

# NEWBRIDGE NEWS

Your Connection to Successful Aging

MARCH 2021

COVID-19 Vaccine  
Transportation  
for Dane County  
Older Adults, 65+



*Have you exhausted all options available  
to you and still need a ride to your  
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Funded by Dane County  
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Coordinated by NewBridge.

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**(608) 512-0000 Ext. 2 - Spanish**

**(608) 695-2773 -** Tham lus Hmoob, Nplog, Qhab  
Mim (Khmer), Tibetan, Nepali

## SOCIAL WORK MONTH

March is National Social  
Worker Professionals Month!

We would like to take this  
opportunity to highlight our  
Case Management Program,  
our Case Managers, and the  
impact they have on our  
community. See page 20.

**CHECK OUT  
WHAT'S  
INSIDE!**

**02** General Information  
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[www.NewBridgeMadison.org](http://www.NewBridgeMadison.org)

(608) 512-0000

# GENERAL INFORMATION

## MISSION

Providing older adults a bridge to successful aging.

## VISION

A Community Where All Older Adults Live Their Best Life.



## A LETTER FROM THE DIRECTOR...

### You Are What You Eat

My mother was a dietitian so there was little junk food in our house when I was a kid. Mom pushed dairy products, fruits and vegetables and a variety of foods. This has served us well as adults. March is National Nutrition Month and a big concern for many older adults is nutrition. Many older adults don't get the proper nutrition and this affects their health.

For some it's a financial issue, for others they can't cook anymore or never learned how. Many turn to less nutritious foods and junk food especially during this pandemic. Let's focus on eating healthy this month and help those around us to do the same.

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

## MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

## EAST MADISON

4142 Monona Drive, Madison, WI 53716

## WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



## BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
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- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

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# 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
  
- ABIGAIL NINNEMAN, Case Manager Intern Ext. 4008
- ADA ZHANG, Case Manager Intern Ext. 1001
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1003
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- 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 Ext. 1005

- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006
  
- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Coord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Fund Devel. & Event Coord. Ext. 3012
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- GINNIE RICHARDSON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC

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

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



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# COVID-19 SERVICES

## Bridge Buddies-Friendly Callers

Volunteers are matched with Case Management clients to do safety check calls and/or social friendly calls. *Now including letter writing.*

## Case Management

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

## COVID-19 Vaccine Transportation

Free transportation available for Dane County older adults, 65+. Call (608) 512-0000 Ext. 3 Monday-Friday, 8:00 am-4:00 pm.

## Diversity & Inclusion Activities

For Dane County Black and Latinx older adults that focus on socialization and health education. See our website and pages 12, 13, 14.

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

## Face Mask Delivery

A face mask will be delivered to the older adult's door by a volunteer or sent through the mail.

## Food Bridge Delivery

Volunteers are matched with Case Management clients to deliver food from a pantry.

## Foot Clinics & Loan Closet

Provides foot clinics and health equipment items to check out. See page 16 for more info.

## Home Chore - *outdoor only*

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

## Zoom Classes & Activities

See our website and pages 6, 7, 8, 9.

