

NEWBRIDGE NEWS

Your Connection to Successful Aging

MARCH 2023

SOCIAL WORK

BREAKS BARRIERS

CELEBRATING NATIONAL SOCIAL WORK MONTH



**CHECK OUT
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newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

The last couple months were difficult for our nutrition program. We lost our caterer and one of our restaurant meal sites, Hy-Vee Supermarket (Whitney Way in Madison), who discontinued their older adult meal with a weeks notice. We are currently looking for another restaurant to fill this gap. Older adults depend on these meals. For many it's their only nutritious, home cooked meal each day. For others this is their only opportunity to socialize with peers and the larger community. Existing funding is inadequate to cover the rising costs of meals and staffing needed to provide meals for all those wanting them. We would be grateful for any financial assistance you can provide.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! [NewBridge Madison](#)



BOARD OF DIRECTORS

- SARA CAMACHO, *President* - Public Health Supervisor, Public Health Madison & Dane County
- LAURA STEIN, *Vice President* - Member at Large or Community Member
- TIM CONROY, *Treasurer* - Executive Director, Capitol Lakes Community
- AMY DEVINE, *Secretary* - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EMILY MENDOZA, Case Manager Intern Ext. 1003
- EMMA HOIBY, Case Manager Intern Ext. 1008
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- LIZZ DOWNS, Mental Health Resource Intern Ext. 3006

- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Diversity & Inclusion Program & Fund Development Assistant Ext. 4007
- KATIA VINE, Diversity & Inclusion Program Coord. Ext. 3009
- LISA HASSELL, Program Assistant Ext. 1011

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator Ext. 3013
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

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

ID Statement: The 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.

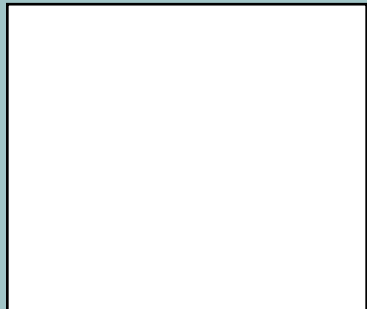



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SERVICES AND ACTIVITIES

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+ or 50+ with MA Benefit). Sponsored in part by CUNA Mutual Group Foundation.*

Food Bridge

“Your connection to wholesome groceries”

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+). Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation.*

Home Chore

“Your connection to helping hands”

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

Medical Equipment Loan Closet

“Your connection to health equipment”

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

Mental Health Resources

“Your connection to mental health resources”

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

NewBridge University: 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.*

NewBridge University: Diversity & Inclusion Classes & Activities

“Your connection to your peers”

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

Nutrition Sites

“Your connection to nutritious meals”

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

Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation and UW Health.

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+).*



2023 Billboard Campaign made possible by Adams Collaborate Public Service Program

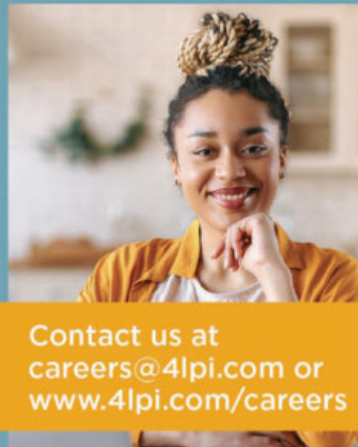
WE'RE HIRING!

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Ruth Schlitz

rschlitz@lpicommunities.com
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

New Bridge, Madison, WI

B 4C 01-2049

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

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If you receive a call, email or visit that you suspect is fraudulent, please call MGE at (608) 252-7222.

