

NEWBRIDGE NEWS

Your Connection to Successful Aging

MAY 2024



2024 LINEUP

SUMMER CONCERTS

6:30PM - 8:00PM | Warner Park | Food Carts

June 10: Jazz, collaborators Art & Lit Lab

June 17: Frank Martin Busch & the Names

June 24: Sista' Sinsi w/ Special Guest Appearance by NB Sassy Steppers

July 15: Universal Sound

July 22: Eddie Butts Band w/ Special Guest Appearance by NB Ritmo & Drums

July 19: Ladies Must Swing

NewBridge will be closed Monday, May 27 for Memorial Day.

**CHECK OUT
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INSIDE!**

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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...

Is multigenerational living the new trend? A few centuries ago the majority of Americans lived this way. But times changed as adult children began moving away for jobs. By 1980 only 12% of the US population were in a multigenerational home. Many of our elders today lived with their grandparents and benefited greatly from it. Now their children/grandchildren are doing the same. A Generations United survey of individuals currently in multigenerational housing found that over 75% of respondents noticed enhanced relationships, positive impacts on health, improved finances and that it's easier to provide for the needs of their family members. Maybe this will become the norm again and not an exception.

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
- JENNIFER SIMON-VOHS - Supervisor of Care Coordination Services at UnityPoint Health - Meriter

Thank you to our Funders:



Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF (608) 512-0000

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- ALI LAZAR, Fund Development Specialist Ext. 3012
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- TYLER SCHUEFFNER, Mental Health Intern Ext. 4004
- VIRGINIA WILCOX, Mental Health Peer Support Spec. Ext. 2003

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- DAVID GENSON, Nutrition Substitute —
- ETHEL RANDLE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KEN HALIBURTON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

- ALIRIO PARDO, Diversity & Inclusion Program Cord. Ext. 1007
- ARIELLE HOLT, Diversity & Inclusion Program Cord. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- DAVID WILSON, Marketing Manager Ext. 2006
- JASMINE SMITH, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- HANNAH MORGAN, Case Manager Ext. 3011
- HEATHER SIMS, Case Manager Ext. 3004
- JACQUELINE SELEMANI, Case Manager Ext. 1009
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MADILYN FINNELL, Case Manager Ext. 4008
- MAUREEN QUINLAN, Case Manager Ext. 4003
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Assoc. Supervisor Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

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 May (issue 5) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Newsletters are available for free at all Madison and Monona local libraries. You may also get a copy via email by contacting us via email—info@newbridgemadison.org or mail 1625 Northport Dr. #125 Madison, WI 53704 or phone (608) 512-0000 or visit our website www.newbridgemadison.org. 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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Independent Living Apartments & Communities

Edgerton Retirement Apartments
505 Stoughton Rd., Edgerton | (608) 884-9009
era@bmcmadison.com

Lovely apartment community nestled in a quiet park-like setting with 24 one-bedroom apartments including a community kitchen and dining area.

2021 & 2022 BEST OF EDGERTON AWARD

Genesis Apartments
230 S. Oak St., Oregon | (608) 835-8600
customerservice@genesishousinginc.org | genesishousinginc.org

Affordable apartment community with 56 one- and two- bedrooms located in the heart of downtown Oregon and Brooklyn. Our rent includes all utilities!

Greenspire Apartments
924 Jackson St., Stoughton | (608) 873-7855
greenspire@sbcglobal.net

Located a few blocks from downtown Stoughton, over 90 one- and two-bedroom apartments that are convenient to shopping, hospital and doctors.

All properties including 24-hour emergency maintenance, attentive onsite management, onsite laundry and parking. Affordable communities for those 62+ and/or disabled. Income limits apply, rental assistance may be available.




Equal Opportunity Provider



SERVICES AND ACTIVITIES

Case Management

Provides older adults the support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy are 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).*

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+).*

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+). Sponsored in part by Oscar Rennebohm Foundation.*

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 Oscar Rennebohm 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+).*

FUNDRAISER AT ANGELO'S IN MCFARLAND

20% of all CARRY OUT sales will be donated to NewBridge - Wednesday, May 15
(608) 838-2233 - 4706 Farwell St, McFarland

"We like to support organizations in the community that do great work with helping people in need of housing, food and everyday living. We are very proud that one of our employee is a part of NewBridge and making life easier and better for older adults."
Owners - Rick and Susan Hubanks

We have limited parking available - you may have to park on the side street. Please allow for longer wait times.



2024 FRIENDS OF NEWBRIDGE ENROLLMENT FORM



Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

- \$ _____ 2024 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 or use the QR Code.

Friendships are renewed annually. Donations may be tax deductible to the extent of the tax code.

Questions? Call Ali at 608-512-0000 Ext. 3012 or AliL@newbridgemadison.org



2023 YEAR END FINANCIAL REPORT

Summary:

NewBridge is so grateful to everyone who supported our agency in 2023.

Our 2023 operating budget decreased 4.6% due to revenue from property sale the previous year). Net income in 2023 was \$77,718 (funding to purchase a passenger van).

Our total assets for 2023 were \$1,509,130 and we had \$481,070 in liabilities.

Thank you for your continued support!

