

# NEWBRIDGE NEWS

Your Connection to Successful Aging

JUNE 2019

## NewBridge Volunteers:

WE THINK  
YOU'RE KIND OF A  
**BIG DEAL!**

...so we'd like you to be our  
special guest at our **June 17**  
Summer Concert at Warner Park!

Check your mail or email for more information

## Golf Outing FORE NewBridge


Saturday, July 27, 8:00 am  
Door Creek Golf Course

\$100/per person  
\$90/per person early bird through June 1  
Four Person SCRAMBLE, Shotgun Start

Register at [newbridgemadison.org](http://newbridgemadison.org) or  
call Ruth (608) 512-0000 Ext. 3012



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MALLARDS  BASEBALL  
**NEWBRIDGE**  
NIGHT AT THE BALLPARK

## July 24, First Pitch 12:05 pm

Purchase tickets by July 10 through  
[MallardsTickets.com](http://MallardsTickets.com) and enter Promo Code:  
NewBridge or call Ruth Ext. 3012.

SENIOR DAY PACKAGE

 +  +  +  = **\$15**

CHECK OUT  
WHAT'S  
INSIDE!

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[www.NewBridgeMadison.org](http://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...

**FORE!** NewBridge Madison will be holding a golf outing fundraiser on Saturday, July 27 at Door Creek Golf Course. For a \$100 donation to NewBridge Madison you will get to play 18 holes of golf and support senior adults in our community. You can sign up as a team or an individual. Register online at [newbridgemadison.org](http://newbridgemadison.org), or call Ruth (608) 512-0000 Ext. 3012.

NewBridge Madison's Monday evening Summer Concert Series begins June 10, 6:00-7:30 pm, at the Warner Park Shelter. Older adults, families and people of all ages gather to enjoy free, live music. Grilled brats, hot dogs, veggie dogs, popcorn and soda are available for purchase at the concerts. Concert line-up and additional details are available at [newbridgemadison.org](http://newbridgemadison.org).

*Hope to see you on the golf course or at our Monday Summer Concerts.*

*Marcia Hendrickson, Executive Director*

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

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 June 21, 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
  
- DEENAH GIVENS, Administrative Assistant Ext. 3002
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
  
- STEPHANIE AGUILERA, Case Manager Ext. 1007
- 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, Trainer & Support Specialist Ext. 1003
- NORA HAMMER, Case Manager Ext. 2004
- RACHEL OKERSTROM, Case Manager Ext. 4002

- MAUREEN QUINLAN, Case Manager Ext. 4003
- ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
  
- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- ERICKA BOOEY, Cultural Diversity Program Coordinator Ext. 2007
- KATIE BRIETZMAN, Community Outreach & Support Spc. Ext. 1002
- RUTH HELLENBRAND, Program & Event Coordinator Ext. 3012
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- DAVID WILSON, Home Chore 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 —
- GLENDA QUINONES, Cultural Diversity Program Coord. Ext. 3009

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 June (issue 6) 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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**Contact our Volunteer Coordinators at 608-819-0033**



# 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.

## 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

Meadowridge Commons  
5734 Raymond Road  
June 11, 11:30 am-Noon

### NORTH MADISON

Goodman Comm. Center  
149 Waubesa Street  
Wednesdays, June 5 & 19  
11:30 am-1:00 pm

## 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.*

## Keep Your Heart Healthy

*Get Free Cardiovascular Screening with Medicare*

It's important to take care of your heart to help prevent a stroke or heart attack. High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease, according to the Center for Disease Control and Prevention (CDC). The CDC also estimates about half of Americans have at least one of these risk factors. The good news is that taking steps such as aspirin

therapy, quitting smoking, and regularly checking your blood pressure and cholesterol levels can reduce your risk for heart related conditions.

Medicare beneficiaries can have free cardiovascular screening every five years. The screening includes a total cholesterol test, a cholesterol test for high density lipoproteins and a triglycerides test. Your healthcare provider will also talk with you about other things you can do to lower your risk for heart disease. Take advantage of free preventive screenings to keep you healthier and also to reduce future health care costs for yourself and the public. More information about Medicare's Preventive Services can be found at [www.medicare.gov](http://www.medicare.gov).

