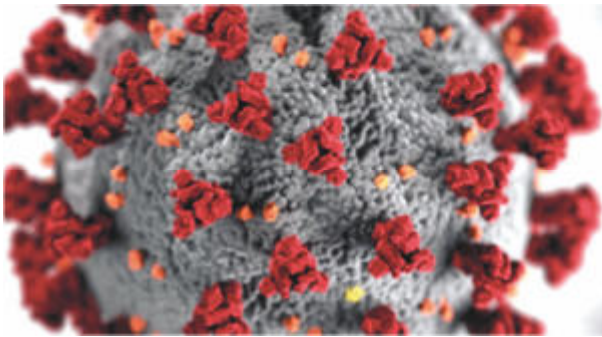


NEWBRIDGE NEWS

Your Connection to Successful Aging

APRIL 2020



COVID-19
CORONAVIRUS DISEASE 2019

Due to the Coronavirus pandemic NewBridge has closed all of our offices effective Wednesday, March 18 until further notice. NewBridge staff will be working from home during this time.

You may call and leave a general message (608) 512-0000 and a staff person will get back to you as soon as possible. We will be prioritizing our response to calls and ask for your patience in waiting for a response.

NewBridge will continue to provide case management services by phone or email, and help older adults access food and other essentials as best as we can. NewBridge will be checking in with our older adult clients and program participants as time permits. We will re-evaluate the Coronavirus situation at the beginning of April and every couple of weeks from then on.

You may call the NewBridge office or check our website and Facebook for updates.

Due to the Coronavirus we have suspended all programs and activities that may extend into April except Case Management and Food Bridge services.

**CHECK OUT
WHAT'S
INSIDE!**

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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

THANK YOU VOLUNTEERS

Volunteers come in all shapes and sizes. The work they do helps make a difference in our clients and participants lives. Their work can have an effect like a drop in a bucket or a raindrop on a puddle; the smallest job can ripple out and create a huge impact! April is National Volunteer Month which started as part of President Bush's 1000 Points of Light. We celebrate our volunteers who provide assistance in varying ways: office volunteers who help us answer the phones, those who deliver food to our homebound clients and serve food at our nutrition sites, our Home Chore volunteers, our special events volunteers, our Volunteer Guardians and Rep Payees and our Board Members. The job performed, great or small, helps us impact more older adults.

Each volunteer is a shining light!

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! [NewBridge Madison](#)



BOARD OF DIRECTORS

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

Thank you to our NewBridge Funders:



Friends of NewBridge

Housing Partner:
Sherman Glen Apartments

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- JOE NEUMAIER, Administrative Assistant Ext. 2000

- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1003
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Case Manager - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL OKERSTROM, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
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- STEPHANIE BRANDSMA, Case Manager Intern Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEENAH GIVENS, Program Coordinator Ext. 3002
- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012
- VALENTINA FLORES, Cultural Diversity Program Coord. Ext. 3009

- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, 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 April (issue 4) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.



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Contact our Volunteer Coordinators at 608-819-0033



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CASE MANAGEMENT SERVICE

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

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

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

WALK-IN OFFICE HOURS

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

With the uncertainty of the Coronavirus pandemic, office hours may be suspended into April. Please check our Facebook page for updates or give us a call at (608) 512-0000.

Good Shepherd Church
5701 Raymond Road
Thursday, April 23
10:00-11:00 am

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

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

Fisher-Taft Apartments
2025 Taft Street
Thursday, April 16
12:30-1:30 pm

Goodman Comm. Center
149 Waubesa Street
Wednesdays, April 8 & 22
11:30 am-12:30 pm

The River Food Pantry
2201 Darwin Rd.
Wednesday, April 29
Noon-1:00 pm

Monona Senior Center
1011 Nichols Rd, Monona
Thursday, April 9
10:00-11:00 am

ADDITIONAL SERVICES FOR CASE MANAGEMENT CLIENTS:

Home Chore

“Your connection to helping hands”

Matches Case Management clients who need basic household chore help with individual volunteers/volunteer groups who provide assistance and friendly visitation.

Food Bridge

“Your connection to wholesome groceries”

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County.

These services are free for NewBridge Case Management clients.

