

# NEWBRIDGE NEWS

Your Connection to Successful Aging

APRIL 2022

*Mask Policy Effective April 4: Masks for in-person group activities will be determined on a program-by-program basis.*



## National Volunteer Month Thank you

*To Our Incredible Volunteers*

**VOLUNTEERING BRINGS ME A REAL SENSE OF BELONGING TO A COMMUNITY. HELPING THE PREVIOUS GENERATION THAT PAVED THE WAY FOR ME IS THE LEAST I CAN DO.**

– JEREMY NICHOLS



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

(608) 512-0000

# GENERAL INFORMATION

## MISSION

Providing older adults a bridge to successful aging.

## VISION

A Community Where All Older Adults Live Their Best Life.



## A LETTER FROM THE DIRECTOR...

NewBridge volunteers have been amazing during the COVID pandemic. Whether it is handing out curbside meals, delivering food boxes or Thanksgiving meals, doing outdoor home chores, assisting with our newsletter mailing, or answering phones and assisting walk-in customers, their contributions are so important.

We could not have provided all the help we did without our incredible volunteers. Unfortunately, we also lost some longtime volunteers, understandably, because of the pandemic. As more older adults return to our in-person programs we will need new volunteers to replace them and help at our meal sites, with essential home chores, and assisting older adults at our main office.

*We would greatly appreciate your help.*

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: [info@newbridgemadison.org](mailto:info@newbridgemadison.org)

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

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

*Masks for in-person group activities will be determined on a program-by-program basis.*

## 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
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- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARA CAMACHO - Community Care Manager, Group Health Cooperative (GHC)
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

**Thank you to our Funders:**



*Friends of NewBridge*

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

# NEWBRIDGE STAFF

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

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

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

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



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# SERVICES AND ACTIVITIES

*Sponsored by Madison Community Foundation.*

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Case Management

*“Your connection to community resources”*

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



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

## Classes & Activities

*“Your connection to golden opportunities”*

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

## Diet Consultations & Healthy Aging Workshops

*“Your connection to nutrition and wellness.”*

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

## Diversity & Inclusion Activities

*“Your connection to your peers”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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

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



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

## Home Chore

*“Your connection to helping hands”*

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

## Medical Equipment Loan Closet

*“Your connection to health equipment”*

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

## Mental Health Resources

*"Your connection to mental health resources"*

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

## Nutrition Sites

*"Your connection to nutritious meals"*

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

## Representative Payee & Guardianship Service

*"Your connection to trained volunteers"*

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



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New Bridge, Madison, WI

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# DIVERSITY & INCLUSION ACTIVITIES

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



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

To register for activities:

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

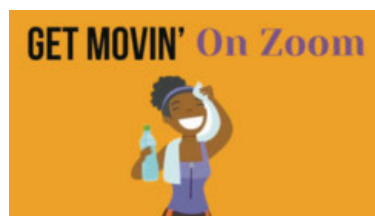
**Mask Policy Effective April 4: Masks for in-person group activities will be determined on a program-by-program basis.**

## YOGA FOR SLEEPING

Tuesdays, 9:00 pm-10:00 pm  
A gentle practice to help you sleep well; free weekly sessions. *Sign up with Deana.*

## GET MOVIN' ON ZOOM

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



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

*Alzheimer's Disease Research Center.*

## COLOR ME HEALTHY

Tuesday, April 19, 3:00-4:00 pm  
Join us for monthly discussions with Black health professionals that focus on health, wellness and racial disparities.

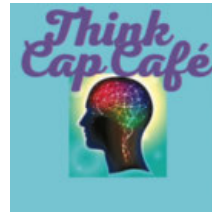
## BLACK SPACE

Thursdays, 3:00-4:00 pm

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

## THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



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

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

## BINGO

Thursday, April 21, 3:00-4:00 pm



Game cards and chips will be mailed prior to the program. Gift cards will be mailed to game winners. *Sign up by 4/15.*

APRIL IS  
NATIONAL  
HUMOR  
MONTH

Tuesday  
April 26th  
1:00 PM

*Let's celebrate ...  
in person!*

Join us for a light lunch, a conversation about upcoming programs /activities, gift card giveaways, and lots of laughs with old friends and new

Boys and Girls Club  
2001 Taft St.  
(transportation provided)

RSVP to Deana by April 19th

# YOUR LIFE, YOUR VOICE:

Engaging the Black community in this important conversation  
**APRIL 12TH AT 12:00PM ON ZOOM**



"On January 13, 2021 I was sitting at my kitchen table preparing for a meeting and COLLAPSED. Only to wake days later with no memory of the event, but with staples beginning at my throat extending below my breast. I had NO warning symptoms. I had an acute aortic dissection, a LIFE THREATENING emergency that carries a high mortality rate without surgical treatment. I had no time to put my wishes into writing or choose who I trusted to be my health care advocate. Thank God I had completed my Advance Directive for health care. My designated health care proxy immediately stepped in to speak for me, when I was unable to speak on my own behalf, in this critical health situation."



