participants. 135 Black older adults participated in one of the 200+ programs offered by our BDI program last year. The programs 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. To sign up for NBU or more information contact Arielle.

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This project was supported, in part by grant number 90MPPG0102-01-00, 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.

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.

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, February 6, 1:00-2:30 pm

Lake Edge Luther Church
4032 Monona Drive
Thursday, February 1, 15, 9:30-11:45 am

Goodman Community Center
149 Waubesa Street
Monday, February 12, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tues., February 13, 20, 27, 9:30-11:45 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, February 27, 9:00-11:40 am

Warner Park Community Rec Center
1625 Northport Drive
Thursday, February 22, 9:00-11:30 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.

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 4 wheel walkers with seat and brakes.*

INCLEMENT WEATHER INFORMATION



POLICY UPDATE



For everyone's safety, if the Madison Metropolitan School District closes due to weather conditions, or switches to a virtual

learning day, all NewBridge **in-person** programs, activities, and dining sites will be cancelled. However, NewBridge Zoom activities will go on as scheduled, and our staff will be checking their email and phone messages throughout the work day. School closings are announced on the major tv and radio stations. 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.

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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 Northside/Eastside/Monona, 10 volunteers needed for Westside

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 – 20 volunteers needed for Northside/Eastside/Central Madison. High need for Spanish-speaking volunteers.

GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.

TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

IMMEDIATE NEED – 10 volunteers needed.

NEWSLETTER DISTRIBUTION VOLUNTEER

DESCRIPTION – Help us distribute our newsletter to community centers, churches, and libraries. Personal vehicle required.

TIME COMMITMENT – Once per month for approximately 2-3 hours

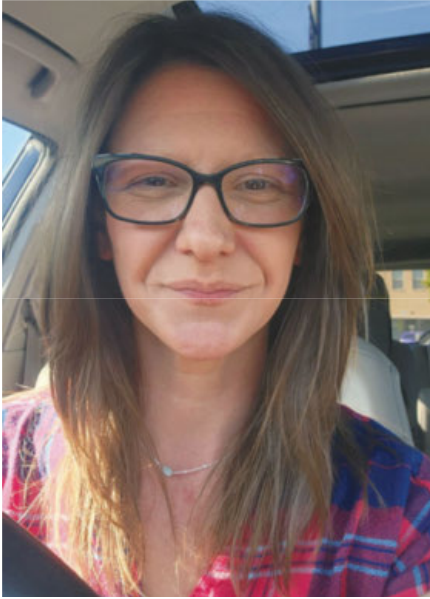
NUTRITION SITE VOLUNTEERS

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

TIME COMMITMENT – Monday-Friday 11:00 am-1:00 pm. *Training will be provided by the Nutrition Site Manager.*

IMMEDIATE NEED – 2 volunteers needed every 3rd Friday at Good Shepard Church
2 volunteers needed for Monday and Wednesday at Madison Senior Center

VOLUNTEER SPOTLIGHT - KATIE PAJAC



We are delighted to highlight our volunteer, Katie Pajac, who volunteers in your Food Bridge program.

Tell us a little about yourself.

I love being outdoors and

going on adventures with my family.

What brought you to NewBridge?

I wanted to connect with people in my community in a meaningful way.

What do you enjoy most about volunteering?

I think volunteering is a great way to meet new people while simultaneously helping those in my neighborhood.

What inspires you to volunteer?

Volunteering allows for growth and connections that otherwise would not happen. With Food Bridge in particular it takes many people to help. As a result, the people we're helping have access to food and are still able to maintain as much independence as possible.

What would you say to others who are thinking about volunteering?

Do it! You won't regret it.

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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.*

