

NEWBRIDGE NEWS

Your Connection to Successful Aging

APRIL 2021

April is National Volunteer Month

We would like to take this opportunity to highlight our Volunteer Programs, their impact on the community, the staff who run them and the hundreds of volunteers who do the work. See page 18-19.



NEWBRIDGE
Your Connection to Successful Aging

THANK
YOU

VOLUNTEERS



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...

Hurray the COVID vaccination has arrived! We are closer to having in-person programming and reopening our meal sites. A few important steps first. Older adults, 60-65, need the opportunity to get vaccinated as well as NewBridge staff and volunteers. When we reopen, the gatherings will be smaller and we have to figure all that out. We appreciate your patience and cannot wait to see you all again!

April is Volunteer Appreciation Month. Thank you everyone who is volunteering for NewBridge during the pandemic. You make a tremendous difference! And hello to our volunteers who have been “quarantined” the past year. We miss you and cannot wait to see you again, when you feel ready to return!

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 Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our NewBridge Funders:



Friends of NewBridge

Housing Partner:
Sherman Glen Apartments & Point Place Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001

- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- ABIGAIL NINNEMAN, Case Manager Intern Ext. 4008
- ADA ZHANG, Case Manager Intern Ext. 1001
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005

- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Fund Devel. & Event Coord. Ext. 3012

- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- GINNIE RICHARDSON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC

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

ID Statement: The 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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COVID-19 SERVICES

Bridge Buddies-Friendly Callers

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

Case Management

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

COVID-19 Vaccine Transportation

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

Face Mask Delivery

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

Food Bridge Delivery

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

Foot Clinics & Loan Closet

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

Home Chore - *outdoor only*

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

Zoom Classes & Activities

See our website and pages 10, 11, 12.

Zoom Diversity & Inclusion Activities

For Dane County Black and Latinx older adults that focus on socialization and health education. See our website and pages 6, 7, 8, 9.

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

Volunteer Representative

Payee & Guardianship Service

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

Take-Out Meals

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

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

Romnes Apartments, 540 W. Olin Ave.

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

NewBridge West Office, 5724 Raymond Rd.

Monday between 10:00-11:30 am

1 Meal Catered by Kavanaugh's Esquire Club

Messiah Lutheran Church, 5202 Cottage Grove Rd.

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

Not taking new participants.

NewBridge West Office, 5724 Raymond Rd.

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

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

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

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

Friday between 3:00-4:00 pm

1 Meal - Hot Fish Fry


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




APRIL MENU - MESSIAH & ROMNES SITES ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals provided by: Dane County Consolidated Food Services Division <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option</i>			01 Chicken and Gravy Carrots, Green Beans Orange Juice, Carnival Cookie MO - Veggie Chicken in Gravy	02 Lemon Dill Baked Fish Baked Potato, Sour Cream Fruit Cup, Banana Cream Pie MO - Garden Wrap
05 BBQ Chicken Breast Baked Sweet Potato Tropical Fruit, Sugar Cookie MO - Black Bean Burger	06 Enchilada Casserole Fiesta Corn, Pinto Beans Mandarin Oranges Frosted Churro Cake MO - Bean and Cheese Burrito	07 Mushroom Swiss Burger Green Beans, Potato Salad Fruit Cocktail, Apple Crisp MO - Garden Burger	08 Chicken Strips Rstd. Brussel Sprouts Coleslaw, Fruit Cup Chocolate Pudding MO - Veggie Wrap	09 Tuna Casserole Stewed Tomatoes Pickled Beets, Banana Lime Sherbet MO - Egg Salad
12 Rstd. Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce, Fruit Cocktail, Dreamsicle Whip MO - Veggie Chicken in Gravy	13 Taco Pasta Casserole Broccoli, Cauliflower Pineapple Strawberry Swirl Ice Cream MO - Hummus and Pita	14 Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad, Apple Juice Rainbow Sherbet Cup MO - Veggie Pasta	15 *Meatballs in Gravy Mashed Potatoes California Blend, Fruit Cup Cookie MO - 3 Veggie Meatballs	16 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Blueberry Crisp MO - Chickpea Joe
19 Tuna Salad Sandwich Tomato Soup, Tropical Fruit Blueberry Pound Cake MO - Egg Salad	20 Saucy BBQ ribs Potato Salad, Brussel Sprouts Applesauce, Peach Pie MO - Veggie Burger	21 Honey Baked Chicken Broccoli, Yams, Pears Ambrosia Salad MO - Honey Baked Veggie Chicken	22 Meat Sauce Spaghetti Noodles, Wax Beans Mixed Green Salad, Peaches Brownie MO - Marinara Sauce	23 *Italian Sausage Potatoes, Stewed Tomatoes Orange Juice Chocolate Ice Cream Cup MO - Veggie Dog
26 Sweet and Sour Chicken Brown Rice, Peas Diced Melon Mix, Rice Pudding MO - Soy Sweet and Sour	27 Sausage Veggie Egg Bake Fruit Cup, Hash Brown Patty Orange Juice Cup Cinn. Raisin Bread/Butter MO - Veggie Egg Bake	28 *BBQ Pulled Pork Chickpea Salad, Carrots Banana, Frosted White Cake MO - 3 BBQ Veggie Meatballs	29 Egg Salad Split Pea Soup, Apple Sauce Cherry Italian Ice	30 Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Bar MO - Black Bean Burger


