



NEWBRIDGE NEWS

Your Connection to Successful Aging

MAY 2019

FOUNDING FRIENDS GATHERING

Wednesday, May 8, 4:30-6:00 pm
Warner Park Community Rec.
Center, 1625 Northport Drive

Meet your fellow Founders, enjoy some light appetizers and refreshments, and receive an update on NewBridge and the Friends of NewBridge.

NewBridge Holiday Closures

Friday, May 24
Meal sites are
open.

Monday, May 27
No programs
or meals.

MOTHER'S DAY GIFT IDEA

For every canvas print purchase, \$5 will be donated to NewBridge. Offer good through May 31.



The UPS Store

East – 4230 East Towne Blvd.
(608) 244-2208

North – 1213 N.
Sherman Ave.
(608) 663-9090

Call for more
information.



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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.



A LETTER FROM THE DIRECTOR...

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:



- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.

Marcia Hendrickson, Executive Director

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: Info@NewBridgeMadison.org

Website: www.NewBridgeMadison.org

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

Like Us on Facebook: NewBridge Madison

SOUTH MADISON MAIN OFFICE

128 E. Olin Avenue, Suite 110, Madison, WI 53713

EAST MADISON/MONONA

4142 Monona Drive, Madison, WI 53716

NORTH MADISON

1625 Northport Dr. #125, Madison, WI 53704

WEST MADISON

5724 Raymond Road, Madison, WI 53711

BOARD OF DIRECTORS

NEXT MEETING : May 17, 9:00-10:30 am
Monona Bank on Bridges Road

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona State Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program

NEWBRIDGE STAFF

- MARCIA HENDRICKSON, Executive Director Ext. 1001
- KATIE GALLAGHER, Marketing Director Ext. 4001
- JIM KRUEGER, Fund Development Director Ext. 3005
- SONYA LINDQUIST, Senior Services Director Ext. 2002

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

- GABI ANZALONE, Case Manager Ext. 1006
- SAMMY AZUMA, Case Manager Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager - español Ext. 3004
- KARI DAVIS, Case Manager Trainer & Support Specialist Ext. 1003
- MARCIE FUHRMANN, Intern Case Manager Ext. 1010
- NORA HAMMER, Case Manager Ext. 2004
- KATHERINE MALLON, Intern Case Manager Ext. 1008
- RACHEL OKERSTROM, Case Manager Ext. 4002

- MAUREEN QUINLAN, Case Manager Ext. 4003
- ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
- GREG SCHUMACHER, Case Manager Ext. 1007
- KATE SHENKER, Case Manager Ext. 3007
- GLEN THOMMESEN, Case Manager Ext. 2005

- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- ERICKA BOOEY, Cultural Diversity Program Coordinator Ext. 2007
- KATIE BRIETZMAN, Vol. Guardian & Rep-Payee Manager Ext. 1002
- RUTH HELLENBRAND, Program & Event Coordinator Ext. 3012
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- DAVID WILSON, Volunteer Coordinator Ext. 2006
- SHELLEY BLONDEAU, Nutrition Site Coordinator —
- BOB BURNS, Nutrition Site Coordinator —
- TRACI COURTNEY, Nutrition Site Coordinator Ext. 3013
- KRISTEN HUBER, Nutrition Program Manager Ext. 2001
- CANDICE MARTIN, Nutrition Program Manager Ext. 4006
- TRACY OLIVER, Nutrition Site Coordinator Ext. 1009
- ARETHA RICHMOND, Nutrition Site 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 Chair, 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. Anyone may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.



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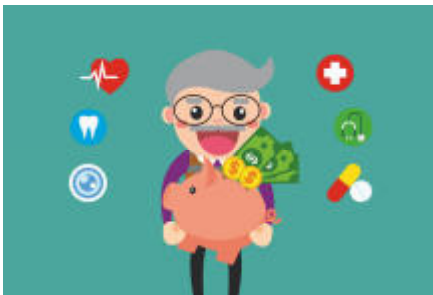
CASE MANAGEMENT SERVICES

The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

MY MONTHLY MIPPA

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on benefits that are provided through Medicare. A different issue/benefit will be discussed each month.

Save Money on Health Care



Most people agree on the importance of saving money. And for people with Medicare, several benefit programs can help! Medicare

Savings Programs, Part D Extra Help, and SeniorCare are designed to help Wisconsin Medicare beneficiaries who have limited income by reducing some of their Medicare related costs.

Let's start with the cost of prescription drug coverage. The Part D Extra Help program can assist eligible people by reducing their Part D plan premiums, deductibles and medication copays. If you are single and are earning less than \$1,561 per month with assets under \$12,890 or a couple earning less than \$2,113 per month with assets below \$25,720 you may qualify to pay \$0 for your monthly drug premium! In addition, your drug co-payments will be lowered. This could add up to a big savings!

If your assets are above these limits, Wisconsin's SeniorCare may be the answer. With this program, individuals with monthly incomes below \$1,665 (or \$2,254 for a couple) may qualify for \$5 generics or \$15 brand name prescriptions with

no deductible. Assets are not counted and there is no monthly premium, just an annual enrollment fee of \$30.

Medicare Savings Programs can help eligible people by paying their Part B premium for them. And since the 2019 standard Part B premium is \$135.50 per month, this program can make a big difference.

