



NEWBRIDGE NEWS

Your Connection to Successful Aging

APRIL 2023



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newbridgemadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

Mary Hill, a long-time volunteer and supporter of NewBridge and the Senior Coalitions, passed away recently at age 99. Mary was a phenomenal volunteer and human being and a dear friend. She drove older adults to appointments, visited those in the hospital or homebound, worked every fundraiser and helped coordinate volunteers. Mary made everyone feel welcome with her friendly smile. She was so genuine and cared deeply about those less fortunate. A celebration of Mary's life will be held later this year. As we celebrate Volunteer Appreciation Month I am reminded of so many amazing individuals like Mary who have devoted their time on behalf of older adults.

Thank you for all you do!

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! [NewBridge Madison](#)



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

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

- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- EMILY MENDOZA, Case Manager Intern Ext. 1003
- EMMA HOIBY, Case Manager Intern Ext. 1008
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

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

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

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

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

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

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

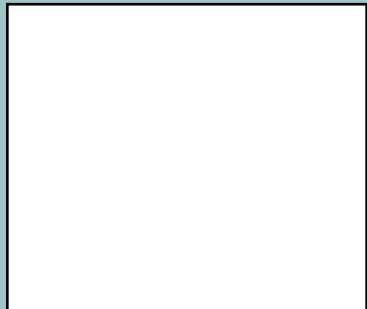



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SERVICES AND ACTIVITIES

Case Management

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

Food Bridge

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. *Free for eligible Madison/Monona older adults (60+). Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation.*

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

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

Nutrition Dining Sites

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

Representative Payee & Guardianship Service

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

APRIL 26, 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.

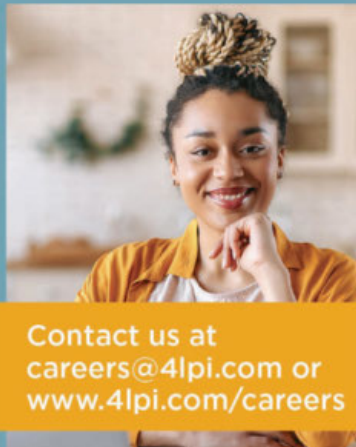
WE'RE HIRING!

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New Bridge, Madison, WI

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NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

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

PAGES 10-11

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

PAGES 12-14

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

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

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

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

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

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

NBU : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



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



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



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

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

SOCIAL

BLACK FILM FRIDAY: In-Person-5 credits
STYLE & GRACE: Revisiting South
Madison, Friday, April 20, 1:00-3:00 pm



BINGO: Zoom - 3 credits
Thursday, April 13, 3:30-4:30 pm

50+ MEET & GREET: In-Person - 5 credits
Thursday, April 13, 6:00-9:00 pm

BLACK WOMEN'S HISTORY MONTH
BOOK CLUB: In-Person - 5 credits
THE LIGHT WE CARRY, Michelle Obama
Thursday, April 20, 1:30-3:30 pm

HEALTH/WELLNESS

THINK CAP CAFÉ: Zoom - 1 credit
Thursdays, 11:00 am-12:00 pm

GET MOVIN': Zoom and In-Person - 1 credit
Tuesdays & Thursdays, 1:00-2:00 pm

BLACK & BROWN YOGA: In-Person - 1 credit
Wednesdays, 6:30-7:30 pm

PIYO: In-Person - 1 credit
Thursdays, 5:30 pm-6:30 pm

WERQ: Zoom- 1 credit
Mondays, 6:00-6:45 pm

EDUCATION

SEWING 101: In-Person - 1 credit
Tuesdays, 6:30-8:30 pm

FICTION WRITING 101: Zoom - 3 credits
Wednesdays, 6:30-8:00 pm



Black Authors Speak!

Virtual Series: Part 2



Join retired licensed clinical social worker, UW-Madison faculty associate, business/financial coach, business owner and author, Barbara Boustead, as she discusses her book, *From 50 to Fabulous: Pivoting to a Life of Joy and Purpose*. She'll share how to navigate and embrace life's challenges, as well as the importance of reflecting, reconnecting & redirecting energies.

April

6

11am - 12pm



Learn more about living a long, healthy and joyful life from UW-Madison researchers!

