



NEWBRIDGE NEWS

Your Connection to Successful Aging

MARCH 2024

CELEBRATING Social Work Month

NEWBRIDGE



**CHECK OUT
WHAT'S
INSIDE!**

- 02** General Information
- 03** NewBridge Staff
- 04** NewBridge Services & Activities
- 05** Endowment and Friends Renewal Form
- 08-15** NewBridge University : General and Diversity & Inclusion Activities
- 17** Foot Care Clinics & Loan Closet
- 18-19** Volunteer Opportunities & Highlight
- 20-22** Nutrition Program
- 24-25** Case Management Program Recognition and Walk-In Hours
- 26** Year in Review 2023

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...

Politicians are always attacking social security, adding stress to the lives of the elderly. They claim there is lots of fraud, impending bankruptcy and want to raise the retirement age. But public polls show almost everyone receiving social security benefits has a favorable view of it. Most want wealthy citizens to pay more taxes on their earnings to strengthen the program. If the top ten American CEOs paid Social Security tax on all their income this would contribute \$3 billion to the system each year. Or if employers significantly increased workers' wages that would generate more revenue for the system. Either option could avoid taking income from those whose lives depend on it.

Jim Kueger

CONTACT US

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Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF (608) 512-0000

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

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

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

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

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

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

ID Statement: The 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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924 Jackson St., Stoughton | (608) 873-7855
greenspire@sbcglobal.net

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bmcmadison.com





SERVICES AND ACTIVITIES

Case Management

Provides older adults the support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy are provided through case management home visit assessments of each older adult's individual needs. *Free for eligible Madison/Monona older adults (60+ or 50+ with MA).*

Food Bridge

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

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

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



Nutrition Dining Sites

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

Representative Payee & Guardianship Service

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

NEWBRIDGE ENDOWMENT IN MEMORY OF MARY HILL



At this time last year, we were mourning the passing of our beloved volunteer, participant and Friend of NewBridge Mary Hill.

Mary served as a lifeline for many older adults in the greater Madison area. In recognition of her many years of dedicated service, NewBridge will create an endowment in her memory with the

Madison Community Foundation to honor Mary's legacy of giving back to our community.

The endowment's purpose will be an emergency fund for older adults in immediate financial straits. With donations from people like you, Mary's legacy for giving back will live for years to come through the older adults impacted by this generosity. *Thank you, Mary, and we will forever miss you.*

To learn more about the endowment and how you can contribute, please contact Ali Lazar at AliL@newbridgemadison.org or (608) 512-0000 Ext. 3012.

2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM



Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2024 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden
Send my monthly newsletter via mail email both none
- \$ _____ Additional or general donation for NewBridge programs and services
- \$ _____ In honor/memory of: _____
- I wish my donation remain anonymous

Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship or make a donation on our website or use the QR Code.

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

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



NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



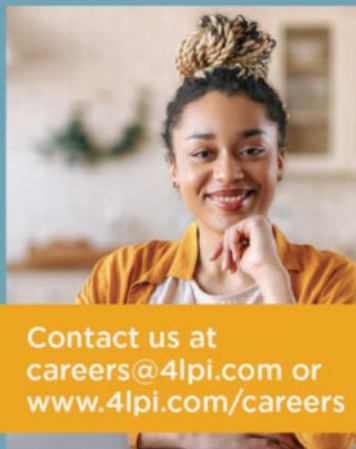
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GS3351 9/3/2020

NEWBRIDGE UNIVERSITY (NBU)



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

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

STAFF CONTACT INFORMATION



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

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

NEWBRIDGE UNIVERSITY (NBU)

NBU is offered to all older adults. Some of our programs will be offered to specific groups to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



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



CELEBRACION DEL DIA INTERNACIONAL DE LA MUJER: En Persona

Viernes, 8 de Marzo, 12:30-2:00 pm
Warner Park, 1625 Northport Dr.
Cada año se celebra a nivel mundial el progreso que ellas hacen a nivel social, económico, cultural u político. En este día también se invita a tomar conciencia de los derechos equitativos de la mujer. Venga a festejar con música, luces y color. Transporte limitado. Favor registrarse antes del 5 de Marzo.



