

NEWBRIDGE

Your Connection to Successful Aging

NEWS

JUNE 2021

CELEBRATING



THE NUTRITION PROGRAM



43,297

MEALS
SERVED
IN
2020



CHECK OUT
WHAT'S
INSIDE!

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www.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...

On June 18 and June 21, NewBridge will host a Madison Day of Reflection. I hope you will join us as we take a collective pause, to reflect and share with one another what we have been through as individuals and a community for the past 15 months. Afterwards we will share our hopes with one another for moving forward with our lives. See page 13 for more information.

NewBridge has not lost sight of what has transpired over the past year. Some people close to us have passed away. We are looking at our lives very differently now. As an agency it has impacted the way NewBridge will provide programs and services, hopefully for the better.

Best Wishes, 

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- CEDRIC JOHNSON, *Vice President* - Community Relations Manager, Madison Gas & Electric
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- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARA CAMACHO - Community Care Manager, Group Health Cooperative (GHC)
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

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NEWBRIDGE STAFF

• JIM KRUEGER, Executive Director	Ext. 3005
• KATIE GALLAGHER, Associate Director	Ext. 4001
• DEB TEMERBEKOVA, Executive Assistant	Ext. 4000
• JOE NEUMAIER, Administrative Assistant	Ext. 2000
• ALIRIO PARDO, Bilingual Case Manager - español	Ext. 1007
• EBONIE BROOKS, Case Manager	Ext. 3006
• GLEN THOMMESEN, Case Manager	Ext. 2005
• GRETCHEN SCHADEBERG, Case Manager	Ext. 1009
• JENNIFER BROWN, Case Manager Supervisor	Ext. 2003
• JODIE CASTANEDA, Case Manager Supervisor	Ext. 1004
• KAYLEIGH COLOSO, Bilingual Case Mngr. - español	Ext. 2004
• MAUREEN QUINLAN, Case Manager	Ext. 4003
• MEGAN KULINSKI, Case Manager	Ext. 3004
• RACHEL MAEL, Case Manager	Ext. 4002
• SAMMY AZUMA, Case Manager	Ext. 1005
• STEPHANIE BRANDSMA, Case Manager	Ext. 2008
• SUSAN WATSON, Case Manager	Ext. 1006

• DAVID WILSON, Marketing Manager	Ext. 2006
• DEANA WRIGHT, Diversity & Inclusion Program Mgr.	Ext. 2007
• DEENAH GIVENS, Program Coordinator	Ext. 3002
• GARRETT TUSLER, Diversity & Inclusion Program Coord.	Ext. 3009
• JEANETTE ARTHUR, Volunteer Coordinator	Ext. 4007
• KATHLEEN PATER, Mental Health Resource Clinical Social Worker	Ext. 3007
• KATIE BRIETZMAN, Community Outreach Spec.	Ext. 1002
• KEISHA FURNISS, Volunteer Coordinator	Ext. 3008
• MICHAEL GARRISON, Mental Health Resource RN	Ext. 2002
• RUTH HELLENBRAND, Fund Devel. & Event Coord.	Ext. 3012
• BOB BURNS, Nutrition Coordinator	—
• CANDICE ALEXANDER, Nutrition Manager	Ext. 4006
• FAITH SWINBURNE, Nutrition Coordinator	—
• GINNIE RICHARDSON, Nutrition Coordinator	—
• KRISTEN HUBER, Assistant Nutrition Manager	Ext. 2001
• MARY HENNING, Nutrition Coordinator	—
• NANCY THOMPSON, Nutrition Coordinator	—
• SHANNON GABRIEL, Dietician & Healthy Aging Crd.	ADRC

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 June (issue 6) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising.

The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.



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COVID-19 SERVICES

Bridge Buddies-Friendly Callers

Volunteers are matched with Case Management clients to do safety check calls and/or social friendly calls. *Now including letter writing.*

Case Management

Case Managers are available to help older adults connect to available resources.

Sponsored by: Paul H. Kusuda Special Projects Fund Grant

Face Mask Delivery

A face mask will be delivered to the older adult's door by a volunteer or sent through the mail.

Food Bridge Delivery



Volunteers are matched with Case Management clients to deliver food from a pantry.

Sponsored by: CUNA Mutual Group Foundation and Evjue Foundation

Foot Clinics & Loan Closet

Provides foot clinics and health equipment items to check out. See page 14 for more info.

Home Chore

Volunteers are matched with Case Management clients who need basic household chore help.

Zoom Classes & Activities

See our website and pages 10, 11, 12, 13.

Zoom Diversity & Inclusion Activities

For Dane County Black and Latinx older adults that focus on socialization and health education. See our website and pages 6, 7, 8, 9.

Volunteer Representative

Payee & Guardianship Service

Trained volunteers are matched with vulnerable older adults who need a payee or guardian.

Take-Out Meals

Meals are available to pick up at the following locations for older adults 60+. Donations are accepted to NewBridge, 1625 Northport Dr. Madison, 53704. Call to order M-F, 8 am-4 pm with Candice at (608) 512-0000 Ext. 4006.

Orders are due by Thurs. 10:00 am, 1 week prior.

Sponsored by: Oscar Rennebohm Foundation and Evjue Foundation and Madison Gas and Electric

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am - **For residents only.**

NewBridge West Office, 5724 Raymond Rd.

Monday between 10:00-11:30 am

1 Meal Catered by Kavanaugh's Esquire Club

Messiah Lutheran Church, 5202 Cottage Grove Rd.

Tuesday and Thursday, 11:30 am-12:30 pm

NewBridge West Office, 5724 Raymond Rd.

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

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

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh's Esquire Club

LJ's Sports Tavern and Grill, 8 N. Patterson St.