HEALTHY AGING LUNCHEON

APRIL
12

11am-1pm

- Free event
- Transportation available
- Registration required

Register at: (608)512-0000 Ext. 2007



CALMING COMPUTER JITTERS

Help for Older Adults Who Aren't Computer Savvy



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

Grab your laptop and join us

at Mt. Zion Baptist Church 2019 Fisher Street for an afternoon of easy-to-understand instruction.

WEDNESDAY, APRIL 19

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

Take a Stand To Prevent Falls:

Effective strategies for staying safe, healthy, and upright



FREE

Falls Prevention Luncheon

Falls among older adults are the #1 cause of injury death in the state of Wisconsin!

Falls are not a normal part of aging; they can be prevented.

If you have experienced a fall or are fearful of falling, join us for lunch and a panel discussion to learn how to prevent falls and stay safe, upright & independent.

Contact Deana to register today!



(608) 512-0000 Ext. 2007



deanaw@newbridgemadison.org



April 27th
11 AM - 1 PM



ULGM



Older Adults
60+



NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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



**CONTACTE A
KATIA:**

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

**KatiaV@
NewBridge
Madison.org**

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

EDUCACIONAL

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

Lunes y Miércoles 23 de enero-3 de mayo
10:00-11:00 am

Warner Park, 1625 Northport Drive
Los participantes aprenderán a hablar y a comunicarse en inglés. ¡Ellos escogerán los temas para estudiar! Las clases están disponibles otros días y horarios. Se proveerá transporte.

LA REUNIÓN: En Persona y Zoom - 1 crédito

Viernes 14, 21 y 28 de abril, 10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

LA CAFETERIA DE LA MEMORIA: Zoom - 1 crédito

Jueves de 2:00-3:00 pm

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

EJERCICIOS

YOGA SUAVE (MSCR): Zoom - 1 crédito

Lunes del 3 de abril al 10 de junio
10:15-11:15 am

Practique yoga de pie, sentado(a), y/o acostado(a) sobre un tapete o colchoneta de yoga, para aliviar el estrés, fortalecer el sistema inmunológico y mejorar su bienestar general.

ALL LOF US - LA ALEGRIA DE BAILAR: En Persona - 5 créditos

4 de abril, 10:00 am-1:00 pm

¿Sabía usted que bailar es bueno para la salud? Venga a aprender nuevos pasos de baile y aprenda como incluir el baile en su vida diaria puede afectar su salud.

Bailaremos, hablaremos de la salud y compartiremos recetas. También podrá aprender mas acerca del como participar con All of Us. Almuerzo y transporte incluido.

SOCIAL

BINGO BILINGÜE: En persona - 1 crédito

Viernes 7 de abril, 10:15 am-12:30 pm

En El Warner Park

Se proveerá transporte.

Regístrese antes del 31 de marzo

CIRCULO DE TAMBORES

INTERGENERACIONAL: En Persona - 5 crédito

Del 4 al 5 de abril 10:00 am

Warner Park, 1625 Northport Dr.

Todos son bienvenidos a este círculo de tambores.

Intergeneracional
CIRCULO DE TAMBORES
TODOS SON BIENVENIDOS
ABRIL 4 AL 25
10AM
LUGAR:
WARNER PARK
1625 NORTHPORT DR

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

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

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles el 12 de abril, 1:00-2:00 pm

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

50+ MEET & GREET: En Persona - 5 créditos

Viernes 13 de abril 6:00-9:00 pm

Goodman Center, 214 Waubesa St.

Venga a hacer nuevos amigos y conozca a personas con las que tenga intereses comunes. Este va a ser un evento divertido y casual. Venga a disfrutar de música, baile, bocadillos, cerveza, vino y premios. Costo \$10 (Incluye la entrada, comida y 1 bebida)

BINGO DE RECICLAJE Y LIMPIEZA DE PRIMAVERA: En Persona - 5 créditos

18 de abril, 10:00 am-1:00 pm

Venga a jugar Bingo y traiga objetos y/o regalos nuevos o en buen estado que desee donar como regalos para nuestro Bingo de Reciclaje