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ZOOM DIVERSITY & INCLUSION ACTIVITIES

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

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

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

To register for the online activities: See *NewBridge website for the Zoom links* www.newbridgemadison.org



April is 'Celebrate Diversity Month', a time to recognize and celebrate the beautiful tapestry of our unique cultures, backgrounds and rich traditions. Throughout the month, let's continue to appreciate the diversity that surrounds us, and remind ourselves of the importance of diversity, equity & inclusion.



CELEBRATE DIVERSITY MONTH BINGO

Thursday, April 15, 3:00-4:30 pm Celebrate Diversity Month with a few fun games of Bingo. Socialize with old friends and new. Game cards and chips will be mailed before the program. Prizes will be mailed afterwards. *Sign up with Deana by Monday, April 12.*

CHAIR EXERCISE

Mondays, 9:00-9:45 am

BALANCING ACT

Tuesdays, 1:00-1:45 pm

GET MOVIN' ON ZOOM

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

Gentle exercise for every fitness level. In collaboration with UW-Madison Alzheimer's Disease Research Center.

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm

Connect virtually and engage in brain-healthy activities. Studies show that social networks can reduce the rate of cognitive decline. In collaboration with.

In collaboration with Alzheimer's & Dementia Alliance of Wisconsin.

DIALOGUE WITH DEANA

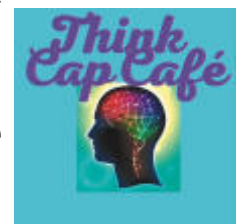
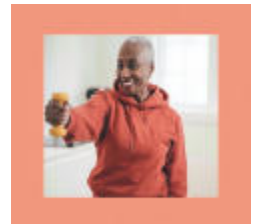
Mondays, 3:00-4:00 pm

Join Deana to discuss current events, social justice topics, health and wellness issues and anything else.

BLACK SPACE

Thursdays, 3:00-4:00 pm

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



PRESENTS

CELEBRATE JAZZ

Appreciation Month
with saxophonist **Marcus Click**

17
APRIL

1PM
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whose single **"Brand New Day"** debuted at #1 with the most spins during its first week in rotation on Billboard Smooth Jazz radio stations across the country. His latest release **"Together We Stand"** is a mix of smooth sax and exotic guitar.

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ZOOM DIVERSITY & INCLUSION ACTIVITIES

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

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

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

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

To register for the activities:

See NewBridge website for the Zoom links www.newbridgemadison.org

Consulte el sitio web de NewBridge para obtener el enlace Zoom

YOGA SUAVE

Mondays, 10:15-11:15 am, Los Lunes
Cost \$12 for MMSD residents and \$18 for non residents

11 week course- A good option for all levels and abilities. This yoga class combines slow, gentle movements and focuses attention on the breath. Please bring your own yoga mat to class.