You may qualify if your income is at or below \$1,405 per month (single) or \$1,902 per month (couple) with assets below \$7,730 (single) or \$11,600 (couple). Some people also have their deductibles and copays paid as well, depending on their level of income and assets. Your house, car, and personal property do not count as assets and in some cases an additional \$1,500 in savings can be set aside for burial expenses.

For more information or assistance with these benefit programs, call Gabi Anzalone, MIPPA Program Specialist at (608) 512-0000 Ext. 1006.

WALK-IN OFFICE HOURS

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

SOUTH MADISON

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

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

Fisher-Taft Apartments
2025 Taft Street
Wednesdays, 10:30-11:30 am

WEST MADISON

Lussier Comm. Edu. Center
55 S. Gammon Rd.
Friday, May 17
11:30 am-12:30 pm

NORTH MADISON

Goodman Comm. Center
149 Waubesa Street
Wednesdays, May 8 & 22
11:30 am-1:00 pm

FARMER'S MARKET VOUCHERS AND DISTRIBUTION

Starting in June, the Area Agency on Aging of Dane County, will start to distribute farmer's market vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at Farmer's Markets and roadside farm stands in Wisconsin during the 2019 season. The vouchers are distributed on a first come, first serve basis to those 60 or older, who have gross incomes under the 185% poverty level, which is \$23,170 per year

(or \$1,926/mo) for a one person household and \$31,284 (or \$2,607/mo) for a two person household, and live in Dane County. One set of vouchers per household regardless of size of household. **Vouchers can not be mailed.**

Vouchers will be handed out at various locations throughout Dane County. **Here are the Madison/Monona distribution dates and times:**

| | | |
|--|-----------|----------------|
| Madison – East: NewBridge East, 4142 Monona Dr. | June 5 | 9:00-11:00 am |
| Madison – Northeast: Goodman Center, 149 Waubesa St. | June 20 | 2:00-3:00 pm |
| Madison – Northeast: Warner Park Center, 1625 Northport Dr. | June 3 | 10:00-11:30 am |
| Madison – Northeast: ADRC, 2865 N Sherman Ave. | July-Sept | By appointment |
| Madison – South: Madison Senior Center, 330 W Mifflin St. | June 17 | 10:00-11:00 am |
| Madison – South: Dane County Office, 2306 S. Park St. | June 25 | 1:00-3:00 pm |
| Madison – South: Romnes Housing, 540 W Olin Ave. | June 19 | 2:00-3:00 pm |
| Madison – West: Good Shepherd Lutheran Church, 5701 Raymond Rd. | June 18 | 10:30-Noon |
| Madison – West: Lussier Community Center, 55 S Gammon Rd. | June 21 | 11:00 am-Noon |



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VOLUNTEER OPPORTUNITIES

VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE

NewBridge is looking for compassionate individuals interested in becoming a volunteer guardian or representative payee for incapacitated older adults living in Dane County. The people we serve have no family or friends who are able to serve in this way. Training and ongoing support for volunteers is provided.

Contact *Katie Brietzman Ext. 1002*

FOOT CLINIC VOLUNTEERS

Help our nail technicians prepare the foot clinic site for clients by putting up signage, greeting participants, setting chairs, receiving and recording payments, tearing down and cleaning up.

Contact *Ruth Hellendbrand Ext. 3012*



OFFICE VOLUNTEERS

Be the first point of contact for our older adults at the North Madison location and help facilitate our daily procedures. Welcome participants, clients, and visitors, and answer questions about our programs and services. Answer phone calls, assess the need of the caller, and transfer the call as needed. Register adults for programs and activities. Come and join our wonderful office volunteer team!

Contact *Ruth Hellendbrand Ext. 3012*

NUTRITION VOLUNTEERS

Are you looking to provide warm meals along with a warm smile to the older adults in our community? Join our dining site teams. Responsibilities include assisting with set up, serving and clean up, along with eating and socializing.

Volunteers are able to select shifts that fit their schedule between 9:00 am-1:00 pm, Monday-Friday.

Critical Volunteer Need: Volunteers are needed at the Madison Senior Center.

If interested please contact Candice.

Contact *Candice Martin Ext. 4006 for West and South*

Contact *Kristen Huber Ext. 2001 for North and East*

HOME CHORE PROGRAM

Help an older adult with limited means remain in the comfort of his/her home or apartment by helping with minor home tasks. A few hours of your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items. **Be a friendly visitor to an older adult** and help ease the isolation of an older adult in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the older adult and the volunteer.

Contact *David Wilson Ext. 2006 for North & East*

Contact *Jeanette Arthur Ext. 4007 for South & West*



VOLUNTEER SPOTLIGHT



Music has a profound impact on our brains and our bodies. The first and third Tuesday of

the month at Dale Heights Ellie, Patricia, and Bob with 16-35 participants gather to have a fun and motivating sing-along. Ellie sets it up with volunteers, Patricia plays the accordion, Bob plays the piano, and the participants sing.

A comment from one of the participants, "Singing lifts my mood and relaxes me." We thank each person that assists and participants in this rewarding program.