Revenue	2023	2022
Dane County Human Services	\$1,492,638	\$1,392,972
City of Madison	\$584,158	\$584,158
City of Monona	\$60,191	\$58,438
United Way of Dane County	\$61,753	\$56,743
Grants and Sponsorships	\$234,319	\$213,833
Fundraising Events	\$14,037	\$18,291
Friends of NewBridge	\$13,360	\$13,877
Individual Donations	\$69,412	\$35,630
Endowment/Interest	\$20,999	\$8,461
Program Income/ Other Revenues	\$33,171	\$37,242
Grants Carried Over to 2023	\$91,069	\$88,500
Gain on Sale of Property	\$0	\$296,307
Total Income	\$2,675,107	\$2,804,452
Expenses	2023	2022
Personnel Salaries and Benefits	\$1,935,605	\$1,911,449
General Operations	\$182,946	\$181,950
Nutrition Site	\$105,562	\$87,686
Other Program Expenses	\$226,652	\$181,200
Building/Rent Expenses	\$113,658	\$119,123
Total Expenses	\$2,564,423	\$2,481,408
Net Income	\$110,684	\$323,044

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NEWBRIDGE UNIVERSITY (NBU)



NewBridge University (NBU), a community of lifelong learners. As we age our learning paths may look different. The manner in which we learn may change and our learning curve might be steeper, but we never stop learning. At NBU we strive to engage, support and unite older adults in a social learning environment that is safe and inclusive.

NBU offers a hybrid model of programs, classes and activities that are either in-person or virtual (Zoom) and are developed with a focus on education (with a special emphasis on health education), socialization, arts, recreation and support groups. NBU is free to all older adults 60+ in Madison and Monona and extends into Dane County for our Black and Hispanic older adults.

STAFF CONTACT INFORMATION



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La Universidad de NewBridge (NBU) es una comunidad de aprendices de toda una vida. En la medida que envejecemos nuestros caminos de aprendizaje podrían ser diferentes, la manera en que aprendemos podría cambiar y nuestra capacidad de aprender podría ser más lenta, pero nunca paramos de aprender. En la Universidad de NewBridge buscamos unir, apoyar y acoger a los adultos mayores en un ambiente de aprendizaje social que es seguro e inclusivo.

La Universidad de NewBridge (NBU) ofrece un modelo híbrido de programas, clases y actividades que son en-persona o virtuales (Vía Zoom) que están desarrollados con enfoque en la educación (con especial énfasis en la educación en la salud), socialización, artes, recreación y grupos de apoyo. La Universidad de NewBridge (NBU) es gratuita para todos los adultos mayores de 60 años que residen en el Condado de Dane.

NEWBRIDGE UNIVERSITY (NBU)

NBU is offered to all older adults. Some of our programs 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. Check page 8 for staff contact to get more information about a specific class or activity and also to sign up and get transportation. The following symbols will be used to identify programs that are meant for specific groups:



Programs focus on our Black older adults



Programs focus on our Hispanic older adults and offered in Spanish only



CELEBRACIÓN ESPECIAL DEL DÍA DE LAS MADRES – HOMBRES INVITADOS!

Viernes, Mayo 10, 10:00 am-2:00 pm
Good Shepherd Church, 5701 Raymond Rd.
Venga a celebrar el aporte que las madres hacen en la familia y en la comunidad con música -DJ, Baile, presentaciones, y por supuesto flores y sorpresas. Habrá transporte limitado. Favor registrarse!



FIESTA EN EL PARQUE

Viernes, Mayo 24, 6:00-8:00 pm
Brittingham Park, 829 W Washington Ave.
Invite a sus familiares y amigos de cualquier edad a darle la bienvenida a las fiestas de verán. Habrá música latina (DJ) y baile, venta de comida mexicana y centroamericana.



50+ ENCONTRANTO Y DISFRUTANDO NUEVAS AMISTADES

Jueves, Mayo 9, 6:00-8:00 pm
Goodman Center, 214 Waubesa St.
Encuentre a alguien que comparta sus mismos intereses, Disfrute de música con el DJ Diego, baile, aperitivos, bebidas y premios. Habrá información sobre grupos de socialización en el Condado de Dane. Boletos \$10, ncluye actividades, comida y una bebida.



BINGO BILINGÜE

Primer Viernes, 3 de Mayo, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Tercer Viernes, 17 de Mayo, 11:00 am-Noon
Good Shepherd Church, 5701 Raymond Rd.
Registrarse antes del 12 de Mayo.



CARTAS Y JUEGOS DE MESA

Todos Los Miércoles, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Dominos, cartas bid whist, rummikub, tablero de parques y otros mas.
Transporte limitado para los que viven en el norte y este de Madison.



CÍRCULO DE AMIGOS: Zoom

Todos Los Miércoles, 1:00-2:00 pm
¡Estaremos tratando temas de actualidad. Su opinión es muy importante. Haga parte dell circulo de una familia grande!



BINGO: In-Person

Fridays, May 10, 17, 24, 10:15-11:15 am
Warner Park, 1625 Northport Dr.

BILINGUAL BINGO: In-Person

Friday, May 3, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Friday, May 17, 10:45-11:45 am
Good Shepherd Lutheran Church
5701 Raymond Rd.

50 cents p/card up to 4 cards; each bingo wins a \$1 & black out takes it all!

B BLACK-BUSTERS MOVIE + DISCUSSION

Call Arielle for the date, time and location
Watch a movie, eat snacks, share laughs and have some conversations in relation to 1978's "The Wiz."

BOOK CLUB: Zoom

Wednesday, May 1, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
You are responsible for getting and returning your book. Available at the Lakeview Library.