Alder Barbara Harrington-McKinney

- \*Less than 25% of Blacks have an Advance Directive
- \*Break the taboo of talking about death and dying
- \*Who will speak for you when you can't
- \*POA, Living Will, Healthcare Proxy, DNR, DNI and DNH orders POLST, MOLST, Organ/Tissue Donation
- \*Reduce the risk of communication conflict between your family members and healthcare providers
- \*The four pillars of legacy and passing on what's important to your loved ones



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New Bridge, Madison, WI

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# ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:

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

*Todos los programas son ofrecidos vía Zoom. Normas sobre las mascarillas a partir del 4 de abril: El uso de mascarillas para actividades de grupo presenciales será determinado de acuerdo a cada grupo.*

## YOGA SUAVE (MSCR)

Todos los lunes de 10:15-11:15 am

Del 4 de abril al 6 de junio

Inscríbase antes del 1ro de abril

Costo: \$16 para residentes del Distrito Escolar de Madison o \$47 si se encuentra fuera de esta área.

## LUNES DE PELÍCULAS

Lunes, 11 de abril al las 3:00-4:30 pm

*Coming 2 America (2011)*

## BINGO MARTES

Martes, 19 de abril, 10:00-11:00 am

## CÍRCULO DE AMIGOS

Miercoles 6 y 20 de abril de

1:00-2:00 pm

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

## YOGA PARA EL SUEÑO CON CLARE (BILINGÜE)

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

Un ejercicio muy suave para ayudar a dormir bien.

## YOGA EN SILLA

Todos los martes de 10:00-11:00 am y sábados de 9:30-10:30 am

Del 15 de marzo al 14 de mayo

¡Regístrese HOY!

## BINGO MIÉRCOLES

Miércoles, 13 de abril, 5:00-6:00 pm

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

Todos los miércoles de 8:00-9:00 pm

Un ejercicio suave para ayudar a aliviar el estrés.

## CLASES DE ARTE CON PATRICIA

Todos los miércoles de 10:30-11:45am

Del 6 de abril hasta el 11 de mayo.



## BINGO POR EL DÍA MUNDIAL DE LA SALUD

Complete todas las casillas durante el mes de abril. ¡Aquellos que completen la tarjeta de BINGO recibirán un regalito!

## LA CAFETERIA DE LA MEMORIA

Todos los jueves de 9:30-10:30 am  
Entrene su memoria, percepción, atención, concentración y más...a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

## LA REUNIÓN

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

## COCINANDO JUNTOS CON ARACELY PORTILLO

Viernes 8 de abril de 10:00-11:30am



Regístrese antes del 1ro de abril (Los ingredientes serán proporcionados)

## YOGA SUAVE CON CLARE (BILINGÜE)

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

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

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New Bridge, Madison, WI

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# CLASSES & ACTIVITIES



Deenah Givens  
Program Coordinator  
(608) 512-0000 Ext. 3002  
DeenahG  
[@newbridgemadison.org](mailto:@newbridgemadison.org)

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

**Mask Policy Effective April 4:**  
**Masks for in-person group activities will be determined on a program-by-program basis.**

## **PING PONG - In-Person**

Mondays, 9:00 am-Noon

Wednesdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

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



## **BUNCO - In-Person**

Mondays, 2:00-4:00 pm

Warner Park Comm. Rec. Center

New this month. Join us as we play Bunco! All levels are welcome. *To get more information, contact Deenah.*

## **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 \$20/mo.

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

## **SPIRIT & STRENGTH - Zoom**

SHARING WISDOM IN TROUBLED TIMES  
THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

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

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

## **TECHNICAL ASSISTANCE -**

### **In-Person**

Tuesday, April 12, 1:00-3:00 pm

Warner Park Comm. Rec. Center

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

## **EASY YOGA PLUS - Zoom**

Wednesdays and Fridays

10:00-11:00 am

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

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

## BOOK CLUB - Zoom

Wednesday, April 6, 10:00-11:00 am  
 Discussing The House of Broken Angels by Urrea. Our May selection is: Jewelweed by Rhodes. Please remember, you are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up. Tell them you are part of the NewBridge Book Club.