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Your community energy company



608-442-1898

579 D' Onofrio Drive, Suite 10
Madison WI 53718



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New Bridge, Madison, WI

C 4C 01-2049

NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

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

PAGES 10-11

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

PAGES 12-14

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

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

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

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

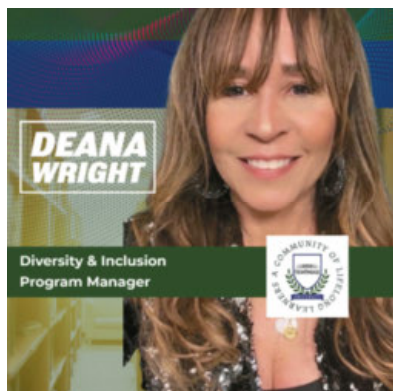
El récord de sus créditos será registrado por un sistema, y también podrá mantener cuenta de sus créditos.

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

NBU : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



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



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



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

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

SOCIAL

BINGO: Zoom - 1 credit

Thursday, March 23, 1:00-2:00 pm
Game cards and chips will be mailed or delivered, prior to program; gift cards will be mailed to winners following program.

BLACK FILM FRIDAY CELEBRATES

BLACK WOMEN: In-Person - 5 credits

Fridays, starting March 10, 1:00-3:30 pm

HEALTH/WELLNESS

THINK CAP CAFÉ: Zoom - 1 credit

Thursdays, 11:00 am-12:00 pm
Have fun playing brain engaging games and activities that may delay, prevent or lower the risk of memory decline.

COLOR ME HEALTHY: In-Person - 5 credits

Thursday, March 30, 11:00 am-12:00 pm
Black healthcare professionals present a program focused on health literacy, self advocacy and positive health outcomes.

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

Tuesdays & Thursdays, 1:00-2:00 pm
A gentle exercise class for every fitness level, to keep your body moving!

KINDNESS 101: In-Person—1 credit

Friday, March 3, 9:30-10:45 am
“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou. Learn simple ways to display kindness in your day-to-day life.



EDUCATION

SEWING 101: In-Person - 1 credit

Tuesdays, 1:00-3:00 pm

Start from scratch and learn the basics of sewing. No experience necessary. Sewing machines and all supplies provided.

BLACK AUTHORS SPEAK: Zoom - 5 credits

Thursday, March 9, 11:00 am-12:00 pm



Join author, national speaker, trainer, and retired attorney Lauren Brown, as she shares her journey of overcoming challenges to become a

successful business owner at 60+. Get tips on creating generational wealth, planting entrepreneurial seeds and even starting your own business as an older adult!

NEWBRIDGE
Diversity & Inclusion

Chili

COOK OFF

Fun Games Prizes

Thursday, March 16th
11:00 AM

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

NEWBRIDGE
Your Connection to Successful Aging

MADISON PUBLIC LIBRARY

CALMING COMPUTER JITTERS

Help for Older Adults Who Aren't Computer Savvy

- Want to learn more about Zoom for virtual programs, classes or family chats?
- Need to know how to set up an email account?
- Not sure how to pay bills online or stream movies?
- Interested in accessing a world of educational opportunities and knowledge right at your fingertips?
- Thinking about online dating?
- Want to access your medical or banking info on your laptop?
- Wondering how a laptop can provide socialization and learning?
- Curious about Facebook, Pinterest or Instagram?
- Information needed on how to get free or low-cost internet service?

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

WEDNESDAY, MARCH 29

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

NEWBRIDGE
Your Connection to Successful Aging

A GOOD BOOK, GOOD TEA, AND GOOD COMPANY

MICHELLE OBAMA

THE LIGHT WE CARRY

OVERCOMING IN UNCERTAIN TIMES

WOMEN'S HISTORY MONTH

BOOK CLUB

Thursdays | 2 PM
Starting | March 10th

UW South Madison Partnership
2238 S. Park St.

REGISTER: (608)512-0000 EXT. 2007

NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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



**CONTACTE A
KATIA:**

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

**KatiaV@
NewBridge
Madison.org**

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

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

EDUCACIONAL

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

Lunes y Miércoles 23 de enero-3 de mayo

10:00-11:00 am
Warner Park, 1625
Northport
Drive
Se proveerá
transporte.