CARD MAKING CLUB

Wednesday, May 8, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

CARDS & GAMES

Warner Park, 1625 Northport Dr.
BUNCO, Mondays, 2:00-4:00 pm
EUCHRE, Tuesdays, 1:00-3:00 pm
CARDS/GAMES, 2nd Wed., 1:00-3:00 pm
(Bid Whist, Dominoes, Rummikub & More)
MAH JONG, Thursdays, 1:00-3:00 pm

DRUM CIRCLE "Ritmo & Drums"

Thursdays, 12:00-1:00 pm
Warner Park, 1625 Northport Dr.
Whether you have never touched a drum before or have drummed your whole life this is a group is for you! Drumming is a great social activity that can improve memory, keeps you active, and can be soothing to the spirit, mind and body.

B GAME DAY

Wednesday, May 8, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
Let the games begin! Join us every 2nd Wednesday for cards and board games. Bring your own games and teach others, learn a new game or just come to meet new people and socialize.

PING PONG

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

SASSY STEPPERS

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! We meet weekly to practice choreographed steps by group leader, Ardis Hempl.



SOCIAL SOCIAL CLASSES

SEWING CLUB

Thursday, May 2, 16, 9:00 am-Noon
Warner Park, 1625 Northport Dr.
Light mending for older adults.

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!

WALK DOWN MEMORY LANE...

1st Tuesday/Mo, 11:30-1:00 pm
Warner Park, 1625 Northport Dr.
FREE cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity .

2024 Summer Concert Series Line Up

Mondays in June and July, 6:00-7:30 pm
Warner Park Shelter

- June 10: Jazz with Art & Lit Lab
- June 17: Frank Martin Busch & The Names
- June 24: Sista Sensi
- July 15: Universal Sound
- July 22: Eddie Butts Band
- July 29: Ladies Must Swing

3RD ANNUAL PARTY @ THE PARK

Friday, May 24, 6:00-8:00 pm
Brittingham Park, 829 W. Washington Ave.
DJ Diego - Can't wait to see you there.



HEALTH & WELLNESS SALUD Y BIENESTAR CLASSES



CAFETERIA DE LA MEMORIA: Zoom

Todos Los Jueves, 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.



ARTS LETRAS CLASSES

MUSIC JAM SESSION

One Saturday/mo, 9:00 am-12:00 pm
Village Hall Gymnasium, Maple Bluff
All are welcome. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.
For more info please contact Walt Stewart (608) 576-5437.



B CLEVER COOKS

Monday, May 22, 11:00 am-1:00 pm
 FEED Kitchen, 1219 Sherman Ave
 Learn some new recipes at this class led by local Madison Chef and business owner, Daijah Wade. Registration is Required. Limited Space available.

B FINANCIAL PLANNING WORKSHOP

Tuesday, May 21, 1:00-2:00 pm
 Madison Labor Temple, 1602 S Park St
 This class will provide tips and tricks on how to improve in the area of saving money and planning for the future.

B TECH MASTERS: GETTING COMFORTABLE WITH COMPUTERS

Wednesday, May 1, 1:00-3:00 pm
 Madison Labor Temple, 1602 S. Park St.
 If you are interested in learning about computers and getting more comfortable with them, this is the place for you. With a little bit of practice you'll become a Tech Master. Registration is required.

B THE CLASSICS BOOK CLUB

Wednesday, May 29, 1:00-2:00 pm
 Madison Public Library – Goodman South 2222 S. Park St.
 Join us as we explore new and old authors and expand our love of reading and books! Registration is required.

H BORDADO A MANO/CHOCHE EN LÍNEA: Zoom

Todos los Jueves, 3:15-4:15 pm
 Desarrolle sus cualidades para que pueda hacer su propio bufanda y gorro para que pueda protegerse del frío. ¡Solicite el enlace para que se conecte con la maestra!

H CORTE Y CONFECCION

Todos Los Jueves y Domingos
 10:00 am-12:00 pm
 Arts + Lit Lab, 111 S. Livingston St.
 Aprenda cómo manejar las máquinas de coser, las puntadas básicas o si prefiere algo más avanzado, Alicia tiene la experiencia.

H ESL-APRENDA INGLES BASICO Y AVANZADO

Todos Los Martes, 11:00 am-12:00 pm
 Good Shepherd Church, 5701 Raymond Rd
 La oportunidad de avanzar en el idioma desde el nivel donde se encuentre. Se provera el material de estudio.

NATURE ADVENTURES

2nd Thursday/Mo, May 9, 12:15-2:00 pm
 Warner Park, 1625 Northport Dr.
 Learn about nature all around us at Warner Park and in your own backyard! We will be bird watching, going on nature walks and a lot of indoor activities too!



H **YOGA SUAVE: Zoom**

Todos Los Lunes, Enero 8-Junio 3
10:15-11:15 am

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

CHAIR YOGA

Mondays, 10:00-11:00 am
Lakeview Library, 2845 N. Sherman Ave.
To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

CHAIR YOGA

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. No pre-registration needed at this time.

EASY YOGA PLUS: Zoom

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

B **FOREVER FIT DANCE SESSION**

Friday, May 17, 1:00-2:00 pm
Warner Park, 1625 Northport Dr
This will be a light ZUMBA inspired dance session for people at all skill levels.