## Representative Payee & Guardianship Service

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

## Take-Out Meals

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

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

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

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

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

Monday between 10:00-11:30 am

1 Meal Catered by Kavanaugh's Esquire Club

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

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

**Not taking new participants.**

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

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

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

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

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

Friday between 3:00-4:00 pm

1 Meal – Hot Fish Fry


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




# MARCH MENU - MESSIAH & ROMNES SITES ONLY


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>01</b> Lemon Dill Baked Fish Baked Potato, Fruit Cup Peanut Butter Cookie MO – Tomato Cheese Sand.	<b>02</b> *Italian Sausage Oven Rstd. Potatoes Stewed Tomatoes, Pineapple Chocolate Ice Cream Cup MO – Veggie Dog	<b>03</b> Sweet & Sour Chicken Brown Rice, Peas, Banana Frosted White Cake. MO – Soy Sweet and Sour	<b>04</b> *BBQ Pulled Pork Chickpea Salad, Carrots Diced Melon Mix Vanilla Pudding MO – Black Bean Burger	<b>05</b> Chicken on the Bone Mashed Potatoes Blend Vegetable, Cookie Pineapple & Oranges MO – Garden Wrap
<b>08</b> Chicken Stew Saltine Crackers, Broccoli Tropical Fruit, Chocolate Pie MO – Veggie Stew	<b>09</b> Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Italian Ice MO – Garden Burger	<b>10</b> Chicken and Gravy Carrots, Italian Green Beans Grape Juice, Carnival Cookie MO – Veg Chicken & Gravy	<b>11</b> Egg Salad Chicken Noodle Soup Apple Sauce, Peach Pie Bar	<b>12</b> *Pork Loin in Gravy Mashed Potatoes, Veggies, Mandarin Oranges, Cookie MO – Multigrain Burger
<b>15</b> *Meatballs in Marinara Over Penne, Carrots Coleslaw, Peaches Cheesecake Brownie MO – Veggie Meatballs	<b>16</b> Corned Beef, Cabbage Roasted Potatoes Jell-o w/Fruit Cocktail Shamrock Cake MO – Pita/Hummus	<b>17</b> Cheeseburger 4 Bean Salad Vegetable Blend, Banana Lemon Meringue Pie MO – Veggie Burger	<b>18</b> Traditional Meatloaf Sweet Potato Cinnamon Apple Sauce MO – Veggie Meatballs	<b>19</b> Sloppy Joe Creamed Corn Black Eyed Pea Salad Banana, Chocolate Pudding MO – Chickpea Joe
<b>22</b> Beef Stew Biscuit, Green Beans Chunky Apple Sauce Banana Cake MO – Veggie Stew	<b>23</b> Cheese Tortellini Bake Spinach, Mandarin Oranges Blueberry Crisp MO – Cheese Tortellini in Marinara	<b>24</b> Chicken a la King Brown Rice, Peas Corn Salad, Pineapple Raspberry Sherbet MO – Soy a La King	<b>25</b> Chicken Noodle Soup Mixed Greens Saltine Crackers. Pears Pumpkin Bar MO – Tomato Bean Soup	<b>26</b> Sausage Veg Egg Bake Fruit Cup, Hash Brown Patty Grape Juice Cup Cinn. Raisin Bread MO – Veggie Egg Bake
<b>29</b> Pot Roast with Gravy Mashed Potatoes, Carrots Orange Juice Tapioca Pudding MO – Hummus Wrap	<b>30</b> Tomato Bean Soup Mixed Greens, Peaches Lemon Bar MO – Egg Salad	<b>31</b> *Ham & Pot. Casserole California Blend Pineapple & Peaches Choc. Banana Cake MO – Potato Soy Cass.	<b>Meals provided by: Dane County Consolidated Food Services Division</b> 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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# NEWBRIDGE ONLINE CLASSES & ACTIVITIES

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

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

## ZOOM STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

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

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

## ZOOM TECHNICAL ASSISTANCE

Tuesdays, 9:00-11:00 am

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

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

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

Tuesdays, 1:00-2:30 pm

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

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

## ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

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

## ZOOM BOOK CLUB

Wednesday, March 3, 1:00-2:00 pm

Discussing Me Before You by JoJo Moyes. Our April book is Animal, Vegetable, Mineral by Barbara Kingsolver. You are responsible for getting and returning your book each month. The Lakeview is our home library and will have the books available there for pick up or order it through another library.

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

## ZOOM BINGO!

Friday, March 12, 26, 1:00-2:00 pm

Join us for bingo with caller Diana D! Fill up a card and win a prize. Play with your own card or get them from Deenah.