COVID
CORONAVIRUS
DISEASE
19

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.



www.cdc.gov/COVID19

A PARTNERSHIP WITH THE HMONG INSTITUTE



Hmoob Kaj Siab, formerly known as Kajsiab House, provides holistic culturally and linguistically competent mental health, case management, support, and health educational services.

Hmoob Kaj Siab is a program of The Hmong Institute that provides a wrap-around

services to meet the needs of the vulnerable populations, including helping clients manage and cope with their mental health challenges.

Hmoob Kajsiab's mission is to create a safe place where individuals are valued, respected, and honored. The vision is to be the leader in providing culturally and linguistically competent mental health services.

Staff are academically and professionally diverse and are bi-cultural and bi-lingual in Hmong, Lao, Thai, Khmer (Cambodian), Tibetan and Nepalese with many years of experience in the mental health, human services, public health, and case management fields. Daytime community programs and services are housed at the Life Center Church, 4402 Femrite Dive, Madison.

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VOLUNTEER OPPORTUNITIES

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

Home Chore

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

TIME COMMITMENT—Flexible

IMMEDIATE NEED— 5 volunteers

Front Office

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

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

LOCATION—1625 Northport Dr.

IMMEDIATE NEED— 1 volunteer, AM shift

LAWN MOWING VOLUNTEERS NEEDED!

**Help an older adult stay independent by volunteering
to mow their lawn for the 2020 summer season**



Guardian & Representative Payee

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

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

Board of Directors and Committee Members

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

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

Brat Fest

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

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

American Family Golf Championship Concessions

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

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

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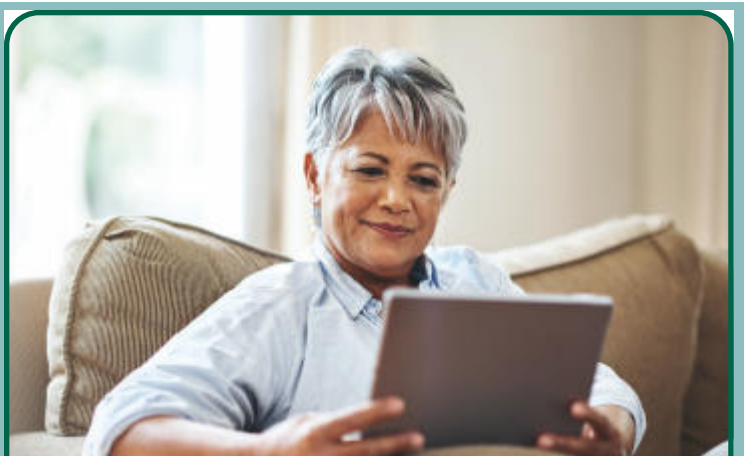
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CLASSES & ACTIVITIES & SERVICES

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

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

With the uncertainty of the Coronavirus pandemic, classes and activities may be suspended into April.
Please check our Facebook page for updates or give us a call at (608) 512-0000.

SOUTH & WEST MADISON

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

Stretch, Resistance & Cardio

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

Westside Warblers Sing-Along

Tuesday, April 7 and 21, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Name That Tune 6:30-7:30 pm. A wide variety of
your favorite songs, with Robert Auerbach on
piano and Patricia Stone on accordion. Afterward
stay for treats and mingle. Contact Ellie
(608) 230-6704.

Ping Pong, Pool & Air Hockey

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

FREE Mindful Movement Exercise

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

Mid-Week Matinees

Wednesdays, 1:30-3:30 pm
Alicia Ashman Library, 733 N. High Point Rd.
April 1 - Moverhless Brooklyn
April 8 - Playing with Fire
April 15 - The Good Liar
April 22 - The Long Kiss Goodnight
April 29 - No program - Friends of the Alicia
Ashman Library preparing for their Spring Book
Sale!

Easy Yoga Plus

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

Sunshine Arts & Cultural Dance

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

**Classes and activities are also
offered at:** Madison Senior Center
330 W. Mifflin St. (608) 266-6581
www.cityofmadison.com/senior-center

NORTH & EAST MADISON

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

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

Ping Pong League

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

Sassy Steppers Dance Crew

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

Technology Help Appointments

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

5¢ Bingo

Fridays, 10:15-11:15 am
Friday, March 6, Bilingual Bingo
Warner Park, 1625 Northport Dr.
Every 1st Friday, April 4 is bilingual bingo!
Come and join the fun!