MINDFULNESS MOVEMENT FOR LGBTQ+ FOLKS, FRIENDS & ALLIES

Wednesdays and Fridays, 10:15-11:45 am
Warner Park, 1625 Northport Dr.
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. *This class is offered in collaboration with Outreach, Inc. 50+ Alliance and taught by Mimi Millen.*

SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom

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.

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 \$25/mo.
To sign up, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

MAY NBU CALENDAR OF EVENTS

01 WEDNESDAY

9:00 Stretch & Strength Zoom
10:00 Easy Yoga Plus Zoom
10:00 Book Club Warner Park
10:15 Mindful Movement Zoom
1:00 Tech Masters Labor Temple
1:00 Ping Pong Warner Park
1:00 Cartas y Juegos Warner Park
1:00 Círculo De Amigos Zoom

02 THURSDAY

9:00 Sewing Club Warner Park
9:30 Foot Clinic Lake Edge
10:00 Corte y Confeccion Art Lit Lab
10:30 Chair Yoga Warner Park
12:00 Drum Circle Warner Park
12:00 Tambores Warner Park
1:00 Mah Jong Warner Park
2:00 Cafeteria Zoom
3:15 Bordado a Mano Zoom

03 FRIDAY

10:00 Easy Yoga Plus Zoom
10:15 Mindful Movement Zoom
10:15 Bilingual Bingo Warner Park

05 SUNDAY

10:00 Corte y Confeccion Art Lit Lab

06 MONDAY

9:00 Ping Pong Warner Park
9:00 Stretch & Strength Zoom
10:00 Chair Yoga Lakeview Library
10:15 Yoga Suave Zoom
2:00 Bunco Warner Park

07 TUESDAY

11:00 ESL Good Shepherd
11:30 Memory Lane Warner Paark
1:00 Euchre Warner Park
1:00 Spirit & Strength Zoom
1:00 Foot Clinic Lakeview Church
2:00 Sassy Steppers Warner Park

08 WEDNESDAY

9:00 Stretch & Strength Zoom
10:00 Easy Yoga Plus Zoom
10:15 Mindful Movement Zoom
1:00 Cards/Games Warner Park
1:00 Ping Pong Warner Park
1:00 Card Making Warner Park
1:00 Game Day Warner Park
1:00 Cartas y Juegos Warner Park
1:00 Círculo De Amigos Zoom

09 THURSDAY

10:00 Corte y Confeccion Art Lit Lab
10:30 Chair Yoga Warner Park
12:00 Drum Circle Warner Park
12:00 Tambores Warner Park
12:15 Adventures Warner Park
1:00 Mah Jong Warner Park
2:00 Cafeteria Zoom
3:15 Bordado a Mano Zoom
6:00 50+ Encontranto Goodman

10 FRIDAY

10:00 Easy Yoga Plus Zoom
10:00 Celebracion Good Shepherd
10:15 Mindful Movement Zoom
10:15 Bingo Warner Park

12 SUNDAY

10:00 Corte y Confeccion Art Lit Lab

13 MONDAY

9:00 Ping Pong Warner Park
9:00 Stretch & Strength Zoom
10:00 Chair Yoga Lakeview Library
10:00 Foot Clinic Goodman Com.
10:15 Yoga Suave Zoom
2:00 Bunco Warner Park

14 TUESDAY

9:30 Foot Clinic Monona United
11:00 ESL Good Shepherd
1:00 Euchre Warner Park
1:00 Spirit & Strength Zoom
2:00 Sassy Steppers Warner Park

15 WEDNESDAY

9:00 Stretch & Strength Zoom
10:00 Easy Yoga Plus Zoom
10:15 Mindful Movement Zoom
1:00 Ping Pong Warner Park
1:00 Cartas y Juegos Warner Park
1:00 Círculo De Amigos Zoom

16 THURSDAY

9:00 Sewing Club Warner Park
9:30 Foot Clinic Lake Edge
10:00 Corte y Confeccion Art Lit Lab
10:30 Chair Yoga Warner Park
12:00 Drum Circle Warner Park
12:00 Tambores Warner Park
1:00 Mah Jong Warner Park
2:00 Cafeteria Zoom
3:15 Bordado a Mano Zoom

17 FRIDAY

10:00 Easy Yoga Plus Zoom
10:15 Mindful Movement Zoom
10:15 Bingo Warner Park
10:30 Bilingual Bingo Good Shepherd
1:00 Forever Fit Warner Park

19 SUNDAY

10:00 Corte y Confeccion Art Lit Lab

20 MONDAY

9:00 Ping Pong Warner Park
9:00 Stretch & Strength Zoom
10:00 Chair Yoga Lakeview Library
10:15 Yoga Suave Zoom
2:00 Bunco Warner Park

21 TUESDAY

9:30 Foot Clinic Monona United
11:00 ESL Good Shepherd
1:00 Euchre Warner Park
1:00 Spirit & Strength Zoom
1:00 Financial Plan Labor Temple
2:00 Sassy Steppers Warner Park

MAY NBU CALENDAR OF EVENTS

22 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 11:00 **Clever Cooks** FEED Kitchen
 1:00 Ping Pong Warner Park
 1:00 **Cartas y Juegos** Warner Park
 1:00 **Círculo De Amigos** Zoom

23 THURSDAY

9:00 Foot Clinic Warner Park
 10:00 **Corte y Confeccion** Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 **Tambores** Warner Park
 1:00 Mah Jong Warner Park
 2:00 **Cafeteria** Zoom
 3:15 **Bordado a Mano** Zoom