BINGO BILINGÜE: En Persona

Primer Viernes, 1 de Marzo, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Tercer Viernes, 15 de Marzo, 10:30-11:30am
Good Shepherd Lutheran Church
Habrá transportación limitada. Favor regístrese antes.

BILINGUAL BINGO: In-Person

Bingo called in English and Spanish
Friday, March 1, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Friday, March 15, 10:45-11:45 am
Good Shepherd Lutheran Church
50 cents p/card up to 4 cards; each bingo wins a \$1 & black out takes it all!



CÍRCULO DE AMIGOS: Zoom

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



CARTAS Y JUEGOS DE MESA:

En Persona

Todos Los Miércoles, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Dominos, cartas bid whist, rummikub, tablero de parques y otros mas.
Transporte limitado para los que viven en el norte y este de Madison.



RITMO Y TAMBORES: En Persona

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



BINGO: In-Person

Fridays, March 8, 15, 22, 10:15-11:15 am
 Warner Park, 1625 Northport Dr.
 50 cents p/card up to 4 cards; each bingo wins a \$1 & black out Bingo takes the kitty!

B BLACK-BUSTERS MOVIE + DISCUSSION: In-Person

Friday, March 29, 2:00-4:00 pm
 Warner Park, 1625 Northport Dr.
 Come on out as we watch a movie, eat snacks, share laughs and hopefully have some important conversations in relation to 1994's Spike Lee film, Crooklyn. Limited spots available-registration is required.

BOOK CLUB: Zoom

Wednesday, March 6, 10:00-11:00 am
 Warner Park, 1625 Northport Dr.
 The March book is A Girl Named Zippy by Haven Kimmel. You are responsible for getting and returning your book. Available at the Lakeview Library.

CARDS & GAMES: In-Person

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

CARD MAKING CLUB: In-Person

Wednesday, March 13, 1:00-3:00 pm
 Warner Park, 1625 Northport Dr.
 If you are crafty and enjoy making cards for others, please join us!

B COOKING 101: In-Person

Monday, March 25, 1:00-3:00 pm
 FEED Kitchens, 1219 Sherman Ave.
 Learn some new cooking tips and tricks at this cooking class, led by local Madison chef Daijah Wade. Very limited space, register by March 18 required.

DRUM CIRCLE "Ritmo & Drums": In-Person

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

B GAME DAY: In-Person

Wednesday, March 13, 1:00-3:00 pm
 Warner Park, 1625 Northport Dr.
 Let the games begin! Join us every 2nd Wednesday for cards and board games. Bring your own games and teach others, learn a new game or just come to meet new people and socialize.

PING PONG: In-Person

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

SASSY STEPPERS: In-Person

Tuesdays, 2:00-3:00 pm

Warner Park, 1625 Northport Dr.

If you love to dance, enjoy performing, and meet new friends, come join us! We meet weekly to practice choreographed steps by group leader, Ardis Hempl.



SEWING CLUB: In-Person

Thursday, March 7, 21, 9:00 am-Noon

Warner Park, 1625 Northport Dr.

Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

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



TRIVIA DAY: In-Person

Thursday, March 21, 11:45 am-12:30 pm

Warner Park, 1625 Northport Dr.

Thursday, March 22, 12:15-1:00 pm

Good Shepherd Church, 5701 Raymond Rd

Come flex your knowledge of Black facts at our new monthly trivia event. Register by March 8 required.



CAFETERIA DE LA MEMORIA: Zoom

Todos Los Jueves, 2:00-3:00 pm

Entrene su memoria, percepción, atención, concentración y más...a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

TUESDAY SPARK!: In-Person

Tuesday, March 5, 11:30 am-1:00 pm

Warner Park, 1625 Northport Dr.

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Group sizes are limited, so please pre-register for the programs you plan to attend.

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

Tuesdays, 1:00-2:30 pm

Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

WELLNESS WARRIORS: Zoom

"We get by with a little help from our friends."

Thursdays, February 8-April 4

4:00-5:30 pm

This lively group is led by Edgewood College instructor Kim and her students. Each week we meet to learn and grow as we discuss topics that affect older adults.