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



# 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:**

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



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*At Reena Senior Living our mission is to enrich the lives of those we serve because we truly believe... the journey matters! Love where you live at Reena Senior Living!*

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# VOLUNTEER OPPORTUNITIES

## VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE

NewBridge is looking for compassionate individuals to be guardian's and payee's. 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 clean up.

Contact Ruth Hellenbrand Ext. 3012

## OFFICE VOLUNTEERS

Be the first point of contact for our older adults at the North Madison location. 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 Deenah Givens Ext. 3002

## NUTRITION VOLUNTEERS

Help provide warm meals along with a smile to the older adults. Tasks include set up, serving and clean up, along with eating and socializing.

**Specific need** at the Madison Senior Center.

Contact Candice Martin Ext. 4006 for West and South

Contact Kristen Huber Ext. 2001 for North and East

## PROGRAM VOLUNTEERS

Sewing volunteers needed to help with general mending and alterations. 1st/3rd Thursday, 9:00 am, North Madison.

Contact Ruth Hellenbrand Ext. 3012

## HOME CHORE PROGRAM

Help an older adult remain in the comfort of their home by helping with minor home chores. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, organizing items and friendly visiting. **Specific need** lawn mowers in East Madison every other week.

Contact David Wilson Ext. 2006 for North & East

Contact Jeanette Arthur Ext. 4007 for South & West

## SUMMER CONCERTS

4 volunteers needed for all 6 summer concerts.

Tasks include: assisting with concession sales, greeting and passing out programs. Concert dates are June 10, 17, 24 and July 8, 15, 22 at the Warner Park shelter.

Contact Ruth Hellenbrand Ext. 3012

## AM FAM CHAMPIONSHIP

9 volunteers needed to run a beverage booth for four hour shifts for the American Family Insurance Golf Championship.

University Ridge Golf Course, June 21-23.

Contact Ruth Hellenbrand Ext. 3012

## APPLEFEST VOLUNTEERS

20+ volunteers are needed October 19 between 8:30 am-4:00 pm for 4 hour shifts at the North Madison location. We need help with the Kiddie Carnival, Jewlery Sale, concession stand, front door entry, bake sale, and book sale.

Contact Ruth Hellenbrand Ext. 3012

## LOAN CLOSET

1-3 volunteers are needed to check out loan closet items to clients on Fridays at the East Madison location. Hours are 9:00 am-3:00 pm which can be split into several shifts.

Contact Joe Neumaier Ext. 3012

# 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.



Patricia Stone volunteers her time by playing the accordion for the Westside Warblers. Patricia grew up in a Polish and German community on the south side of Milwaukee. At her parent's urging, she began to play the accordion when she was six years old. She picked it back up after retirement and loves music. Patricia plays polkas and waltzes, swing, big band music as well as Dixieland jazz. She also has a selection of European Cafe music for those seeking a more laid back music experience. Patricia loves playing and sharing

music with people.



Robert "Bob" Auerbach volunteers his time by playing the piano for the Westside Warblers. Bob was born on April 12, 1929, in Berlin, Germany. Bob escaped the Holocaust and fought to overcome poverty here in America. Bob graduated from Berea College in 1949 and earned his masters and doctorate in Zoology/Genetics at Columbia University. He was honored with a professorship from UW as well as a Distinguished Alumnus Award from Berea. In addition to his career, he has always made music, playing in jazz bands. In his retirement,

Bob volunteers his time as a pianist for local senior centers.

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GS3218 3/28/2018



# PROGRAMS & ACTIVITIES

## ***Day Trip to Galena, Illinois***

Wednesday, August 21, 8:00 am-6:00 pm  
Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. **REGISTER EARLY!**

Payment of \$35 per person (non-refundable) includes transportation only is due at registration by July 10.