24 FRIDAY

10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 10:15 Bingo Warner Park
 6:00 Party @ Park Brittingham
 6:00 **Fiesta Parque** Brittingham

26 SUNDAY

10:00 **Corte y Confeccion** Art Lit Lab

27 MONDAY

9:00 Ping Pong Warner Park
 9:00 Stretch & Strength Zoom
 10:00 Chair Yoga Lakeview Library
 10:15 **Yoga Suave** Zoom
 2:00 Bunco Warner Park

28 TUESDAY

9:00 Foot Clinic Good Shepherd
 9:30 Foot Clinic Monona United
 11:00 **ESL** Good Shepherd
 1:00 Euchre Warner Park
 1:00 Spirit & Strength Zoom

2:00 Sassy Steppers Warner Park

29 WEDNESDAY

9:00 Stretch & Strength Zoom
 10:00 Easy Yoga Plus Zoom
 10:15 Mindful Movement Zoom
 1:00 Ping Pong Warner Park
 1:00 **Cartas y Juegos** Warner Park
 1:00 **Círculo De Amigos** Zoom
 1:00 **Book Club** Goodman Library

30 THURSDAY

10:00 **Corte y Confeccion** Art Lit Lab
 10:30 Chair Yoga Warner Park
 12:00 Drum Circle Warner Park
 12:00 **Tambores** Warner Park
 1:00 Mah Jong Warner Park
 2:00 **Cafeteria** Zoom
 3:15 **Bordado a Mano** Zoom



Programs focus on our Black older adults.



Programs focus on our Hispanic older adults and offered in Spanish only.

PROGRAM LOCATIONS:

Arts + Literature Laboratory
 111 S. Livingston St.

Brittingham Park
 829 W. Washington Ave.

Good Shepherd Lutheran Church
 5701 Raymond Rd.

Goodman Community Ctr
 149 Waubesa St.

Goodman South Library
 2222 S. Park St.

Lake Edge Church
 4032 Monona Dr.

Lakeview Library
 2845 N. Sherman Ave.

Lakeview Church
 4001 Mandrake Rd.

Madison Labor Temple
 1602 S. Park St.

Meadowridge Commons
 5734 Raymond Rd.

Monona United Church
 606 Nichols Rd., Monona

Warner Park Community Recreation Center
 1625 Northport Dr.

Are you interested in learning about brain health and participating in research?



Join the Brain Health Community Registry

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HEALTH & WELLNESS

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.

Lake Edge Lutheran Church
4032 Monona Drive
Thursday, May 2, 16, 9:30-11:45 am

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, May 7, 1:00-2:30 pm

Goodman Community Center
149 Waubesa Street
Monday, May 13, 10:00 am-Noon

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, May 14, 21, 28, 9:30-11:45 am

Warner Park Community Rec Center
1625 Northport Drive
Thursday, May 23, 9:00-11:30 am

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, May 28, 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.

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 shower chairs and 4 wheel walkers with seat and brakes.*

VOLUNTEER OPPORTUNITIES



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

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.

IMMEDIATE NEED – 10 volunteers

NUTRITION SITE VOLUNTEERS

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

TIME COMMITMENT – Monday-Friday
10:00 am-1:00 pm. *Training will be provided by the Nutrition Site Coordinator.*

IMMEDIATE NEED – Tuesdays and Thursdays at Meadowridge Commons and Fridays at Good Shepherd Church

NEWSLETTER DISTRIBUTION VOLUNTEER

DESCRIPTION – Help us distribute our newsletter to community centers, churches, and libraries. Personal vehicle required.

TIME COMMITMENT – Once per month for approximately 2-3 hours

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 Northside/Eastside/Monona, 10 volunteers needed for Westside

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 – 20 volunteers needed for North/East/Central Madison. High need for Spanish-speakers.



VOLUNTEER SPOTLIGHT



Erin Valdivia, Home Chore Volunteer

I'm originally from Detroit and studied Environmental Engineering at Michigan Tech. My occupation is in Environmental, Health, and Safety

Management, which I've done at various manufacturing facilities. That's what brought me to Madison 8 years ago. Outside of work I stay active, running, biking, and enjoying the dining and live music scene in Madison. I love to cook and share food with others and travel to new locations. I love being an Auntie.

What brought you to NewBridge as a volunteer?

The New Bridge location was along my running route when it was on Monona Drive, and I was always curious as to what it was. I finally Googled it and was immediately drawn to the Home Chore program. I enjoy interacting with older adults and feel too often that they are left out of the various daily activities that most of us enjoy, including socialization.

What do you enjoy most about volunteering?

I've been part of the Home Chore program for over two years. It has turned into a friendship and includes just as much conversation as it does cleaning. I look forward to the storytelling, reminiscing, and good laughs we always share.

