



NEW BRIDGE NEWS

Your Connection to Successful Aging

MARCH 2020



You're Invited--to participate in the 2020 U.S. Census!

Starting March 2020, you will receive an invitation in the mail to complete the census online.

Do you need assistance completing the census?

See page 16-17 to find census assistance near you!

Did You Know? Dane County uses U.S. Census data to determine annual funding amounts to award to each Focal Point in support of the Case Management and Nutrition Programs.

**CHECK OUT
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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

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



A LETTER FROM THE DIRECTOR...

Celebrate National Wellderly Day

March 16 is National Wellderly Day. Dr. Dale Anderson created National Wellderly Day to promote the health benefits of happiness, humor, and laughter. Dr. Anderson suggests all seniors start the day by standing in front of the mirror and have a good laugh. Celebrate the rest of Wellderly Day by doing things that keep you in a good mood and make your day fulfilling. When you live this way at an older age, it means you are being WELLDerly!

I am amazed by the number of 80+ year old seniors I know who act half (or $\frac{3}{4}$) their age and enjoy every day to its fullest. If you are not a senior, please make a point on Wellderly Day to acknowledge an elder because of the wellderly way they are living their life.

Happy Wellderly Day!

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

MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! **NewBridge Madison**



BOARD OF DIRECTORS

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- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona Bank
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- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work

**Thank you to our
NewBridge Funders:**



*Friends of
NewBridge*

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- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012

- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- MARY HENNING, Nutrition Coordinator —

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

ID Statement: The March (issue 3) 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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CASE MANAGEMENT SERVICE

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

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

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

WALK-IN OFFICE HOURS

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

Meadowridge Commons

5734 Raymond Road
Tuesday, March 10
11:30 am-Noon

Madison Senior Center

330 W. Mifflin Street
Mondays, 11:00 am-Noon

Romnes Apartments

540 W Olin Avenue
Mondays, 11:00 am-Noon

Fisher-Taft Apartments

2025 Taft Street
Wednesday, March 4
12:14-1:15 pm

Goodman Comm. Center

149 Waubesa Street
Wednesdays, March 11&25
11:30 am-12:30 pm

The River Food Pantry

2201 Darwin Rd.
Wednesday, March 25
Noon-1:00 pm

Monona Senior Center

1011 Nichols Rd, Monona
Thursday, March 5
10:00-11:00 am



Your Census Data is Confidential

By law, your census response cannot be used against you by any government agency or court in any way. The Census Bureau will not share an individual's responses with immigration enforcement agencies, law enforcement agencies, or allow that information to be used to determine eligibility for government benefits.

All Census Bureau staff take a lifetime oath to protect your personal information, and any violation comes with a penalty of up to \$250,000 and/or 5 yrs in prison.

The Census Bureau takes strong precautions to keep online responses secure. All data submitted online are encrypted to protect personal privacy, and our cybersecurity program meets the highest and most recent standards for protecting personal information.

Learn more about the Census Bureau's data protection and privacy program at www.census.gov/privacy.

ADDITIONAL SERVICES FOR CASE MANAGEMENT CLIENTS:

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.

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.

These services are free for NewBridge Case Management clients.

VOLUNTEER SPOTLIGHT



Sarah has been volunteering with the Home Chore Program for over two years! She works part-time as a medical assistant at UW and enjoys riding her motorcycle, reading books and taking her dogs to the dog park. On top of that, she's a new mom to a beautiful baby boy.

What brought you to Newbridge as a volunteer?

Trying to find something that made me feel good as a person while helping our community.

What do you enjoy most about volunteering?

The unintentional friendship I have developed with the person I help. Our conversations.

What inspires you to volunteer?

Seeing her appreciation and smile. Doing good for our community.

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

I know that life nowadays everyone is juggling multiple things daily but volunteering only requires an hour. I personally look forward to the hour. It's an hour where I can stop thinking about everything I have to do in my life and help someone else. Have a wonderful conversation and build a friendship. It's rewarding and fulfilling.

Finally Ready To Sell Your Home?

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What other Madison homeowners say about us:

"...Their teamwork made everything run smooth from start to finish. They were very professional and always explained and answered my questions." -Wanda W.



- ⇒ **Inquire today to receive your no-obligation cash offer**
- ⇒ **(608) 713-8029**
- ⇒ **MadisonHB.com**

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VOLUNTEER OPPORTUNITIES

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

Front Office

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

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

LOCATION—1625 Northport Dr.