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

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

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

Viernes 10, 17, 24, y de marzo
10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

EJERCICIOS

ACTÍVATE BAILANDO: 1 crédito

Viernes del 24 de febrero al 24 de marzo
3:00-4:00 pm
Venga a bailar y relajarse mientras mejora su estabilidad para prevenir caídas
Instructora: Laura Prieta.

YOGA SUAVE (MSCR): Zoom - 1 crédito

Lunes del 9 de enero al 20 de marzo
10:15-11:15 am
Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta de yoga, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar general.

SOCIAL

BINGO BILINGÜE: En persona - 1 crédito

Viernes 3 de marzo, 10:15 am-12:30 pm

En El Warner Park

Se proveerá transporte.

Regístrese antes del 27 de febrero.

CIRCULO DE TAMBORES

INTERGENERACIONAL: En Persona - 1 crédito

Marzo 7 y 14 de 10:30-11:30 am

Arts 4 All: 1709 Aberg Ave.

Todos son bienvenidos a este círculo de tambores.



Intergeneracional
CIRCULO DE TAMBORES
TODOS SON BIENVENIDOS
FEBRERO 21 & 28
MARZO 7 & 14
10:30AM
LUGAR:
1709 ABERG AVE

SABIA QUE EL TOCAR TAMBORES PUEDE AYUDAR CON LAS CONECCIONES SOCIALES, REDUCE LA TENSION, ANSIEDAD Y SENTIMIENTOS NEGATIVOS, NOS HACE REIR Y ESTAR DE BUEN HUMOS, ADEMAS NO DA ENERGIA POSITIVA!

PARA MAS INFORMACIÓN, COMUNIQUESE CON KATIA V AL 608-800-1316 O KATIAV@NEWBRIDGEMADISON.ORG



CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles 8 de marzo, 1:00-2:00 pm

Conéctese por Zoom ¡Venga a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

BINGO: Zoom - 1 crédito

Martes 14 de marzo, 11:00 am-1:00 pm

Fitchburg Senior Center, 5510 Lacy Rd.

Regístrese antes del 7 de marzo.

50+ MEET & GREET CELEBRACIÓN POR SAN PATRICIO: En Persona - 5 créditos

Viernes 17 de Marzo de 5:00-8:00 pm

Warner Park

Venga a hacer nuevos amigos y conozca a personas con las que tenga intereses comunes. Este va a ser un evento divertido y casual. Venga a disfrutar de música, baile, bocadillos, cerveza, vino y premios. Costo \$10. Incluye la entrada, comida y 1 bebida. Si necesita ayuda con el costo comuníquese con Katia. Transporte incluido.

PELÍCULAS Y ARTE: En Persona - 1 crédito

Lunes 20 de marzo, 5:00-7:30 pm

Acompáñenos a ver una película, seguida por una manualidad relacionada al tema de la película.

La manualidad estará auspiciada por la Biblioteca pública de Madison

SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD: Zoom - 1 crédito

Cada 3er miércoles del mes 15 de marzo 1:00-2:00 pm

Acompáñenos a conversar acerca de diferentes temas de la salud.

COMA BIEN, MANTENIÉNDONOS

ACTIVOS: En Persona - 1 crédito

Miércoles 29 de marzo (Cupo limitado)

10:30 am-12:00 pm

FoodWise – Fen Oak Dr. Madison, WI

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

NBU : CLASSES & ACTIVITIES



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



CONTACT DEENAH:
(608) 512-0000
Ext. 3002

DeenahG@
NewBridge
Madison.org



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

LisaH@
NewBridge
Madison.org

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

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

SOCIAL

GAMES: In-Person - 1 credit

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

PING PONG: In-Person - 1 credit

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

WESTSIDE WARBLERS: In-Person - 1 credit

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

SASSY STEPPERS: In-Person - 1 credit

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

CARD MAKING CLUB: In-Person - 1 credit

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

BINGO: In-Person - 1 credit

Fridays, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Join caller Diana D. for BINGO. You can play up to 4 cards; each card costs 50 cents. Winner wins \$1.00. Bilingual Bingo is on the 1st Friday of each month.