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. Por favor traiga su propia estera (yoga mat) a la clase. Offered in collaboration with MSCR.

To sign up, contact Garrett.

Hable con Garrett para inscribirse.

ENGLISH CLASS

CLASE DE INGLÉS BÁSICO

Tuesdays, 5:00-6:00 pm, Los Martes

This basic English class is a new initiative in partnership with The Latino Academy. Esta clase de inglés básico es un nuevo iniciativa en conjunto con The Latino Academy.

To sign up, contact Garrett.

Hable con Garrett para inscribirse.

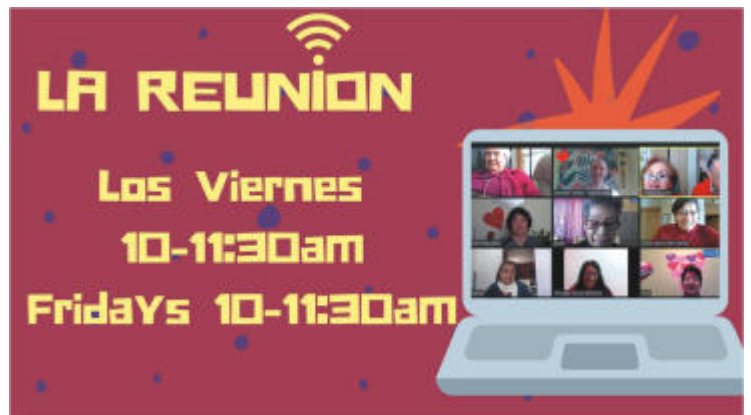
THE REUNION

LA REUNIÓN

Fridays, 10:00-11:30 am, Los Viernes

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

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



FRIENDSHIP CIRCLE WITH GARRETT

CÍRCULO DE AMIGOS

Wed., April 7 & 21, 1:00-2:00 pm

Miércoles, el 7 y 21 de Abril

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

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

BILINGUAL BINGO BINGO BILINGÜE

Monday, April 5, 1:00-2:30 pm

Lunes, el 1 de Marzo

Come join us! It's Bingo time!

Únete a nosotros! ¡Es la hora de jugar bingo!

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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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ZOOM CLASSES & ACTIVITIES

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

NewBridge is currently offering Zoom classes! Check out our website for updates as we are working to expand our offerings and new things are happening! All are welcome. *See NewBridge website for the Zoom links www.newbridgemadison.org*

STRETCH & STRENGTH

Mondays & Wednesdays
9:00-10:00 am

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

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

TECHNICAL ASSISTANCE

Tuesdays, 9:00-11:00 am

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

To sign up, contact Deenah DeenahG@newbridgemadison.org

SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES

Tuesdays, 1:00-2:30 pm

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

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

EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

To register, visit Ellen's website for the Zoom link www.thewonderofyoga.com



BOOK CLUB

Wednesday, April 7, 1:00-2:00 pm

Discussing Animal, Vegetable, Mineral by Barbara Kingsolver. Our May book is Secret Life of Bees by Sue Monk Kidd.

You are responsible for getting and returning your book each month. The Lakeview is our home library and will have the books available there for pick up or order it through another library.

To sign up, contact Deenah DeenahG@newbridgemadison.org



BINGO!

Friday, April 9 & 23

1:00-2:00 pm

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

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

COFFEE TALK WITH RUTH & DEENAH

Tuesday, April 13, 3:00-4:00 pm

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

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



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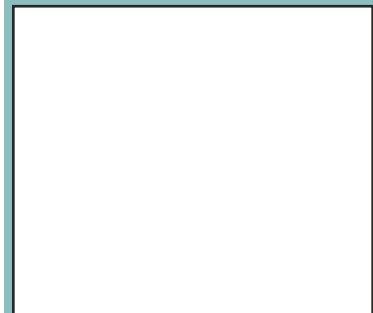
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LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'

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

To learn more or to get involved, contact Deenah DeenahG@newbridgemadison.org

FREE PHOTOGRAPHY CLASS

Thursday, April 8, 4:00-5:00 pm
Learn to edit photos on your phone. We will go through the ins and outs of phone editing and the amazing free editing app called SnapSeed. Go ahead and download the app prior to class and we will go over it all together. *To sign up, contact Deenah DeenahG@newbridgemadison.org*

SPECIAL EVENTS

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

ZOOM TUNES—OBJ

Friday, April 23, 4:00-5:00 pm
One of Madison's local favorites, Old Black Joe, aka OBJ, plays some down-home blues and other fun tunes for your enjoyment.

