

# NEWBRIDGE

Your Connection to Successful Aging

# NEWS

MARCH 2022





THE TIME IS RIGHT  
FOR SOCIAL WORK

**CELEBRATE  
NATIONAL  
SOCIAL WORK MONTH**

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

**CHECK OUT  
WHAT'S  
INSIDE!**

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

In 2021, our case managers assisted over 1,000 older adults to access essential resources! Restrictions during COVID, and increased isolation have taken its toll. Life is particularly difficult for older adults as many essential resources are not easily accessible. Our case managers, most of whom are social workers, have been outstanding in addressing (as best as possible) the challenges brought on by COVID. While NewBridge can't help with everything, we can't provide direct financial assistance to help pay for needs incurred by older adults, but we can often connect them to resources that might. **This month we recognize our case managers for their exceptionally challenging work that many of us could never do.**

## 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

*Our offices may be closed without notice due to staffing shortages. Please call ahead.*

## 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
- CEDRIC JOHNSON, *Vice President* - Community Relations Manager, Madison Gas & Electric
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
- TIM RYAN, *Treasurer* - CFO, Monona Bank
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- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARA CAMACHO - Community Care Manager, Group Health Cooperative (GHC)
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

**Thank you to our Funders:**



*Friends of NewBridge*

**Housing Partner:**  
Sherman Glen Apartments & Point Place Apartments

# NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
  
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
  
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- LAUREN JACOBS, Case Manager Intern Ext. 4008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 400
- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- MICHAEL GARRISON, Mental Health Resource Registered Nurse Ext. 2002
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC
- STANLEY GRAHAM, Nutrition Coordinator —

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

ID Statement: The 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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Blank space for additional information or contact details.



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# SERVICES AND ACTIVITIES

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Case Management

*“Your connection to community resources”*

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



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

## Classes & Activities

*“Your connection to golden opportunities”*

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

## Diet Consultations & Healthy Aging Workshops

*“Your connection to nutrition and wellness.”*

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

## Diversity & Inclusion Activities

*“Your connection to your peers”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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

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



*Madison/Monona older adults (60+).*

## Home Chore

*“Your connection to helping hands”*

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

## Medical Equipment Loan Closet

*“Your connection to health equipment”*

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

## Mental Health Resources

*"Your connection to mental health resources"*

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

## Nutrition Sites

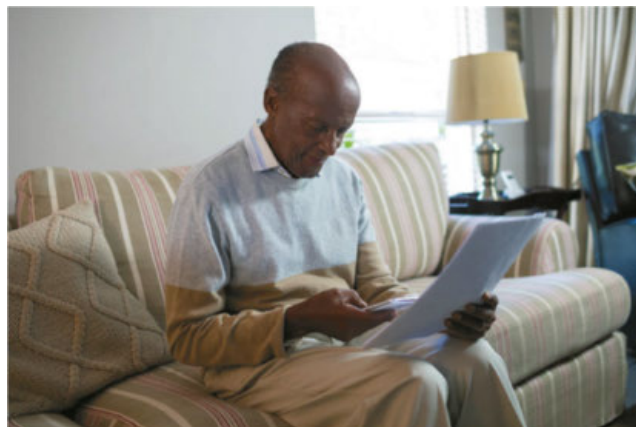
*"Your connection to nutritious meals"*

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

## Representative Payee & Guardianship Service

*"Your connection to trained volunteers"*

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



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# DIVERSITY & INCLUSION ACTIVITIES

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



**Deana Wright**  
Diversity & Inclusion  
Program Manager  
(608) 512-0000 Ext. 2007  
DeanaW@  
newbridgemadison.org

To register for activities:

See *NewBridge website for the Zoom links [www.newbridgemadison.org](http://www.newbridgemadison.org) or contact Deana.*



**NewBridge Diversity & Inclusion Celebrates Women's History Month**

**BEING BLACK WHILE WEARING BLUE: A Conversation with Pia Kinney James**

Wednesday, March 23, 11 am-Noon

Join Madison's first Black female police officer, Pia Kinney James, as she looks back almost 50 years with the Madison Police Department. Hear her journey from the 70's, how her 30-yr career impacted her life and how she continues to make a difference.