BOOK CLUB: Zoom - 1 credit

Wednesday, March 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our March book is Cold Sassy Tree by Olive Ann Burns. Our April book is How the Garcia Girl's Lost Their Accents by Julia Alvarez. You are responsible for getting and returning your book. Available at Lakeview Library.

SEWING CLUB: In-Person - 1 credit

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

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

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

EASY YOGA PLUS: Zoom - 1 credit

Wednesdays & Fridays, 10:00-11:00 am
Ellen Millar leads a series of exercises that can be done standing or from a chair.
To sign up, visit Ellen's website for the Zoom link www.thewonderofyoga.com

STRETCH & STRENGTH: Zoom - 1 credit

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

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

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

HEALTH/WELLNESS

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

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

EDUCATION

TECHNICAL ASSISTANCE: In-Person

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

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

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

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS

In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

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

MADISON SENIOR CENTER

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

MESSIAH LUTHERAN CHURCH

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

MEADOWRIDGE COMMONS & GOOD SHEPHERD CHURCH

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

ROMNES

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

WARNER PARK

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

AUTHORS SPEAK - Zoom

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

- March 7, 14, 21, 28 & into April
12:30-1:30 pm, 5-week writing series
using a hybrid model of virtual and
in-person classes.

50+ MEET & GREET ST. PADDY'S PARTY!

Friday, March 17, 5:00-8:00 pm

Warner Park, 1625 Northport Dr.

This 55+ collaborative event with

Goodman Community Center, Monona

Senior Center & Madison Senior Center is

something you don't want to miss!

INTERGENERATIONAL DRUM CIRCLE

March 7 & 14, 10:30-11:30 am

Arts for All building, 1709 Aberg Ave.

All levels of drummers are welcome!

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

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New Bridge, Madison, WI

D 4C 01-2049



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

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

EAST MADISON

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

NORTH MADISON

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

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

Warner Park Community Rec Center
1625 Northport Drive
Thursday, March 23, 9:00-10:30 am

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, March 8 & 28. 9:00-11:40 am

MEDICAL EQUIPMENT LOAN CLOSET

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the loan closet location:

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

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



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

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

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

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GUARDIAN AND REPRESENTATIVE PAYEE VOLUNTEERS NEEDED!

Volunteer Application 



The Volunteer Guardian Program serves older adults age 60 and over who are in need of a guardian due to such conditions as advanced dementia or chronic mental illness, and who have no family members or friends able to act as a guardian.

The program recruits, trains and provides ongoing support to volunteers willing to serve as legal guardians for older adults in need. The preferences and abilities of the volunteer and the specific need of the disabled older adult are taken into account in the assignment process.



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New Bridge, Madison, WI

E 4C 01-2049

VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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

NUTRITION SITE VOLUNTEERS

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

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



FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT – 2-4 times/month

IMMEDIATE NEED – 5 volunteers



GUARDIAN & REPRESENTATIVE PAYEE

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

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

STEPPING UP TO FEED OLDER ADULTS AFTER LOSS OF CATER



After the sudden loss of Little John's catering on January 23, NewBridge staff and the community have worked together to deliver shelf-stable food and provide warm meals for our food insecure, homebound, and unhoused older adults in need.

The staff at our Meadowridge Commons meal site cooked meals for our vulnerable older adults with food donations from local pantries (St. Vincent de Paul, Lussier, Meadowood) and help from volunteers. Older adults

enjoyed hearty meals like chicken parmesan, beef pie casserole, and cheeseburgers.