Register with Michelle Ext. 4008

### **Bus Pick Up**

8:00 am at Warner Park

8:25 am Shopko East

8:45 am South TBD

9:00 am Meadowridge Neighborhood Cntr

## **WEST & SOUTH MADISON**

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

### **June 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 details.*

### ***West Side Warblers Sing Along***

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



### ***Movies at Alicia Ashman Library***

733 N. High Point Rd.

Every Wednesday, 1:30-3:30 pm

June 5 - The Mule (R)

June 12 - Mary Poppins Returns

June 19 - The Upside

June 26 - Barefoot in the Park (Classic)

### ***Medicare Resources***

Good Shepherd Church, 5701 Raymond Rd

Thursday, June 20, 11:30 am

Guest Speaker Gabi Anzalone

MIPPA Program Specialist

Area Agency on Aging of Dane County

### ***History of Aprons***

Good Shepherd Church, 5701 Raymond Rd

Thursday, June 27, 12:30 pm

Guest Speakers Lynn Lokken & Kris

Winkler who have over 200 aprons!

### ***Recognizing Senior Bullying***

Madison Senior Center, 330 W. Mifflin St.

Friday, June 7, 10:30 am

Guest Speaker Janet Bollig, SSM Health at Home, Learn why bullying is an issue in the senior community and how to promote positive relationships.

### ***Building a Non-Financial Legacy***

Attic Angels Community Center

8301 Old Sauk Rd.

Thursday, June 13, 10:00 am

Guest Speaker Ruth Tongen and Andy Davis author of, "*Building a Fulfilling Aging Plan.*"



## @ Romnes Apartments

### Music Greg Matysik

Tuesday, June 11, 12:00 pm

### RSVP Foster Grandparent Program

Tuesday, June 25, 11:45 am

## @ Meadowridge Commons

### Technology & Computer Q & A

Make an appointment to ask questions regarding computers, tablets, smart phones. Call Michelle at Ext. 4008.

### Nutrition Education: Making Superfood Smoothies

Wednesday, June 5, 11:30 am

## Dental Health

Thursday, June 6, 12:30 pm

Jacob King, Familia Dental

## 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.



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# PROGRAMS & ACTIVITIES

## **NORTH & EAST MADISON**

For information about programs, 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

#### ***Book Club***

1st Tuesday, 10:00 am

#### ***Card Playing***- All skill levels welcome

Euchre - Mondays, 8:30-11:30 am  
Kings Corner - Mondays, 10:30 am  
Sheepshead - Wednesdays, 1:00-3:00 pm  
Mahjong - Thursdays, 1:00 pm

#### ***FREE Older Adult Chair Yoga***

Every Wednesday, 10:30 am  
Certified Yoga Instructor Kim Sprecher

#### ***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

#### ***Sassy Steppers Dance Crew***

Every Monday, 4:00 pm Practice  
Fun dance team that perform for events and other senior centers around the area. Any skill level welcome!

#### ***Ping Pong League***

Every Monday, 9:00 am-Noon  
Warner Park Game Room

#### ***Blood Pressure Clinic***

3rd Wednesday, 11:00 am-12:00 pm

#### ***Card-Making Club***

2nd and 4th Wednesdays, 1:00 pm  
Help create home-made cards for all occasions.

#### ***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!

#### ***Recognize Senior Bullying***

Monday, June 10, 10:30 am  
Join SSM Health at Home for a discussion on why bullying is an issue in the senior community, ways to recognize it, how to help perpetrators and victims and steps to take to prevent it.

#### ***A Walk in Warner Park***

Tuesday, June 11, 10:30 am  
Weather permitting

#### ***LGBTQ+ Outreach Coffee Meet Up***

Monday, June 17, 1:00-3:00 pm  
50+ Join us for our monthly get together to discuss whatever is on your mind in a relaxed atmosphere and where the coffee is free.

#### ***Medicare Resources***

Tuesday, June 18, 10:30 am  
On Medicare and need help covering the costs? You may be eligible for programs that could save you money. Gabi Anzalone, MIPPA Specialist

#### ***RSVP Foster Grandparent Program***

Monday, June 24, 10:30 am  
1 on 1 student engagement to increase learning and to create a steady trust and mentorship.

## Capital View Farmer's Market

Wednesday, June 19

Drop off at 3:00 pm/Pick Up at 5:00 pm

Call Ruth at ext. 3012 to arrange a ride.