*To get more information, contact Deenah.*



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

Wednesdays and Fridays  
 10:15-11:45 am

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

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

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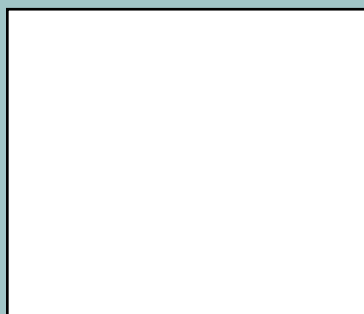
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Call (608) 241-4200 or email [parkglen@oakbrookcorp.com](mailto:parkglen@oakbrookcorp.com) to schedule your personal showing.

## CARD MAKING CLUB - *In-Person*

Wednesday, April 13, 1:00-3:00 pm  
Warner Park Comm. Rec. Center  
If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

## CHAIR YOGA - *In-Person*

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

## MAHJONG - *In-Person*

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

## SEWING CLUB - *In-Person*

Thursday, April 7 & 21, 9:00 am-Noon  
Warner Park Comm. Rec. Center  
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

### HOW TO GET YOUR ITEMS MENDED:

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



will mend.  
No charge,  
donations  
welcome!

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

Fridays, 10:15-11:15 am In-Person  
Warner Park Comm. Rec. Center  
Fridays, 1:00-2:00 pm Zoom  
April 1 - In-Person \*10:15 am  
Zoom \*1:00 pm  
April 8 - In-Person \*10:15 am  
Zoom \*1:00 pm  
April 15 - In-Person \*10:15 am  
Zoom \*1:00 pm  
April 22 - In-Person \*10:15 am  
Zoom \*1:00 pm start  
April 29 - In-Person \*10:15 am  
**NO ZOOM**

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

## SAVE THE DATE—SENIOR DAY W/THE MADISON MALLARDS

Duck Pond, 2920 N Sherman Ave.  
Thursday, June 16, Gates open 11 am.  
More info to follow.

## NEWBRIDGE UNIVERSITY - LAUNCH IN THE FALL

Launch parties canceled for April 4 and 6.

## SASSY STEPPERS

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

# COLLABORATIVE CLASSES & ACTIVITIES

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

## MEMORY ARTS CAFÉ - In-Person

Tuesdays, April 19, May 17

1:00-2:30 pm

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

*To get more information, contact Deenah.*

## EARTH DAY CELEBRATION WITH MG&E: Restore Our Earth

Thursday, April 21, 1:00 pm

Monona Senior Center, 1011 Nichols Rd, Monona

Earth Day is meant to be spent celebrating the planet's clean natural resources.

Come celebrate Earth Day as NewBridge, Monona Senior Center, Goodman Community Center and Madison Senior Center join with Madison Gas & Electric to bring you fun and informative activities about energy savings, planting, giveaways and more.

*To get more information, contact Deenah.*

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**LET'S GET STARTED!**  
First, contact your county Aging and Disability Resource Center (ADRC).  
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

# The Legacy

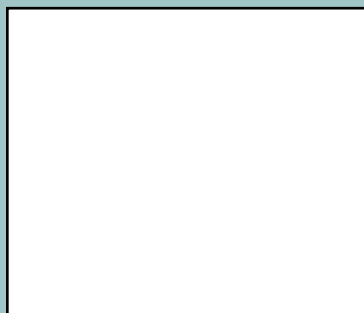
*of DeForest*

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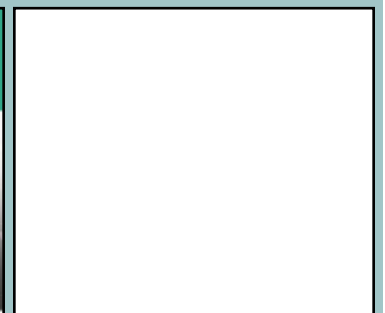
*Our mission is to take care of our loved ones with compassion and grace.*



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# NOTE FROM THE FRIENDS OF NEWBRIDGE