Chair Yoga

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

Tuesday, April 7, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Pick up book at the NewBridge North office or
Lakeview Library

Card-Making Club

Wednesday, April 8, 1:00-2:00 pm
Warner Park, 1625 Northport Dr.
All materials are supplied for you; no previous
experience needed.

Sewing Club/FREE Mending Service

Thursday, April 2 & 16, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
FREE mending services for older adults.

LGBTQ+ Coffee Meet Up

Monday, April 20, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
50+ Join us for our monthly get together to
discuss whatever is on your mind. Coffee is free.
Group facilitator from OutReach.

LGBTQ+ Veterans Support Group

Mondays, April 14 & 28, 6:00-8:00 pm
Warner Park, 1625 Northport Dr.
Group facilitated by OutReach.

Men's Caregiver Support Group

Monday, April 6, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
RSVP required (608) 240-7400. Facilitated by
Joy from the ADRC (Aging & Disability
Resource Center).

Bingo

Tuesday, April 7, 11:30 am-12:30 pm
Messiah Church, 5202 Cottage Grove Rd.

Movie of the Month- Documentary

Tuesday, April 21, 11:30 am-12:30 pm
Messiah Church, 5202 Cottage Grove Rd.

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

SPECIAL UPCOMING EVENTS:

Mind Over Matter; Healthy Bowels, Healthy Bladder

Fridays, April 17, May 1, May 15
1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Cost: \$20. To register contact Deenah Givens
(608) 512-0000 Ext. 3002.

Living Well with Chronic Conditions

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



LED ACTIVITIES

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

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

With the uncertainty of the Coronavirus pandemic, the LED activities may be suspended into April.
Please check our Facebook page for updates or give us a call at (608) 512-0000.

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

Coffee & Conversation

Saturday, April 11, 10:00 am-Noon
Cool Beans Coffee Café, 1748 Eagan Rd.
Drop in.

Dining Club: Palette Bar & Grill

Wednesday, April 22, 5:30 pm
901 E. Washington Ave. (Hotel Indigo)
RSVP by Tuesday, April 21

Social Media Seminar

Tuesday, April 28, 6:00-7:30 pm
Warner Park, 1625 Northport Dr.
Join Dave St. Amant, Community PC, LLC to learn
the INs and Outs of Social Media. Free.

Pow Pow

Saturday, April 25, 1:00-3:00 pm
Redsten Gym, Madison College
1701 Wright St.
Enjoy music, dance and great food for purchase.
RSVP by Thursday, April 23. Cost is \$5.




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CULTURAL DIVERSITY ACTIVITIES

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

Latinx activities offered in Spanish only.

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

With the uncertainty of the Coronavirus pandemic, activities may be suspended into April. Please check our Facebook page for updates or give us a call at (608) 512-0000.

AFRICAN AMERICAN

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

Healthy Eating Potluck

Friday, April 3, 12:00-2:00 pm
Vera Court Neighborhood Center
614 Vera Court

Line Dance Class (cha-cha slides)

Saturdays in March, 10:00-11:30 am
Vera Court Neighborhood Center
614 Vera Court

Diabetes Support Group

Monday, April 13, 12:00-2:00 pm
Burr Oaks Apartments, 2417 Cypress Way

Heart Health Support Group

Thursday, April 23, 2:00-4:00 pm
Catholic Multicultural Center, 1862 Beld St.

Lunch & Pantry

Wednesday, April 29, 11:30-1:00 pm
The River Food Pantry, 2201 Darwin Rd.

Limited transportation and light refreshments. Contact Ericka to sign up at Ext. 2007 for more information.