Tarjeta de bingo = \$0.50 (Compre hasta 4 tarjetas)

SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD: Zoom - 1 crédito

Cada 3er miércoles del mes 19 de abril 1:00-2:00 pm

Acompáñenos a conversar acerca del corazón con la Dra. Waldely

ADULTOS MAYORES COMIENDO:

En Persona - 1 crédito

Miércoles 26 de abril (Cupo limitado)

10:30 am-12:00 pm

FoodWise – Fen Oak Dr. Madison, WI

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



NBU : CLASSES & ACTIVITIES



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



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

DeenahG@
NewBridge
Madison.org



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

LisaH@
NewBridge
Madison.org

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

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

SOCIAL

GAMES: In-Person - 1 credit

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

PING PONG: In-Person - 1 credit

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

WESTSIDE WARBLERS: In-Person - 1 credit

Monday, April 3, 11:00 am-12:30 pm
Middleton Senior Center, 7448 Hubbard Ave
Tuesday, April 18, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
Accompanists Robert and Patricia Stone.
Refreshments provided. For more information, contact Ellie (608) 230-6704

SASSY STEPPERS: In-Person - 1 credit

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

CARD MAKING CLUB: In-Person - 1 credit

Wednesday, April 12, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

BINGO: In-Person - 1 credit

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

BOOK CLUB: Zoom - 1 credit

Wednesday, April 5, 10:00-11:00 am
 Warner Park, 1625 Northport Dr.
 Our April book is How the Garcia Girl's Lost Their Accents by Julia Alvarez.
 Our May book is Painting Beyond Walls by David Rhodes. You are responsible for getting and returning your book. Available at Lakeview Library.

SEWING CLUB: In-Person - 1 credit

Thursday, April 6 & 20, 9:00 am-Noon
 Warner Park, 1625 Northport Dr.
 Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE**CHAIR YOGA: In-Person - 1 credit**

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

EASY YOGA PLUS: Zoom - 1 credit

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

STRETCH & STRENGTH: Zoom - 1 credit

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

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

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

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

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

EDUCATION**TECHNICAL ASSISTANCE: In-Person**

Tuesday, April 11, 1:00-3:00 pm
 Warner Park, 1625 Northport Dr.
 Laptop, cell phone or other electronics - sign up for one of our 30-minute sessions.
By appointment only, contact Deenah.

ARTS**MUSIC JAM SESSION: In-Person- 1 credit**

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

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

- Every Wednesday, 12:30–2:00 pm
Card and Board Games

MADISON SENIOR CENTER

- Every Wednesday, 10:30 am
BINGO! You can play up to 4 cards;
each card costs 50 cents.
- Wednesday, April 5, 11:00 am
Birthday Celebration

MESSIAH LUTHERAN CHURCH

- Tuesday, April 4, 11:30 am
Birthday Celebration

MEADOWRIDGE COMMONS & GOOD SHEPHERD CHURCH

- Thursdays, April 6 & 20, 10:30 am
BINGO! You can play up to 4 cards;
each card costs 50 cents.
- Thursday, April 6, 10:30 am
Birthday Celebration
- Thursday, April 13, 10:30 am
Tea Talk with Lisa
- Thursday, April 20, 12:30 pm
Movie Madness “Top Gun: Maverick” **in
collaboration with Meadowridge Library*
- Thursday, April 27, 10:30 am - Karaoke

ROMNES

- Monday, April 3, 10:30 am
Birthday Celebration
- Monday, April 3 & 17
Puzzles, MadLibs & Brain Games

WARNER PARK

- Every Friday, 10:15 am – BINGO! You
can play up to 4 cards; each card costs
50 cents.
- Tuesday, April 11, 10:15 am
Tea Talk & Birthday Celebration
- Tuesday, April 25, 1:00 pm
Movie Madness “Top Gun: Maverick”
**in collaboration with Lakeview Library*
- Monday, April 10 & 24, 10:15 am
Stretch & Balance Activities

INTERGENERATIONAL DRUM CIRCLE

Drumming can: 1) Improve social connections, 2) Reduce tension, anxiety and negative feelings; 3) Incite laughter and good humor; 4) Generate positive energy! So come join the fun!
All levels of drummers are welcome.
Contact Deenah Givens for details.