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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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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.*

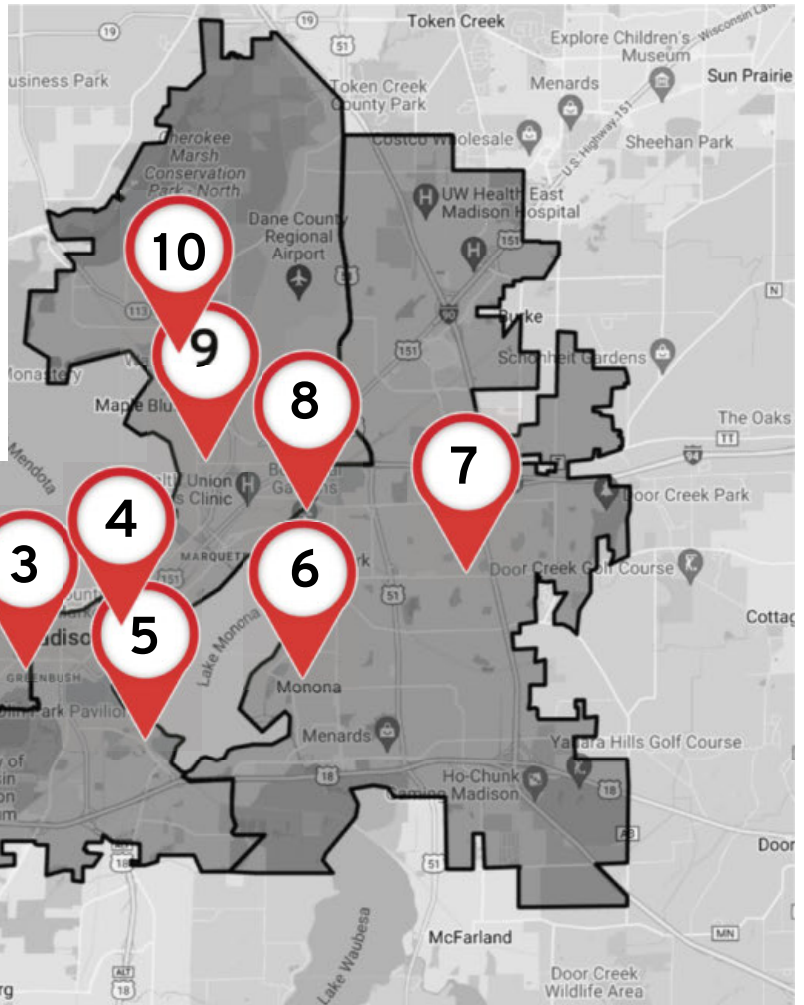
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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 **\$17.22**.

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.



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

Monona Senior Center

1011 Nichols Rd.

Friday, 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

Closed Monday, May 27 for Memorial Day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CATERED BY: AtlantisValley Foods All menu items are prepared in a kitchen that is not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. Salads include roll, better, fruit and dessert. Chickpeas can be substitutes for meatless option. No substitutions allowed. MO = Meatless Option. SO=Salad Option *Contains Pork</p>		<p>01 Chicken Salad Sandwich Coleslaw, Baby Carrots Fresh Fruit Mix Cherry Apple Crunch Bar MO: Mediterranean Veggie Sandwich SO: Sunflower Crunch Salad</p>	<p>02 *Lasagna Steamed Broccoli Italian Vegetable Mix Diced Pears Snickerdoodle Cookie MO: PB Spaghetti and Meatballs SO: *Italian Salad</p>	<p>03 *BBQ Rib Sandwich *Hoppin John Beans Roasted Rosemary Potatoes Peaches, Birthday Cake MO: PB Sausage</p>
<p>06 Pulled BBQ Chicken Sandwich, Italian Veg Blend Cauliflower, Mandarin Oranges Pudding MO: BBQ PB Chicken SO: *Spinach Salad</p>	<p>07 Breakfast Tacos Tri Cut Potatoes, Asparagus Tips Banana, Assorted Danish MO: Vegetarian Sausage & Egg Scramble SO: *Turkey Club</p>	<p>08 *Ham & Cheese Pinwheel 3 Bean Medley Tomato Cucumber Salad Oranges, Nutty Buddy Bar MO: Veggie Pinwheel SO: * Cobb Salad</p>	<p>09 Fajita Casserole Fiesta Corn Blend *Hoppin John Beans, Cantaloupe Oatmeal Raisin Cookie MO: Beyond Beef Taco Meat SO: Southwest Chicken Salad</p>	<p>10 *Creamy Potato and Bacon Soup, Side Salad Fruit Medley, Yogurt MO: Butternut Squash Bisque</p>
<p>13 *Brat on a Bun Hot Sauerkraut, *Baked Beans Potato Salad Peanut Butter Brownie MO: PB Sausage SO: Chicken Almond Salad</p>	<p>14 Meatball Sub Green Beans, Crinkle Cut Carrots M&M Cookie MO: PB Meatball Sub SO: *Italian Salad</p>	<p>15 Blackened Chicken Alfredo Sliced Beets, Steamed Broccoli Fresh Cut Fruit Rice Krispie Treat MO: Vegetarian Alfredo SO: *Chicken Bacon Salad</p>	<p>16 *Macaroni Club Pasta Salad Tomato Cucumber Salad Baby Carrots with Ranch Cantaloupe, Super Donut MO: Vegetarian Pasta Salad SO: Garden Vegetable Salad</p>	<p>17 Baked Cod w/Dill Cream Sauce, Paco Vegetable Blend Peas and Carrots Sliced Peaches Red Velvet Cookie MO: PB Shrimp</p>
<p>20 Rigatoni Bolognese Parmesan Cheese California Veg Blend, Diced Pears Chocolate Chip Cookie MO: Plant based Balls and Sauce Entrée Salad – Grilled Chicken Almond</p>	<p>21 Cabbage Rolls Green Beans, Crinkle Cut Carrots Cantaloupe Apple Cinnamon Muffin MO: Plant Based Cabbage Roll Entrée Salad – Turkey Club*</p>	<p>22 Macaroni and Cheese Capri Vegetables Vegetarian Baked Beans Orange Slices, Yogurt Entrée Salad – Southwest Chicken</p>	<p>23 Chicken Breast Broccoli Mashed Sweet Potatoes Peanut Butter Pie MO: Grilled Plant Based Chicken Entrée Salad - *Cobb</p>	<p>24 Shredded Beef in Gravy Peas & Carrots Roasted Garlic Mashed Potato Mixed Fruit, Nutty Buddy MO: Plant Based Sausage</p>
<p>27 CLOSED</p>	<p>28 Chicken Pot Pie Roasted Garlic Mashed Potatoes Cranberry Sauce Triple Chocolate Cookie MO: Bean and Veggie Pie Filling SO: Garden Vegetable Salad</p>	<p>29 Chicken Broccoli Rice Casserole, Prince Charles Veg Carrots, Honey Dew Cherry Gel Cup MO: PB Chicken Broccoli Rice Casserole SO: *Chicken Bacon Salad</p>	<p>30 *Hot Dog on a Bun, Corn *Baked Beans, Fruit Medley Peach Crumb Bar MO: PB Sausage SO: Sunflower Crunch</p>	<p>31 Tuna Salad Sandwich 3 Bean Medley Raw Broccoli Florets Fresh Fruit Mix Chocolate Chip Cookie MO: Mediterranean Veggie Sandwich</p>