CHAIR YOGA: In-Person

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

CHAIR YOGA: In-Person

Thursdays, 10:30-11:30 am
 Warner Park, 1625 Northport Dr.
 Join Instructor Kim S. as she leads you
 through a series of gentle stretch and
 yoga movements from standing or seated
 positions. For all ability levels. No pre-
 registration needed at this time.

EASY YOGA PLUS: Zoom

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

STRETCH & STRENGTH: Zoom

Mondays & Wednesdays, 9:00-9:45 am
 Join Becky Ott-Forde for gentle stretch
 and strengthening exercises from the
 comfort of your own home. Cost \$25/mo.
**To sign up, contact Becky Otte Ford
raonine@gmail.com or (608) 215-4119.**

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

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



YOGA SUAVE: Zoom

Todos Los Lunes, Enero 8-Junio 3
 10:15-11:15 am
 Practique yoga de pie, sentado(a), y/o
 acostado(a) sobre un tapete o colchoneta,
 para aliviar el estrés, fortalecer el sistema
 inmunológico y mejorar su bienestar.



el idioma desde el nivel donde se encuentre. Se proveerá el material de estudio. Transporte limitado para las personas que viven en el West y sur de Madison.

H CHOQUE EN LÍNEA: Zoom

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

H CORTE Y CONFECCION: En Persona

Todos Los Jueves y Domingos
10:00 am-12:00 pm
Arts + Lit Lab, 111 S. Livingston St.
Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia y conocimiento como empresaria y profesora universitaria de diseño y alta costura. Limitado número de participantes y transportación.

H ESL-APRENDA INGLES BASICO Y AVANZADO: En-Person

Todos Los Martes, 11:00 am-12:00 pm
Good Shepherd Church, 5701 Raymond Rd
Tenemos maestras con una amplia experiencia en el area de la docencia. Esta clase provee la oportunidad de avanzar en



MUSIC JAM SESSON: In-Person

One Saturday/mo, 9:00 am-12:00 pm
Warren Dailey Cabin, Maple Bluff
All are welcome. "Turn it up!" Musicians meet to pay and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
For more info please contact Walt Stewart (608) 576-5437.

MARCH NBU CALENDAR OF EVENTS

01 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bilingual Bingo Warner Park

03 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

04 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

05 TUESDAY

11:00 ESL Good Shepherd
 11:30 Tuesday Spark! Warner Park
 1:00 Euchre Warner Park

 1:00 Spirit & Strength Zoom
 1:00 Foot Clinic Lakeview Church
 2:00 Sassy Steppers Warner Park

06 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:00 Book Club Warner Park
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

07 THURSDAY

9:00 Sewing Club Warner Park
 9:30 Foot Clinic Lake Edge
 10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park

 2:00 Cafeteria Zoom
 315 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

08 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 12:30 Celebracion Warner Park

10 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

11 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:00 Foot Clinic Goodman
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

12 TUESDAY

9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park

 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park

13 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Card Making Warner Park
 1:00 Game Day Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

14 THURSDAY

10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park

 2:00 Cafeteria Zoom
 315 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

15 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 10:45 Bilingual Bingo Good Shepherd

17 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

18 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 2:00 Bunco Warner Park

19 TUESDAY

9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park

 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park

20 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park

 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

21 THURSDAY

9:00 Sewing Club Warner Park
 9:30 Foot Clinic Lake Edge
 10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 11:45 Trivia Day Warner Park

 1:00 Mah Jong Warner Park
 2:00 Cafeteria Zoom
 315 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

MARCH NBU CALENDAR OF EVENTS

22 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park

24 SUNDAY

10:00 Corte y Cinfccion Art Lit Lab

25 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 Yoga Suave Zoom
 1:00 Cooking 101 FEED Kitchens
 2:00 Bunco Warner Park

26 TUESDAY

9:00 Foot Clinic Good Shepherd
 9:30 Foot Clinic Monona United
 11:00 ESL Good Shepherd
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom
 2:00 Sassy Steppers Warner Park

27 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Cards/Games Warner Park
 1:00 Ping Pong Warner Park
 1:00 Círculo De Amigos Zoom
 1:00 Cartas y Juegos Warner Park

28 THURSDAY

9:00 Foot Clinic Warner Park
 10:00 Corte y Cinfccion Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 Tambores Warner Park
 1:00 Mah Jong Warner Park
 2:00 Cafeteria Zoom
 3:15 Choche en Línea Zoom
 4:00 Wellness Warriors Zoom

29 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 2:00 Movie+Discussion Warner Park



Programs focus on our Black older adults.