MULTI-CULTURAL GLOBAL HEALTH DANCE CELEBRATION WITH ALL OF US

Tuesday, April 4, 10:00 am-Noon
Health and wellness celebration with dances by Sassy Steppers and others; and health talks, brain games, food and more!
Please contact Deenah Givens for details.

PARTY IN THE PARK

Friday, May 26, 2023
Brittingham Park, 829 W Washington Ave.



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

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New Bridge, Madison, WI

D 4C 01-2049



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

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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, April 11, 18, 25
9:30-11:45 am

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, April 4, 1:00-2:30 pm

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

Warner Park Community Rec Center
1625 Northport Drive
Thursday, April 27, 9:00-10:30 am

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, April 25, 9:00-11:40 am

MEDICAL EQUIPMENT LOAN CLOSET

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

505 Cottage Grove Rd.
(recent location change September 2022)

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



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

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

We ask that you call ahead to make an appointment to pick up, return and to donate. Currently accepting tub transfer benches.

BILLBOARD CONTEST



Have you seen the NewBridge billboards around Madison and Dane County?!
The campaign is made possible by the Adams Collaborate Public Service Program.

We currently have 6 billboards and they will be up through September 2023.

WE'RE HOLDING A BILLBOARD CONTEST.

If you see a billboard up around town, post on our NewBridge Facebook page and comment where you saw it and what the bolded word is with the hashtag **#BillboardContest**. Or mail it in....

- **Connections**
- **Independence**
- **Support**
- **The Best Life**
- **Necesidades Basicas**
- **Enrichment**

The contest will run April-June.
We will choose a random winner July 3 for a \$25 gift card!



VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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

NUTRITION SITE VOLUNTEERS

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

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



FOOD BRIDGE DELIVERY DRIVERS

DESCRIPTION – Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact. From the comfort and safety of your own car. Flexible for your schedule.
TIME COMMITMENT – 2-4 times/month
IMMEDIATE NEED – 5 volunteers



GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.
TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

VOLUNTEERS NEEDED

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

Contact David
for more info.

(608) 512-0000 Ext. 2006

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New Bridge, Madison, WI

F 4C 01-2049

NUTRITION MEAL SITES



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

RESERVATIONS

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

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

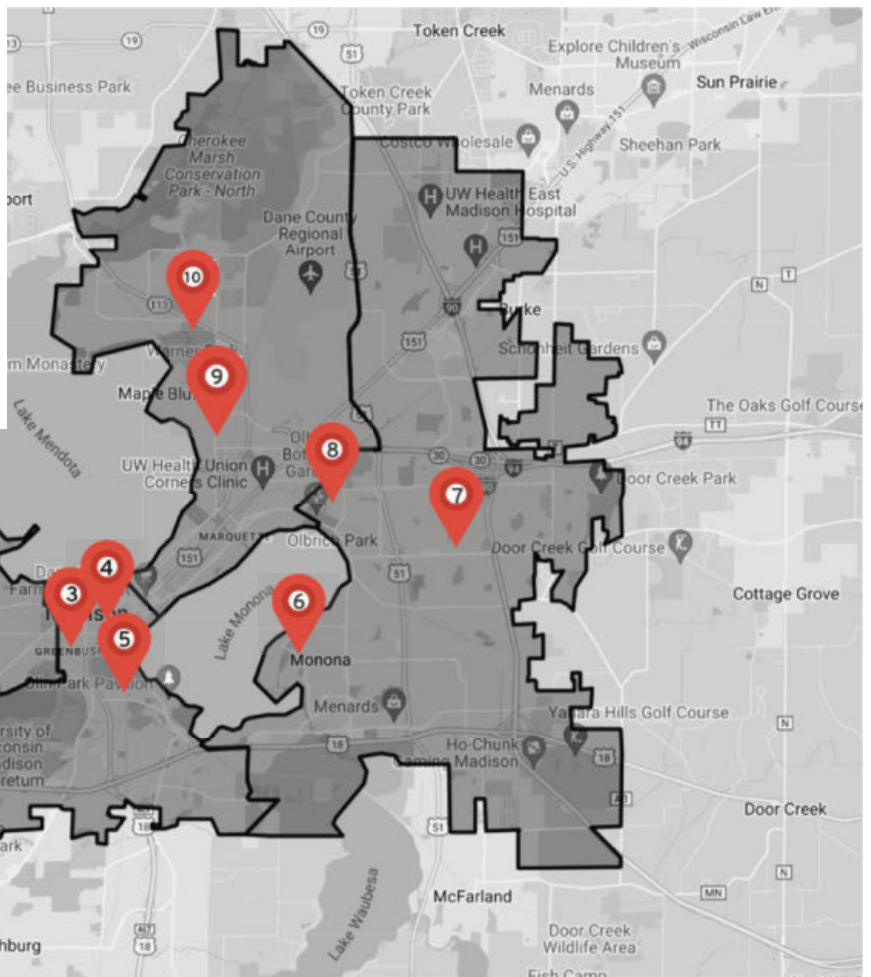
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