IMMEDIATE NEED—1 volunteer, AM shift

Festival Foods Nutrition Site

DESCRIPTION—NewBridge hosts a healthy lunch at Festival Foods grocery store every Thursday. Volunteers are needed to assist participants with navigating the store, carrying trays, clearing tables and making/serving coffee. We also love our volunteers to eat with and socialize with our older adults. Lunch is provided for all volunteers!

TIME COMMITMENT—Every Thursday
11:00 am-1:00 pm

LOCATION—810 E. Washington Ave.

IMMEDIATE NEED—2 volunteers



Home Chore

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

TIME COMMITMENT—Flexible

IMMEDIATE NEED—5 volunteers

Medical Equipment Loan Closet

DESCRIPTION—NewBridge lends out medical equipment to people in need in the community. This equipment includes wheelchairs, walkers, canes, shower chairs and more. A volunteer is needed to help check out these items, receive returns/donations and fill out small amounts of paperwork. Ability to safely lift 15 lbs.

TIME COMMITMENT—Every Friday
11:00 am-3:00 pm

LOCATION—4142 Monona Dr.

IMMEDIATE NEED—1 volunteer

Caregiver Support Group

DESCRIPTION—NewBridge is looking for a volunteer to sit with a group of 3-5 women who suffer from various levels of dementia as their partners attend a support group in the same building.

TIME COMMITMENT—1st Monday every
month 9:45-11:45 am

LOCATION—1625 Northport Dr.

IMMEDIATE NEED—1 volunteer

Guardian & Representative Payee

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

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

Board of Directors and Committee Members

DESCRIPTION—Board of Directors, Committees: Nominating, Marketing/Fund Development, Friends of NewBridge.

TIME COMMITMENT—Board 5-10 hours/month, Committees 1-2 hours/month
Call Jim Krueger for information at Ext. 3005

Brat Fest

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

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

American Family Golf Championship Concessions

DESCRIPTION—Manage a beverage booth on June 5-7. Free admission included.

TIME COMMITMENT—18 volunteers needed to work 4 hour shifts.
Call Ruth Hellenbrand for information at Ext. 3012.

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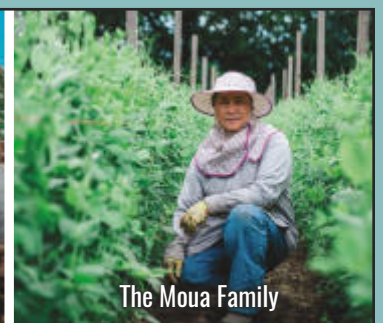
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TODAY FOR TOMORROW

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GS3322 11/25/2019



CLASSES & ACTIVITIES & SERVICES

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

Free or low cost for older adults (60+) with scholarships available.

SOUTH & WEST MADISON

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

Stretch, Resistance & Cardio

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

Westside Warblers Sing-Along

Tuesday, March 3, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Tuesday, March 17, 6:30-7:30 pm
Middleton Library, 7425 Hubbard Ave.
Name That Tune 6:30-7:30 pm. A wide variety of
your favorite songs, with Robert Auerbach on
piano and Patricia Stone on accordion. Afterward
stay for treats and mingle. Contact Ellie
(608) 230-6704.

Ping Pong, Pool & Air Hockey

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

FREE Mindful Movement Exercise

Tuesdays, 10:00-11:00 am
Alicia Ashman Library 733 N High Point Rd
Join fitness and mindfulness coach Venus
Washington to explore the mind/body
connection. RSVP to the library at
(608) 824-1780

Mid-Week Matinees

Wednesdays, 1:30-3:30 pm
Alicia Ashman Library, 733 N. High Point Rd.
March 4 - Judy
March 11 - Sing Street
March 18 - Downton Abbey : The Motion Picture
March 25 - The Long Kiss Goodnight

Easy Yoga Plus

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

Sunshine Arts & Cultural Dance

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

Classes and activities are also

offered at: Madison Senior Center
330 W. Mifflin St. (608) 266-6581
www.cityofmadison.com/senior-center

PALS (Physical Activity Life-Long Success)

March 9-May 14
Monday and Thursday, 9:30-10:30 am
Tuesday, 9:30-11:30 am (1 hour of activity
and 1 hour of class)
PALS is designed to help get moving and
incorporate physical activity into your life -for
your whole life. FREE. Register early by calling
(608) 266-6581

NORTH & EAST MADISON

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

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

Ping Pong League

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

Sassy Steppers Dance Crew

Mondays, 4:00-6:00 pm Practice
Warner Park, 1625 Northport Dr.
Fun dance team that perform for events and
other senior centers. Any skill level welcome!