## YOGA FOR SLEEPING

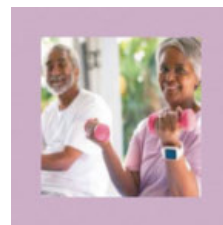
Tuesdays, 9:00 pm-10:00 pm



A gentle practice to help you sleep well; free weekly sessions. *Sign up with Deana.*

## BALANCING ACT

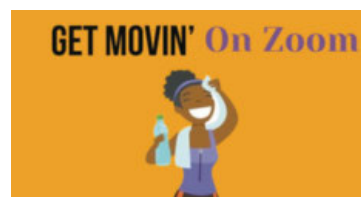
Tuesdays, 1:00-1:45 pm



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

## GET MOVIN' ON ZOOM

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



Keep your body moving with gentle exercises for every level. *In collaboration with UW Madison*

*Alzheimer's Disease Research Center.*

## COLOR ME HEALTHY

Tuesday, March 22, 3:00-4:00 pm



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



# GENTLE & YIN YOGA

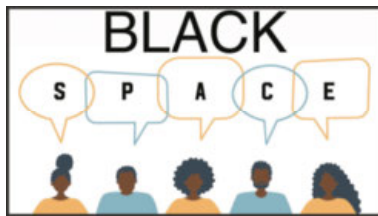
Wednesdays, 8:00 pm-9:00 pm



A gentle practice to help alleviate stress and symptoms of trauma; free weekly sessions. **Sign up with Deana.**

# BLACK SPACE

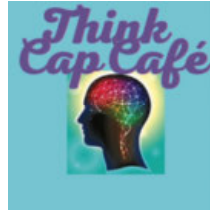
Thursdays, 3:00-4:00 pm



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

# THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



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

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

# BINGO

Thursday, March 17, 3:00-4:00 pm



Game cards and chips will be mailed prior to the program. Gift cards will be

mailed to game winners. **Sign up with Deana by Friday, March 11.**

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GS3218 3/28/2018



# ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:  
*Consulte el sitio web de NewBridge para obtener el enlace Zoom*  
[www.newbridgemadison.org](http://www.newbridgemadison.org).

**Todos los programas son ofrecidos vía Zoom.**

## LUNES DE PELÍCULAS

Lunes, 14 de marzo de 3:00-4:30 pm



“Selena” (1997)

## CÍRCULO DE AMIGOS

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



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

## BINGO CELEBRANDO “SAN PATRICIO”

Miércoles, 16 de marzo de 5-6:00 pm

### MARTES de BINGO

Martes, 22 de marzo de 10-11:00 am



¡Regístrese antes del 9 de marzo!

## MANUALIDADES POR SAN PATRICIO (Collares o pulseras)

Martes, 8 de marzo de 1:00-2:00 pm

Regístrese antes del 31 de febrero.

## YOGA PARA EL SUEÑO CON CLARE (BILINGÜE)

Todos los martes de 9:00-10:00 pm

Un ejercicio muy suave para ayudar a dormir bien,

## YOGA SUAVE Y YIN YOGA CON CLARE (BILINGÜE)

Todos los miércoles de 8:00-9:00 pm

Un ejercicio suave para ayudar a aliviar el estrés.





## LA CAFETERIA DE LA MEMORIA

Todos los jueves de 9:30-10:30 am y  
6:00-7:00 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.

## KARAOKE POR SAN PATRICIO

Jueves, 17 de marzo de 2-3:00 pm  
¡Vístase de verde y alístese para  
cantar!



## CLASES DE MEDITACIÓN CON GHC

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

## LA REUNIÓN

Todos los viernes 10:00-11:30 am  
¡Conéctate vía zoom! conversaremos  
acerca de temas relevantes sobre la salud,  
el bienestar y otros temas importantes  
para la comunidad latina.