For the next couple of issues, we would like to highlight Ellie, Patricia and Bob of the West Side Warblers. First, the founder, **Ellie Metzloff**. "My husband Carl and I, former professors at Erie Community College and Buffalo State Teachers College and parents of three sons, moved here from Tonawanda, Western New York in 2003. Carl, a victim of Lewy body dementia, loved to sing and we sang every day. My idea was to start a sing-along at West Madison Senior Coalition, and our application was approved. June Zeeh was our first pianist for one summer 7 years ago, followed by Robert Auerbach. After hearing Patricia on accordion in Middleton, I invited her to accompany us. For about 3 years we had no special name, but I held a naming contest and "West Side Warblers" won. Carl passed away in 2016, but his legacy lives on with the West Side Warblers."



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GS3218 3/28/2018

PROGRAMS & ACTIVITIES

WEST & SOUTH MADISON

For information about programs at the West Madison location, call Michelle at (608) 512-0000 Ext. 4008

May Programs

Location Listed

**Note: Ongoing Exercise Classes will continue at St. Andrew's Church, Attic Angels, Mound Street Yoga & Meadowood Neighborhood Center.*

See the calendar pages 18-19 for the day and time details.

Dance Fitness will be discontinued in May.

West Side Warblers Sing Along

Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm

Food Pantries

Lussier Community Education Center
55 S. Gammon Rd.

Every Friday, 10:30 am-12:30 pm

Meadowood Neighborhood Center

5740 Raymond Rd. **New Time*

Every Thursday, 12:15 am-1:30 pm

Board Games

Dale Heights Church, 5501 University Ave.
2nd Tuesday, 1:30-3:30 pm

Movies at Alicia Ashman Library

733 N. High Point Rd.

Every Wednesday, 1:30-3:30 pm

May 1 - No Movie

May 8 - Stan and Ollie

May 15 - A Dog's Way Home

May 22 - Decoding the Weather Machine

May 29 - On the Basis of Sex

Mindful Movement

Alicia Ashman Library

733 N. High Point Rd.

2nd and 4th Tuesday, 10:00 am

Join fitness and mindfulness coach

Venus Washington to explore the

mind/body connection. Learn how you think

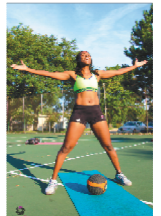
affects the way you move and how you move

affects the way you think. Be prepared for

movement, but at a level that's right and safe for

you. Perfect for beginners. Space is limited.

Call Michelle to reserve your spot Ext. 4008.



Mary Todd Lincoln - Part 2

"A Widow Forgotten"

Friday, May 24, 1:30-3:00 pm

Capital City Church, 401 N Blackhawk Ave

Parking on Eugenia Ave. off of Bluff St.

Mrs. Lincoln's life has come full circle as she

returns to Springfield, Illinois to take up

residence with her sister. She recalls the days of

her girlhood in Lexington, Kentucky, her marriage

to the young lawyer, and eventually her rise to

become the First Lady. Share

in her excitement as she first

sees the Executive Mansion.

Share in her grief as she

loses three of her sons and

her beloved husband.

RSVP by May 17 to

Michelle Ext. 4008



@ Romnes and Fisher-Taft
Apartments

Dental Hygiene by Familia Dental

May 7, 11:00 am, Fisher-Taft Apartments

May 7, 11:45 am, Romnes Apartments

Bullying by SSM Health

May 14, 12:00 pm, Romnes Apartments

Hospice Myth & Facts by Agrace

May 21, 12:00 pm, Romnes Apartments



Bingo with Michelle

May 28, 1:00 pm, Romnes Apartments

@ Meadowridge Commons

Technology & Computer Q & A

Make an appointment to ask questions regarding computers, tablets, smart phones. Call Michelle.

Lunch w/ Officer Rayvell Gillard

May 2, 11:45 am

Memory Café by Heidi

May 9, 11:30 am

Bus Trip to the Arboretum

May 16, 10:30 am, Sign up with Michelle

Virtual Reality Google Tours

May 23, 11:30 am

Sassy Steppers

May 30, 11:30 am

Learn Spanish

Every Thursday, 12:30 pm



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PROGRAMS & ACTIVITIES

NORTH MADISON

For information about programs at the North Madison location, call Ruth at (608) 512-0000 Ext. 3012.

Programs @ Warner Park **1625 Northport Dr.**

5¢ Bingo

Every Friday, 10:15 am

Bilingual (Spanish) Bingo on the 1st Friday
Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:15 am.

Book Club

1st Tuesday, 10:00 am

Card Playing- All skill levels welcome

Euchre - Mondays, 8:30-11:30 am

Sheepshead - Wednesdays, 1:00-3:00 pm

Mahjong - Thursdays, 1:00 pm

Blood Pressure Clinic

4th Wednesday, 11:00 am-12:00 pm

GHC will be doing FREE blood pressure checks.
No need to call in advance.

FREE Older Adult Chair Yoga

Every Wednesday, 10:30 am

Increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. Certified Yoga Instructor Kim Sprecher leads the class.

Technology Help Appointments

Every Tuesday, 10:00 am-12:00 pm

Sharon Persich, is available to answer your questions. *Bring in your phone, laptop computer or tablet.* Call to make an appointment Ext. 3000.

Knit & Crochet Club (Quilters too!)

2nd and 4th Tuesday, 9:00-11:00 am

Meet in the lobby of Warner Park.