## Day Trip to Veterans Museum Tour

Thursday, June 27, Tour begins at 1:00 pm

Door to Door Transportation is available by calling Ruth Ext. 3012. FREE.

## Artful Aging Art Reception

Wednesday, June 5, 1:00-3:00 pm

Madison Senior Center

View the artwork and meet the artists.

## Adult Coloring

1st Wednesday, June 4, 11:30 am

Monona Meadows - All supplies provided.

## Movie of the Month (Movie TBA)

Tuesday, June 25, 11:30 am

Messiah Lutheran Church

## BINGO!

Tuesday, June 4, 11:30 am

Messiah Lutheran Church

Monday, June 24, 11:30 am

Monona Meadows

## Recognizing Senior Bullying

Tuesday, June 11, 11:30 am

Messiah Lutheran Church

Monday, June 10, 11:30 am

Monona Meadows

With SSM Health at Home

## Medicare Resources

Tuesday, June 17, 11:00 am

Messiah Lutheran Church

Wednesday, June 19, 11:30 am

Monona Meadows

With Gabi Anzalone, MIPPA Specialist



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# CULTURAL DIVERSITY

## LATINX PROGRAM

### *Welcome Glenda*

Glenda Escalera Quinones started on May 20 as the Cultural Diversity Program Coordinator. Her main office will be at North Madison. Glenda has a Health and Science Educator degree that she got from the University of Puerto Rico.

### *Bilingual Bingo and Lunch*

Friday, June 7, 10:15 am-12:30 pm  
Warner Park Community Recreation Center, 1625 Northport Dr.

Computer class available after lunch at Vera Court Neighborhood Center

### *Summer Concert at Warner Park*

Monday, June 10, 6:00-7:30 pm  
Warner Park Shelter

### *Monthly Discussion Group*

Wednesday, June 12, 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.

### *Diabetes Support Group*

Wednesday, June 26, 5:45-8:00 pm  
Fitchburg Senior Center, 5510 Lacy Rd.

Limited transportation available,  
Call Glenda at Ext. 3009 for more information.

## AFRICAN AMERICAN PROGRAM

### *Diabetes Support Group*

Monday, June 10, 12:00-2:00 pm  
Burr Oaks Senior Apartments  
2417 Cypress Way

### *Summer Concerts at Warner Park*

Monday, June 10, 6:00-7:30 pm  
Funky Chunky (soul, rhythm & blues) is performing.

### *Heart Health Group*

Thursday, June 27, 2:00-4:00 pm  
Catholic Multicultural Center  
Classroom #4, 1862 Beld St.

### *Black Arts Fest In Milwaukee*

Saturday, August 3, Maier Festival Park  
Celebrating African and African-American culture. Pick up Mt. Zion at 10:00 am and return 6:00 pm. Cost is \$25 for admission and ticket for event.



Snacks and water provided on bus. Please sign up by June 20 with payment by calling Ericka.

Limited transportation available,  
Call Ericka at Ext. 2007 for more information.

# Items Needed

Used Books and Jewelry  
for our fundraiser, AppleFest.

We are accepting donations until Oct. 4:

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

You can drop off at any of the NewBridge locations. Please call in advance so we can prepare space. Remember, your donation may be tax deductible!



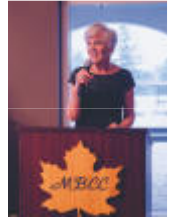
**AppleFest is Saturday, Oct 19.**  
**Mark your calendar for a fun family event!**

# BLACK TIE BINGO UPDATE

2019 Black Tie Bingo fundraiser had 140 people in attendance and raised \$7,400. It was our first fundraiser as NewBridge!

We would like to thank....

- **Silver Sponsors \$1,000**  
Associated Bank  
Haskins, Short & Brindley LLC
- **Bronze Sponsors \$500**  
Kollath & Associates, CPA  
Research Products Corporation
- Door prize and silent auction donors
- Bingo callers Chief Mike Koval and Ryan Stephenson
- Emcee Laura Gallagher



Check out photos from the event on our Facebook page.