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



PROGRAM LOCATIONS:

Arts + Literature Laboratory
 111 S. Livingston Street

FEED Kitchens
 1219 Sherman Avenue

Good Shepherd Lutheran Church
 5701 Raymond Road

Goodman Community Center
 149 Waubesa Street

Lake Edge Lutheran Church
 4032 Monona Drive

Lakeview Library
 2845 N. Sherman Avenue

Lakeview Lutheran Church
 4001 Mandrake Road

Madison Labor Temple
 1602 S. Park Street

Meadowridge Commons
 5734 Raymond Road

Monona United Methodist Church
 606 Nichols Road, Monona

Warner Park Community Recreation Center
 1625 Northport Drive

UW South Madison Partnership
 2238 S. Park Street

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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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New Bridge, Madison, WI

D 4C 01-2049



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

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

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, March 5, 1:00-2:30 pm

Lake Edge Lutheran Church
4032 Monona Drive
Thursday, March 7, 21, 9:30-11:45 am

Goodman Community Center
149 Waubesa Street
Monday, March 11, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, March 12, 19, 26, 9:30-11:45 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, March 26, 9:00-11:40 am

Warner Park Community Rec Center
1625 Northport Drive
Thursday, March 28, 9:00-11:30 am



MEDICAL EQUIPMENT LOAN CLOSET

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

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

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 8:00 am-3:00 pm and closed on Fridays.

We ask that you call ahead to make an appointment to pick up, return and to donate. *Currently accepting 4 wheel walkers with seat and brakes.*

VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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



NEWSLETTER DISTRIBUTION VOLUNTEER

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

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

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT – 2-4 times/month

IMMEDIATE NEED – 20 volunteers needed for North/East/Central Madison. High need for Spanish-speakers.

GUARDIAN & REPRESENTATIVE PAYEE

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

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

IMMEDIATE NEED – 10 volunteers

NUTRITION SITE VOLUNTEERS

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

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

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

VOLUNTEER SPOTLIGHT



We are delighted to highlight our volunteer, Mike Meehan, who volunteers in our Food Bridge program.

Tell us a little about yourself and your background.

- *I was a state employee who retired. I enjoy auditing classes at UW.*

What brought you to NewBridge as a volunteer?

- *I had helped at a food pantry and came to realize how hard it is for some to get to it.*

What do you enjoy most about volunteering?

- *Getting to know someone over the course of several years. Good way to make new friends.*

What inspires you to volunteer?

- *In a country as rich as ours, no one should go to bed hungry.*

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

- *Delivering food is always the highlight of my day.*

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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