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





## ARTFUL AGING – DRAWING CLASS

Wednesday, March 3, 10, 17, 24

10:15 am-12:15 pm

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

*To sign up, contact Deenah*

*DeenahG@newbridgemadison.org*

## ZOOM COFFEE TALK WITH RUTH & DEENAH

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

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

*See NewBridge website for the Zoom link  
newbridgemadison.org*



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## LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'

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

*To sign up, contact Deenah  
DeenahG@newbridgemadison.org*

## FREE PHOTOGRAPHY CLASS

Thursday, March 11, 4:00 pm  
Introduction to Documentary Photography by Kristen Engel, professional fine art portrait and nature photographer. There will be a Q&A time so bring your questions. *To sign up, contact Deenah  
DeenahG@newbridgemadison.org*

## SPECIAL EVENTS

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

## ZOOM TUNES—UPWARD SPIRALS

Saturday, March 27, 4:00-5:00 pm  
Join us for lively tunes that you will recognize played and sung by The Upward Spirals. Their band covers songs that we love to listen to, especially 1960's and 70's folk music and classic rock along with some 80's alternative rock.

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

## ZOOM TUNES—THE TOOLE'S A St. Paddy's Day Concert

Wednesday, March 17, 1:00-2:00 pm

Combining traditional tunes with powerful originals and a few favorite pub songs, they bring together influences from Dublin to Nashville, with a bit of Midwestern grit thrown in. *See NewBridge website for the Zoom link, www.newbridgemadison.org*



## LET'S COOK TOGETHER

Fridays, March 5, 12, 4:00-5:30 pm  
Join UW medical students as they lead us through cooking simple, healthy recipes with six ingredients or less. We will send you the recipe and you pick up the ingredients. If you need help getting the ingredients please contact Deenah at least one week in advance. You will be sent the recipe and the Zoom link.

*To sign up, contact Deenah  
DeenahG@newbridgemadison.org*

## DO I MATTER? THRIVING WITH PURPOSE IN THIS CRAZY WORLD

Tuesday, March 23, 1:00–2:00 pm

This inspirational talk by Mary Helen Conroy will examine the good, the bad and the ugly, the scary and sad, and the awesomeness of building our lives that truly matter. You will be leave with ten strategies for showing others and themselves that they matter.

*To sign up, contact Deenah  
DeenahG@newbridgemadison.org*





## WELLNESS WARRIORS

Wednesdays, February 10–March 31  
3:00–4:00 PM

Join us at any time for this weekly Zoom meeting intended to support you through these difficult times. There will be a new topic each week generated by the group. This confidential group will be facilitated by an Edgewood Nursing student and a Social Worker. Come on and enjoy support and lively conversation.

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



## AGING MASTERY PROGRAM

Tuesdays, April 6–May 4, 5–7:00 pm  
Aging Mastery Program (AMP) encourages mastering behaviors that lead to improved health, stronger financial security, and overall well-being through small but impactful changes. This 5 week program featuring local experts will provide valuable resources, opportunities for community involvement and the chance to meet new friends. The fee is only \$5.00 thanks to a generous grant from All of Us – UW-Madison. *To sign up, contact Deenah*  
[DeenahG@newbridgemadison.org](mailto:DeenahG@newbridgemadison.org)



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

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## MONONA SENIOR CENTER ACTIVITIES



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

### NEWBRIDGE HOME CHORE AND FOOD BRIDGE PROGRAMS

Thursday, March 4, 1:00-2:00 pm  
Gretchen Schadeberg, NewBridge Case  
Manager will be joined by NewBridge  
Volunteer Coordinator, Keisha Furniss.  
Keisha will be talking about the  
NewBridge Home Chore program as well  
as the Food Bridge program. *Call (608)*