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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, June 12, 1:00-3:00 pm  
Wednesday, June 26, 1:00-3:00 pm

### NORTH MADISON

Warner Park Community Rec. Center  
1625 Northport Drive  
Friday, June 14, 9:00-11:30 am

Goodman Community Center  
149 Waubesa Street  
Monday, June 10, 8:30-9:45 am

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, June 18, 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, June 3, 12:45-2:45 pm

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
**CANCELLED for June**

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, June 24, 9:30-11:45 am

### 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.

### LOCAL RESOURCE

#### *Groceries, Clothing, and Meal Available for Seniors*

Every Wednesday, 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.

# WELCOME NEW STAFF



**Stephanie Aguilera** is a Case Manager at NewBridge South. She graduated with her Master of Social Work from the University of Wisconsin-Madison. Stephanie has previous experience working with older adults in long-term support and hospice. She is bilingual in English and Spanish. Stephanie enjoys spending time with friends and family, loves dogs, and enjoys spending time at the Terrace.



**Deenah Givens** is the Administrative Assistant at North Madison. She is a very active parent, grandparent and community member. In 1983 she began her career as a grassroots community organizer, working in

the Kennedy Heights Neighborhood. She has had the privilege of working with community members in neighborhoods all over Madison on programs that support them in their day-to-day lives, and that is what makes her heart sing.



**Alyce Riechenbacher** is the Dane County Registered Dietitian & Healthy Aging Coordinator. She completed her Bachelors in Nutrition & Dietetics with an Emphasis in Culinary Arts at St. Louis University then completed her Masters in Nutrition and Dietetics. Her hobbies include spending time with family (including playing Sets and Runs with my 94 year old grandmother); being active and working out at Orangetheory Fitness; and cooking new recipes with old friends.

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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
<b>03</b> Meatballs in Marinara Over Penne, Carrots Broccoli Salad, Fresh Fruit Ambrosia Salad MO: Veggie Meatballs	<b>04</b> Chicken Salad, Croissant Mixed Greens Salad Pickled Beets, Peaches Cheesecake Brownie MO: Hummus and Pita	<b>05</b> Beef Stew, Biscuit Green Beans Chunky Apple Sauce Choc. Chip Banana Cake MO: Veggie Stew	<b>06</b> Egg Salad Sandwich Pickled Beets 3 Bean Salad Grape Juice Dreamsicle Whip	<b>07</b> Cheeseburger Potato Salad Calico Beans Fruit Cup Chocolate Chip Cookie MO: Black Bean Burger Salad: Cottage Cheese Platter
<b>10</b> Chicken Mac Casserole Peas, Tomato Juice Pineapple Butterscotch Pudding MO: Mac and Cheese	<b>11</b> Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO: Veggie Tortellini Bake	<b>12</b> Chicken a la King Brown Rice, Carrots Corn Salad, Peaches Raspberry Sherbet MO: Veggie a la King	<b>13</b> Traditional Meatloaf Mashed Potatoes Corn, Apple Juice Frosted White Cake MO: Garden Burger	<b>14</b> Pot Roast with Gravy Mashed Potatoes Mixed Salad, Orange Tapioca Pudding MO: Egg Salad Salad: Egg
<b>17</b> Egg Bake Diced Roasted Red Potatoes, Biscuit Spiced Apples	<b>18</b> Ham and Potato Casserole California Blend Mixed Fruit Cup Chocolate Cream Pie MO: Veggie Casserole	<b>19</b> Meatloaf Mashed Potatoes & Gravy Green Bean Casserole Chunky Applesauce Frosted Carrot Cake MO: Veggie Meatballs	<b>20</b> Pizza Burger Navy Bean Salad Marinated cucumbers Banana, Pecan Pie MO: Garden Burger	<b>21</b> BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Cake MO: Veggie BBQ Chicken Salad: Beef Taco
<b>24</b> Enchilada Casserole Cauliflower, Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean & Cheese Burrito	<b>25</b> Beef Stroganoff Stewed Tomatoes Mixed Green Salad Fruit Cocktail Apple Crisp MO: Veggie Stroganoff	<b>26</b> Seafood Salad on Chopped Romaine Tomato Slices Mixed Fruit Strawberry Shortcake MO: Egg Salad	<b>27</b> Chicken Strips Green Beans Pea Salad Fruit Cup Butterscotch Ice Cream MO: Veggie BBQ Chicken	<b>28</b> Tuna Casserole Roasted Baby Carrots Pickled Beets, Banana Lime Sherbet MO: Veggie Casserole Salad: Chicken