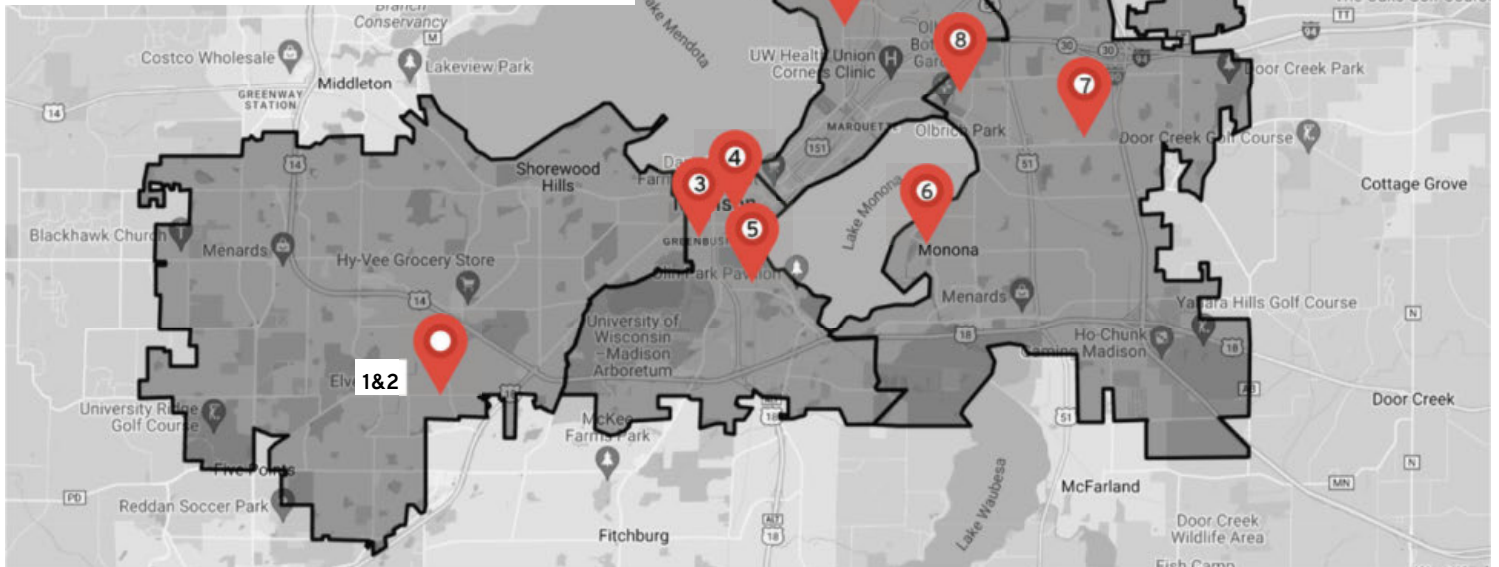
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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 **\$17.22**.

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATERED BY: AtlantisValley Foods All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO = Meatless Option. *Contains Pork			01 *Creamy Potato Soup with Bacon, 3-Bean Salad Fruit Cocktail, Brownie Cookie MO: Cheesy Broccoli Soup Entree Salad: *Italian Salad	02 *Roast Pork Loin & Gravy Wild Rice, Broccoli Roasted Root Vegetables Applesauce, Vanilla Pudding MO: Plant Based Sausage
05 Crab Cake Good Grains Pilaf with Veggies Potato Salad, Pineapple Cherry Apple Crunch Bar MO: Plant Based Shrimp Entrée Salad: Turkey Club	06 Meatloaf with Gravy Mashed Potatoes, Green Beans Side Salad w/Tomatoes & Cucumber, Nutty Buddy MO: Impossible Loaf w/ Gravy Entrée Salad: Chicken Caesar	07 Chicken Parmesan Marinara, Broccoli, Corn M&M Cookie MO: Three Cheese Calzone Entree Salad: Gyro	08 *Bolognese Sauce Spaghetti Noodles Italian Vegetable Blend Green Beans, Mandarin Orange Apple Cinnamon Muffin MO Beyond Bolognese Sauce Entree Salad: Sunflower Crunch	09 Swedish Meatballs w/ Sauce, Mashed Potatoes California Vegetables Bean Medley Salad Peanut Butter Pie MO: Plant Based Meatballs
12 Chili Cowboy Caviar Yellow Corn Tortilla Chips Mixed Fresh Fruit, M&M Cookie MO: Veggie Chili Entrée Salad: SW Chicken	13 *Oven Baked Ham with Gravy, Carrots, Cherry Gel Cup Honey Dew Melon, Cauliflower MO: Smoked Tempeh w/ Vegetable Gravy Entrée Salad: Chicken Almond	14 Baked Cod w/ Dill Cream Sauce, Capri Veg Roasted Potatoes Pink Velvet Cake MO: Plant Based Shrimp Entrée Salad: Garden Vegetable	15 Brisket Burnt Ends California Blend, Yogurt Good Grains Rice Pilaf Cornbread, Sliced Peaches MO: Plant Based Sausage Entrée Salad: *Spinach	16 Macaroni and Cheese Mixed Vegetable Blend Vegetarian Baked Beans Tropical Fruit Mix Pudding
19 Barbecue Pulled Chicken *Baked Beans, Cornbread Corn, Fruit Salad, Brownie MO: Barbecue Tofu Entrée Salad: Greek	20 Turkey Tetrizzini Carrots, Green Beans Mandarin Oranges, Kringle MO: Plant Based Garlic Herb Chicken Entrée Salad: *Chicken/Bacon	21 Beef Pot Roast Long Grain Wild Rice Capri Vegetable Blend Vinegar Cucumber Salad Pineapple Chunks Cherry Strudel MO: Impossible Pot Roast Entrée Salad: *Chef	22 *Sausage and Egg Breakfast Scramble Rosemary Potato, Orange Asparagus Tips, Sugar Cookie Assorted Mini Croissants MO: Plant Based Breakfast Scramble Entrée Salad: Chicken Caesar	23 Broiled Cod Scalloped Potatoes, Coleslaw Prince Charles Vegetables Rye Bread w/Butter Chocolate Pudding Cup MO: Plant Based Italian Sausage
26 Salisbury Steak Paco Vegetables with Roasted Potatoes Prince Charles Vegetables Sliced Peach, Nutty Buddy MO: Beyond Burger Patty Entrée Salad: Chicken Caesar	27 Veg Beef Barley Soup Peas and Carrots, Orange Cheesecake MO: Sweet Potato and Kale Soup Entrée Salad: *Cobb Salad	28 Spaghetti and Meatballs Peas and Pearl Onions Steamed Cauliflower Apple Slices, Tapioca Pudding MO: Veggie Meatballs Entree Salad: Garden Vegetable	29 Grilled Chicken Breast *Baked Beans, Mixed Vegetables Coleslaw, Yogurt MO: Grilled Tofu Entrée Salad: *Chicken/Bacon	