*222-3415 to share your email address to  
receive the invite.*

### ZOOM COFFEE WITH MAYOR MARY O'CONNOR

Tuesday, March 30, 1:00 pm  
Connect with us on Zoom and  
take this opportunity to meet  
with Monona's Mayor, Mary  
O'Connor. She will join a Zoom  
meeting on Tuesday, March 23rd at 1:00  
p.m. and is willing to answer questions you  
may have on things going on around  
Monona. You do not need to be a Monona  
resident to participate in this event. *Call  
(608) 222-3415 and share your email  
address so we can send the Zoom invite.*



## MADISON SENIOR CENTER ACTIVITIES



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

### ZOOM LINE DANCING

Thursdays in March, 2:00-3:00 pm  
Line dancing is a fun and inclusive way to  
enjoy movement in the form of dance with  
lots of personalization and modifications  
to each dancer's style and needs! Join us  
for Beginner Line Dancing.

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

### VOICES OF COLOR SPEAK OUT

Thursday, March 18, 10:00-11:00 am  
A new monthly series that gives you the  
opportunity to have engaging  
conversations with Black community  
leaders. Listen to their stories that speak  
to cultural differences, learn more about  
Madison's history from a POC's (person of  
color) perspective, ask questions and have  
an experience. This month we welcome Dr.  
Gloria Hawkins, retired professor and  
assistant dean at the UW-Madison School  
of Medicine and Public Health.

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

# FROM THE FRIENDS OF NEWBRIDGE

In support of the NewBridge mission, the Friends of NewBridge exist as a resource for feedback, advocacy and fund development for a variety of programs and events.

## NEW FRIENDS ARE ALWAYS WELCOME!

There are several ways to become a Friend of NewBridge:

- Complete the form the website—  
[www.newbridgemadison.org/donate1](http://www.newbridgemadison.org/donate1)
- Complete the form on page 23 of the newsletter and mail in.
- Call or email Ruth Hellenbrand  
(608) 512-0000 Ext. 3012  
[RuthH@newbridgemadison.org](mailto:RuthH@newbridgemadison.org)

The Friends also welcome back two “Friend-and-Fund-Raising” opportunities in 2021! Our Summer Concert Series will offer four in-person, outdoor concerts in July and August at Warner Park. See page 24 for more information. And don’t forget to save the date for Black Tie Bingo on September 16, 2021 at the Monona Terrace in the Grand Terrace Ballroom. Tickets will go on sale in the Spring on the website.

*The Friends are looking for more committee members. We meet on the 2nd Thursday of the month at 2:00 pm. Contact Ruth if you’re interested in joining!*




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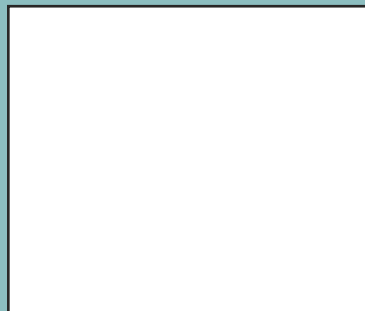
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# MARCH DIVERSITY & INCLUSION ACTIVITIES

Activities are developed for Latinx older adults that focus on socialization, health education, and support groups. Activities offered in Spanish only.

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

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

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

To register for the activities below:

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

**Consulte el sitio web de NewBridge para obtener el enlace Zoom**

## ZOOM BILINGUAL BINGO

### BINGO BILINGÜE EN EL ZOOM

Monday, March 1, 2:00-3:30 pm

Lunes, el 1 de Marzo

## ZOOM DISCUSSION GROUP

### GRUPO DE DISCUSIÓN EN EL ZOOM

Every Friday, 10:00-11:30 am

Cada Viernes

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

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

## ZOOM FRIENDSHIP CIRCLE

### WITH GARRETT

### CÍRCULO DE AMIGOS

Wed., Mar. 10 & 24, 1:00-2:00 pm

Miércoles, el 10 y 24 de Marzo

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

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

## ZOOM MINDFUL MEDITATION

### WITH CATALINA

### MEDITACION DE ATENCION PLENA CON CATALINA

Every Thursday, 10:00-10:45 am

Los Jueves

This past year has been so difficult for all of us. Learn the importance of living in the present and through the art of meditation. In partnership with GHC.