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

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



SOUTH MADISON

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

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

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

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

- **Monday, April 10** : Braised Balsamic Chicken, Herbed Quinoa, Charred Carrots, Macaroons, Fresh Fruit, MO: Vegetarian Cholent Stew
- **Monday, April 17** : Lemon-Rosemary Chicken, Roasted Red Potatoes, Garlic Green Beans, Macaroons, Fresh Fruit, MO: Quinoa Stuffed Acorn Squash
- **Monday, April 24** : Maple Mustard Chicken, Basmati Rice, Roasted Root Vegetables, Fudge Brownies, Fresh Fruit, MO: Maple Mustard Tofu

EAST MADISON

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

- **Friday, April 7** : Baked Ziti, Spinach Salad, Bread, Fruit, Dessert, MO: Veg. Ziti
- **Friday, April 14** : Beef Stroganoff, Vegetable Juice, Wheat Bread, Fruit Dessert. MO: Soy Stroganoff
- **Friday, April 21** : Lasagna, Romaine Salad, Garlic Toast Fruit, Dessert, MO: Veggie Lasagna
- **Friday, April 28** : Mushroom Steak/Gravy, Mashed Potatoes, Whole Wheat Roll, Vegetable, Fruit Dessert, MO: Veggie Patty



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

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
03 Open Face Turkey Sandwich	04 Chicken Pasta Salad	05 Baked Lemon Tilapia	06 Sweet & Sour Chicken	07 Italian Chicken Sandwich
10 Black Bean & Cheese Enchiladas	11 Beef Lasagna	12 Swedish Meatballs with Noodles	13 Pork Chops	14 Chicken and Rice Casserole
17 Baked Ziti	18 Fish Sandwich	19 Honey Glazed Ham	20 Beef Tater Tot Casserole	21 Parm. Chicken
24 Chicken Salad	25 Flank Steak Stir Fry	26 BBQ Chicken Thigh	27 Ground Turkey Meatloaf	28 Smoked Pulled Pork Shoulder

NORTH MADISON

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

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

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

- **Wednesday, April 5** : Roast Pork
- **Wednesday, April 12** : Swiss Steak
- **Wednesday, April 19** : Turkey
- **Wednesday, April 26** : Meatloaf
- **Every Wednesday**: Baked Fish or Sandwich & Soup



NUTRITION MEAL SITES - CATERED BY CFS

WEST MADISON

Meadowridge Commons

5734 Raymond Rd.

Tuesday, Thursday, Noon

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

Good Shepherd Church

5701 Raymond Rd.

Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

NORTH MADISON

Warner Park Community Recreation Center, 1625 Northport Dr.