Technology Help Appointments

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

5¢ Bingo

Fridays, 10:15-11:15 am
Friday, March 6, Bilingual Bingo
Warner Park, 1625 Northport Dr.

Chair Yoga

Wednesdays,
10:30-11:15 am
Warner Park, 1625
Northport Dr.
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Book Club Meeting

Tuesday, March 3, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
March book is The Blind Assassin by Margaret Atwood.

Card-Making Club

Wednesday, March 4, 1:00-2:00 pm
Warner Park, 1625 Northport Dr.
All materials are supplied for you; no previous experience needed.

Sewing Club/FREE Mending Service

Thursday, March 5 & 19, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
FREE mending services for older adults.

LGBTQ+ Coffee Meet Up

Monday, March 16, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
50+ Join us for our monthly get together to discuss whatever is on your mind. Coffee is free. Group facilitator from OutReach.



LGBTQ+ Veterans Support Group

Mondays, March 9 & 23, 6:00-8:00 pm
Warner Park, 1625 Northport Dr.

Men's Caregiver Support Group

Monday, March 2, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
RSVP required (608) 240-7400. Facilitated by Joy from the ADRC (Aging & Disability Resource Center).

Bingo

Tuesday, March 3, 11:30 am-12:30 pm
Messiah Church, 5202 Cottage Grove Rd.

Movie of the Month- Documentary

Tuesday, March 17, 11:30 am-12:30 pm
Messiah Church, 5202 Cottage Grove Rd.

Classes and activities are also offered at: Monona Senior Center
1011 Nichols Rd. (608) 222-3415
www.mymonona.com

SPECIAL UPCOMING EVENTS:

Mind Over Matter; Healthy Bowels, Healthy Bladder

Fridays, April 17, May 1, May 15
1:00-3:00 pm

Warner Park, 1625 Northport Dr.

Cost: \$20. To register contact Deenah Givens (608) 512-0000 Ext. 3002.

Living Well with Chronic Conditions

Tuesdays, April 21-May 26, 1:00-3:30 pm
Sequoia Library, 4340 Tokay Blvd.
Cost: FREE. To register contact Deenah Givens (608) 512-0000 Ext. 3002.

[See page 15 for more information.](#)

Senior Lunch and Euchre

Monday, March 9, 11:00 am
Lakeview Lutheran Church—East Hall
4001 Mandrake Rd

Menu: Corn Beef
Cabbage, Irish Beer,
Grasshoppers.

Free will offering.



LED ACTIVITIES

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

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

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

Coffee & Conversation

Sunday, March 1, 10:00 am-Noon
Cool Beans Coffee Café, 1748 Eagan Rd.
Drop in.

Dining Club: Buck & Honey's

Thursday, March 19, 5:30 pm
800 W. Broadway #300, Monona
RSVP by March 17.

Game Night

Tuesday, March 31, 8:00 pm
Warner Park, 1625 Northport Dr.
Bring your favorite game (if you have it). We'll have plenty of games to choose from and we'll order pizza! RSVP by March 29.

Jam Session

Saturday, March TBA, 9:00 am-1:00 pm
Maple Bluff Village Hall Gym, 18 Oxford Rd.
Calling all musicians! Join our LED jam session. Free parking, free to participate, all are welcome. Playing music after 1950. Bring an instrument, your voice, and a song. You decide the genre! Drop in.




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CULTURAL DIVERSITY ACTIVITIES

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

Latinx activities offered in Spanish only.

These activities are free for African American and Latinx older adults (60+) who live in Dane County.

AFRICAN AMERICAN

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

Movie Matinee

Wednesday, March 4, 1:00-4:00 pm

When They See Us – Part 1 and 2

Wednesday, March 18, 1:00-4:00 pm

When They See Us – Part 3 and 4

Warner Park, 1625 Northport Dr.

Healthy Eating Discussion Group

Friday, March 6, 12:00-2:00 pm

Vera Court Neighborhood Center

614 Vera Court

Line Dance Class (cha-cha slides)

Saturdays in March, 10:00-11:30 am

Vera Court Neighborhood Center

614 Vera Court

Diabetes Support Group

Monday, March 9, 12:00-2:00 pm

Burr Oaks Apartments, 2417 Cypress Way

Heart Health Support Group

Thursday, March 19, 2:00-4:00 pm

Catholic Multicultural
Center, 1862 Beld St.