NUTRITION MEAL SITES

SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

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Join us for great food, friends, fun and interesting programs. Check JSS website jssmadison.org or call for more information (608) 442-4083 or

paul@jssmadison.org by Wednesday preceding the meal. The cost of the meal is \$17.20 for those younger than 60 years.

Every Monday, 11:00-11:30 am: Yoga from a chair
12:30-1:30 pm: Speaker/Presentation

Monday, February 5

11:00-12:00 am: Blood pressure screening with Lori Edelstein

11:30 am-12:15 pm: Roasted chicken w/wine and mushroom sauce, MO: seared tofu w/ mushroom sauce, Basmati rice, snap beans, rugelach & fresh fruit

Monday, February 12

11:30 am-12:15 pm: Roasted chicken w/ balsamic tomato sauce, MO: seared tofu w/ balsamic tomato sauce, garlic whipped potatoes, challah rolls, roasted vegetables, fresh fruit & rugelach

Monday, February 19

11:30 am -12:15 pm: Roasted chicken w/ harissa, MO: quinoa-stuffed acorn squash, couscous, garlic/lemon green beans, fresh fruit & rugelach

Monday, February 26

11:30 am -12:15 pm: Roasted chicken w/ lemon-rosemary sauce, MO: seared tofu w/ lemon-rosemary sauce, rice pilaf, roasted carrots, fruit salad & dessert

EAST MADISON

Goodman Community Center

149 Waubesa St.

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 3126

M	TU	W	TH	F
			01 Crispy Chicken and Cheese	02 Chicken Pot Pie
05 Penne Ragu	06 Chickpea Curry	07 Baked Lemon Haddock	08 Sweet & Sour Chicken	09 Parmesan Chicken
12 Tex Mex Casserole	13 Lasagna	14 Swedish Meatballs	15 Shepherd's Pie	16 Chicken & Rice Casserole
19 Baked Ziti	20 Fish & Cheese Sandwich	21 Orange Chicken	22 Tator Tot Casserole	23 CLOSED
26 Breakfast Sausage &	27 Three Bean Chili	28 Cajun Chicken Pasta	29 Meatloaf	

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 7** : Lasagna
- **Wednesday, February 14** : Roasted Turkey and Mashed Potatoes
- **Wednesday, February 21** : Tenderloin Tips in Gravy over Pasta
- **Wednesday, February 28** : Spaghetti and Meatballs
- **Every Wednesday:** Baked Fish or Sandwich & Soup

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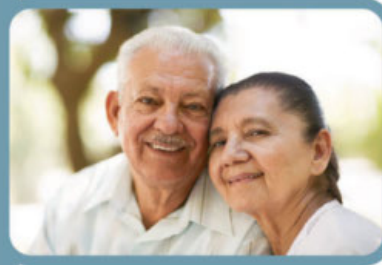


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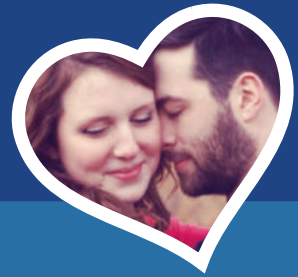
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CASE MANAGEMENT WALK IN HOURS

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.