## FRIENDS OF NEWBRIDGE ARE GENEROUS FOLKS.

The NewBridge budget for 2022 expects our new and renewing Friends will donate more than \$15,000. Now that might not sound like much in the overall budget. But it is. NewBridge has reliable major funders, but no program is 100% covered by their support. Here's where Friends come in. Our donations help support the most underfunded programs – such as Home Chore and Food Bridge; helps kick off new projects - the holiday Joy Cards given in December and support old favorites - the Summer Concerts. We've been able to welcome new staff with small

gifts and look forward to a return of events for Friends. But mostly our Friends donations, in the words of NewBridge Director Jim Krueger, *“allows us to serve more older adults than we would otherwise be able to do.”*



## DONATE TO NEWBRIDGE TODAY!

Name/s: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Please check all boxes that apply:

\$ \_\_\_\_\_ 2022 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 at [newbridgemadison.org](http://newbridgemadison.org). Friendships are renewed annually.  
*Donations may be tax deductible to the extent of the tax code.*



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New Bridge, Madison, WI

G 4C 01-2049



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

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

***Mask Policy Effective April 4:  
Masks for in-person group activities will be determined on a program-by-program basis.***

### **EAST MADISON**

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

### **NORTH MADISON**

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

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

Warner Park Community Rec Center  
1625 Northport Drive  
Thursday, April 28, 8:30 am-Noon

### **WEST MADISON**

Good Shepherd Lutheran Church  
5701 Raymond Road  
Tuesday, April 6, 9:00-11:40 am



## **MEDICAL EQUIPMENT LOAN CLOSET**

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

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

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

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

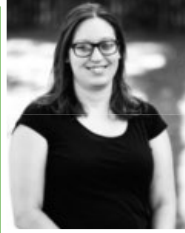


# APRIL 27, ADMINISTRATIVE PROFESSIONALS DAY

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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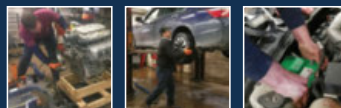
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[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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

# VOLUNTEER OPPORTUNITIES



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

## HOME CHORE VOLUNTEERS

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

**TIME COMMITMENT**– Flexible

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

## NUTRITION SITE VOLUNTEERS

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

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

## GUARDIAN & REPRESENTATIVE PAYEE

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

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

## BRATFEST VOLUNTEERS

**BRATFEST IS BACK!** This community event will be held over **Memorial Day weekend, May 27-29**, rain or shine on Willow Island, next to the Alliant Energy Center. A percentage of the proceeds will benefit our agency. The more volunteer hours, the more money we can raise for NewBridge! Various jobs are available, from grilling to golf cart valeting. Each volunteer will get a free brat, ice cream and a t-shirt.

## FOOD BRIDGE DELIVERY DRIVERS

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

**TIME COMMITMENT**– 2-4 times/month  
**IMMEDIATE NEED**– 5 volunteers

## BRIDGE BUDDY CALLERS

**DESCRIPTION**– Bridge Buddies is a program designed to conduct safety checks and combat loneliness in older adults in Madison and Monona through the use of regular phone calls.

**TIME COMMITMENT**– Weekly friendly chats between 15-60 minutes, while reassurance calls are a few minutes and occur weekdays.

**IMMEDIATE NEED**– 20+ volunteers

# VOLUNTEER SPOTLIGHT



## ALEJANDRO VERGARA

I am originally from Colombia. Me and my family moved our residence to Madison in 1992. I worked for 24+ years for a Company based in Madison which does business domestically and internationally,

I used to travel abroad a lot. Despite loving my job and still been able to do it I retired 4 years ago mainly because I wanted to give back a little to the community and specially to people in need while I still was able to do so.

My dad was an active member of the Society of St. Vincent de Paul in Colombia. When I was a kid I used to accompany my dad to visit people struggling with poverty on the outskirts of the city. He provided clothing, food vouchers and toys for the kids. When I retired from work at the end of 2016 one of the first things I did was

to look for opportunities to volunteer specially any one that allowed me to have direct interaction with people in need. St. Vincent de Paul was the first one and most obvious one and precisely thru them I heard of NewBridge. Just by knowing a little more about this wonderful organization I had no doubt in my mind that it was something that fit very well my wish to serve and interact with people needing help. I enjoy seeing smiles in peoples faces and having conversations with them.

I am inspired by my Christian beliefs, love for God and love for others.

If you're thinking about volunteering, I would first look for something that you want to do. Not all the volunteer jobs are the same and there are many!! Once you found the type of volunteer you want, give it a try! You will be amazed. The retribution that you'll get is incredible. It is not what you give, it is what you receive back.

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# SUPPORT OUR ADVERTISERS!