## YOGA SUAVE CON CLARE (BILINGÜE)

Todos los sábado de 8:45-9:45 am  
Practique yoga de pie, sentado(a), y/o  
acostado(a) sobre un tapete o colchoneta  
de yoga, para aliviar el estrés, fortalecer el  
sistema inmunológico y mejorar su  
bienestar general.

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

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New Bridge, Madison, WI

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# CLASSES & ACTIVITIES



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

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

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



## INTRODUCING NEWBRIDGE U

Check out page 13 for more information and page 12 for information on the launch parties in April.

## PING PONG - *In-Person*

Mondays, 9:00 am-Noon

Wednesdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

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

## STRETCH & STRENGTH - *Zoom*

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$20/mo.

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

## SPIRIT & STRENGTH - *Zoom*

SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

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

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

## TECHNICAL ASSISTANCE -

### *In-Person*

Tuesday, March 8, 1:00-3:00 pm

Warner Park Comm. Rec. Center

*By appointment only, contact Deenah to sign up.*

## EASY YOGA PLUS - *Zoom*

Wednesdays and Fridays

10:00-11:00 am

Ellen Millar will take your through a series of exercises that can be done standing or from a chair. *To sign up, visit Ellen's*

*website for the Zoom link [www.thewonderofyoga.com](http://www.thewonderofyoga.com)*



## BOOK CLUB - Zoom

Wednesday, March 2, 10:00-11:00 am

Discussing The Hungry Tide by Ghosh.

Our April selection is: The House of Broken Angels by Urrea. Please remember, you are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club. **To get more information, contact Deenah.**



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

Wednesdays and Fridays

10:15-11:45 am

Warner Park Comm. Rec. Center

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

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

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## CARD MAKING CLUB - *In-Person*

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

## CHAIR YOGA - *In-Person*

Thursdays, 10:30-11:30 am  
Warner Park Comm. Rec. Center  
Please join Instructor Kim S as she leads you through a series of gentle stretch and yoga movements either from a standing or seated position. This class is good for all ability levels. *To get more information or to register, contact Deenah.*

## MAHJONG - *In-Person*

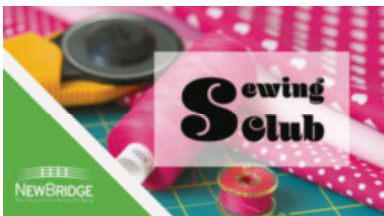
Thursdays, 1:00-3:00 pm  
Warner Park Comm. Rec. Center  
*To get more information, contact Deenah.*

## SEWING CLUB - *In-Person*

Thursday, March 3, 17, 9:00 am-Noon  
Warner Park Comm. Rec. Center  
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

### HOW TO GET YOUR ITEMS MENDED:

Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and the volunteers



will mend.  
No charge,  
donations  
welcome!

## BINGO! - *Zoom and In-Person*

Fridays, 10:15-11:15 am  
Warner Park Comm. Rec. Center  
March 4 - In-Person  
March 11 - In-Person  
Zoom \*1:00 pm start  
March 18 - In-Person  
March 25 - In-Person  
Zoom \*1:00 pm start

Join caller Diana D & Don and other friends as we play Friday Bingo and one lucky winner will receive a gift card. *Contact Deenah to sign up for Zoom to get your bingo cards and Zoom link.*

## NEWBRIDGE UNIVERSITY - ZOOM LAUNCH PARTY

Monday, April 4, 1:00-2:00 pm  
Wednesday, April 6, 10:00-11:00 aM  
Get an overview of NewBridge University and information on how you can be a part of it! *To get more information or to get the zoom link, contact Deenah.*

## SASSY STEPPERS

If you have a love of dance, enjoy performing or want to learn some new dance moves for exercise, fun and meet new friends this is the group for you! We're not practicing or performing yet but this is a great time to get to know the group and get SASSY! *To get more information, contact Deenah.*

## CANASTA, GIN RUMMY, BUNCO

Warner Park Comm. Rec. Center  
We need a few more players to start weekly in-person games. *To get more information or to register, contact Deenah.*



## INTRODUCING NEWBRIDGE UNIVERSITY

Please join us as we launch  
NewBridge University (NBU)  
Friday, April 1, 2022

*A place where lifelong learning is  
embraced and celebrated.*

Earn credits, certificates and incentives as you continue your journey of lifelong learning through NewBridge classes and activities.