Este último año ha sido muy difícil para todos nosotros. Únase a nosotros mientras aprendemos la importancia de vivir en el presente y desarrollamos las herramientas para vivir feliz y saludablemente a través del arte de la meditación. En conjunto con GHC.

**ZOOM ART CLASS WITH  
PATRIZIA FERREIRA**  
**HAGÁMOS ARTE CON HILOS Y TELA**  
Wednesdays, 10:00-11:00 am  
Los Miercoles

Lots of beautiful things can be made with just a few scraps of fabric and different colored threads. There are tons of ancient techniques that we can use to create. Se pueden hacer montones de cosas hermosas con apenas unos restos de tela e hilos de distintos colores. Hay montones de técnicas ancestrales que podemos usar para crear. Esta es una clase para disfrutar del ritmo desacelerado que nos propone la costura.

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[www.facebook.com/groups/newbridgelatinx](http://www.facebook.com/groups/newbridgelatinx)

**ZOOM YOGA SUAVE**  
Mondays, 10:00-11:15 am  
Los Lunes  
Cost \$12 for MMSD residents and \$18 for non residents  
11 week course- A good option for all levels and abilities. This yoga class combines slow, gentle movements and focuses attention on the breath. Please bring your own yoga mat to class.  
Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. Por favor traiga su propia estera (yoga mat) a la clase. Offered in collaboration with MSCR.  
*To sign up, contact Garrett.  
Hable con Garrett para inscribirse.*

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

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# MARCH DIVERSITY & INCLUSION ACTIVITIES

**Activities are developed for Black older adults that focus on socialization, health education, and support groups.**

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

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

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

Black History Month continues into Women's History Month in March. Still in the midst of the COVID-19 pandemic, the NewBridge Diversity & Inclusion Program is forging ahead with virtual programming this month, including yoga classes, Women's History Month Bingo, and a March to Health speaker series. *Please check out website and Facebook page for dates and times.*

## THE 5TH LITTLE GIRL: A CONVERSATION WITH SARAH COLLINS RUDOLPH

Saturday, March 13, 3:00 pm

Most people have heard about the four little Black girls who were killed by white supremacists in the 1963 church bombing, in Birmingham, Alabama. In fact, there were actually five little girls in the church bathroom on that fateful Sunday morning. Sarah Collins Rudolph was that "fifth little girl". Then 12, she was with her sister and three other friends, when the bomb went off at 16th Street Baptist Church.

Her sister, Addie Mae Collins, died, along with Carol McNair, Carole Robertson and Cynthia Wesley. Wesley was 11; the other girls were 14. Dr. Martin Luther King, Jr. called it, "one of the most vicious and tragic crimes ever perpetrated against humanity". It marked a turning point in the United States.

Sign up by visiting our website [www.newbridgemadison.org](http://www.newbridgemadison.org) or contacting Deana at (608) 512-0000 Ext. 2007  
DeanaW@newbridgemadison.org.

The flyer features the NewBridge logo at the top, with the tagline 'Your Connection to Successful Aging'. Below the logo, it says 'Diversity & Inclusion PRESENTS'. The main title is 'THE 5TH LITTLE GIRL' in large green letters, followed by 'A Conversation with SARAH COLLINS RUDOLPH'. A photograph of Sarah Collins Rudolph is on the left. To the right, a text box describes the 1963 church bombing and her survival. A green circular badge indicates the event is on 'SATURDAY 13 March 3:00 PM CST'. A green button says 'Join us for this FREE virtual program via Zoom' with 'Q&A Immediately Following' below it. At the bottom, there are four small portraits of the other girls: Addie Mae Collins, Cynthia Wesley, Deanie McNair, and Carol Robertson. A black banner at the very bottom contains the text 'Register Now!' and contact information: 'DeanaW@NewBridgeMadison.org or Call Deana at (608) 512-0000 Ext. 2007'. A small note at the bottom says 'Event link will be sent via email after registration'.