Lunch and Pantry

Wednesday, March 25, 11:00 am-1:00 pm

The River Food Pantry, 2201 Darwin Rd.

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

LATINX

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

Bilingual Bingo and Lunch

- Friday, March 6, 10:00 am-12:30 pm
Warner Park, 1625 Northport Dr.
Reserve by Wednesday, March 4
- Friday, March 27, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
Reserve by Wednesday, March 25

Yoga Suave

Mondays, March 2-May 4, 10:15-11:15 am

Warner Park, 1625 Northport Dr.

Cost \$12 for residents of the Madison
Metropolitan School District. Cost \$36 for those
outside of that district. Contact Sonya if you need
assistance with the cost.

To make reservations for Bingo
transportation and lunch and yoga,
call Ext. 3009.

TAX ASSISTANCE THROUGH AARP

AARP Foundation Tax-Aide offers free, individualized tax preparation for low income taxpayers, especially those 60+. The AAARP sites are open until April 15.

Before visiting a Tax-Aide site, please note:

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

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

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NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide foot care for \$20. Please bring two towels. Call (608) 512-0000 to make an appointment.

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Monday, March 9, 8:30-9:45 am

Warner Park Community Rec. Center
1625 Northport Drive
Friday, March 13, 9:00 am-Noon
Thursday, March 26, 9:00 am-Noon

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, March 17, 1:00-2:30 pm

EAST MADISON

Lake Edge Lutheran Church
4032 Monona Drive
Monday, March 9, 9:00 am-Noon
*Monday, March 16, 9:00 am-Noon
***Diabetic Clinic \$25 (non-diabetics welcome)**

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, March 18, 1:00-3:00 pm
Wednesday, March 25, 1:00-3:00 pm

WEST MADISON

Capital City Church
401 N. Blackhawk Ave.
(Parking is behind church turn at Bluff Rd.
and then turn left on Eugenia Ave.)
Monday, March 2, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, March 17, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, March 23, 9:30-11:45 am

MEDICAL EQUIPMENT LOAN CLOSET

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


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

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

We are currently accepting in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes.

Living Well

with Chronic Conditions



Arthritis. High Blood Pressure. Cancer. Depression. Heart Disease. Diabetes.

If you have these or any other on-going health problems, Living Well can help you live a healthier life!

Find a Living Well with Chronic Conditions workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.

What is Living Well?

Living Well is a six-week workshop for adults of all ages who have one or more on-going health problems.

People who took Living Well showed a **27% reduction in the average number of emergency department visits.**

Led by trained leaders — some of whom have health conditions themselves — the program focuses on helping you feel better, have more control, and do the things you want to do.

- Chronic conditions include:**
- Asthma
 - Arthritis
 - Cancer
 - Diabetes
 - Depression
 - Heart disease
 - High blood pressure
 - Osteoporosis
 - Pain and/or fatigue
 - ... and others

Living Well helps you build self-confidence in your ability to manage your condition.

You'll get information & advice for:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Taking better care of myself isn't impossible. Taking it one step at a time makes it doable.

For more information
Visit wihealthyaging.org/workshops to find scheduled workshops near you or contact:
Alyce Miller, MS, RDH, CD
Healthy Aging Coordinator
Area Agency on Aging of Dane County
(608) 261-5678 | Allyce@ccoforoldage.com



1414 MacArthur Rd, Suite B
Madison, WI 53714
(608) 243-5690 | info@wihealthyaging.org

Learn more about this and other healthy aging programs by visiting wihealthyaging.org



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Census 101: Just the Facts!

Everyone counts: The census counts every person living in the U.S. once, only once, and in the right place according to where they live on Census Day.

It's in the constitution: The U.S. Constitution mandates everyone in the country be counted every 10 years.

It's about fair representation: Every 10 years the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

It's about redistricting: After each census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

It's about \$675 billion: The distribution of more than \$675 billion in federal funds, grants, and support to states, counties, communities are based on census data.

Census data are being used all around you:

It is used in the funding formulas for Dane County Case Management and Nutrition Site Management contracts—meaning an accurate census count directly affects the funding for these vital local programs!

Your privacy is protected: It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household. By law, your responses cannot be used against you and can only be used to produce statistics.

Taking part is your civic duty: Completing the census is mandatory—it's a way to participate in our democracy and say "I COUNT!"

2020 will be easier than ever: You will be able to respond to the census online—available in 59 languages! NewBridge is here for you if you need assistance!