**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

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 reservation, transportation reservation, and cancellation 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. No one is denied service. Reservation is required. (608) 512-0000

## 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.

Important

### Meadowridge Commons Lunch Temporarily Moving to Good Shepherd Church

Effective Tuesday, June 18 until Thursday, August 15, the Meadowridge Commons lunch will be held at Good Shepherd due to the MSCR Programming.

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# NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b> Chicken Teriyaki Stir Fry Vegetables Steamed Brown Rice Asian Cabbage Salad MO: Vegetarian Teriyaki	<b>04</b> Beef and Bean Enchilada Casserole, Cowboy Caviar Mixed Salad MO: Bean and Cheese Enchilada Casserole Salad: Beef Taco	<b>05</b> Seasoned Baked Cod Roasted Sweet Potatoes Summer Vegetable Mixed Salad MO: Lemon Baked Tofu	<b>06</b> Hungarian Beef Goulash Cucumber Salad Mixed Salad MO: Vegetable Goulash	<b>07</b> Sausage Mac and Cheese Steamed Broccoli Mixed Salad MO: Mac and Cheese
<b>10</b> Grilled Brat Whole Wheat Bun Sauerkraut and Onions Summer Vegetable Salad MO: Grilled Veggie Brat	<b>11</b> Grilled BBQ Bone-In Chicken Thigh Baked Potato Mediterranean Quinoa Salad, Mixed Salad MO: Falafel and Hummus Salad: Mediterranean	<b>12</b> Country Style Boneless Pork Ribs Baked Beans Tomato Salad Cornbread MO: 3 Bean and Mushroom Stew	<b>13</b> Beef Stew over a Biscuit Mixed Salad MO: Vegetable Stew over a Biscuit	<b>14</b> Sloppy Jo Whole Wheat Bun Potato Wedges Steamed Broccoli MO: Lentil Sloppy Jo
<b>17</b> Crispy Chicken and Cheese Sandwich Whole Wheat Bun Vegetable Salad Mixed Salad MO: Crispy Tempeh Sandwich	<b>18</b> Chicken Alfredo Whole Wheat Penne Steamed Green Beans Summer Vegetable Salad MO: Veggie Alfredo Salad: Chicken Caesar	<b>19</b> Egg Bake Breakfast Potatoes Whole Wheat English Muffin w/Jam V8 Juice MO: Vegetable Hash	<b>20</b> Open Faced Turkey and Gravy Sandwich Roasted Maple Squash and Brussels Sprouts MO: 3 Bean Stew	<b>21</b> Cold Chicken and Rotini Salad Broccoli Salad Carrot Slaw MO: Vegetarian Bean & Mushroom Jambalaya
<b>24</b> Baked Lemon Tilapia Baked Potato Cole Slaw Whole Wheat Dinner Roll MO: Baked Lemon Tofu	<b>25</b> Sweet and Sour Chicken Steamed Rice Stir Fry Vegetables Mixed Salad MO: Chickpea & Mushroom Stir Fry Salad: Asian Chicken	<b>26</b> Italian Chicken Sandwich on a Whole Wheat Bun Balsamic Glazed Carrots Tomato and Cucumber Salad MO: Veggie Burger	<b>27</b> Chicken Enchilada Casserole Broccoli Medley Mixed Salad MO: Black Bean and Cheese Enchilada Casserole	<b>28</b> Beef Lasagna Garlic Butter Sweet Corn, Mixed Salad Garlic Bread MO: Vegetable Lasagna

**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.

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 <small>(meal reservation not required)</small>	149 Waubesa Street	M-F	11:45 am
West Madison Locations	Address	Day	Time
Meadowridge Commons (June 3-13)	5734 Raymond Road	T-TH	Noon
Good Shepherd Church (June 18-August 15)	5701 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 is done for the season and will start again in September.**

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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  
Invitation to Special Events

Discount Card to Local Businesses  
Valuable Social Connections

## Update from the Friends of NewBridge Committee

On May 8 the *Friends of NewBridge* held our first gathering at Warner Park with Founding Friends enjoying food and socializing. Attendees were welcomed by Blinda Beason, member of the Madison Committee on Aging, who invited everyone to bring their ideas to the table.