LATINX

For information call Valentina at (608) 512-0000 Ext. 3009

Bilingual Bingo & Lunch

- Friday, April 3, 10:00 am-12:30 pm
Warner Park, 1625 Northport Dr.
Reserve by Wednesday, April 11
- Friday, April 17, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
Reserve by Wednesday, April 15

Meditation/Relaxation & Lunch

Tuesdays, April 7-May 12, 10:30-12:30 pm
Warner Park, 1625 Northport Dr.
Reserve by Friday, April 3

Discussion Group & Dinner

Wednesday, April 8, 5:30-8:00 pm
Madison Senior Center, 330 W Mifflin St.
Reserve by Monday, April 6

Movie Matinee

Wednesday, April 15, 1:00-4:00 pm
Madison Senior Center, 330 W Mifflin St.
Reserve by Monday, April 13

Limited transportation available. To make reservations call Valentina at Ext. 3009.

WELCOME VALENTINA FLORES



NewBridge is pleased to welcome Valentina Flores as our new Cultural Diversity Coordinator for Spanish speaking seniors.

Hola! I was born and raised in Santiago, Chile. I studied Psychology at the University of Chile, where I earn my Bachelor and Professional Degree. During that time, I met Gonzalo, who would become my husband. After school, I worked as an Organizational Development Psychologist in the National Association of Public Daycares in Chile.

Later I worked in the Department of Welfare as a Wellness Psychologist. I worked in the development and implementation of programs designed to promote self-care and wellness for workers. During that time, I realized that there were no wellness programs for older adult workers; I worked to develop a program for them. In 2018, I moved to Madison, Wisconsin with my family because my husband won a scholarship for a PhD program in Wild Life Ecology at UW Madison. During that year, I was dedicated to the care of my beautiful, newborn son Azor. In the fall semester of 2019, I worked as an Associate Research Specialist in the Department of Population Health Sciences and I volunteered at Bride Lakepoint Waunona Center doing classes on Self Care and relaxation for Latin women. **Thanks to this volunteering, I was connected to the NewBridge job working with Latin seniors!!!**

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HEALTH & WELLNESS

With the uncertainty of the Coronavirus pandemic, clinics and loan closet may be suspended into April. Please check our Facebook page for updates or give us a call at (608) 512-0000.

FOOT CLINIC

NewBridge is partnering with Registered Nurse Gail Owens and Nail Technician Susan Hasey to provide foot care for non-diabetic \$20 and diabetic \$25. Please bring two towels. Call (608) 512-0000 to make an appointment.

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Monday, April 13, 8:30-9:45 am

Warner Park Community Rec. Center
1625 Northport Drive
Friday, April 10, 9:00 am-Noon
Thursday, April 23, 9:00 am-Noon

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, April 21, 1:00-2:30 pm

EAST MADISON

Lake Edge Lutheran Church
4032 Monona Drive
Monday, April 13, 9:00 am-Noon
*Monday, April 20, 9:00 am-Noon
***Diabetic \$25 & Non-Diabetic \$20 Clinic**

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, April 15, 1:00-3:00 pm
Wednesday, April 22, 1:00-3:00 pm

WEST MADISON

Capital City Church
401 N. Blackhawk Ave.
(Parking is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)
Monday, April 6, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, April 21, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road

MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

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



SENIOR DAY

AT THE DUCK POND!

JUNE 18, 2020

GAME TIME: 12:05PM · GATES OPEN: 11:05PM

TICKET +  +  +  = **\$22**

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New Bridge, Madison, WI

G 4C 01-2049

HELP US PROVIDE EMERGENCY ESSENTIAL KITS



gofundme

Did you know we have over 19,500 older adults living in Madison WI? These are the people who are being hit hardest by COVID-19 and are unable to leave their home to buy necessities. **We know they are going to need our help through this.**

One way we can help is by providing an **emergency essential kits** that we are calling "Necessities from NewBridge." The kits will include food, water, hygiene

products, first aid kit, toilet paper, hand soap, sanitizing wipes...

Let's show our elders that we care about them through this time of crisis. They need us now more than ever!

You can find the link through our Facebook page or our website. The title is "400 Emergency Essential Kits for Older Adults"

TAX ASSISTANCE THROUGH AARP

With the uncertainty of the Coronavirus pandemic, tax assistance may be suspended into April. Please call ahead.