Why the Census is Important to the Aging Community

The following Federal Programs are funded based on Census statistics:

Medicaid, the health insurance program for **low-income** people including those age 65 and older, is the largest federal program that uses census statistics to determine funding.

Supplemental Nutrition Assistance Program (SNAP) spent \$71 billion in 2015. SNAP is the second-largest program that uses census statistics to allocate funds.

Medicare Part B, at \$70.3 billion, which is part of the Medicare health insurance program for all people over 65 years old, no matter their income.

Social Services Block Grants, which include adult day care, community center lunches (congregate meals), home-delivered meals, and elder abuse – both physical and financial.

Farmers' Market Vouchers

Senior Community Service Employment Program (job training)



CENSUS SITES FOR ASSISTANCE

Would you like assistance completing the census online? Volunteers will be available to help at the following sites:

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

- Romnes Apartments, 540 W. Olin Ave.
Thursday, March 5, 1:00-3:00 pm
- Warner Park, 1625 Northport Dr.
Friday, March 6, 9:00-11:00 am [español](#)
- Burr Oaks Apartments
2417 Cypress Way
Monday, March 9, 9:30-11:30 am

- Cranberry Creek, 1501 Lake Point Dr.
Friday, March 13, 8:30-10:30 am
- Meadowridge Commons
5734 Raymond Rd. [español](#)
Thursday, March 19, 10:00 am-Noon
- Mt Zion Baptist Church, 2019 Fisher St.
Sunday, March 22, 12:30-2:30 pm



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608-204-0923

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608-268-9643

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608-268-9645

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Dr. Steph Greer, PT, DPT

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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.

2020 BUSINESS BENEFITS

Benvenuto's Italian Grill

North Madison, Middleton, Fitchburg
FREE ice cream sundae with entrée

Boomerangs Resale Store

1133 N Sherman Ave
10% off regular priced merchandise
(excludes furniture)

Cambria Suites Madison

5045 Eastpark Blvd
Hotel stay \$89/night for visiting
family or relatives

Culver's

1325 Northport Dr
FREE cone/dish of custard with the
purchase of a cone/dish

Golden Heart Senior Care

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

Kavanaugh's Esquire Club

1025 N Sherman Ave
FREE dish of Schoeps ice cream with
the purchase of lunch
between 11:00 am and 2:00 pm

Madison Family Wellness

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

Manna Café & Bakery

611 N Sherman Ave
10% off in-dining food &
beverages

Meikle's & Dorn True Value

2935 N Sherman Ave
Free key made each month

Overture Center

201 State St
Receive reduced ticket prices for select
shows

And more added monthly!

Recap of the Jan. 16 Friends Meeting

The Friends of NewBridge hosted an event, *NewBridge 2019 and Beyond*. The Board of Directors and NewBridge management staff reported on 2019 successes and 2020 goals.

Board of Directors 2019:

- Learning about and promoting NewBridge
- Monitoring the 2019 budget
- Hiring a new Executive Director
- Advocacy work that resulted in additional funding for our nutrition and case management programs.

Board of Directors 2020:

- Board recruitment
- Establish two committees
- Finalizing a 3 year strategic plan

For the full recap, please contact Ruth Ext. 2012.

Summer Concerts

at Warner Park

MONDAY'S 6:00-7:30 PM
FREE & ALL WELCOME!

June 8: The Randy Kats

July 6: The North Westerns

June 15: The Gomers

July 13: Universal Sound

June 22: Ladies Must Swing

July 20: Soggy Prairie Bands

Limited Transportation Provided for Older Adults.
To become a sponsor, contact Jim Krueger
(608) 512-0000 Ext. 3005

2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Additional Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

How would you like newsletter? Mail Email Both None



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

Office Use:
 Check # _____
 Cash _____
 Amount \$ _____
 Initials _____
 Letter Sent _____
 Card Sent _____
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Mail the form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship on our website at newbridgemadison.org. **Dues will be renewed annually.**

Donations may be tax deductible to the extent of the tax code.



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NUTRITION SITE INFORMATION

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

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

Suggested transportation donation is \$1.00 round trip.