# PROGRAM AND STAFFING CHANGES

**Programs:** The Caregiver Support Program is no longer a NewBridge Program. The program that is now overseen by the Area Agency on Aging of Dane County. Our NewBridge Living Every Day (LED) program has been halted until further notice. NewBridge is seeking funds in hopes it may resume later this year. The NewBridge volunteer guardian and representative payee pilot for adults age 50-59 has been discontinued.

**Staff:** Ruth Hellenbrand is the new NewBridge Fund Development and Events Coordinator! Ruth will play a major role increasing our agencies fund development

efforts. She will also coordinate various NewBridge special events and fundraisers, and assist the Friends of NewBridge. But don't worry, you will still see a lot of Ruth at the meal sites, other activities and programs and conversing with NewBridge volunteers.

Katie Brietzman will increase her role in the case management program in 2021. She was coordinating the guardian and representative payee 50-59-year-old pilot project. This will help us address the increased demand for case management services.

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

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

**Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.**  
**COVID Procedure for Foot Clinics:**

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

### **EAST MADISON**

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

### **NORTH MADISON**

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

Warner Park Community Rec Center  
1625 Northport Drive  
Friday, March 12, 9:00 am-Noon  
Thursday, March 25, 9:00 am-Noon

## **MEDICAL EQUIPMENT LOAN CLOSET**

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

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

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

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

**Now accepting shower chair donations.**





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FUNDING PROGRAMS  
FOR MADISON AREA  
OLDER ADULTS



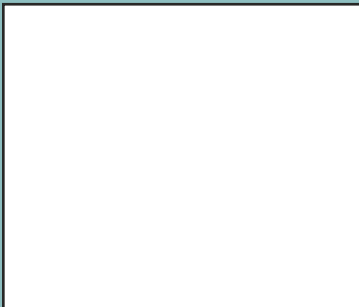
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# VOLUNTEER OPPORTUNITIES

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

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

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

## FOOT CLINIC VOLUNTEERS

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

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

**LOCATION**—Westside clinic

## FOOD BRIDGE DELIVERY DRIVERS

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

**TIME COMMITMENT**—2-4 times per month

**IMMEDIATE NEED**—20+ volunteers

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

## TAKE-OUT MEAL VOLUNTEERS

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

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

**IMMEDIATE NEED**—2 volunteers

## FRIENDS COMMITTEE

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

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

**IMMEDIATE NEED**—1-3 volunteers

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



# VOLUNTEER SPOTLIGHT



## DIANA DINEEN

**How long have you been volunteering with NewBridge?** Started doing home chores in 1999 and continue to do so. Became an office volunteer in 2016 I think.

**Tell us a little about yourself and your background?** I worked at UWH as a registered nurse in the Trauma ICU and Burn Unit for about

25 years. Opened my home daycare for infants and toddlers for 20 years.

**What brought you to NewBridge as a volunteer?**

My life has been blessed on so many levels. I wanted to give back somehow and decided to try volunteering.

**What do you enjoy most about volunteering?**

The appreciation one feels from those I help. Seems minimal to me, but is really very significant to others.

**What inspires you to volunteer?** Feeling of accomplishment and meaning in doing things for others.

**What would you say to others who are thinking about volunteering?** Do it! It is so rewarding and the cost is small—time, which we all have plenty of right now.

*Thank you for over 20 years of service!*



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# NATIONAL SOCIAL WORK MONTH

March is National Social Work Month. The 2021 theme is *Social Workers are Essential*.



We would like to take this opportunity to highlight our Case Management Program and our Case Managers. Our Case Management program provides our clients with an array of services including connection to resources, advocacy and providing information and referral assistance.

## What do we do here at NewBridge?



As Case Managers, our primary goal is to empower older adults to maintain their health, safety, independence and community connection.