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

Before visiting a Tax-Aide site, note:

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

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

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2845 N SHERMAN AVE
(608) 246-4547

GOODMAN COMMUNITY CENTER
149 WAUBESA ST
(608) 241-1574

ST DENNIS CHURCH
505 DEMPSEY RD
(608) 246-5124

PINNEY LIBRARY
204 COTTAGE GROVE RD
(608) 224-7100

ONONA SENIOR CENTER
1011 NICHOLS RD
(608) 222-3415

SEQUOYA LIBRARY
4340 TOKAY BLVD
(608) 266-6385



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The Gardens Retirement Community

602 N. Segoe Rd.
Madison, WI
near Hilldale Mall
608-204-0900

Evening Meals on Wheels
608-204-0923

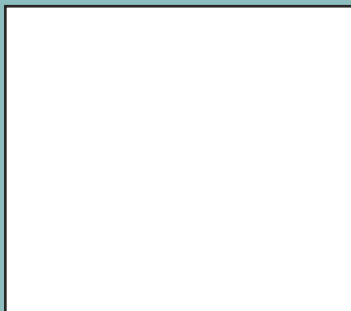
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FRIENDS OF NEWBRIDGE

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

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

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

2020 BUSINESS BENEFITS

Benvenuto's Italian Grill

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

Boomerangs Resale Store

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

Cambria Suites Madison

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

Culver's

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

Golden Heart Senior Care

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

Kavanaugh's Esquire Club

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

Madison Family Wellness

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

Manna Café & Bakery

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

Meikle's & Dorn True Value

2935 N Sherman Ave
Free key made each month

Overture Center

201 State St
Receive reduced ticket prices for select shows

And more added monthly!

Join Our Friends of NewBridge Committee

Our next meeting is Thursday, May 7, 2:00 pm, West office, 5724 Raymond Rd.

Mission Statement

The Friends exist as a resource for feedback, advocacy and fund development to support the goals of NewBridge Madison.

Purpose Statement

- Friends connect the community to NewBridge through a sense of friendship.
- Friends serve as ambassadors, advocates and volunteers to help older adults.
- As a friend you may participate in events, receive benefits and enjoy social connections.

Summer Concerts

at Warner Park

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

June 8: The Randy Kats

July 6: The North Westerns

June 15: The Gomers

July 13: Universal Sound

June 22: Ladies Must Swing

July 20: Soggy Prairie Bands

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

2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Additional Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

How would you like newsletter? Mail Email Both None



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

Office Use:
 Check # _____
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Mail the form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

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

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



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New Bridge, Madison, WI

I 4C 01-2049

NUTRITION SITE INFORMATION

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

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

Suggested transportation donation is \$1.00 round trip.

With the uncertainty of the Coronavirus pandemic, nutrition sites may be suspended into April. Please check our Facebook page for updates or give us a call at (608) 512-0000.