Sassy Steppers Dance Crew

Every Monday, 4:00 pm

Sassy Steppers are a fun dance team that perform for events and other senior centers around the area.

Ping Pong League

Every Monday, 9:00 am-Noon

Warner Park Game Room

Looking for a fun way to exercise?

Card-Making Club

2nd and 4th Wednesdays, 1:00 pm

Help create home-made cards for all occasions. We sell these cards in our office. All proceeds go to support NewBridge programs and services.

Sewing Club/FREE Mending Service

1st and 3rd Thursday, 9:00 am

Older adults with general mending and alteration needs. Limit three articles per month.

Conversation Pods

1st Tuesday, 10:30 am-11:15 am

Each table will pick a random topic for discussion!

Boomerang's Fashion Show

Tuesday, May 14, 10:30-11:15 am

Join us for our annual Spring Boomerang's Fashion Show. See the latest clothing they have in the store. Door prizes!

Free Afternoon Matinee

Tuesday, May 28, 12:30-3:00 pm

\$1.00 popcorn. May Movie: Mary Poppins Returns. Decades after her original visit, the magical nanny returns.

@ Monona Meadows

Adult Coloring

First Wednesday, May 1, 11:30 am
Coloring has long been considered a therapeutic activity suitable for all ages. All supplies provided.

Travels with Laurie Kutil

Wednesday, May 15, 11:30 am
Meet Travel Blogger, Laurie, and hear about her fun adventures exploring Wisconsin. This month she will be talking about her trips to Hazel Green for the Fever River Puppeteers performance. Read her blog at <https://lauriekutilportraits.com/>

Make Poppies for Memorial Day

Wednesday, May 29, 11:30 am

@ Messiah Lutheran Church

Bingo

Tuesday, May 7, 11:30 am

Trivia Day

2nd Tuesday, May 14, 11:30 am
Join us for a few laughs and some interesting conversation!

Card Games- Kings Corner & Rummy

Tuesday, May 21, 11:00 am

Movie of the Month


Tuesday, May 28, 11:30 am
Join us for a short movie and conversation. Movie to be announced.

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Are you a man who has, or is concerned about osteoporosis, low bone density or fractures?



The University of Wisconsin Osteoporosis Clinical Research Program is looking for men who have been diagnosed with osteoporosis or low bone density and are not receiving drug therapy. Participants must be willing to:

- Come to the study office for 9 visits over 15 months
- Administer a daily dose of injectable study medication or placebo (injection with no medicine)

If interested, please call the UW Osteoporosis Clinical Research Program at 608-265-6410 and ask about the Bone Density study.

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CULTURAL DIVERSITY

LATINX PROGRAM

Bilingual Bingo and Lunch

Friday, May 3, 10:00 am-12:30 pm
Warner Park Community Recreation Center, 1625 Northport Dr.

Monthly Discussion Group

Wednesday, May 8, 5:45 pm-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided. Call (608) 512-0000 if you would like to join or see if you qualify for transportation. Taxi pick up time between 5:15-5:30 pm.

Fitchburg Bilingual Bingo & Lunch

Friday, May 17, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
5¢ Bilingual Bingo and lunch.
Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods. Bus pick up time around 10:45 am.

Grandparent Support Group

Wednesday, May 22, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us for our monthly support group for seniors that care for loved ones. Dinner will be provided and transportation. Call if you would like to join or to see if you qualify for transportation. Taxi pick up time between 5:15-5:30 pm.

Support Group in Meadowood

Thursday, May 30, 11:00 am-2:00 pm
Meadowood Neighborhood Center
5740 Raymond Rd.

Join us for lunch! Transportation available for those living in the West Madison service area. Bus pick up time around 10:45 am.

AFRICAN AMERICAN PROGRAM

Health Education Group

Tuesday, May 6, 10:30 am-12:30 pm
Burr Oaks Senior Apartments,
2417 Cypress Way
Call Ericka at Ext. 2007 for more information.

LOCAL RESOURCE

Senior Market Session

Every Wednesdays starting May 1
11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.

For older adults age 60+
Groceries,
clothing and
community
meal will be
available to
seniors.
Volunteers will
be available
to assist.



DONATIONS NEEDED

Spring Cleaning? We'd love your used books and jewelry!

NewBridge is looking for used books, and other items for our Used Book Sale at AppleFest, our largest fundraiser of the year. We are accepting the below items:

- Children's Books
- Music
- Large Print
- Books on Tape
- Cook Books
- Craft/Hobby/How To
- Fiction/Non-Fiction
- Mystery/Romance
- Puzzles
- Games

We are also looking for used jewelry for our Used Jewelry Sale. We are gratefully accepting donations of rings, necklaces, bracelets, earrings and cufflinks in good condition.

You can drop off books and/or jewelry donations at any of the NewBridge office locations. See page 2 for a complete listing. Please call in advance so we can prepare space for your donation. Donations will be accepted until October 4. Remember, your donation may be tax deductible!

Thanks for supporting NewBridge!

AppleFest is Saturday, October 19.
Mark your calendar for a fun family event!