NUTRITION MEAL SITES

SOUTH MADISON

Lechayim Lunchtime Plus

Beth Israel Center, 1406 Mound St.

Catered by UW Hillel Adamah Catering

Join us for great food, friends, fun and interesting programs. Check JSS website jssmadison.org or call for more information (608) 442-4083 or paul@jssmadison.org by Wednesday preceding the meal. The cost of the meal is \$17.20 for those younger than 60 years.

Monday, May 6

11:00-11:30 am: Yoga from a chair

11:30 am-12:15 pm: Roasted chicken w/ balsamic tomato sauce, (MO: seared tofu), herbed Basmati rice, roasted vegetables, fruit salad & dessert

12:30-1:30 pm: Professor Emma Kuby - French Resistance during WW2

Monday, May 13

11:00-11:30 am: Yoga from a chair

11:00 am-12:00 pm: Blood pressure screening with Lori Edelstein

11:30 am-12:15 pm: Traditional braised brisket, (MO: pesto risotto w/seared tofu), herbed basmati rice, tri-color carrots, fruit & dessert

12:30-1:30 pm: Thank you all and Volunteer Appreciation Day!

Lechayim ends for season - look for Levy Summer Series schedule - will post dates for new Lechayim season this summer.

EAST MADISON

Goodman Community Center

149 Waubesa St.

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 3126

Closed Monday, May 27 for Memorial Day.

M	TU	W	TH	F
		01 Breakfast Pancakes and Sausage	02 BBQ Pulled Chicken	03 Shrimp and Chicken Gumbo
06 Chicken Pot Pie	07 Brat	08 Butter Chicken	09 Crispy Chicken and Cheese Sandwich	10 Tuna & Pea Pasta Salad
13 Cheese-burger	14 Tex-Mex Casserole	15 Chicken Shawarma	16 Meatloaf	17 Mac n Cheese with Turkey Sausage
20 Jerk Chicken Rasta Pasta	21 Turkey Tacos	22 Beef Chili	23 Chicken Pesto Sandwich	24 Baked Lemon Haddock
27 CLOSED	28 Lemon-Herb Baked Chicken	29 Turkey Pad Kra Pao	30 BBQ Chicken Thighs	31 Fish and Cheese Sandwich

NORTH MADISON

Kavanaugh's Esquire Club

1025 N. Sherman Ave.

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

For transportation, call (608) 512-0000 Ext. 2001 by 10 am the Monday prior.

Catered by Kavanaugh's.

- **Wednesday, May 1**
- **Wednesday, May 8**
- **Wednesday, May 15**
- **Wednesday, May 22**
- **Wednesday, May 29**
- **Every Wednesday: Baked Fish or Sandwich & Soup**

Check our website for the menu.

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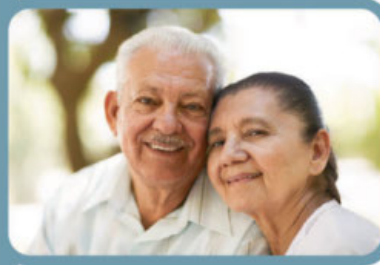


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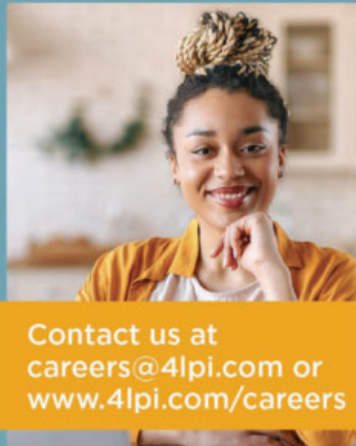
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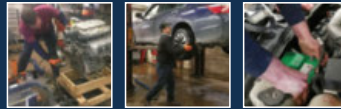


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CASE MANAGEMENT WALK IN HOURS

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.