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

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

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

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

Menu for ALL locations on page 20.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Dane County Consolidated Food Services Division. All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option</p>		<p>01 ROASTED TURKEY & GRAVY Rice Pilaf, Creamed Corn Cranberry Sauce, Fruit Cocktail Frosted Strawberry Cake MO - Veggie Chicken in Gravy</p>	<p>02 TACO PASTA CASSEROLE Broccoli, Cauliflower Pineapple Blueberry Crisp MO - Bean/Cheese Burrito</p>	<p>03 GREEK CHICKEN PASTA Carrot Raisin Salad 4 Bean Salad, Orange, Sherbet Cup MO - Pita and Hummus Salad - Hummus Platter</p>
<p>06 *MEATBALLS IN GRAVY Mashed Potatoes, California Blend Tropical Fruit, Blueberry Pound Cake MO - Veggie Meatballs in Gravy</p>	<p>07 TUNA SALAD SANDWICH Tomato Soup, Fruit Cup Strawberry Swirl Ice Cream MO - Egg Salad Sandwich</p>	<p>08 SLOPPY JOE Kidney Bean Salad Mixed Vegetable, Banana Brownie w/Peanut Butter Frosting MO - Chickpea Joe</p>	<p>09 HONEY BAKED CHICKEN Broccoli, Yams Pears, Ambrosia Salad MO - Veggie Wrap</p>	<p>10 SEAFOOD SALAD On Chopped Romaine, Tomato Fruit Cup, Chocolate Chip Cookie MO - Tomato/Cheese Sandwich Salad - Chicken Cranberry Bacon Bleu</p>
<p>13 MEAT SAUCE WITH NOODLES Wax Beans, Mixed Green Salad Peaches, Brownie MO - Marinara Sauce</p>	<p>14 LEMON DILL BAKED FISH Baked Potato, Fruit Cup Frosted White Cake MO - Hummus Wrap</p>	<p>15 *ITALIAN SAUSAGE Oven Roasted Potatoes Stewed Tomatoes, Orange Chocolate Ice Cream Cup MO - Veggie Dog</p>	<p>16 SWEET AND SOUR CHICKEN Brown Rice, Peas, Banana Rice Pudding MO - Veggie Sweet & Sour</p>	<p>17 *BBQ PULLED PORK Chickpea Salad, Carrot Raisin Salad Diced Melon Mix, Vanilla Pudding MO - Black Bean Burger Salad - 7 Layer</p>
<p>20 CHICKEN STEW Broccoli, Tropical Fruit Frosted White Cake MO - Veggie Stew</p>	<p>21 EGG SALAD Coleslaw, Pickled Beets Strawberry Jell-o MO - n/a</p>	<p>22 CHICKEN AND GRAVY Carrots, Green Beans, Orange Carnival Cookie MO - Veggie Chicken & Gravy</p>	<p>23 FISH SANDWICH Cheese Slice, Yams, Coleslaw Fruit Cup, Lemon Italian Ice MO - Garden Burger</p>	<p>24 *MEATBALLS IN MARININA Over Penne, Carrots Mixed Greens Salad, Banana Cheesecake Brownie MO - Veggie Meatballs in Marinara Salad - Chef's</p>
<p>27 *PORK LOIN IN GRAVY Mashed Potatoes Garden Blend Vegetables Mandarin Oranges, Pumpkin Bar MO - Hummus Wrap</p>	<p>28 CHEESEBURGER 4 Bean Salad, 4 Way Vegetable Blend Fruit Cocktail, Pineapple Pluff MO - Veggie Burger</p>	<p>29 CHICKEN NOODLE SOUP Mixed Green Salad, Saltine Crackers Pears, Vanilla Pudding MO - Tomato Soup</p>	<p>30 BEEF STEW Biscuit, Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO - Veggie Wrap</p>	

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Cross Plains • Fitchburg • Lodi



NUTRITION SITE INFORMATION CONTINUED

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

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

Suggested transportation donation is \$1.00 round trip.