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

EAST MADISON

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

NORTH MADISON

Warner Park Community Rec. Center
1625 Northport Drive
Friday, May 10, 9:00-11:30 am

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

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

WEST MADISON

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

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

Our Lady Queen of Peace
401 Mineral Point Road
CANCELLED DUE TO MEMORIAL DAY

MEDICAL EQUIPMENT LOAN CLOSET

The East Madison/Monona location has a loan closet with items such as walkers, raised toilet seats, commodes, crutches and more. Loan closet items are available to older adults for a donation. Call NewBridge to ask if the item you need is available. We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

Stepping On Program

Starting Thursday, Sept. 12, 1:15-3:15 pm
Meadowridge Commons, 5734 Raymond Rd
Stepping On is an evidence-based workshop meeting once per week for seven weeks. The class is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Older adults who may have balance problems or fear of falling are the best fit for this class.

WELCOME NEW STAFF : TRACI AND SHELLEY



Traci Courtney has joined the NewBridge staff as the Nutrition Site Coordinator at the Warner Park meal site. Traci was born and raised in Chicago. She received her Associate Degree in Health

Science from the Ultimate Medical Academy. She is currently studying to earn her Bachelor of Art Degree in Health Care Management from National American University.

Traci is the proud mother of two sons, Traydon who is 13 and Jaydon who is 12, and one daughter, London who is 3 months old. She enjoys experiencing different types of foods, playing volleyball and spending time with family and friends. **Welcome Traci!**



“My name is Shelley Blondeau and I work with the amazing staff and volunteers at the nutrition site inside the Madison Senior Center. Previously I spent time as a substitute for the East and North Coalitions, which I enjoyed

very much! Thank you to the good folks at NewBridge and the Madison Senior Center for welcoming me to the team!

I like being here, and it makes me feel good that I can serve my community, and help provide a fun environment where our seniors can gather for a good meal and fellowship. I look forward to many more great experiences as I continue to learn my way around with the help of participants, colleagues, and friends.” **Welcome Shelley!**

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NUTRITION PROGRAM

Nutritious daytime meals are offered at twelve locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for older adults who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

SOUTH MADISON MENU & LOCATIONS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>Meals provided by: Dane County Consolidated Food Services Division All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO= meatless option</p> | | <p>01 Enchilada Casserole Cauliflower, Corn w/Black Beans, Mandarin Oranges Frosted Churro Cake MO: Bean/Cheese Burrito</p> | <p>02 Beef Stroganoff Over Noodles, Stewed Tomatoes, Mixed Green Salad, Fruit Cocktail Apple Crisp MO: Veggie Meatballs</p> | <p>03 Chicken Strips Green Beans, Pea Salad Dinner Roll, Fruit Cup Butterscotch Ice Cream MO: Egg Salad Salad: Cottage Cheez Plate</p> |
| <p>06 Tuna Casserole Roasted Baby Carrots Pickled Beets, Banana Brownie MO: Veggie Wrap</p> | <p>07 Roasted Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Mixed Fruit, Lime Sherbet MO: Veggie Chic. in Gravy</p> | <p>08 Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Blueberry Crisp MO: Rice and Beans</p> | <p>09 Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Black Bean Burger</p> | <p>10 Meatballs in Gravy Mashed Potatoes California Blend Fruit Cup, Ice Cream MO: Veggie Meatballs Salad: Tuna</p> |
| <p>13 Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO: Soy Sloppy Joe</p> | <p>14 Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad Melon Fruit Cup Sugar Cookie MO: Veggie Mac Salad</p> | <p>15 Saucy BBQ Ribs Cheesy Potatoes Coleslaw, Tropical Fruit Corn Bread Root Beer Float MO: Garden Burger</p> | <p>16 Meat Sauce Spaghetti Noodles Wax Beans, Mixed Green Salad, Peaches, Brownie MO: Marinara Sauce</p> | <p>17 Pork Loin in Gravy Mashed Potatoes Vegetables, Mandarins Butterscotch Pudding MO: Hummus Wrap Salad: Beef Taco</p> |
| <p>20 Chili, Baked Potato Banana, Cornbread Rice Pudding MO: Veggie Chili</p> | <p>21 Italian Sausage on Bun Oven Roasted Potatoes Stewed Tomatoes Orange Strawberry Ice Cream Cup MO: Hummus & Pita</p> | <p>22 Lemon Baked Fish Baked Sweet Potato Tropical Fruit Blueberry Pound Cake MO: Veggie Wrap</p> | <p>23 Pulled Pork on Bun Creamy Coleslaw Carrot Raisin Salad Melon Slice Vanilla Pudding MO: Tomato Cheez. Sand.</p> | <p>24 Brat on Bun Broccoli Cauliflower Salad Sauerkraut, Watermelon Peach Crisp MO: Multigrain Burger Salad: Chicken</p> |
| <p>27 CLOSED</p> | <p>28 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-O MO: Veggie Meatballs</p> | <p>29 Chicken and Gravy Mashed Potatoes Green Beans, Orange Carnival Cookie MO: Veg. Chicken & Gravy</p> | <p>30 Fish Sandwich on Bun Cheese Slice Yams, Coleslaw Fruit Cup, Chocolate Frosted White Cake MO: Veggie Wrap</p> | <p>31 Saucy BBQ Ribs Cheesy Potatoes, Corn Melon Mix, Lemon Bars MO: Black Bean Burger Salad: Hummus Platter</p> |

| South Madison Locations | Address | Day | Time |
|-------------------------|-------------------------|-----|----------|
| Fisher Taft Apartments | 2025 Taft Street | M-F | 11:30 am |
| Romnes Apartments | 540 West Olin Avenue | M-F | 11:30 am |
| Madison Senior Center | 330 West Mifflin Street | M-F | 11:30 am |

RESERVATIONS

Meal, bus reservations, and cancellations should be made by calling (608) 512-0000 by Noon at least one business day in advance.

TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is \$1.00 per round trip, but no one is denied service. Reservation is 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 \$8.97.

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others;

overall the menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency.

All comments are welcome.

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NORTH, WEST & EAST MADISON MENU & LOCATIONS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| Meals provided by: Goodman Catering All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO=Meatless Option. Fruit and Dessert Served Daily. | | 01 Open Face Turkey & Gravy Sandwich Roasted Maple Butternut Squash Brussels Sprouts MO: 3 Bean Stew | 02 Chicken Rotini Salad (cold), Broccoli Salad Carrot Slaw MO: Veg. Bean and Mushroom Jambalaya | 03 Baked Lemon Tilapia Baked Potato Cole Slaw Wheat Dinner Roll MO: Baked Lemon Tofu |
| 06 Sweet & Sour Chicken Steamed Brown Rice Stir Fry Veggies Mixed Salad MO: Chickpea & Mushroom Stir Fry | 07 Italian Chicken Sandwich, Glazed Carrots, Tomato & Cucumber Salad MO: Veggie & Hummus Salad: Chicken Caesar | 08 Chicken Enchilada Casserole Broccoli Medley Mixed Salad MO: Black Bean & Cheese Enchilada | 09 Beef Lasagna Garlic Sweet Corn Mixed Salad Garlic Bread MO: Veg. Lasagna | 10 Swedish Meatballs Over Egg Noodles Steamed Carrots Mixed Salad MO: Vegetarian Bean Stew |
| 13 Pork Chops Mashed Sweet Potatoes & Gravy Steamed Broccoli Slice of Wheat Bread MO: Veggie Burger | 14 Chicken & Rice Casserole, Green Beans Summer Bean Salad MO: Veggie & Rice Salad: Summer Strawberry Salad | 15 Baked Ziti Garlic Sweet Peas Mixed Salad MO: Veg. Baked Ziti | 16 Fish Sandwich with Cheese, Med. Quinoa Salad, Mixed Salad MO: Grilled Cheese Sandwich | 17 Honey Glazed Ham Cheesy Potato Bake Maple Glazed Carrots Wheat Dinner Roll MO: Vegetarian Loaf |
| 20 Ground Beef Tater Tot Casserole Broccoli Salad Slice of Wheat Bread MO: Vegetarian Tater Tot Casserole | 21 Baked Parmesan Chicken Over Pasta Marinara Sauce, Corn MO: Grilled Veggie Sausage over Pasta Salad: Chicken Cobb | 22 Grilled Chicken and Vegetable Kababs Strawberry & Spinach Summer Salad Corn Bread MO: Falafel & Veggies | 23 Chicken Salad Sandwich Potato Salad Tomato & Cucumber Salad MO: Veggie Burger | 24 Flank Steak Stir Fry Veggies Asian Cabbage Slaw Steamed Brown Rice MO: Tofu Stir Fry |
| 27 CLOSED | 28 Turkey Meatloaf Mashed Potatoes Gravy, Wheat Dinner Roll, Sweet Corn MO: Vegetarian Loaf Salad: Summer Harvest | 29 Smoked Pulled Pork Bun, Baked Beans Mixed Salad MO: Veg. BBQ Sandwich | 30 Spaghetti with Meat Sauce, Garlic Butter Green Beans, Mixed Salad, Garlic Bread MO: Vegetarian Spaghetti Bake | 31 Cheeseburger Bun, Quinoa & Vegetable Salad, Tomato Salad MO: Veggie Burger |

| East Madison/Monona Locations | Address | Day | Time |
|-------------------------------|---------------------------|---------|----------|
| Monona Meadows | 250 Femrite Drive, Monona | M & W | Noon |
| Messiah Madison | 5202 Cottage Grove Road | T | Noon |
| North Madison Locations | Address | Day | Time |
| Warner Park Community Ctr | 1625 Northport Drive | M-W & F | 11:30 am |
| Goodman Community Ctr | 149 Waubesa Street | M-F | 11:45 am |
| West Madison Locations | Address | Day | Time |
| Meadowridge Commons | 5734 Raymond Road | T-TH | Noon |
| Lussier Community Center | 55 South Gammon Road | F | Noon |

RESTAURANT, GROCERY AND KOSHER SITES

| North Madison and East Madison/Monona Locations | Address | Day | Time |
|---|--------------------------|-----|------------------|
| Festival Foods | 810 E. Washington Avenue | TH | 11:00 am-1:00 pm |
| Cranberry Creek | 1501 Lake Point Drive | F | 8:30-10:30 am |

Meal reservation is **not** required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping.

| West Madison Kosher Site | Address | Day | Time |
|--------------------------|-------------------|------------|------|
| Beth Israel Center | 1406 Mound Street | M Sept-May | Noon |

Meal and Transportation Reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering. Lechym ends for the season after May 13 until September.