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

AGING MASTERY PROGRAM

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



National Council on Aging

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

MONONA & MADISON SENIOR CENTER ACTIVITIES



MONONA
SENIOR CENTER

For more information
(608) 222-3415

www.mymonona.com/251/Senior-Center

DENTAL & HEARING HEALTH

Thursday, April 1, 1:00-2:00 pm
Gretchen Schadeberg, NewBridge Case Manager will be discussing the important of staying on top of dental and hearing health for older adults, as well as some local resources for financial assistance/affordable programs and hearing impaired accessibility resources. *Call (608) 222-3415 to share your email address to register.*



For more information
(608) 266-6581
www.madison-seniorcenter.org

VOICES OF COLOR—Sheila Stubbs

Thursday, April 15, 10:00-11:00 am
A monthly series that gives you the opportunity to have engaging conversations with Black community leaders. Listen to their stories, learn more about Madison's history from a POC's perspective and ask questions. *Email Gary at gflesher@cityofmadison.com or call (608) 266-6581 to register.*

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

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

Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.

COVID Procedure for Foot Clinics:

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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, April 13, 20, 27, 9:30-11:45 am

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Wednesday, April 14, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Friday, April 9, 9:00 am-Noon
Thursday, April 22, 9:00 am-Noon

MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

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

Not accepting donations at this time.



WELCOME SHANNON GABRIEL



Shannon Gabriel, RDN, CDN

Hello! I am the new Registered and Certified Dietitian Nutritionist & Healthy Aging Coordinator!

I was born and raised in Green Bay, WI and have

recently moved to the Madison area with my husband and two children. I received my Bachelors of Science in Dietetics from the University of Wisconsin–Stout and have 17 years of experience working in

health promotion and chronic condition management.

In my free time I enjoy skiing, power walking around my neighborhood, and my nose is usually in a good book. My love for food and nutrition started at an early age with my Dad being a cook in the U.S. Army and my mom being an incredible baker. I cook from scratch, meal prep and plan to stay within my family's food budget, and enjoy teaching how your food choices can enhance your lifestyle. If you are in need of nutrition counseling, please give me a call or send an email. I look forward to meeting you! (608) 261-5678 or Shannon.Gabriel@countyofdane.com

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VOLUNTEER OPPORTUNITIES

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

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

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

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT—2-4 times per month

IMMEDIATE NEED—20+ volunteers

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

TAKE-OUT MEAL VOLUNTEERS

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

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

IMMEDIATE NEED—2 volunteers

HOME CHORE - LAWN MOWING

DESCRIPTION—Help an older adult stay independent by volunteering to mow their lawn.

TIME COMMITMENT—Flexible

IMMEDIATE NEED—10-20 volunteers



BRIDGE BUDDY LETTER WRITERS

DESCRIPTION—We are looking for volunteers to be matched with older adults in Madison and Monona and write them a monthly letter.

TIME COMMITMENT—1-2 letters a month

IMMEDIATE NEED—1-3 volunteers

CONTACT—Jeanette Arthur at (608) 512-0000 Ext. 4007 or JeanetteA@newbridgemadison.org

BRIDGE BUDDY CARD MAKERS

DESCRIPTION—Calling all artists! We will be distributing homemade spring themed cards to our older adult clients in May and are accepting submissions through the month of April.

TIME COMMITMENT—As many or as few cards as you'd like to make.

CONTACT—Send cards to Attn: Jeanette Arthur, 5724 Raymond Rd, Madison, WI 53711



VOLUNTEER SPOTLIGHT



Stef Moritz & Vince Jenkins are retired librarians who like to read (of course!), do word puzzles, keep up with current events, and travel once it's safe to do so again. They adopted a "COVID kitty" Ginkgo,

who provides much amusement and diversion!