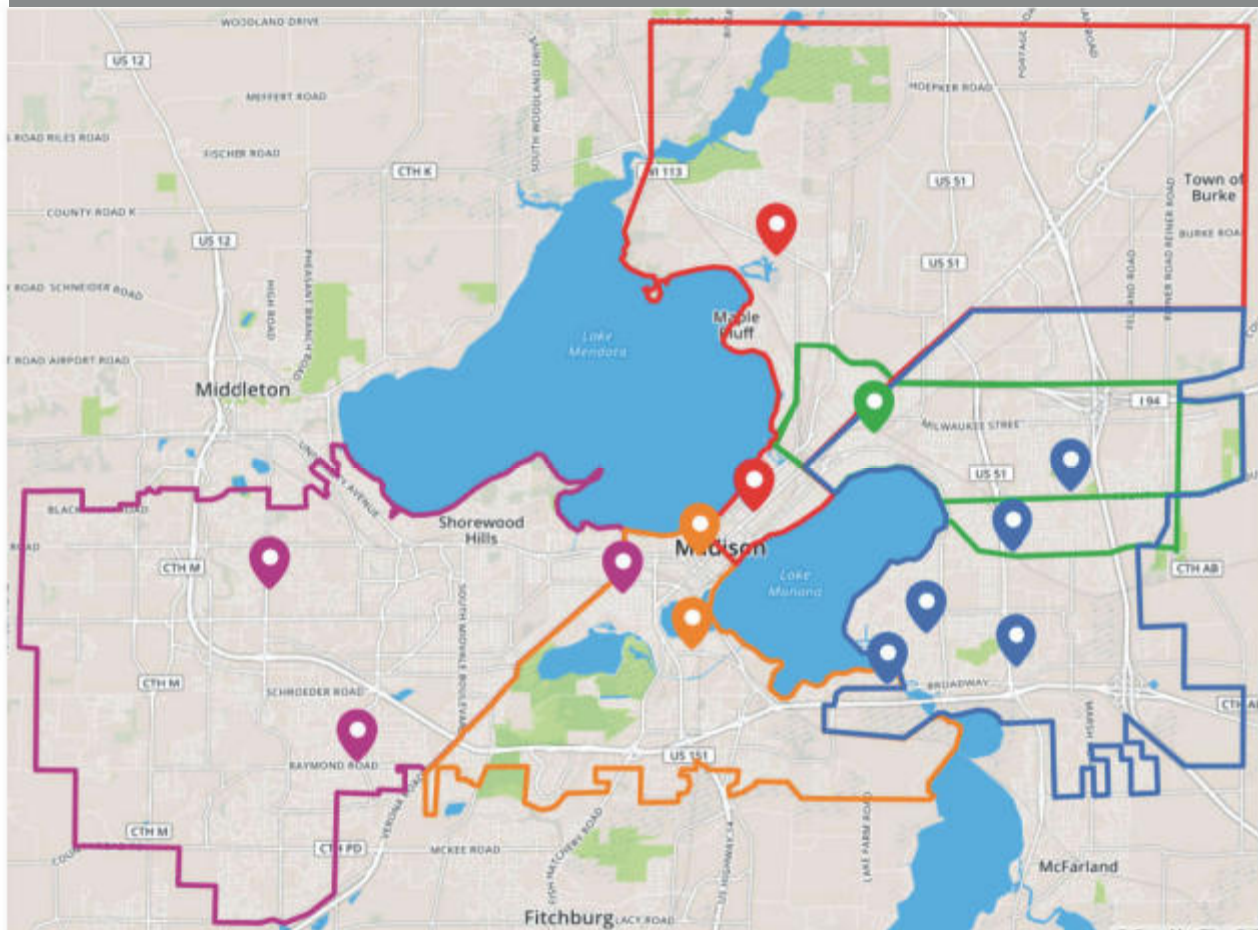
With the uncertainty of the Coronavirus pandemic, nutrition sites may be suspended into April. Please check our Facebook page for updates or give us a call at (608) 512-0000.

Kosher Site	Address	Day	Time
<p>Beth Israel Center</p> <p>Meal and transportation reservations due by 2:00 pm the preceding Wednesday. To make reservations call (608) 442-4081 or email office@jssmadison.org.</p> <p>Transportation available for the purple zone.</p> <p>Monday, April 6: Peri Peri chicken, herbed rice, harissa carrots, fruit, brownie (MO- Peri Peri tofu)</p> <p>Monday, April 20: Herb roasted chicken, basmati rice, vegetable medley, mixed greens salad, fruit (MO- Herb roasted jackfruit and garbanzo)</p> <p>Monday, April 27: Hickory smoked BBQ chicken, fingerling potatoes, green beans, fruit, birthday cake MO- BBQ tofu)</p> <p>Next months dates: May 4 & 11</p>	1406 Mound Street	M Sept- May	Noon
East Madison Restaurants	Address	Day	Time
<p>Cranberry Creek Cafe</p> <p>Five delicious breakfast options. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.</p> <p>Transportation available for the blue zone.</p>	1501 Lake Point Drive	M & F	8:30 am - 10:30 am
<p>Cuco's Mexican Restaurant</p> <p>Six delicious lunch options. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Call Transit Solutions at (608) 294-8747.</p> <p>Transportation available for the blue zone.</p>	4426 E. Buckeye Road	W	11:30 am - 1:00 pm
North, East, South Grocery Store	Address	Day	Time
<p>Festival Foods</p> <p>Enjoy one trip through the extensive salad bar and a bowl of soup. After lunch do your shopping. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Call (608) 512-0000 Ext. 3000.</p> <p>Transportation available for the red, blue, orange zones.</p>	810 E. Washington Ave.	TH	11:00 am - 1:00 pm
Goodman Neighborhood	Address	Day	Time
<p>Goodman Community Center</p> <p>This meal serves people of all ages. <i>No meal reservation needed.</i></p> <p>Transportation reservation due by 10:00 am the previous business day. Make transportation reservations at meal site or call (608) 241-1574. Menu on page 23.</p> <p>Transportation available for the green zone.</p>	149 Waubesa Street	M-F	11:45 am