Monday, May 6 Menu

Hickory smoked BBQ chicken, tszimmes, couscous, salad, rugalach, MO: BBQ with jackfruit

Monday, May 13 Menu

Beef brisket, garlic roasted red potato, roasted carrots, salad, babka, MO: "Impossible Meat" loaf

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FRIENDS OF NEWBRIDGE

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

Benefits for Friends of NewBridge

Monthly Newsletter

Discount Card to Local Businesses

Invitation to Special Events

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

Friends of NewBridge Founders Gathering

Wednesday, May 8, 4:30 - 6:00 pm

Warner Park Community Recreation Center, 1625 Northport Drive

Meet your fellow Founders. Enjoy some light appetizers and refreshments. Receive an update on NewBridge and the Friends of NewBridge. Share your ideas about Friends of NewBridge.

Call (608) 512-0000 Ext. 3000 to RSVP.

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Name of Second Household Member (if any): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Please email me the newsletter: yes no

Amount Enclosed: \$ 15 for Individual

\$ 25 for Family

\$ _____ optional donation to help the



Make checks payable to: **NewBridge**

Please mail the form & payment to: NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713

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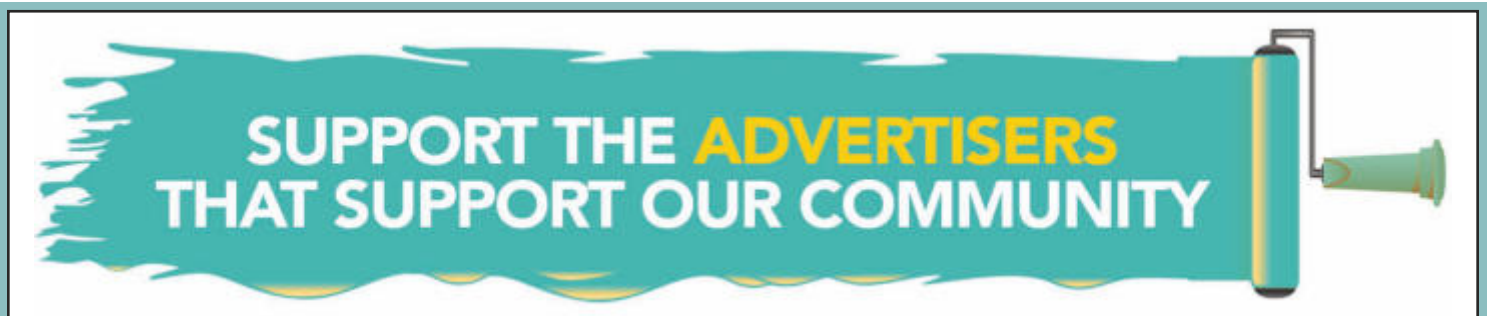
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CALENDAR OF PROGRAMS



01 WEDNESDAY

8:40 Exercise St. Andrew
 10:30 Chair Yoga Warner Park
 11:30 Coloring Monona Meadows
 1:00 Sheepshead Warner Park

02 THURSDAY

9:00 Sewing Club Warner Park
 11:45 Lunch with Ray Meadowridge
 12:15 Food Pantry Meadowood
 12:30 Learn Spanish Meadowridge
 1:00 Mahjong Warner Park

03 FRIDAY

10:15 Bilingual Bingo Warner Park
 10:30 Food Pantry Lussier Center

04 SATURDAY

12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

06 MONDAY

8:30 Euchre Warner Park
 8:40 Exercise St. Andrew
 9:00 Ping Pong Warner Park
 10:30 Health Group Burr Oaks
 10:45 Yoga Mound St. Yoga
 12:45 Foot Clinic Capital City
 4:00 Sassy Steppers Warner Park

07 TUESDAY

10:00 Tech Appt. Warner Park
 10:00 Book Club Warner Park
 10:30 Conversations Warner Park
 11:00 Dental Hygiene Fisher-Taft
 11:45 Dental Hygiene Romnes
 11:30 Bingo Messiah
 6:00 Sing Along Dale Heights

08 WEDNESDAY

8:40 Exercise St. Andrew
 10:30 Chair Yoga Warner Park
 1:00 Card Making Warner Park
 1:00 Sheepshead Warner Park
 1:30 Movie Alicia Ashman
 5:45 Latinx Discussion Madison SC

09 THURSDAY

11:30 Memory Cafe Meadowridge
 12:15 Food Pantry Meadowood
 12:30 Learn Spanish Meadowridge
 1:00 Mahjong Warner Park

10 FRIDAY

9:00 Foot Clinic Warner Park
 10:15 Bingo Warner Park
 10:30 Food Pantry Lussier Center

11 SATURDAY

12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

13 MONDAY

8:30 Foot Clinic Goodman Cntr
 8:30 Euchre Warner Park
 8:40 Exercise St. Andrew
 9:00 Ping Pong Warner Park
 10:45 Yoga Mound St. Yoga
 4:00 Sassy Steppers Warner Park

14 TUESDAY

9:00 Knit Group Warner Park
 10:00 Tech Appt. Warner Park
 10:00 Mindful Movement Alicia Ashman
 10:30 Fashion Show Warner Park
 11:30 Trivia Messiah
 12:00 Bullying Romnes
 1:30 Board Games Dale Heights

15 WEDNESDAY

8:40 Exercise St. Andrew
 10:30 Chair Yoga Warner Park
 11:30 Travels Monona Meadows
 1:00 Sheepshead Warner Park
 1:00 Foot Clinic Monona United
 1:30 Movie Alicia Ashman