# 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:

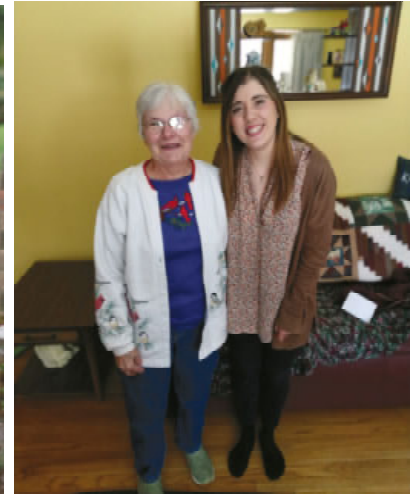
- **Volunteer Guardian and Representative Payee program** connects vulnerable older adults with trained volunteers who serve as payees or guardians.
- **Home Chore program** started in 1986 and matches clients who need basic household chore help with individual volunteers/ volunteer groups who provide 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.

*“Volunteers don’t get paid, not because they’re worthless but because they’re priceless.”*

**Sherry Anderson**

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.



# 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 24 years. She coordinates the Volunteer Guardian & Representative Payee program.



**Jeanette Arthur, Volunteer Coordinator**  
Jeanette has been with NewBridge for 8 years. She coordinates the Home Chore program for the South and West side of Madison along with the Bridge Buddies program.



**David Wilson, Marketing Manager**  
David has been with NewBridge for 5 years. He supervises the Home Chore, Food Bridge and Bridge Buddies programs along with volunteer recruitment.



**Keisha Furniss, Volunteer Coordinator**  
Keisha has been with NewBridge for 2 years. She coordinates the Home Chore program for the North and East side of Madison along with the Food Bridge program.

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Our Family Will Take Good Care of Your Family



# CONGREGATE MEAL SITES

*Mask Policy Effective April 4: Masks for in-person group activities will be determined on a program-by-program basis.*



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

## RESERVATIONS

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

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

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

Transportation reservation is always required.

## DONATION

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

## SOUTH & WEST MADISON

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

Wednesday, 10:00 am-1:00 pm

*\*No meal reservation required*

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

**Lechayim at Beth Israel Center**

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

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

- Monday, April 4 : Biryani, Yellow Rice, Tomato and Cucumber Salad, Fruit, Dessert, MO-Eggplant Fritters
- Monday, April 11 : Chicken Schnitzel, Ptitim (Israeli Couscous), Roasted Mediterranean Vegetables, Fruit, Dessert, MO-Corn Schnitzel
- Monday, April 25 : Braised Balsamic Chicken, Herbed Quinoa, Charred Carrots, Fruit, Dessert, MO-Vegan Cholent



## NORTH & EAST MADISON/ MONONA

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

Monday & Wednesday, 10:00 am-1:00 pm

**Starting in April the HyVee East Friday meal will be moved to Mondays.**

*\*No meal reservation required*

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

**Monona Senior Center, 1011 Nichols Rd.**

Friday, Noon (*First day April 1*)

Catered by Gaylords Catering

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

- Friday, April 1 : Turkey Sandwich, Potato Leek Soup, Mandarin Oranges, Chocolate Cake, MO-Veg. Stir Fry
- Friday, April 8 : Pizza Casserole w/Pepperoni, Sausage Peppers, Onions and Mushrooms, Green Beans, Banana Brownie, MO-Veg Pizza Casserole
- Friday, April 15 : Roasted Herb Chicken Brown Rice Medley, Green Beans, Multigrain Bread, Mandarin Oranges, Jello, MO-Hummus Sandwich
- Friday, April 22 : Scalloped Potatoes & Ham, Winter Veg. Mix, MG Bread, Pears, Spice Cake, MO-Cheese Sandwich
- Friday, April 29 : Cold Beef Sandwich with Lettuce, Tomato, Cheddar Cheese, Vegetable Soup, Crackers, Peaches, Cake, MO-Cheese Sandwich