Menu for the Goodman location on page 22.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Goodman Catering. All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option. Fruit and Dessert Served Daily.</p>		<p>01 SAUSAGE MAC AND CHEESE Steamed Broccoli, Mixed Salad Cantaloupe, Cookies MO- Mac & Cheese</p>	<p>02 GRILLED BRAT Sauerkraut & Onions Sweet Corn, Pineapple, Cake MO-Veggie Brat</p>	<p>03 BBQ CHICKEN THIGH Creamed Spinach, Baked Beans Mixed Fruit, Ice Cream MO- Veggie Burger</p>
<p>06 COUNTRY STYLE BBQ PORK Baked Beans Tomato Vinaigrette Salad Canned Pears, Pudding MO- 3 Bean and Mushroom chili</p>	<p>07 BEEF STEW Mixed Salad, Biscuit Watermelon, Cookies MO- Vegetable Bean Stew Salad- Turkey BLT</p>	<p>08 SLOPPY JO Roasted Red Potatoes Steamed Broccoli, Sliced Oranges Brownie MO- Lentil Sloppy Jo</p>	<p>09 CRISPY CHICKEN & CHEESE SANDWICH Vegetable Salad, Mixed Salad Honey Dew, Cake MO- Crispy Tempeh Sandwich</p>	<p>10 CHICKPEA AND TOMATO SALAD Penne Pasta, Mixed Fruit, Ice Cream MO- Veggie Alfredo</p>
<p>13 EGG BAKE Breakfast Potatoes, V8 Juice Biscuit, Canned Pineapples, Jello</p>	<p>14 OPEN FACE TURKEY SANDWICH W/ GRAVY Roasted Carrots, Brussels Sprouts Apple Slices, Pie MO- 3 Bean Stew & Rice Salad- Cobb Southwest</p>	<p>15 CHICKEN ROTINI SALAD Broccoli Salad, Carrot Slaw Cantaloupe, Cookie MO- Mushroom Jambalaya</p>	<p>16 BAKED TILAPIA Baked Potato, Cole Slaw Watermelon, Brownie MO- Baked Tofu w/ Lemon Cream Sauce</p>	<p>17 SWEET SOUR CHICKEN Stir Fry Veggies, Mixed Salad Watermelon, Brownie Ice Cream MO- Chickpea Stir Fry</p>
<p>20 ITALIAN CHICKEN SANDWICH Balsamic Glazed Carrots Tomato and Cucumber Salad Mandarin Oranges, Cookies MO- Veggie Burgers</p>	<p>21 BLACK BEAN & CHEESE ENCHILADA CASSEROLE Broccoli Medley, Mixed Salad Honey Dew, Pudding Salad- Chef</p>	<p>22 BEEF LASAGNA Garlic Butter Sweet Corn Mixed Salad, Garlic Bread Watermelon, Brownies MO- Vegetable Lasagna</p>	<p>23 SWEDISH MEATBALLS w/ Egg Noodles Steamed Carrots & Peas Mixed Salad, Apple Slices, Cake MO- Vegetarian Bean Stew</p>	<p>24 PORK CHOPS Mashed Sweet Potatoes and Gravy Steamed Broccoli, Pineapple Ice Cream MO- Veggie burgers</p>
<p>27 CHICKEN & RICE CASSEROLE Steamed Green Beans, Bean Salad Apple Sauce, Pudding MO- Veggie and Rice Casserole</p>	<p>28 BAKED ZITI Bean Salad, Mixed Salad Cantaloupe, Pie MO- Vegetarian Baked Ziti Salad- Pesto Chicken</p>	<p>29 FISH SANDWICH W/CHSE Mediterranean Quinoa Salad Mixed Salad, Orange Slices Fruit Crumble MO- Grilled Cheese</p>	<p>30 HONEY GLAZED HAM Cheesy Potato Bake, Glazed Carrots Pineapples, Cake MO- Veggie Burgers</p>	

TRANSPORTATION ZONES





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