We were able to continue our congregate meal services (not catered by Little John's) at the Goodman Community Center, Beth Israel, Monona Center, and Kavanaugh's Esquire Club. A special thanks to Transit Solutions for transporting older adults to open sites.

NewBridge staff and volunteers worked tirelessly to ensure food access for many. Our meal program is funded primarily by Dane County and is donation-based. Each year we raise over \$30,000 to cover additional program costs.

To help support this critical program, donate at newbridgemadison.org or mail to NewBridge, 1625 Northport Dr. #125, Madison, 53704.

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To learn more about your long-term care options, please contact your Aging and Disability Resource Center:
<https://www.dhs.wisconsin.gov/adrc/index.htm>

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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

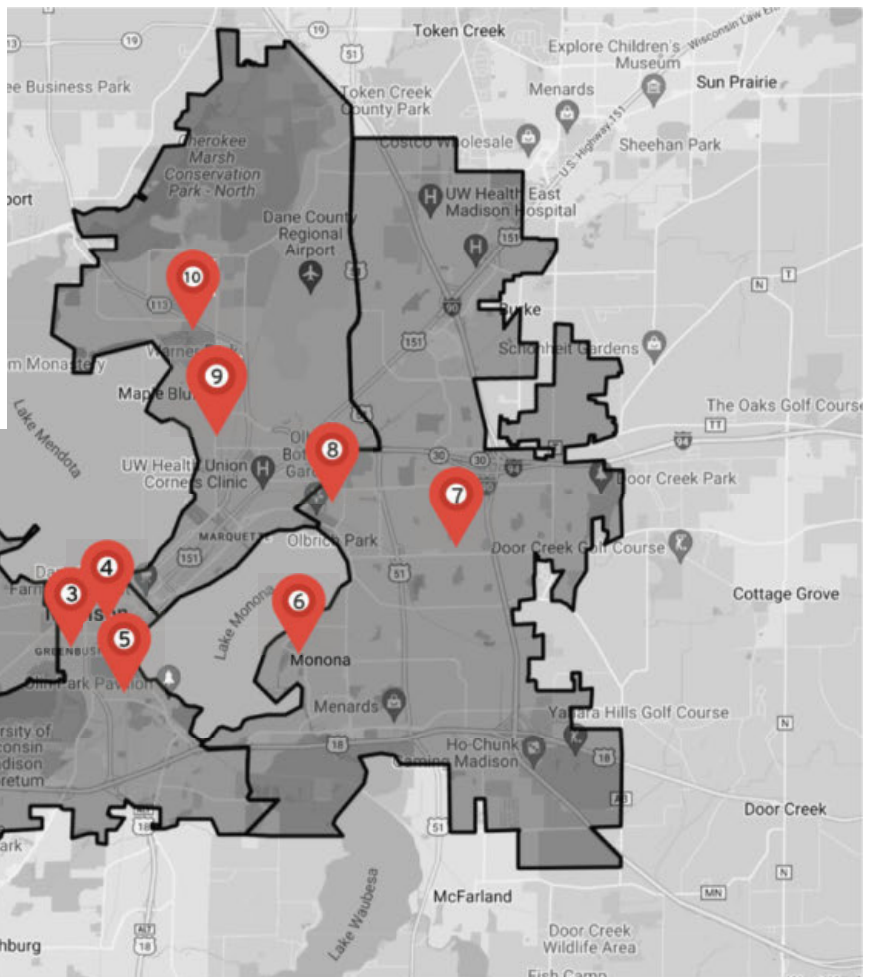
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

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

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



SOUTH MADISON

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

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

Recommends attendees have had vaccination and booster and wear masks when not eating.

For reservations contact Jewish Social Services at (608) 442-4083 by Wednesday preceding the meal.