Lifelong learning is the use of both formal and informal learning opportunities throughout our lives in order to foster the continuous development and improvement of knowledge and skills needed for personal and professional fulfillment. The benefits of lifelong learning improves cognitive function, physical and mental health, and wellbeing.

***Attend one of our launch parties to learn more! (see page 12)***

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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

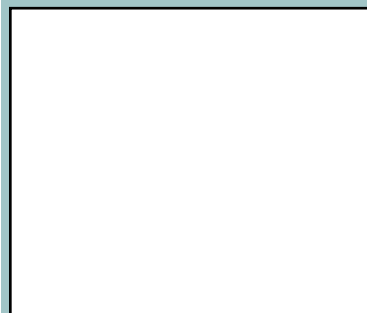
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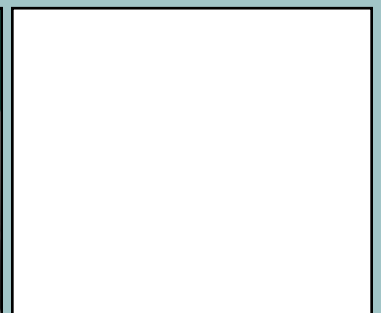
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# COLLABORATIVE CLASSES & ACTIVITIES

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

## HEART-BRAIN HEALTH - ONE STEP AT A TIME - Zoom

Thursday, March 10, 10:00-11:00 am



Lisa C. Bratzke, PhD, RN, ANP-BC, FAHA

As we age, what can we do to preserve or improve our heart and brain health? It seems like every time a new

study comes out there is yet another 'thing' we are supposed to be doing for our heart and brain health. This presentation will discuss the connection between heart and brain health and what kinds of . We will also provide strategies you can use to identify and implement personalized, realistic goals that will help preserve or improve your heart and brain health.

*To get more information or to register, contact Deenah.*

## GAELIC MUSIC W/TOM KASTLE - Zoom

Wednesday, March 16, 1:00-2:00 pm

Tom Kastle sings folksongs, standards and old time favorites that are born of decades on the road and on the stage as well as some special songs and stories gleaned from travels to Ireland and Scotland.

*To get more information or to register, contact Deenah.*

## IMAGINATION DRAWING - Zoom

Tuesdays, March 1-29, 12:30-1:30 pm

Join us for a new virtual drawing course hosted by ontological artist Heather Williams. The classes will focus on Imagination Drawing. *To get more information or to register, contact Deenah.*



## MEMORY ARTS CAFÉ - In-Person

Wednesdays, March 15, April 19, May 17, 1:00-2:30 pm

Please join Poets Fabu and Gary Glazner, who have been working together since 2010, as they lead a monthly Memory Arts Café . They will perform well-loved classic poems and help create our own original poem on a theme the group chooses. They will use humor, movement and music.

*To get more information or to register, contact Deenah.*



# Summer Concerts

at Warner Park

MONDAY'S  
6:00-7:30 PM  
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- June 13: Latin Jazz Band
- June 20: Frank Martin Busch & the Names
- June 27: Universal Sound
- July 11: Soggy Prairie
- July 18: Eddie Butts Band
- July 11: Ladies Must Swing

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New Bridge, Madison, WI

G 4C 01-2049



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

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

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

### EAST MADISON

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

### NORTH MADISON

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

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

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

### WEST MADISON

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



## MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

**We ask that you call ahead to make an appointment to pick up, return and to donate. Currently accepting shower chairs & 4 wheel walker donations.**

# FUND DEVELOPMENT AND MARKETING COMMITTEE MEMBER OPENING

NewBridge is seeking qualified individuals to serve on our Fund Development and Marketing Committee. Fund development or marketing professionals, current or retired, are encouraged to apply.