What brought you to NewBridge to volunteer?

We were looking for volunteer work we could perform during the pandemic since our other volunteer activities were curtailed, and Food Bridge seemed like a good fit. It involves very little virus transmission risk since food pantry pickup is contact-free. The hours are flexible so it's easy to work it into our schedule. Plus,

it's something we can do together as a team. **What do you enjoy most about volunteering?** We've enjoyed getting to know our Food Bridge clients since we see them every few weeks. Some of them may not have a lot of personal contacts in their lives right now, so we provide a bit of social interaction as well as groceries.

What inspires you to volunteer?

Our parents were great volunteer role models for us. We believe strongly that everyone who can, should give back to their community in some fashion, whether it's by donating time or money or both. It's just the right thing to do.

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

There is so much need in our community, and so many ways you can help out. So get off the fence, pick up the phone, and volunteer.



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THANK YOU VOLUNTEERS

April is National Volunteer Month

We would like to take this opportunity to highlight our volunteer programs and the staff. We have four programs that are coordinated by NewBridge staff but are completely run by volunteers:

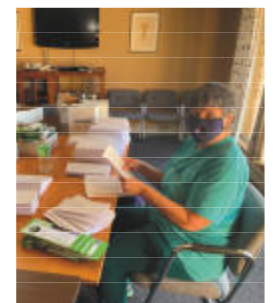
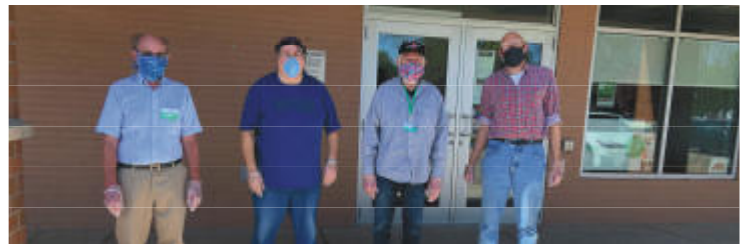
- **Volunteer Guardian and Representative Payee program** connects vulnerable older adults with trained volunteers who serve as payees or guardians.
- **Home Chore program** started in 1986 and matches clients who need basic household chore help with individual volunteers/volunteer groups who provide assistance.
- **Food Bridge program** offers food pantry delivery for clients at nutritional risk.
- **Bridge Buddies program** started in 2020 to offer weekly friendly chats or daily reassurance calls.

These programs are vital and essential to helping our community older adults stay independent.

“Volunteering is at the very core of being a human. No one has made it through life without someone else’s help.”

Heather French Henry

We would also like to thank all of our volunteers who give their time in a variety of ways. From helping with our nutrition program, foot clinics, answering the phone at our North office, newsletter and bulk mailings, Thanksgiving meal delivery drivers, Home Chore, Bridge Buddies, Food Bridge delivery drivers, representative payees, guardians, fundraising events, Friends of NewBridge committee members, Board of Directors, and many more.



2020 VOLUNTEER IMPACT

578 Volunteers

9,812 Volunteer Hours

RECOGNIZING VOLUNTEER PROGRAM STAFF

The following NewBridge staff keep our volunteer programs running smoothly:



Katie Brietzman, Community Outreach & Support Specialist

Katie has been with NewBridge for 23 years. She coordinates the Volunteer Guardian & Representative Payee program.

David Wilson, Marketing Manager

David has been with NewBridge for 4 years. He supervises the Home Chore, Food Bridge and Bridge Buddies programs along with volunteer recruitment.



Jeanette Arthur, Volunteer Coordinator

Jeanette has been with NewBridge for 7 years. She coordinates the Home Chore program for the South and West side of Madison along with the Bridge Buddies program.

Keisha Furniss, Volunteer Coordinator

Keisha has been with NewBridge for 1 year. She coordinates the Home Chore program for the North and East side of Madison along with the Food Bridge program.