The *Friends of NewBridge* founders in attendance then discussed the following topics:

- How can the *Friends* be welcoming to all parts of Madison?
- What do the *Friends* need to know to inform others about, and advocate for, the great programs offered by NewBridge?
- In what ways would the *Friends* like to volunteer?
- What kinds of events could the *Friends* sponsor?

There was a lot of energy and some wonderful ideas and stories were shared. As a result, the *Friends of NewBridge* planning team will create a follow-up survey for the July newsletter to seek your input on the ideas generated.

If you want to become involved with the *Friends of NewBridge* please contact Deenah at (608) 512-0000, Ext. 3002.



## FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: \_\_\_\_\_

Additional Family Names: \_\_\_\_\_

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

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

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

How would you like newsletter?  Mail  Email  Both



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You can also purchase a friendship or give a donation on our website at [newbridgemaadison.org](http://newbridgemaadison.org)

Donations may be tax deductible to the extent of the tax code.

# BUSINESS BENEFITS FOR FRIENDS

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# CALENDAR OF PROGRAMS

# Hello, June!

## 03 MONDAY

8:30 Euchre Warner Park  
8:40 Exercise St. Andrew  
9:00 Ping Pong Warner Park  
10:00 FM Vouchers Warner Park  
10:30 Kings Corner Warner Park  
10:30 Yoga Mound St. Yoga  
12:45 Foot Clinic Capital City  
4:00 Sassy Steppers Warner Park

## 04 TUESDAY

10:00 Tech Appt. Warner Park  
10:00 Book Club Warner Park  
10:30 Conversations Warner Park  
11:30 Coloring Messiah  
11:30 Bingo Messiah  
6:00 Sing Along Dale Heights

## 05 WEDNESDAY

8:40 Exercise St. Andrew  
9:00 FM Vouchers NB East  
10:30 Chair Yoga Warner Park  
11:30 Smoothies Meadowridge  
1:00 Sheepshead Warner Park  
1:00 Art Reception Madison SC  
1:30 Movie Alicia Ashman

## 06 THURSDAY

9:00 Sewing Club Warner Park  
11:15 Food Pantry Meadowood  
12:30 Dental Health Meadowridge  
1:00 Mahjong Warner Park

## 07 FRIDAY

10:15 Bilingual Bingo Warner Park  
11:30 Food Pantry Lussier Center  
10:30 Bullying Madison SC

## 08 SATURDAY

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

## 10 MONDAY

8:30 Foot Clinic Goodman Center  
8:30 Euchre Warner Park  
8:40 Exercise St. Andrew  
9:00 Ping Pong Warner Park  
10:30 Kings Corner Warner Park  
10:30 Bullying Warner Park  
10:30 Yoga Mound St. Yoga  
11:30 Bullying Monona Meadows  
12:00 Diabetes Support Burr Oak  
4:00 Sassy Steppers Warner Park  
6:00 Concert Warner Park

## 11 TUESDAY

9:00 Knit Group Warner Park  
10:00 Tech Appt. Warner Park  
10:30 Walk Warner Warner Park  
11:30 Bullying Messiah  
12:00 Music-Greg Matysik Romnes

## 12 WEDNESDAY

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

## 13 THURSDAY

10:00 Legacy Attic Angles  
11:15 Food Pantry Meadowood  
1:00 Mahjong Warner Park

## 14 FRIDAY

9:00 Foot Clinic Warner Park  
10:15 Bingo Warner Park  
11:30 Food Pantry Lussier Center