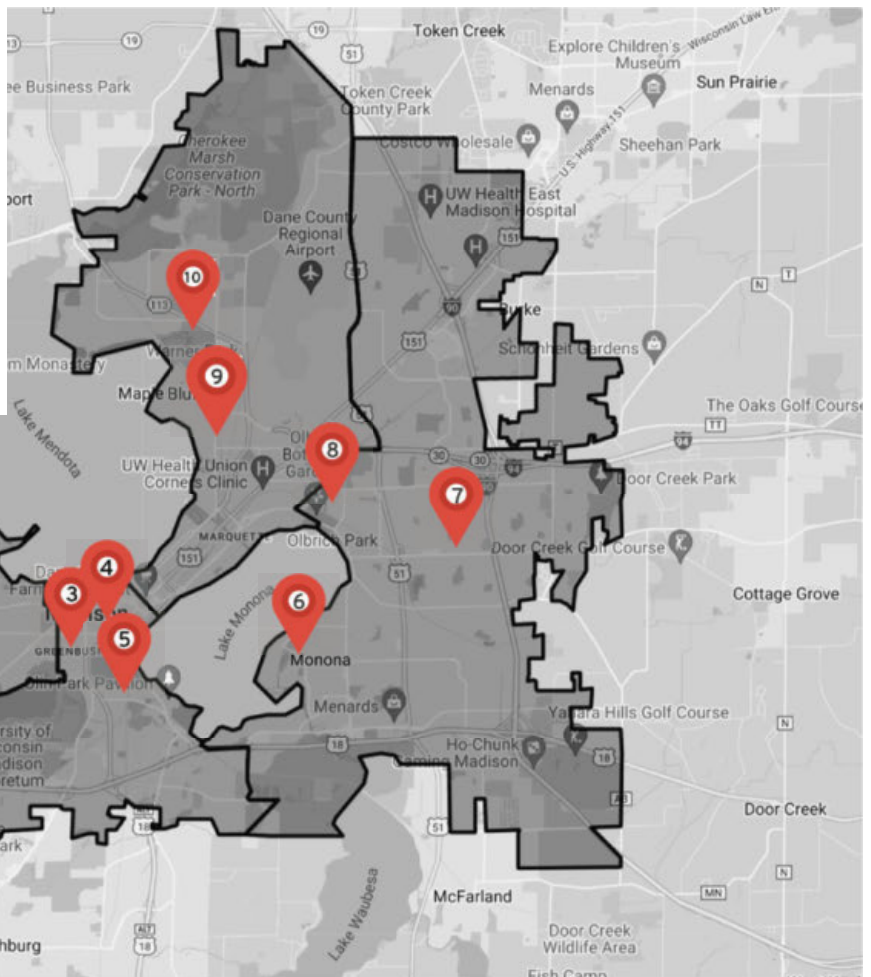
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$17.22**.

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



WEST MADISON

Meadowridge Commons

5734 Raymond Rd.

Tuesday, Thursday, Noon

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

Good Shepherd Church

5701 Raymond Rd.

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

Monona Senior Center

1011 Nichols Rd.

Friday, Noon

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

NORTH MADISON

Warner Park Community Recreation

Center, 1625 Northport Dr.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATERED BY: AtlantisValley Foods All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. Salads include roll, better, fruit and dessert. Chickpeas can be substitutes for meatless option. No substitutions allowed. MO = Meatless Option. *Contains Pork				01 Crab Cake Good Grains Rice Pilaf w/ Vegetables, Potato Salad Orange, Chocolate Chip Cookie MO - Plant Based Shrimp
04 Swedish Meatballs w/ Sauce, Mashed Potatoes California Vegetables Cranberry Sauce, Kringle MO: Plant Based Meatballs Entrée Salad - Italian*	05 Lemon Pepper Chicken Over Long Grain Wild Rice Capri Vegetables, Banana Roasted Vegetables, Cookie MO: Plant Based Garlic Herb Entrée Salad - Garden Vegetable	06 Roasted Pork Loin* w Gravy, Peas and Pearl Onions Coleslaw, Baked Beans, Pudding MO: Macaroni and Cheese Entree Salad - Spinach*	07 Hamburger Carrots, Roasted Potatoes Nutty Buddy Bar MO: Veggie Burger Entree Salad: Chef*	08 Minestrone 3 Bean Medley, Fruit Cocktail Assorted Cheesecake
11 *Oven Baked Ham w/ Gravy Carrots, Cauliflower Honeydew Melon, Cherry Gel Cup MO: Smoked Tempeh w/ Vegetable Gravy Entree Salad - Turkey Club*	12 Beef and Lamb Gyro Pita Bread, Roasted Potato Tomato Cucumber Salad Capri Veg, Peanut Butter Pie MO: Spiced Chickpeas Entrée Salad - Gyro	13 *Barbecue Pulled Pork Hoppin John Beans, Broccoli Banana, Chocolate Chip Cookie MO: Barbecue Jack Fruit Entree Salad: Cobb*	14 *Ham & Bean Soup Tomato Cucumber Salad Cantaloupe, Rice Krispie MO: Bean & Kale Soup Entree Salad: Southwest Chicken	15 Baked Cod Dill Cream Sauce Capri Vegetables Garlic Mashed Potatoes Blueberry Muffin MO: Plant Based Shrimp
18 Cabbage Roll Roasted Root Vegetables Honeydew Melon Green-Sugar Cookie MO: Plant Based Cabbage Roll Entrée Salad - Spinach*	19 Chicken Noodle Soup Cantaloupe, Pudding Tomato Cucumber Salad MO: Minestrone Entree Salad - Italian*	20 *Sausage and Egg Breakfast Scramble Rosemary Potatoes Asparagus Tips, Orange Nutty Buddy MO: Plant Based Bfast Scramble Entree Salad: Turkey Club	21 Stuffed Pepper Casserole Sliced Beets, Mixed Fruit Cherry Apple Crunch Bar MO: Vegetarian Casserole Entrée Salad - Chef*	22 Macaroni and Cheese Capri Vegetables Vegetarian Baked Beans Cantaloupe, Brownie
25 Spaghetti and Meatballs* Crinkle Cut Carrots, Green Beans Sliced Peaches Chocolate Pudding MO: Veggie Meatballs Entree Salad: Cobb*	26 Shredded Beef in Gravy Baked Beans, Broccoli Roasted Garlic Mashed Potato Nutty Buddy Bar MO: Plant Based Sausage Entrée Salad - Grilled Chicken Almond	27 Teriyaki Chicken Breast Brown Rice, Stir Fry Vegetables Mandarin Orange Red Velvet Cake MO: Teriyaki Tofu Entrée Salad - Greek	28 Shepherd's Pie Cauliflower, Tropical Fruit M&M Cookie MO: Plant Based Ground Beef Entree Salad: Chicken & Bacon*	29 Baked Cod Dill Cream Sauce, Coleslaw California Vegetable Blend Scalloped Potatoes Easter Cake MO: Plant Based Shrimp