16 THURSDAY

9:00 Sewing Club Warner Park
 10:30 Bus Trip Meadowridge
 12:15 Food Pantry Meadowood
 12:30 Learn Spanish Meadowridge
 1:00 Mahjong Warner Park

17 FRIDAY

10:15 Bingo Warner Park
 10:30 Food Pantry Lussier Center
 10:30 Latinx Bingo Fitchburg SC

18 SATURDAY

12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

20 MONDAY

8:30 Euchre Warner Park
 8:40 Exercise St. Andrew
 9:00 Ping Pong Warner Park
 10:45 Yoga Mound St. Yoga
 4:00 Sassy Steppers Warner Park

CALENDAR OF PROGRAMS

21 TUESDAY

9:30 Foot Clinic Mount Olive
 10:00 Tech Appt. Warner Park
 11:00 Card Games Messiah
 12:00 Hospice Romnes
 1:00 Foot Clinic Lakeview
 6:00 Sing Along Dale Heights

22 WEDNESDAY

8:40 Exercise St. Andrew
 10:30 Chair Yoga Warner Park
 11:00 Blood Pressure Warner Park
 1:00 Card Making Warner Park
 1:00 Sheepshead Warner Park
 1:00 Foot Clinic Monona United
 1:30 Movie Alicia Ashman

23 THURSDAY

11:30 VR Googles Meadowridge
 12:15 Food Pantry Meadowood
 12:30 Learn Spanish Meadowridge
 1:00 Mahjong Warner Park

24 FRIDAY

OFFICE IS CLOSED

MEALSITES ARE OPEN

10:30 Food Pantry Lussier Center
 1:30 Mary Todd Lincoln Capital City

25 SATURDAY

12:00 Cultural Dance Meadowood
 2:00 Ping Pong/Pool Meadowood

27 MONDAY

OFFICE IS CLOSED

NO MEAL/ACTIVITIES

28 TUESDAY

9:00 Knit Group Warner Park
 10:00 Tech Appt. Warner Park
 10:00 Mindful Movement Alicia Ashman
 12:30 Movie Warner Park
 1:00 Bingo Romnes

29 WEDNESDAY

8:40 Exercise St. Andrew
 10:30 Chair Yoga Warner Park
 11:30 Poppies Monona Meadows
 1:00 Sheepshead Warner Park
 1:30 Movie Alicia Ashman

30 THURSDAY

11:00 Latinx Support Meadowridge
 11:30 Sassy Steppers Meadowridge
 12:15 Food Pantry Meadowood
 12:30 Learn Spanish Meadowridge
 1:00 Mahjong Warner Park

31 FRIDAY

10:15 Bingo Warner Park
 10:30 Food Pantry Lussier Center

PROGRAM LOCATIONS

Alicia Ashman Library
 733 N. High Point Road

Burr Oaks Apartments
 2417 Cypress Way

Capital City Church
 401 N. Blackhawk Avenue
 Parking lot on Eugenia Avenue

Coventry Village
 7707 North Brookline Drive

Dale Heights Church
 5501 University Avenue

Fisher-Taft Apartments
 2110 Fisher Street

Fitchburg Senior Center
 5510 Lacy Road, Fitchburg

Goodman Community Center
 149 Waubesa Street

Lakeview Lutheran Church
 4001 Mandrake Road

Lussier Community Education
 Center 55 S. Gammon Road

Meadowood Neighborhood
 Center, 5740 Raymond Road

Meadowridge Commons
 5734 Raymond Road

Messiah Lutheran Church
 5202 Cottage Grove Road

Monona Meadows Apartments
 250 Femrite Drive, Monona

Monona United Methodist Church
 606 Nichols Road, Monona

Mound Street Yoga
 1342 Mound Street

Mount Olive Lutheran Church
 110 N. Whitney Way

Our Lady Queen of Peace
 401 Mineral Point Road

Romnes Apartments
 540 W Olin Avenue

St. Andrew's Episcopal Church
 1833 Regent Street

St. Paul Lutheran Church
 2126 N. Sherman Avenue

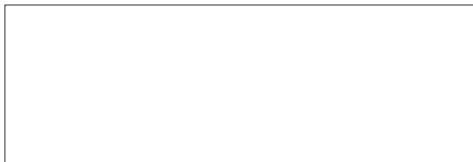
Vera Court Neighborhood Center
 614 Vera Court

Warner Park Community
 Recreation Center
 1625 Northport Drive



128 E. Olin Avenue #110
Madison, WI 53713

NON-PROFIT
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NewBridge Madison's SUMMER CONCERTS

**Monday's, 6:00-7:30 pm, Warner Park
FREE & Open to the Public!**

June 10: Funky Chunky
(Soul, Rhythm & Blues)

July 8: The Lower 5th
(Folk, Rock, R&B)

June 17: Who Dat
(Reggae, Latin Funk)

July 15: Pupy Costello
(Country)

June 24: Ladies Must Swing
(Jazz)

July 22: Acoplados
(Folk, Afro, Latin)

🎵 Rain or Shine 🎵 Tasty Concessions 🎵 Transportation for Seniors
(608) 512-0000 🎵 www.newbridgemadison.org