## 15 SATURDAY

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

## 17 MONDAY

8:30 Euchre Warner Park  
8:40 Exercise St. Andrew  
9:00 Ping Pong Warner Park  
10:00 FM Vouchers Madison SC  
10:30 Kings Corner Warner Park  
10:30 Yoga Mound St. Yoga  
11:00 Medicare Messiah  
1:00 LGBTQ+ Warner Park  
4:00 Sassy Steppers Warner Park  
6:00 \*\*Concert Warner Park

## 18 TUESDAY

10:00 Tech Appt. Warner Park  
10:30 FM Vouchers Good Shepherd  
10:30 Medicare Warner Park  
1:00 Foot Clinic Lakeview  
6:00 Sing Along Dale Heights

## 19 WEDNESDAY

8:40 Exercise St. Andrew  
10:30 Chair Yoga Warner Park  
11:00 Blood Pressure Warner Park  
11:30 Medicare Monona Meadows  
1:00 Sheepshead Warner Park  
1:30 Movie Alicia Ashman  
2:00 FM Vouchers Romnes  
3:00 Farmer's Market Capital View

## 20 THURSDAY

9:00 Sewing Club Warner Park  
11:15 Food Pantry Meadowood  
1:00 Mahjong Warner Park  
1:30 Medicare Good Shepherd  
2:00 FM Vouchers Goodman

## 21 FRIDAY

10:15 Bingo Warner Park  
11:30 Food Pantry Lussier Center  
11:00 FM Vouchers Lussier Center

## 22 SATURDAY

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

# CALENDAR OF PROGRAMS

## 24 MONDAY

8:30 Euchre Warner Park  
 8:40 Exercise St. Andrew  
 9:00 Ping Pong Warner Park  
 9:30 Foot Clinic Queen of Peace  
 10:30 Kings Corner Warner Park  
 10:30 Foster Grandparent Warner Park  
 10:30 Yoga Mound St. Yoga  
 11:30 Bingo Monona Meadows  
 4:00 Sassy Steppers Warner Park  
 6:00 Concert Warner Park

## 25 TUESDAY

9:00 Knit Group Warner Park  
 10:00 Tech Appt. Warner Park  
 11:45 Foster Grandparent Romnes  
 11:30 Movie Messiah

## 26 WEDNESDAY

8:40 Exercise St. Andrew  
 10:30 Chair Yoga Warner Park  
 1:00 Sheepshead Warner Park  
 1:00 Card Making Warner Park  
 1:00 Foot Clinic Monona United  
 1:30 Movie Alicia Ashman  
 5:45 Latinx Diabetes Fitchburg SC

## 27 THURSDAY

11:15 Food Pantry Meadowood  
 12:30 Aprons Good Shepherd  
 1:00 Mahjong Warner Park  
 1:00 Day Trip Veteran's Museums  
 2:00 Heart Health Catholic MCC

## 28 FRIDAY

10:15 Bingo Warner Park  
 11:30 Food Pantry Lussier Center

## 29 SATURDAY

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

**\*\* Volunteer Recognition Concert**

**We will be closed Thursday,  
 July 4 and Friday, July 5**

## PROGRAM LOCATIONS

Alicia Ashman Library  
 733 N. High Point Road

Attic Angels  
 8301 Old Sauk Road

Burr Oaks Apartments  
 2417 Cypress Way

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

Catholic Multicultural Center  
 1862 Beld St.

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

Good Shepherd Church  
 5701 Raymond Rd

Lakeview Lutheran Church  
 4001 Mandrake Road

Lussier Community Education  
 Center 55 S. Gammon Road

Madison Senior Center  
 330 W. Mifflin St.

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  
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**25 YEARS of Summer Concerts**  
*at Warner Park*

**MONDAY'S 6:00-7:30PM • FREE FOR ALL AGES!**

- **June 10:** Funky Chunky
- **June 17:** Who Dat
- **June 24:** Ladies Must Swing
- **July 8:** The Lower 5<sup>th</sup>
- **July 15:** Pupy Costello
- **July 22:** Acoplados

**SENIORS!**  
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**Madison Arts Commission**  
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**Kollath and Associates CPA**