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

East Madison/Monona Locations	Address	Day	Time
Messiah Lutheran Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 2001. Transportation available for the blue zone.	5202 Cottage Grove Road	T	Noon
St. Stephen's Lutheran Meal and transportation reservations due by 10:00 am the previous business day. Make reservations at meal site or call (608) 512-0000 Ext. 2001. Transportation available for the blue zone.	5700 Pheasant Hill Rd, Monona	TH	Noon

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

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

Menu for ALL locations on page 20.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 CHICKEN AND GRAVY Over White Bread, Carrots Green Beans, OJ, Carnival Cookie MO: Veggie Chicken in Gravy	03 FISH SANDWICH Cheese, Tartar Sauce, Yams, Coleslaw Fruit Cup, Chocolate Pudding MO: Black Bean Burger	04 *MEATBALLS IN MARINARA Over Penne, Corn, Mixed Salad Banana, Frosted Marble Cake MO: Veggie Meatballs	05 *PORK LOIN IN GRAVY Mashed Potatoes, Blend Vegetables Mandarin Oranges, Orange Sherbet MO: Veggie Wrap	06 CHEESEBURGER Calico Beans, Potato Salad Fruit Cocktail, Pineapple Fluff MO: Garden Burger Salad: Chicken
09 CHICKEN NOODLE SOUP Saltine Crackers, California Blend Veg. Grape Juice, Pumpkin Bar MO: Veggie Soup	10 BEEF STEW Biscuit, Green Beans, Apple Sauce Chocolate Chip Banana Cake MO: Veggie Beef Stew	11 SLOPPY JOE Peas, Coleslaw, Pineapple Chocolate Pudding MO: Chickpea Sloppy Joe	12 TRADITIONAL MEATLOAF Sweet Potato, Broccoli Apple Juice Cup, Frosted White Cake MO: Veggie Meatballs	13 CHEESE TORTELLINI BAKE Bread Stick, Spinach Mandarin Oranges, Peach Crisp MO: Cheese Tortellini Salad: Hummus Platter
16 CHICKEN A LA KING Brown Rice, Carrots, Corn Salad Peaches, Tapioca Pudding MO: Veggie Chicken a la King	17 CORNED BEEF Cabbage, Carrots, Red Potatoes Rye Bread, Mandarin Oranges St. Patty's Cheese Cake Brownie MO: Multigrain Burger	18 POT ROAST IN GRAVY Mashed Potatoes, Mixed Salad Orange, Raspberry Sherbet MO: Egg Salad	19 *SAUSAGE VEGGIE EGG BAKE Orange Juice, Mini Biscuit Spiced Apples, Coffee Cake MO: Veggie Egg Bake	20 TOMATO BEAN SOUP Dinner Roll, Broccoli, Banana Chocolate Chip Cookie MO - Tomato Bean Soup Salad: Pork Taco
23 *HAM & POTATO CASSEROLE California Blend, Fruit Cup Chocolate Cream Pie MO: Potato Casserole	24 BBQ CHICKEN BREAST Baked Sweet Potato, Tropical Fruit Lemon Bar MO: Hummus Wrap	25 STUFFED PEPPER SOUP Mixed Salad, Crackers Warm Spiced Apple Slices MO: Tomato Soup	26 ENCHILADA CASSEROLE Spanish Rice, Pinto Beans Mandarin Oranges Frosted Churro Cake MO: Bean and Cheese Burrito	27 *BRAT Stewed Tomatoes, Green Beans Fruit Cocktail, Blueberry Crisp MO: Veggie Hot Dog Salad: Chef
30 CHICKEN STRIPS Roasted Brussel Sprouts, Coleslaw Fruit Cup, Peanut Butter Cookie MO: Garden Burger	31 TUNA CASSEROLE Roasted Baby Carrots, Pickled Beets Banana, Butterscotch Swirl Ice Cream MO: Egg Salad	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		

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NUTRITION SITE INFORMATION CONTINUED