NUTRITION MEAL SITES

SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

Catered by UW Hillel Adamah Catering

Join us for great food, friends, fun and interesting programs. Check JSS website jssmadison.org or call for more information (608) 442-4083 or paul@jssmadison.org by Wednesday preceding the meal. The cost of the meal is \$17.20 for those younger than 60 years.

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

Monday, March 4

11:30 am-12:15 pm: Traditional braised brisket, (MO: risotto w/ seared tofu), herbed Basmati rice, tri color carrots, fruit salad & dessert

Monday, March 11

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

11:30 am-12:15 pm: Roasted chicken w/ wine and mushroom sauce, (MO: seared tofu w/ wine and mushroom sauce), rice pilaf, snap beans, fruit salad & dessert

Monday, March 18

11:30 am -12:15 pm: Roasted chicken w/ balsamic tomato sauce, (MO: seared tofu w/ balsamic tomato sauce), herbed basmati rice, roasted vegetables, fruit salad & dessert

Monday, March 25

11:30 am -12:15 pm: Turkey on baguette or tuna salad on baguette, (MO: garden fresh sandwich), matzo ball soup, Carolina coleslaw, fruit salad & dessert

EAST MADISON

Goodman Community Center

149 Waubesa St.

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
				01 Arroz Con Pollo
04 Chicken Penne Rosa	05 Cheese-burger	06 BBQ Chicken	07 Stroganoff	08 Chicken and Veggie Stir Fry
11 Sloppy Jo	12 Chicken Alfredo	13 Mac n Cheese w/ Turkey	14 Crispy Chicken and Cheese Sandwich	15 Chicken Pot Pie
18 Penne Ragu	19 Chickpea Curry	20 Baked Lemon Haddock	21 Sweet and Sour Chicken	22 Parmesan Chicken
25 Tex Mex Casserole	26 Lasagna	27 Swedish Meatballs	28 Shepherd's Pie	29 Chicken and Rice Casserole

NORTH MADISON

Kavanaugh's Esquire Club

1025 N. Sherman Ave.

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

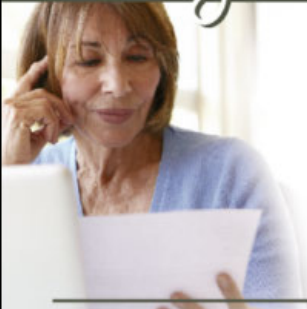
For transportation, call 512-0000

Ext. 2001 by 10 am the Monday prior.