## ROLE OF THE COMMITTEE:

The Fund Development and Marketing Committee provide the NewBridge with guidance and counsel on revenue-generating plans by reviewing, discussing, evaluating and helping staff implement financial development and marketing strategies. We are seeking individuals who are energized to help raise money and

awareness for NewBridge. Exposure to non-profit organizations is preferred.

## FREQUENCY OF MEETINGS:

The committee will meet bi-monthly as determined by the committee members. Additional meetings may occur as needed.



## HOW TO APPLY:

Contact Executive Director Jim Krueger, jimk@newbridgemadison.org for an application.



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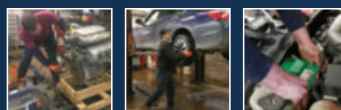
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New Bridge, Madison, WI H 4C 01-2049



# VOLUNTEER SPOTLIGHT



## Food Bridge Volunteer, Deb Skubal

### ***Tell us a little about yourself and your background (education, work, hobbies).***

Most importantly, I am a proud mother of three kids and grandma to eight delightful grandkids. I enjoy spending time with my family of 16! I enjoy traveling to experience new adventures and also spending time in northern WI year round.

I enjoyed a successful and rewarding career with the Madison Metropolitan School Dist. for 30 years. I spent the past 20 years working part time for an Optometrist in downtown Madison. I've also had the opportunity to own and run two small businesses over the years.

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

Just before Covid started, I met the director of the Monona Senior Center, Diane Mikelbank. We were working together to put together dance parties for seniors. When Covid got worse the first one got canceled so unfortunately they never got off the ground. Still wanting to help in some way, Diane gave me the number to New Bridge and told me they were looking for drivers. The meal sites had shut down due to Covid and they were in need of people to deliver groceries. The rest is history.

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

I have been delivering groceries, which I pick up at the St. Vincent de Paul Food Pantry, to the same two lovely families since June 2020. The joy it brings me to see the smile on their faces is priceless. Also, it has been a joy getting to know them and learning more about them and their families. I really appreciate it when they enjoy sharing a little something with me. It warms my heart to see the outpouring of appreciation! It definitely works both ways!

### ***What inspires you to volunteer?***

I have found the pleasure and rewards in volunteering for many years. I have been a girls softball coach and junior bowling coach. I have been a mentor to several MMSD students in the past and continue to stay in touch years later. While employed with MMSD, I started and managed a mentoring program for 50 MMSD students. I built a partnership with employees from the State of WI who were given an opportunity to leave their jobs for a brief time to meet up with a paired mentee. A truly rewarding program for both mentor and mentee.

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

I have found that when you seek happiness for others, you find happiness with yourself. One of my favorite quotes is: "People will never remember what you said or did, but they'll never forget how you made them feel." Carl W. Buehner

# VOLUNTEER OPPORTUNITIES



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

## HOME CHORE VOLUNTEERS

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

**TIME COMMITMENT**– Flexible

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

## NUTRITION SITE VOLUNTEERS

**DESCRIPTION**– Help check people in, serve drinks, and socialize with older adults at our nutrition sites.

**TIME COMMITMENT**– 2.5 hrs, weekdays  
*Training will be provided by the Nutrition Site Manager.*

## GUARDIAN & REPRESENTATIVE PAYEE

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

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

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# NATIONAL SOCIAL WORK MONTH

**March is National Social Work Month and this is a time to celebrate the great profession of social work and the many positive contributions of this profession.**



**THE TIME IS RIGHT**  
FOR SOCIAL WORK

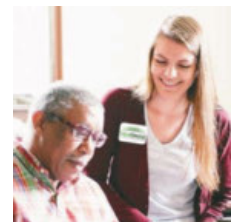
We would like to take this opportunity to highlight our Case Managers and the impact each has made on our community and in the lives of those we serve.

The NewBridge Case Management program provides our clients and community with a variety of services including connection to resources, advocacy and providing information and referral assistance.