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

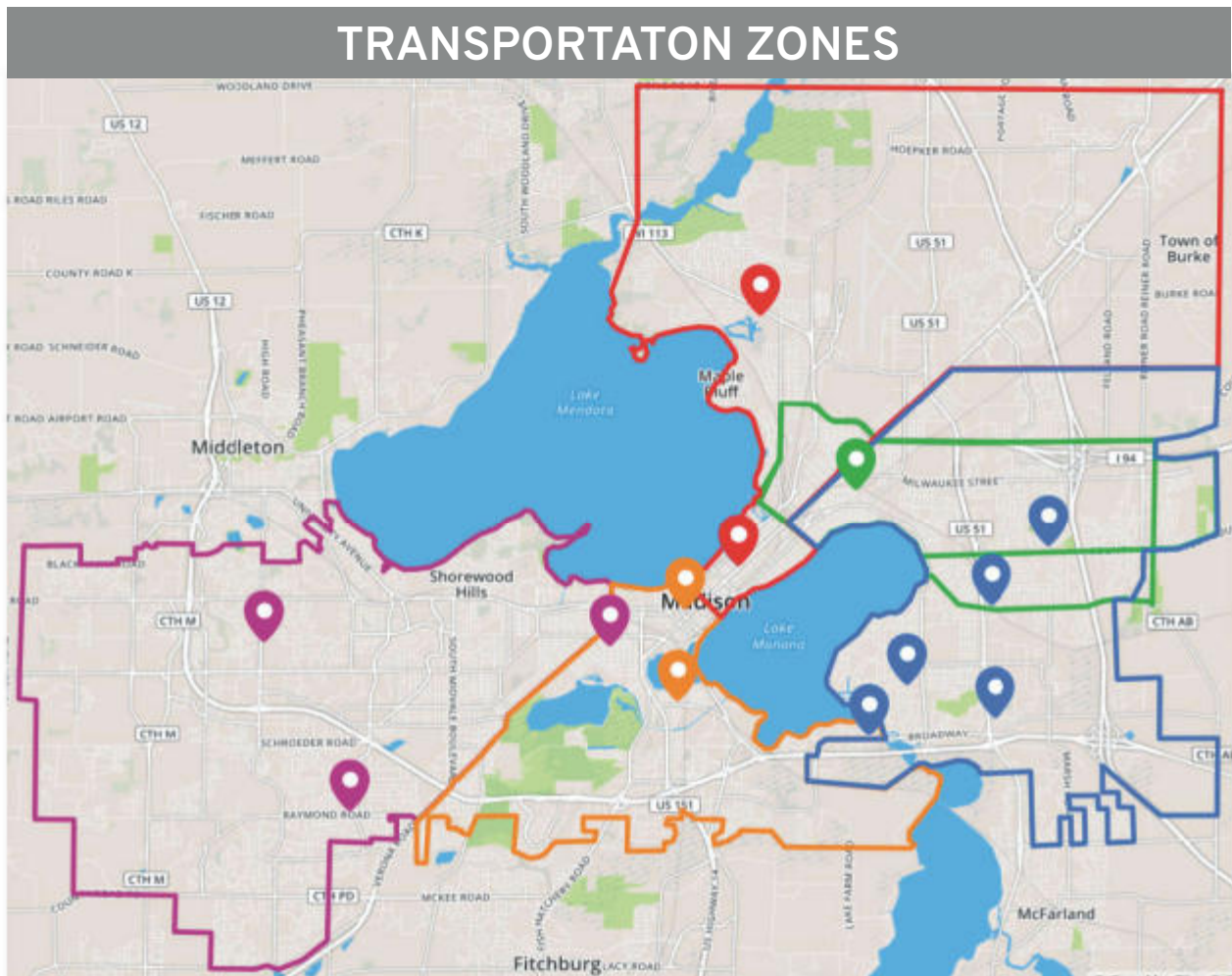
If you are age 60+, the suggested meal donation is \$4.00. If you are under 60 or do not meet the program eligibility, you are required to pay the total cost \$9.07.

Suggested transportation donation is \$1.00 round trip.

Kosher Site	Address	Day	Time
<p>Beth Israel Center</p> <p>Meal and transportation reservations due by 2:00 pm the preceding Wednesday. To make reservations call (608) 442-4081 or email office@jssmadison.org.</p> <p>Transportation available for the purple zone.</p> <p>Monday, March 2: Honey Harissa roast chicken, rice and lentils, corn, fruit, brownie, MO: Honey Harissa tofu</p> <p>Monday, March 9: Smoked brisket, roasted red potato, coleslaw, fruit, hamantaschen MO: Smoked BBQ jackfruit and garbanzo</p> <p>Monday, March 16: Maple mustard roasted chicken, whipped sweet potato, vegetable medley, fruit, brownie, MO: Maple roasted tofu</p> <p>Monday, March 23: Vegetarian lasagna, Italian dressing with iceberg salad, rolls, fruit, dessert</p> <p>Monday, March 30: Hickory smoked chicken, whipped potato, vegetable medley, fruit, birthday cake, MO: Turkish coffee rubbed tofu</p>	1406 Mound Street	M Sept-May	Noon
East Madison Restaurants	Address	Day	Time
<p>Cranberry Creek Cafe</p> <p>Five delicious breakfast options. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.</p> <p>Transportation available for the blue zone.</p>	1501 Lake Point Drive	M & F	8:30 am – 10:30 am
<p>Cuco's Mexican Restaurant</p> <p>Six delicious lunch options. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.</p> <p>Transportation available for the blue zone.</p>	4426 E. Buckeye Road	W	11:30 am – 1:00 pm
North, East, South Grocery Store	Address	Day	Time
<p>Festival Foods</p> <p>Enjoy one trip through the extensive salad bar and a bowl of soup.</p> <p>After lunch do your shopping. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Call (608) 512-0000 Ext. 3000.</p> <p>Transportation available for the red, blue, orange zones.</p>	810 E. Washington Ave.	TH	11:00 am – 1:00 pm
Goodman Neighborhood	Address	Day	Time
<p>Goodman Community Center</p> <p>This meal serves people of all ages. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Make transportation reservations at meal site or call (608) 241-1574. Menu on page 23.</p> <p>Transportation available for the green zone.</p>	149 Waubesa Street	M-F	11:45 am