- **Monday, March 6** : Saffron Chicken (Khoresh-e Morgh), Tahdig Rice, Roasted Persian Vegetables, Hamantaschen, Fresh Fruit, MO: Eggplant & Tomato Stew (Khoresh Bademjan)
- **Monday, March 13** : Roasted Chicken, Yukon Potatoes & Roasted Tri-Color Carrots, Challah Rolls, Fudge Brownies, Fresh Fruit, MO: Roasted Tofu
- **Monday, March 20** : Harissa Glazed Chicken, Couscous, Garlic Green Beans, Fudge Brownies, Fresh Fruit, MO: Sweet Potato Tagine
- **Monday, March 27** : Lemon-Rosemary Chicken, Roasted Red Potatoes, Garlic Green Beans, Challah Rolls, Fudge Brownies, Fresh Fruit, MO: Lemon-Rosemary Tofu

EAST MADISON

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

- **Friday, March 3** : Baked Fish, Red Potatoes, Cole Slaw Whole Wheat Roll, Fruit, Dessert, MO: Mac & Cheese
- **Friday, March 10** : Stuffed Shells, Spinach, Cheese Bread, Fruit, Dessert
- **Friday, March 17** : Corned Beef, Cabbage, Carrots, Wisconsin Potatoes, Roll, Fruit, Dessert, MO: Stuffed Cabbage Rolls
- **Friday, March 24** : Tuna Noodle Casserole, Peas & Carrots, Fruit Juice, Muffin, Apple Sauce, MO: Veggie Casserole
- **Friday, March 31** : Cream of Broccoli Soup, Egg Salad Sandwich w/ Lettuce & Tomato on Whole Wheat Bread Fruit, Dessert



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

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
		01 Crispy Chicken Sandwich	02 Chicken Alfredo	03 Cheese, Veg Egg Bake
06 Turkey Sandwich	07 Pork Ribs	08 Baked Lemon Tilapia	09 Sweet & Sour Chicken	10 Parm. Chicken with Pasta
13 Black Bean & Cheese Enchiladas	14 Beef Lasagna	15 Swedish Meatballs with Noodles	16 Pork Chops	17 Chicken and Rice Casserole
20 Baked Ziti	21 Fish Sandwich	22 Honey Glazed Ham	23 Beef Tater Tot Casserole	24 Italian Chicken Sandwich
27 Beef Chili	28 Flank Steak Stir Fry	29 BBQ Chicken Thigh	30 Ground Turkey Meatloaf	31 Smoked Pulled Pork Shoulder

NORTH MADISON

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

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

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

- **Wednesday, March 1** : Lasagna
- **Wednesday, March 8** : Meatloaf
- **Wednesday, March 15** : Baked Ham
- **Wednesday, March 22** : Spaghetti & Meatballs
- **Wednesday, March 29** : BBQ Pork
- **Every Wednesday**: Baked Fish or Sandwich & Soup