As Case Managers, our main goal is to empower older adults to live as independently as possible, maintaining their health and safety and community connections and to maximize their self worth and dignity.

We work with the older adult and their support system (family, friends, etc.) to assess their needs to develop a unique and personalized service plan. We assist in connecting clients to housing, nutritional support (home delivered meals or other food resources), benefits such as Food Share/Medicare/Medicaid/Energy Assistance, transportation services, and home chore services. We also provide information and referral assistance to help the older adult to understand and evaluate the various options available to them. We are advocates for our clients to help them communicate with their families, care providers, and others in their support system. We advocate for our clients with other agencies and professionals.

NewBridge Case Managers are passionate about the work we do and those that we serve. Take time to thank a case manager or social worker for their efforts in assisting others. Every day, social workers empower millions of Americans so they can live life to their fullest potential. During Social Work Month, we urge you to learn more about our amazing profession and thank the social workers and case managers in your lives and community.



## 2021 Case Management Impact

- 1,151 Clients
- 10,742 Hours

- 1,780 Intake Calls
- Assisted 92 older adults during Medicare Part D open enrollment and a total savings of \$340,926



# NEED HELP WITH YOUR TAXES?

## RICHARD DILLEY TAX CENTER

Village on the Park/UW Madison South Partnership Office, 2238 South Park St.

Now through April 15:

Mondays, 9:00 am-1:00 pm

Fridays, 1:00-5:00 pm

Saturdays, 9:00 am-3:00 pm

By appointment ONLY. In-person ONLY.

Bring photo ID and social security card.

Call (608) 224-5700 for an appointment.

## MADISON PUBLIC LIBRARIES

- Sequoia Library, 4340 Tokay Blvd.

By appointment ONLY. Drop off and pick up the same day. Call (608) 266-6385 for an appointment

- Central Library, 201 W. Mifflin St.

By appointment ONLY. In-person ONLY.

Call (608) 266-6300 for an appointment

## GOODWILL

- Goodwill East, 1302 Mendota St.

Wednesdays, March 2-April 6, 3-7:30pm

By appointment ONLY, Drop off and pick up.

Schedule appointment online <https://goodwillscwi.org/services/vita/>

or call (608) 852-8355

- Goodwill North, 2901 N. Sherman Ave.

March 17 & 19, 10:00 am-2:00 pm

Schedule appointment online <https://goodwillscwi.org/services/vita/>

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# CONGREGATE MEAL SITES



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

## RESERVATIONS

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

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

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

Transportation reservation is always required.

## DONATION

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

## SOUTH & WEST MADISON

**Hy-Vee West, 675 S. Whitney Way**

Wednesday, 10:00 am-1:00 pm

*\*No meal reservation required*

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

**Lechayim at Beth Israel Center**

**1406 Mounds St., Monday, 11:30 am**

For reservations call (608) 442-4083 by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

- **Monday, March 7:** Saffron chicken (MO: eggplant & tomato stew), crispy rice, roasted Persian vegetable, fruit, dessert
- **Monday, March 14:** Peri Peri chicken, (MO: Peri Peri tofu), roasted sweet potatoes, corn on the cob, fruit, dessert
- **Monday, March 21:** Chicken Shawarma, (MO: falafel), yellow rice, cucumber and tomato salad, fruit, dessert
- **Monday, March 28:** Lemon-rosemary chicken (MO: Lemon-rosemary tofu), roasted red potatoes, garlic green beans, fruit, dessert

## NORTH & EAST MADISON/ MONONA

**Hy-Vee East, 3801 E. Washington Ave.**

Wednesday, 10:00 am-1:00 pm

Friday, 10:00 am-1:00 pm

*\*No meal reservation required*

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

## **CHANGE IN SERVING DAYS**

**Starting Monday, April 4, the HyVee East Friday meal will be moved to Mondays.**

## **NEW SITE ALERT**

Monona Senior Center, 1101 Nichols Rd.