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

Madison Senior Center

330 W. Mifflin St.

Tuesday, May 7, 21, 10:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, May 7, 10:30-11:30 am

Monona Senior Center

1011 Nichols Rd.

Friday, May 10, 11:30 am-12:30 pm

Meadowridge Commons

5734 Raymond Rd.

Thursday, May 16 11:00 am-Noon

Bilingual English/Spanish

Goodman Community Center

214 Waubesa St.

Tuesday, May 21, 11:30 am-12:30 pm

Good Shepherd Church

5701 Raymond Rd.

Back in June

Bilingual English/Spanish

FARMERS MARKET VOUCHERS



Senior Farmers'
Market Nutrition
Program

June 1 – October 31,
2024

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing \$45 of local grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

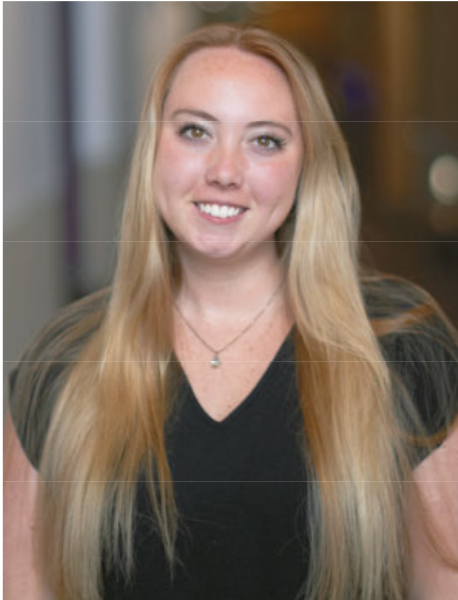
The vouchers are distributed on a first come/first serve basis to those age 60+ or Native Americans age 55+, who live in Dane County, and have gross incomes under \$27,861 per year (or \$2,321/month)

for a one person household and \$37,814 per year (or \$3,151/month) for a two person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact Dietitian Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com. Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on June 1st.

"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."

WELCOME MADILYN FINNELL



Hello!
My name is Madilyn Finnell, and I am a new Case Manager at NewBridge Madison. I grew up in Madison and graduated from Verona Area

High School, and attended the University of Wisconsin-Madison where I graduated with a Bachelors of Psychology and a certificate in Criminal Justice in 2022.

I previously served as a Forensic Care Coordinator through Lutheran Social Services, as well as a Case Manager for the Alcohol and Drug Treatment Courts of Jefferson County.

I am very passionate about serving communities in need, and I absolutely love the City of Madison.

In my free time, I love to go for walks outside by the Capitol, as well as playing piano and pickleball with friends and family.

I am excited to contribute my knowledge and case management skills to the NewBridge Madison community and am looking forward to the journey ahead!

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- > Memory Care > Rehabilitation

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MAY IS MENTAL HEALTH AWARENESS MONTH



MENTAL HEALTH RESOURCES FOR DANE COUNTY OLDER ADULTS

MISSION STATEMENT

Mental Health Resources Team (MHRT) supports older adults in the case management program with mental health needs and helps access community resources to meet their needs.

- Connecting older adults to providers with specialized mental health expertise
- Consultations with and support for Case Managers
- Community Advocacy, Education, and Trainings
- Support Groups
- Peer Support

We celebrate the diversity of our clients and are committed to cultivating and preserving a culture of inclusion and connectedness in all that we do.

MENTAL HEALTH MATTERS



MHRT - Kathleen Pater, Virginia Wilcox, Tyler Schueffner

RECOMMENDATIONS

WHAT ARE WE READING



"It's ok that you're not ok: meeting grief and loss in a culture that doesn't understand" by Megan Devine

Point your phone camera at the QR box and it will take you to more information.

WHAT ARE WE WATCHING

Brene Brown on Blame



REGISTER TO ATTEND THIS EVENT

7th Annual Older Adult Mental Health Awareness Day Symposium on May 2

RESOURCES

- Dane County 24 Hour Crisis Line (608)-280-2600 or 988
- Uplift WI, Peer-Run Warm Line (534) 202-5438
- Solstice House, Madison Peer-Run Respite House and Warm Line (608) 244-5077
- Behavioral Health Resource Center (608) 267-2244
- Domestic Abuse Intervention Services, 24 Hour Help Line (608) 251-4445, or text (608) 420-4638
- Adult Protective Services Help Line (608) 261-9933

CONTACT YOUR LOCAL SENIOR CENTER TO GET INVOLVED

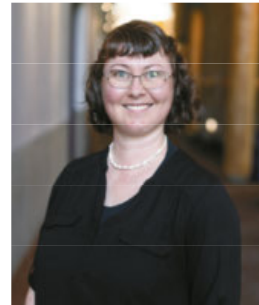
MENTAL HEALTH RESOURCE STAFF

Our Mental Health Resources program supports older adults in the case management program connect with mental health resources to address their needs. The program serves all case management clients from the focal points throughout Dane County.

Focal point case managers have been challenged with serving older adults whose mental health behaviors threaten their health, living situation, food security, and safety, yet these older adults may not have a mental health diagnosis or receive treatment. This program assists and provides support to focal point case managers to effectively help older adults with chronic mental health issues.



Kathleen Pater, LCSW
Mental Health Specialist



Virginia Wilcox,
Peer Support Specialist



Tyler Schueffner,
Mental Health Intern

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