NUTRITION MEAL SITES- CATERED BY CFS

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATERED BY: Dane County Consolidated Food Service 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. NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.) *contains pork **NAS to omit		01 *BBQ Meatballs Mashed Potatoes, Peas Mandarin Oranges Chocolate Chip Cookie MO - Veggie BBQ Balls	02 Traditional Meatloaf Mashed Potatoes, Broccoli Applesauce MO - Hummus and Pita	03 Chili **Cheese, Baked Potato Cornbread. Pears Fig Newton Bar MO - Veggie Chili
06 Chicken a la King Brown Rice, Capri Blend Broccoli Salad, Fruit Cocktail Scooby Snacks MO - Veggie Chicken	07 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Oatmeal Raisin Cookie MO - Marinara Sauce	08 *Italian Sausage on Bun Roasted Potatoes Stewed Tomatoes Mandarin Oranges Reece's PB Cup MO - Veggie Chicken	09 *BBQ Ribs Peas, Pickled Beets Cinnamon Applesauce MO - BBQ Chickpeas	10 *Meatballs in gravy Mashed Potatoes Mixed Greens Mixed Fruit Cup Butterscotch Pudding MO - Veggie Balls in Gravy
13 Garlic Parmesan Boneless Chicken Breast Stewed Tomatoes Spinach Casserole, Peaches Nutty Buddy Bar	14 Chili Corn, Applesauce Sugar Cookie MO - Veggie Chili	15 Sausage Veg Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Cup Blueberry Muffin	16 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy Treat	17 Pot Roast in Gravy Garlic Herb Mashed Potatoes, Carrots Pineapple Oatmeal Raisin Cookie
20 *Ham and Potato Casserole, Peas, Peaches Jell-o MO - Soy Potato Casserole	21 Chicken and Gravy Over White Bread, Carrots Broccoli, Orange Juice Cup Chocolate Chip Cookie MO - Veggie & Gravy	22 Sloppy Joe on Bun Potato Salad Mixed Vegetable, Banana Oatmeal Cream Pie MO - Chickpea Joe	23 Meat Sauce Spaghetti Noodles, Carrots 3 Beans Salad, Brownie Cinnamon Applesauce MO - Marinara Sauce	24 Chicken Stew Mixed Greens, Crackers Copper Penny Salad, Pears Chocolate Pudding Cup MO - Veggie Stew
27 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail Candy Cookie MO - Black Bean Burger	28 *Meatballs in Marinara Over Penne, 4 Bean Salad Peaches, Scooby Snacks MO - Veggie in Marinara	29 Fish Sandwich Yams, Peas, Pears Nutty Buddy Bar MO - Tomato Cheese Sandwich	30 Rustic Tomato Bean Soup, Crackers Mixed Greens, Pineapple Jell-o MO - Tomato Bean Soup	31 Boneless BBQ Chicken Breast, Mashed Potatoes Banana, Applesauce MO - Veggie BBQ

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New Bridge, Madison, WI

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FRIENDS OF NEWBRIDGE

The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

Benefits for Friends of NewBridge

Monthly Newsletter
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Valuable Social Connections

We invite you to join the Friends of NewBridge today! Dues will be renewed annually.

FRIENDS COMMITTEE VOLUNTEERS NEEDED

Volunteers are needed to serve on the Friends of NewBridge Committee to plan special events, recruit volunteers, expand the benefits, and more. Our meetings will be held in February, May, August, and November. If you are interested, call Deenah (608) 512-0000 Ext. 3002.

RENEW YOUR FRIENDSHIP ONLINE



Your NewBridge Friendship is renewed annually. You can complete the form below and mail in with a check or save yourself a stamp and pay through our website.

newbridgemadison.org/become-a-friend1

DONATE TO NEWBRIDGE TODAY!

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Send my monthly newsletter via mail email both none

\$ _____ Additional or general donation for NewBridge programs and services

\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704. You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually. Donations may be tax deductible to the extent of the tax code.

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AARP TAX PREP ASSISTANCE

- Goodwill of South Central Wisconsin. By appointment only. Locations on the North and East sides of Madison, Fitchburg

- Fitchburg Senior Center
Call (608) 270-4290 for an appointment.
- Middleton Senior Center
Call (608) 831-2373 for an appointment.
- Monona Senior Center
Call (608) 222-3415 for an appointment.
- Madison Senior Center
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DHS Approved 4/22/2021

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NATIONAL SOCIAL WORK MONTH



The theme for National Social Work Month is “*Social Work Breaks Barriers.*” Each day social workers help break down barriers that prevent people from living more fulfilling, enriched lives. They work on the individual level, helping people overcome personal crises like food insecurity, lack of affordable housing, or limited access to good health care.

We would like to highlight our Case Managers, our Licensed Clinical Social Workers, and our interns who impact our community and the older adults 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.

The programs 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 to assess their needs to develop a unique and personalized service plan. We assist in connecting clients to housing, nutritional support, 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 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.