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Lemon Dill Baked Fish Baked Potato, Coleslaw Vanilla Pudding Cup MO – 3 Veggie Meatballs	04 Chicken Broccoli Rice Casserole, Carrot Coins Chickpea Salad, Fruit Cup Tiger Bites MO – Veggie Rice Casserole	05 Chili Baked Potato, Cornbread Pears, Fig Newton Bar MO – Veggie Chili	06 Traditional Meatloaf Mashed Potatoes, Broccoli Applesauce MO – Hummus and Pita	07 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy Treat MO – Veggie Alfredo
10 Chicken a la King Brown Rice, Capri Blend Coleslaw, Fruit Cocktail Scooby Snacks MO – Soy a la King	11 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Oatmeal Raisin Cookie MO – Marinara Sauce	12 *Italian Sausage. Coney Bun Roasted Potatoes Stewed Tomatoes Mandarin Oranges, Brownie MO – Veggie Chicken	13 Boneless BBQ Chicken Peas, Pickled Beets Cinnamon applesauce MO – Veggie BBQ	14 *Meatballs in Gravy Mashed Potatoes Mixed Greens Mixed Fruit Cup Butterscotch Pudding MO – Veggie Balls in Gravy
17 Garlic Parmesan Boneless Chicken Breast Stewed Tomatoes, Broccoli Peaches, Nutty Buddy Bar MO – Veggie Garlic Parmesan	18 Chili Vinegar Corn Salad Applesauce, Sugar Cookie MO – Veggie Chili	19 Sausage Veggie Egg Bake, Fruit Cup Oven Roasted Potatoes Orange Juice Cup Blueberry Muffin MO – Veggie Egg Bake	20 *BBQ Meatballs Mashed Potatoes, Peas Mandarin Oranges Chocolate Chip Cookie MO – Veggie Alfredo Penne	21 Pot Roast in Gravy Garlic Mashed Potatoes Carrots, Pineapple Oatmeal Raisin Cookie MO – Veggie in Gravy
24 *Ham & Potato Casserole, Peas, Peaches Jell-o Cup MO – Soy Potato Casserole	25 Chicken and Gravy Over White Bread Carrots, Broccoli Orange Juice Cup Chocolate Chip Cookie MO – Veggie & Gravy	26 Sloppy Joe Potato Salad Mixed Vegetable, Banana Oatmeal Cream Pie MO – Chickpea Joe	27 Meat Sauce Spaghetti Noodles, Carrots 3 Beans Salad Cinnamon Applesauce Fig Newton Bar MO – Marinara Sauce	28 Chicken Stew Mixed Greens, Crackers Copper Penny Salad Pears, Chocolate Pudding MO – Veggie Stew

CATERED BY: Dane County Consolidated Food Service

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets (Ketchup, mustard, BBQ sauce, etc.) *contains pork **NAS to omit

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New Bridge, Madison, WI

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Summer Concerts

at Warner Park

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

June 12: Latin Jazz Band

July 10: Universal Sound

June 19: Frank Martin Busch
& the Names

July 17: Eddie Butts Band

June 26: Sista' Sensei

July 24: Ladies Must Swing

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\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



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

CASE MANAGEMENT WALK-IN HOURS

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

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

Goodman Community Center

214 Waubesa St.

Tuesday, April 18, 11:30 am-12:30 pm

Monona Senior Center

1011 Nichols Rd.

Friday, April 21, 11:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, April 4, 11:00 am-Noon

Good Shepherd Church

5701 Raymond Rd.

Friday, April 14, 11:15 am-Noon

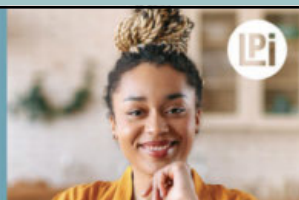
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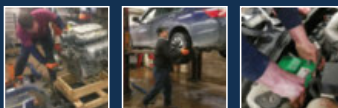
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Attorney at Law

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608-630-5068

Paul@oflanaganlaw.com



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

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 three 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, this program matches clients who need basic household chore help with individual volunteers and groups who provide assistance.
 - **Food Bridge program** offers food pantry delivery for clients at nutritional risk.
- These programs are essential to helping our older adults stay independent.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” – Leo Buscaglia

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 25 years. She coordinates the Volunteer Guardian & Representative Payee programs.



Keisha Furniss, Volunteer Coordinator
Keisha has been with NewBridge for 3 years. She coordinates the Food Bridge program and recruits volunteers.

David Wilson, Marketing Manager

David has been with NewBridge for 6 years. He supervises the Home Chore and Food Bridge programs.



CURRENTLY OPEN, Home Chore Coordinator

We are currently recruiting a Home Chore Coordinator. Hopefully we will be able to announce the new person in our May newsletter.



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