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

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, February 6, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Fri., February 9, 11:30 am-12:30 pm

Madison Senior Center

330 W. Mifflin St.

Mon., February 12, 11:00 am-12:30 pm

Good Shepherd Lutheran Church

5701 Raymond Road

Friday, February 16, 11:15 am-Noon

Bilingual English/Spanish

Goodman Community Center

214 Waubesa St.

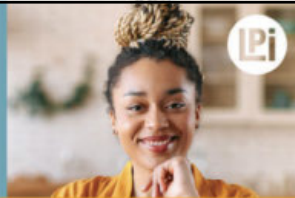
Tues., February 20, 11:30 am-12:30 pm

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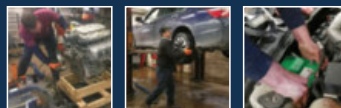
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New Bridge, Madison, WI H 4C 01-2049

WELCOME NEW STAFF

Hi, my name is Heather Sims and I am a new case manager at NewBridge Madison. I live in Baraboo with my husband (Dave), my granddaughter (Harlem), and our labradoodle (Cubby); but am originally from the Madison area. My heart has always been in helping others.

As an adult I went to college to pursue my degree in Social Work, graduating from UW Whitewater in May of 2022.

After serving the residents of the Baraboo Homeless Shelter, the majority of which were elders in need of long-term case management, my eyes to the greater need within our communities.

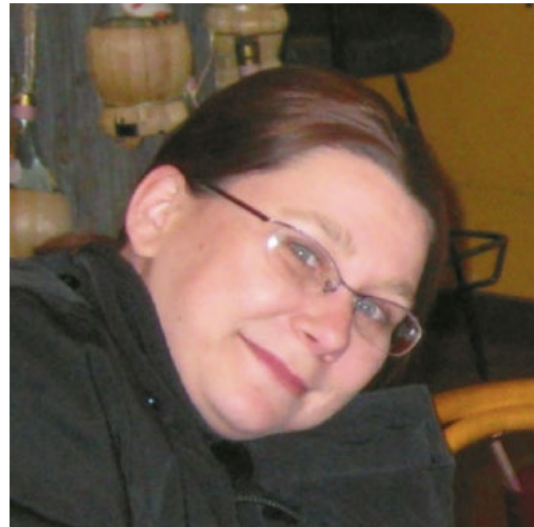
I am grateful to NewBridge Madison for allowing me the opportunity to do

something I am passionate about and learn new things along this journey.

Heather Sims

HeatherS@newbridgemadison.org

(608) 512-0000 Ext. 3004



Hi everyone! My name is Hannah Morgan, and I am a new case manager at NewBridge Madison.

I moved to Madison after finishing my Bachelors in Social Work at Auburn University in Alabama, and despite the cold, I have loved every second of being in Wisconsin! In my free time, I love to do yoga, sew different projects, hang out with friends, and read. Being able to work at NewBridge is a dream! I get to work with a population of people I care about and be surrounded by individuals who are passionate and have so much to teach me. I am so excited for everything to come, and I am so proud that I get to be a part of this organization!

Hannah Morgan

HannahM@newbridgemadison.org

(608) 512-0000 Ext. 3011



Greetings, I am Tyler Schueffner (chef-ner), and I will be serving as an intern with NewBridge Madison for the majority of 2024.

Currently pursuing a Master’s Degree in Mental Health Counseling at the University of the Cumberlands, my professional journey spans more than two decades, primarily focusing on work with teens and young adults in Dane County. I previously served as the Homeless Street Outreach Program Coordinator at

Briarpatch Youth Services, and before that, held the role of Youth Counselor with the Dane County Youth Justice Program. I have a bachelor's degree in History and Social Studies from Edgewood College. I am an Air Force Veteran, married with three children. I have extensive experience and a passion for serving our community. My commitment to the field of mental health counseling stems from a desire to continue learning and growing, both personally and professionally. I am eager to contribute my knowledge and experiences to the NewBridge Madison community and look forward to the collaborative journey ahead.

Tyler Schueffner
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