2022 Case Management Impact

- 1,111 Clients
- 12,176 Hours

- 1,766 Intake Calls
- Assisted 82 older adults during Medicare Part D open enrollment and a total savings of \$386,686

CASE MANAGEMENT WALK-IN HOURS

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

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

Goodman Community Center

214 Waubesa St.

Tuesday, March 21, 11:30 am-12:30 pm

Madison Senior Center

330 W Mifflin St.

Monday, March 13, 11:00 am-Noon

Monona Senior Center

1011 Nichols Rd.

Friday, March 10, 11:45 am-12:30 pm

Romnes Apartments Meal Site

540 W Olin Ave.

Tuesday, March 7, 11:00 am-Noon

Meadowridge Commons

5734 Raymond Rd.

Thursday, March 16, 11:00 am-Noon

Bilingual English/Spanish

We Make Medicare Uplifting
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877-446-3676

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www.informedchoice.com

MEDICARE



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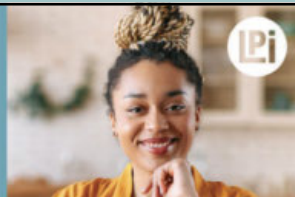
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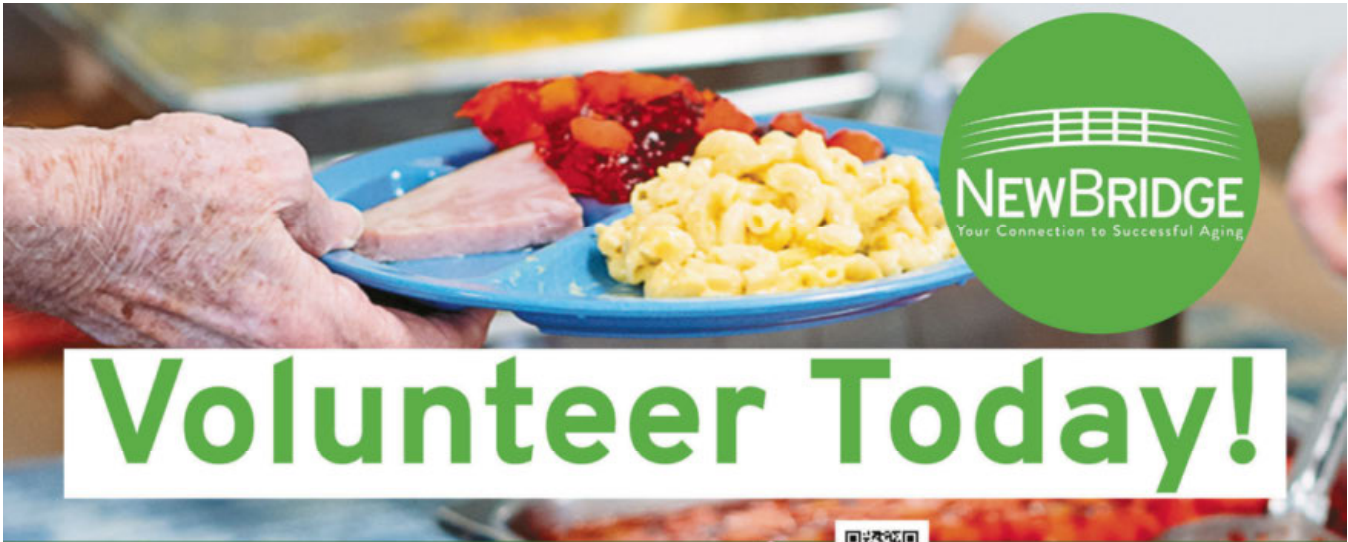
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Volunteer Today!

Application → 

We need your help to make sure all people 60+ have the chance to have a warm nutritious meal! Utilize your excellent people skills to provide great service to older adults attending NewBridge nutrition sites all around Madison. Tasks include: Serving meals to the participants, serving beverages, making coffee, socializing with older adults as they eat their meals, and help cleaning-up after the meal.