Catered by Kavanaugh's.

- **Wednesday, March 6** : Roast Pork and Mashed Potatoes
- **Wednesday, March 13** : Meatloaf and Mashed Potatoes
- **Wednesday, March 20** : Baked Ham and Mashed Potatoes
- **Wednesday, March 27** : Lasagna
- **Every Wednesday**: Baked Fish or Sandwich & Soup

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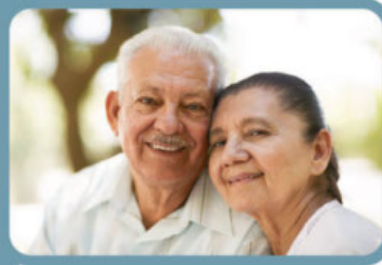


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NATIONAL SOCIAL WORK MONTH

The theme for National Social Work Month is “Empowering Social Workers.” The campaign will focus on ways Americans can support the social work profession as it addresses issues our nation is facing, including the need for more mental health services providers.

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.

Without the hard work of all of our case managers, we would not be able to provide the level of support to our older adults that we do today. We wanted to thank our case managers for these service and compassion for helping older adults.

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.



2023 Case Management Impact

- 1,084 Clients
- 12,514 Service Hours

- 1,861 Intake Calls
- Assisted 89 older adults during Medicare Part D open enrollment with a total savings of \$441,156

CASE MANAGEMENT WALK IN HOURS

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

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

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, March 5, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Friday, March 8, 11:30 am-12:30 pm

Madison Senior Center

330 W. Mifflin St.

Tues, March 5, 19, 10:30 am-12:30 pm

Meadowridge Commons

5734 Raymond Road

Thursday, March 21, 11:00 am-Noon

Bilingual English/Spanish

Goodman Community Center

214 Waubesa St.

Tuesday, March 19, 11:30 am-12:30 pm



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New Bridge, Madison, WI

G 4C 01-2049



2023 YEAR IN REVIEW

12,514

CASE MANAGEMENT SERVICE HOURS

\$441,156

SAVED IN MEDICARE PART D PLAN COSTS



313

THANKSGIVING MEAL DELIVERIES

3,567

HOME CHORE AND FOOD BRIDGE VOLUNTEER HOURS



1,691

MENTAL HEALTH RESOURCE HOURS WITH A 76% SUCCESS RATE

41,009

MEALS SERVED



263

DIVERSITY & INCLUSION PARTICIPANTS



1,627

CLASSES & ACTIVITIES PARTICIPANTS

(608) 512-0000

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By appointment only February-April at the following libraries:

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Lakeview (608) 246-4547

Meadowridge (608) 288-6160

Sequoia (608) 266-6385

RICHARD DILLEY TAX CENTER

By appointment only on Mondays, Fridays, and Saturdays at the Village on the Park/ UW Madison South Partnership Office, 2238 South Park St. Schedule by phone, call (608) 283-1261.

AARP TAX PREP ASSISTANCE

- Goodwill of South Central Wisconsin

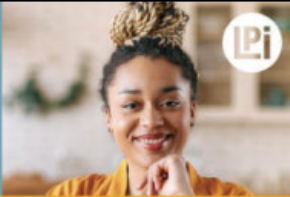
By appointment only, contact Joe Byrnes (608) 852-8355, jbyrnes@goodwillscwi.org

Locations:

- Goodwill, 1302 Mendota St.
- Goodwill, 2901 N. Sherman Ave.
- Lussier Community Education Center 55 S. Gammon Road
- Monona Senior Center
Call (608) 222-3415 for an appointment.
- Madison Senior Center
Call (608) 246-4547 for an appointment.

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DHS Approved 4/22/2021

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VOLUNTEERS NEEDED

**NewBridge receives a percentage of the proceeds;
the more volunteer hours, the more money we raise for NewBridge!**

**Contact David
for more info.**
(608) 512-0000 Ext. 2006

BRAT FEST®



MEMORIAL DAY WEEKEND