We work with clients and their family to assess their unique needs and work with the client to develop a service plan that addresses the unique goals and needs. We also help to connect clients to

resources and services such as housing, benefits including Food Share/Medicare/Medicaid, transportation services, home chore services, energy assistance, and home delivered meals or other food resources. We also provide advocacy services to help our clients communicate with their families, care providers and other agencies and professionals.

Our NewBridge Case Management staff is passionate about helping our clients obtain the services to meet their needs. Take time today to thank a social worker for their ongoing efforts in helping create a better world for all and for their hard work and dedication!



### CASE MANAGER

### SUPERVISORS

Jennifer Brown  
Jodie Castaneda

Megan Kulinski  
Rachel Mael  
Sammy Azuma  
Stephanie Brandsma  
Susan Watson

### CASE MANAGERS

Ebonie Brooks  
Glen Thommesen  
Gretchen Schadeberg  
Jenn Garcia-Ludolph  
Katie Brietzman  
Maureen Quinlan

### BILINGUAL CASE MANAGERS

Alirio Pardo  
Kayleigh Coloso

### CASE MANAGER INTERNS

Abigail Ninneman  
Ada Zhang

## 2020 Case Management Impact

- 1,127 Clients
- 10,721.50 Hours
- 1,594 intake calls since March 30

- Assisted 73 older adults during Medicare Part D open enrollment and a total savings of \$197,259 in prescription costs



# WELCOME KATHLEEN PATER, LCSW



Kathleen joins the NewBridge Team to serve as the Licensed Clinical Social Worker (LCSW) for the Mental Health Resources of Older Adults in Dane County.

The program will assist and provide support to Dane County case managers to effectively help older adults (age 60+) with chronic mental health issues, who do not currently meet the qualifications of other mental health programs. The program provides mental health support to older adults in both urban and rural areas, and help prevent crises and the high costs associated with emergency care.

*Hi, I am Kathleen Pater.* I'm an LCSW with focus in mental health. I have been working as a therapist since 2007. I have worked as a child, family and individual therapist at Journey Mental Health and in private practice at Open Door.

I have specialized in Cognitive Behavioral Therapy with an emphasis on Trauma. I am trained in attachment therapy, DBT, CBT, Motivational Interviewing and family systems.

Throughout my practice I have been inspired by the older adult population and their unique mental health needs, especially given the difficult year 2020 has been. I really enjoy working with older adults and am in awe of the life experiences and knowledge they carry.

I am very excited to be a part of the NewBridge Team. I am motivated to make the Mental Health Resource program beneficial and supportive to our Focal Points and all the people we serve.

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# REGULAR SERVICES AND ACTIVITIES

## Case Management

***“Your connection to community resources”***

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

*Private Pay Case Management available.*

## 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 (60+).*

## Home Chore

***“Your connection to helping hands”***

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

## Food Bridge

***“Your connection to wholesome groceries”***

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

This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+).*

## Bridge Buddies

***“Your connection to a friendly caller”***

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

## Representative Payee & Guardianship Service

***“Your connection to trained volunteers”***

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteer manages the social security benefits for the older adult and ensures the older adult’s basic needs are met.

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

## 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.*



## Medical Equipment Loan Closet

*“Your connection to health equipment”*

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



## Diversity & Inclusion Activities

*“Your connection to your peers”*

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

## 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.

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

## 2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please check all boxes that apply:**

\$ \_\_\_\_\_ 2021 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 at [newbridgemadison.org](http://newbridgemadison.org). Friendships are renewed annually.

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





1625 Northport Dr. #125  
Madison, WI 53704

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MADISON, WI  
PERMIT #1410



# Summer Concerts

*at Warner Park*

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

- July 12: Frank Martin Busch & the Names
- July 19: Ladies Must Swing
- July 26: Universal Sound
- August 16: To Be Announced

To become a sponsor, contact Ruth Hellenbrand (608) 512-0000 Ext. 3012