# APRIL MENU FOR THE BELOW SITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meals provided by Dane County Consolidated Food Services Division</b>  <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.</i>  <b>MO: Meatless Option / *: Pork</b></p>				<p><b>01</b> Egg Salad            Mixed Greens, Crackers            Copper Penny Salad            Applesauce, Choc. Pudding  <b>MO - Veggie Stew</b></p>
<p><b>04</b> Cheeseburger            Calico Beans, Potato Salad            Fruit Cocktail, Candy Cookie  <b>MO - Black Bean Burger</b></p>	<p><b>05</b> *Meatballs in Marinara            Over Penne, 4 Bean Salad            Peaches            Cheesecake Brownie  <b>MO - Veggie Meatballs</b></p>	<p><b>06</b> Bone-in BBQ Chicken            Baked Potato, Banana            Apple Pie Bar  <b>MO - Veggie BBQ Chicken</b></p>	<p><b>07</b> Rustic Tom. Bean Soup            Crackers, Caesar Salad            Pineapple, Strawberry Jell-o  <b>MO - Veg Tom/Bean Soup</b></p>	<p><b>08</b> Fish Sandwich            Yams, Peas, Pears            Cinn. Swirl Loaf Cake  <b>MO - Pita and Hummus</b></p>
<p><b>11</b> Roast Turkey in Gravy            Cranberry Stuffing            3 Beans Salad, Yam Bake            Pears, Frosted Pumpkin Bar  <b>MO - Veggie Chick in Gravy</b></p>	<p><b>12</b> Chili            Cheese, Baked Potato            Cornbread            Warm Cinn. Spiced Apples            Chocolate Chip Cookie  <b>MO - Veggie Chili</b></p>	<p><b>13</b> *Pork Loin in Gravy            Mashed Potatoes, Peas            Mandarin Oranges            Cherry Crisp  <b>MO - Garden Burger</b></p>	<p><b>14</b> Traditional Meatloaf            Baked Potato Casserole            Broccoli, Chunky Applesauce  <b>MO - Garden Wrap</b></p>	<p><b>15</b> Lemon Dill Baked Fish            Baked Potato, Coleslaw            Marble Loaf Cake  <b>MO - Egg Salad</b></p>
<p><b>18</b> Chicken a la King            Brown Rice, Capri Blend            Broccoli Salad, Fruit Cocktai            Chocolate Chip Cookie Bar  <b>MO - Soy a la King</b></p>	<p><b>19</b> Meat Sauce            Spaghetti Noodles, Carrots            Mixed Green Salad, Peaches            Brownie  <b>MO - Marinara with Soy</b></p>	<p><b>20</b> *Italian Sausage            Coney Bun, Roasted Potatoes            Stewed Tomatoes            Mandarin Orange            Vanilla Ice Cream Cup  <b>MO - Multigrain Burger</b></p>	<p><b>21</b> Chick Broc Rice Cass            Carrot Coins, Chick Pea Salad            Tropical Fruit            Glazed Lemon Loaf Cake  <b>MO - Veggie Brocc. Rice Casserole</b></p>	<p><b>22</b> *Meatballs in Gravy            Mashed Potatoes            Mixed Greens, Mixed Fruit            Vanilla Pudding Cup  <b>MO - Veggie Meatballs in Gravy</b></p>
<p><b>25</b> Bone-in Garlic Parm.            Chicken, Stewed Tomatoes            Spinach Casserole, Peaches            Lemon Bar  <b>MO - Veggie Garlic Parmesan Chicken</b></p>	<p><b>26</b> Beef Stew            Corn, Chunky Apple Sauce            Banana Bar  <b>MO - Soy Beef Stew</b></p>	<p><b>27</b> Sausage Veg Egg Bake            Fruit Cup            Oven Roasted Potatoes            Orange Juice            Cinnamon Raisin Bread  <b>MO - Veggie Egg Bake</b></p>	<p><b>28</b> Chicken Strips            Steamed Brussel Sprouts            Kidney Bean Salad            Mixed Fruit, Sugar Cookie  <b>MO - Hummus Wrap</b></p>	<p><b>29</b> Pot Roast in Gravy            Garlic Mashed Potatoes            Carrots, Pineapple Tidbits            Frosted Pumpkin Bar  <b>MO - Black Bean Burger</b></p>

## WEST MADISON

**Meadowridge Commons,  
5734 Raymond Rd.**

Tuesday, Thursday, Noon

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

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

Friday, Noon

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

## SOUTH MADISON

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

Monday-Friday, 11:30 am

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

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

Monday-Friday, 11:30 am

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

## EAST MADISON/MONONA

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

Tuesday and Thursday, Noon

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

## NORTH MADISON

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

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

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

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

Monday-Friday, 11:45 am

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



1625 Northport Dr. #125  
Madison, WI 53704

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# Summer Concerts

*at Warner Park*

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

- June 13: Rebulu Latin Jazz
- June 20: Frank Martin Busch & the Names
- June 27: Universal Sound
- July 11: Soggy Prairie
- July 18: Eddie Butts Band
- July 25: Ladies Must Swing

**NEW IN '22 - FOOD CART AT EVERY CONCERT**