Every Friday, Noon, Beginning April 1

Catered by Gaylords Catering

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

# MARCH MENU FOR THE BELOW SITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meals provided by Dane County Consolidated Food Services Division</b>	<b>01</b> *Meatballs in Marinara Over Penne , 4 Bean Salad Peaches Cheesecake Brownie MO - Veggie Meatballs	<b>02</b> Fish Sandwich Yams, Peas, Pears Cinnamon Swirl Loaf Cake MO - Black Bean Burger	<b>03</b> Rustic Tom. Bean Soup Crackers, Caesar Salad Pineapple, Strawberry Jell-o MO - Veggie Tom. Bean Soup	<b>04</b> Bone-in BBQ Chicken Baked Potato, Banana Apple Pie Bar MO - Veggie BBQ Chicken
<b>07</b> Chicken a la King Brown Rice, Capri Blend Broccoli Salad, Fruit Cocktail Choc. Chip Cookie Bar MO - Soy a la King	<b>08</b> Roast Turkey in Gravy Cranberry stuffing 3 Beans Salad, Yam Bake Pears, Frosted Pumpkin bar MO - Veggie Chicken/Gravy	<b>09</b> Chili Baked Potato, Cornbread Warm Cinnamon Spiced Apples, Choco. Chip Cookie MO - Veggie Chili	<b>10</b> Traditional Meatloaf Baked Potato Casserole Broccoli Chunky Applesauce MO - Garden burger	<b>11</b> Lemon Dill Baked Fish Baked Potato, Coleslaw Marble Loaf Cake MO - Multigrain burger
<b>14</b> *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Oranges Cherry Crisp MO - Veggie Meatballs	<b>15</b> Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad Peaches, Brownie MO - Marinara Sauce w/Soy	<b>16</b> Chicken Broccoli Rice Casserole, Carrot Coins Chickpea Salad Tropical Fruit Glazed Lemon Loaf Cake MO - Veggie Chicken Broccoli Rice Casserole	<b>17</b> Corned Beef Carrots/Cabbage Roasted Potatoes Rye Bread, Fruit Cup St. Patrick's Day Cookie MO - Black Bean Burger	<b>18</b> *Meatballs in gravy Mashed Potatoes Mixed Greens, Mixed Fruit Butterscotch Pudding Cup MO - Veggie Meatballs
<b>21</b> Bone-in Garlic Parm. Chicken, Stewed Tomatoes Spinach Casserole, Peaches Lemon Bar MO - Veggie Garlic Parm. Chicken	<b>22</b> Beef Stew Biscuit, Corn Chunky Apple Sauce Banana Bar MO - Veggie Soy Stew	<b>23</b> Sausage Veg. Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Cinnamon Raisin Bread MO - Veggie Egg Bake	<b>24</b> Chicken Strips Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit, Sugar Cookie MO - Veggie Chicken	<b>25</b> Pot Roast in Gravy Garlic/Herb Mashed Potatoes , Carrots Pineapple Tidbits Frosted Pumpkin Bar MO - Garden Burger
<b>28</b> *Ham/Potato Casserole Peas, Peaches Strawberry Jell-o w/Pears MO - Soy Potato Casserole	<b>29</b> Chicken and Gravy Over White Bread, Carrots Broccoli, Orange juice Carnival Cookie MO - Veggie in Gravy	<b>30</b> Sloppy Joe on Bun Potato Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO - Chickpea Joe	<b>31</b> *BBQ Ribs Cheesy Potatoes Pickled Beets Warm Spiced Pears MO - Black Bean Burger	<i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO : Meatless Option / *: Pork</i>

## WEST MADISON

**Meadowridge Commons,  
5734 Raymond Rd.**

Tuesday, Thursday, Noon

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

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

Friday, Noon

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

## SOUTH MADISON

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

Monday-Friday, 11:30 am

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

**Madison Senior Center, 330 W. Mifflin St.**

Monday-Friday, 11:30 am

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

## EAST MADISON/MONONA

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

Tuesday and Thursday, Noon

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

## NORTH MADISON

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

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

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

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

Monday-Friday, 11:45 am

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





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