Menu for the Goodman location on page 22.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 PARMESAN CHICKEN BAKE Marinara Sauce, Whole Wheat Pasta Garlic Butter Corn, Pears, Jell-O MO: Grilled Veggie Sausage	03 BLACK BEAN AND CHEESE ENCHILADA CASSEROLE Broccoli, Mixed Salad Honey Dew, Cake Salad: Chef	04 BEEF LASAGNA Sweet Corn, Mixed Salad, Garlic Bread Watermelon, Brownies MO: Vegetable Lasagna	05 SWEDISH MEATBALLS Egg Noodles, Carrots, Peas Mixed Salad, Apple Slices, Cookies MO: Vegetarian Bean Stew	06 PORK CHOPS Mashed Sweet Potatoes and Gravy Steamed Broccoli, Pineapple Ice Cream MO: Veggie Burgers
09 CHICKEN & RICE CASSEROLE Steamed Green Beans, Bean Salad Apple Sauce, Pudding MO: Veggie and Rice Casserole	10 BAKED ZITI Bean Salad, Mixed Salad Cantaloupe, Pie MO: Vegetarian Baked Ziti Salad: Southwest	11 FISH SANDWICH Mediterranean Quinoa Salad Mixed Salad, Orange Slices Fruit Crumble MO: Grilled Cheese	12 HONEY GLAZED HAM Cheesy Potato Bake, Carrots Dinner Roll, Pineapples, Cake MO: Veggie Burgers	13 BEEF TATER TOT CASSEROLE Sweet Pea Salad, Canned Peaches Ice Cream MO: Vegetarian Tater Tot Casserole
16 CHICKEN SANDWICH Balsamic Glazed Carrots Tomato and Cucumber Salad Mandarin Oranges, Cookies MO: Veggie Burgers	17 BEEF CHILI Corn Bread, Potato Salad, Mixed Salad Watermelon, Brownies MO: 3 Bean and Mushroom Chili Salad: BLT	18 FLANK STEAK STIR FRY Steamed Brown Rice, Stir Fry Veggies Asian Cabbage Salad, Jell-O Honey Dew MO: Tofu Stir Fry	19 BBQ CHICKEN THIGH Macaroni Salad, Carrot Slaw Mixed Salad, Cantaloupe, Pie MO: Veggie Burger	20 TURKEY MEATLOAF Mashed Potatoes, Turkey Gravy Steamed Broccoli, Mixed Fruit Ice Cream MO: Vegetarian Loaf
23 PULLED PORK Baked Beans, Mixed Salad Canned Pears, Pudding MO: BBQ Vegetarian Meat Sandwich	24 SPAGHETTI W/ MEAT SAUCE Green Beans, Mixed Salad Garlic Bread, Cantaloupe, Brown MO: Vegetarian Spaghetti w/Cheese Salad: Turkey Cobb	25 GRILLED CHEESE BURGER Winter Vegetable Salad, Green Peas Watermelon, Cake MO: Veggie Burger	26 CHICKEN TERIYAKI Stir Fry Veggies, Asian Cabbage Slaw Steamed Rice, Orange Slices, Cookies MO: Vegetarian Stir Fry	27 BEEF & BEAN ENCHILADA Cowboy Caviar, Mixed Salad Apple Slices, Ice Cream MO: Bean and Cheese Enchilada
30 COD Sweet Potatoes Quinoa and Vegetable Salad Canned Peaches, Baked Apple Sliced MO: Baked Tofu	31 BEEF GOULASH Creamed Spinach, Mixed Salad Honey Dew, Jello MO: Vegetable Goulash Salad: Caesar	<p>Meals provided by: Goodman Catering. All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option. Fruit and Dessert Served Daily.</p>		





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Madison, WI 53704

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