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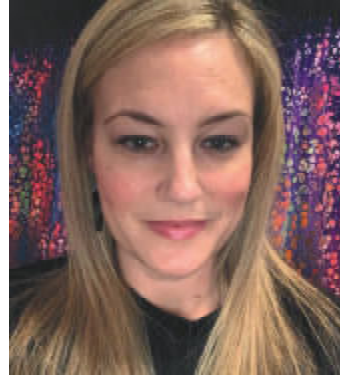


WELCOME BOARD MEMBERS STEPHANIE & SARA



Stephanie Muñoz is a Project and Community Engagement Associate with the Race to Equity Project. Stephanie is a graduate of the UW Madison Masters of Social Work program. During college she volunteered with various organizations that worked to promote social

justice. Stephanie has vast experience serving families with a focus on the Latino community and immigrant services. She has worked within local government and non-profit agencies in program and policy development. Her work in communities fueled her interest in working towards system level change. Stephanie moved to Madison from Los Angeles in 2006, the dramatic shift in the diversity of her surroundings quickly prompted her interest and passion for racial and social justice. She developed programming for Verona Area High School to promote cultural diversity. Stephanie lives in Madison with her family and has been connected to NewBridge for several years. Her grandmother is a participant in NewBridge programming.



Sara Camacho is a health care professional who has been working to help make our community healthier for the past 20 years. She works as Community Care Manager at GHC-SCW. Sara recently

became a certified diversity practitioner, and strives to improve health equity for all patient populations. She is a Madison native and UW graduate who moved to Mexico after college to perfect her Spanish language skills. Sara served the Dane County Latinx community as a Spanish medical interpreter for 15 years at SSM Health and GHC-SCW. She holds a master's degree in Licensed Professional Counseling and has a strong interest in community mental and behavioral health. Outside of work, Sara keeps busy with her two daughters and multiple pets (two dogs, two cats, and one chinchilla) and enjoys music, ethnic cooking and baking, salsa dancing, and reading. Sara is excited to be on the NewBridge Board of Directors and looks forward to eventually meeting staff and older adult participants.

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

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9.16.21
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6-9 pm
Monona Terrace

BLACK TIE BINGO

APRIL 21, ADMINISTRATIVE PROFESSIONALS DAY

The backbone of many organizations is the administrative staff and that is so true at NewBridge. We are very lucky to have such talented and caring administrative staff. Thank you Deb and Joe for all that you add to the success of NewBridge!



When you call our office, you will likely talk to Joe, one of the friendliest people on earth. Joe oversees the NewBridge loan closet and footcare clinic registration. With his leadership these two services run flawlessly. Joe is located at our east office and makes sure that the office is adequately supplied and operational. He will greet you with a smile and treat you with kindness.



Deb is our Executive Assistant and works behind the scene tending to many of the essential day-to-day office management tasks and details that make NewBridge so successful. Deb is incredibly organized and does an amazing job supporting the work of Jim Krueger, Executive Director. Deb helps oversee financial accounts, files reports to our funders, performs various human resource duties and manages various other tasks. Deb ensures that each office has access to supplies and assists with fixing any breakdowns in office equipment. Deb is a great team player with a heart of gold.

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REGULAR SERVICES AND ACTIVITIES

Case Management

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

Private Pay Case Management available.

Mental Health Resources

“Your connection to mental health resources”

Supports older adults, in the case management program, with mental health issues and help access community resources to address their needs. *Free for eligible Dane County older adults (60+).*

Home Chore

“Your connection to helping hands”

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

Food Bridge

“Your connection to wholesome groceries”

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

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

Bridge Buddies

“Your connection to a friendly caller”

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

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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

Free for Dane County older adults (60+).

Nutrition Sites

“Your connection to nutritious meals”

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



Medical Equipment Loan Closet

“Your connection to health equipment”

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



Diversity & Inclusion Activities

“Your connection to your peers”

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

Classes & Activities

“Your connection to golden opportunities”

Social, educational, and exercise classes at various community sites. Details listed in monthly newsletter and website. Free or low cost for older adults (60+) with scholarships available.

COVID-19 Specific Services on page 4.

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