Friday between 3:00-4:00 pm

1 Meal – Hot Fish Fry



JUNE MENU - MESSIAH & ROMNES SITES ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 MEMORIAL DAY SITES ARE CLOSED	01 Sausage Veggie Egg Bake Fruit Cup, Hash Brown Patty Orange Juice Cinnamon Raisin Bread MO – Veggie Egg Bake	02 *Pizza Pasta Broccoli, Peaches Marble Loaf Cake MO – Veggie Pizza Pasta	03 *BBQ Pulled Pork Oven Roasted Potatoes Carrots, Diced Melon Mix Strawberry pie MO – 3 BBQ Veggie Meatballs	04 Chicken Strips Roasted Brussel Sprouts 3 Bean Salad, Mixed Fruit Rainbow Sherbet Cup MO – Tomato Cheese Sand.
07 Brat Stewed Tomatoes, Coleslaw Applesauce, Lemon Ba MO – Veggie Dog	08 Tuna Salad on Lettuce Sicilian Pasta Salad Corn Salad, Fruit Cup Chocolate Chip Cookie MO – Egg Salad	09 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO – Chickpea Joe	10 Honey Baked Chicken Broccoli, Yams, Pears Macaroni Salad Vanilla Ice Cream Cup MO – Honey Baked Veg. Chix	11 Chicken Caesar Salad Copper Penny Salad Apple Sauce, Rice Pudding MO – Hummus and Pita
14 BBQ Ribs Cheesy Potatoes Beets, Mandarin Oranges Lime Sherbet MO – 3 Veggie Meatballs	15 Chicken a la King Brown Rice, Green Beans Corn Salad, Fruit Cocktail Chocolate Chip Cookie Bar MO – Soy a la King	16 Taco Pasta Casserole Broccoli, Cauliflower Peaches, Blueberry Crisp MO – Beans and Rice	17 *Italian Sausage Potatoes, Stewed Tomatoes Mandarin Orange Cherry Italian Ice MO – Multigrain Burger	18 Tuscan Tortellini Pasta Mixed Greens, Mixed Fruit Sugar Cookie MO – Veggie Tuscan Tortellini Pasta
21 Chic Broc Rice Casserole Carrots, Black Eyed Pea Salad Tropical Fruit Glazed Lemon Loaf Cake MO – Veg Broc Rice Casserole	22 Hot Dog Calico Beans, Green Beans Chunky Apple Sauce Candy Cookie MO – Veggie Dog	23 Lemon Dill Baked Fish Baked Potato, Coleslaw Ambrosia MO – Black Bean Burger	24 Egg Salad Pickled Beets Tomato Cuc. Onion Salad Banana Pineapple Upside Down Cake	25 Meat Sauce Spaghetti Noodles Wax Beans, Mixed Greens Peaches, Brownie MO – Marinara Sauce
28 *Pork Loin in Gravy Mashed Potatoes, Peas Mandarin Oranges Apple Crisp MO – Hummus Wrap	29 Cheeseburger Green Beans, Potato Salad Fruit Cocktail Lemon Italian Ice MO – Garden Burger	30 Bone-in BBQ Chicken Baked Sweet Potato, Banana Dreamsicle Whip MO – Veggie BBQ Chicken	Meals provided by: Dane County Consolidated Food Services Division <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred</i> <i>through cross-contact. No substitutions allowed. MO: Meatless Option</i>	

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New Bridge, Madison, WI

B 4C 01-2049

ZOOM DIVERSITY & INCLUSION ACTIVITIES

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



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

To register for the online activities:
See NewBridge website for the Zoom links www.newbridgemadison.org

CHAIR EXERCISE

Mondays, 9:00-9:45 am

Want to reduce pain and stiffness or improve your mobility, muscle strength, and functional ability? All exercises can be performed while sitting or standing. Space is limited. *In collaboration with MSCR.*

DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm



Join Deana to discuss current events, social justice topics, health and wellness issues and anything else.

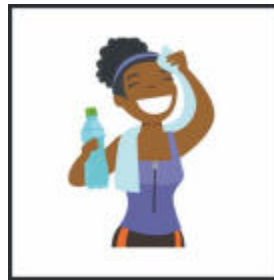
BALANCING ACT

Tuesdays, 1:00-1:45 pm

Want to increase your balance and decrease your risk for falling? Exercises done from a standing position. Space is limited. *In collaboration with MSCR.*

GET MOVIN' ON ZOOM

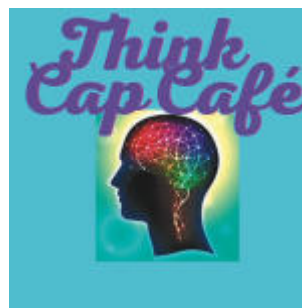
Tuesdays & Thursdays, 1:00-2:00 pm



Keep your body moving with instructor Venus Washington! Gentle exercise for every fitness level. *In collaboration with UW-Madison Alzheimer's Disease Research Center.*

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



Connect virtually and engage in brain-healthy activities. Studies show that social networks can reduce the rate of cognitive decline. *In collaboration with*

Alzheimer's & Dementia Alliance of Wisconsin.

BLACK SPACE

Thursdays, 3:00-4:00 pm



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

COLOR ME HEALTHY

Tuesday, June 15, 3:00-4:30 pm

Join us for monthly discussions with Black health professionals that focus on health, wellness and racial disparities.



BINGO

Thursday, June 18, 3:00-4:30 pm

Game cards will be mailed before the program. Prizes will be mailed afterwards.

Sign up with Deana by Monday, June 14.



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New Bridge, Madison, WI

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ACTIVIDADES DE ZOOM DE DIVERSIDAD E INCLUSIÓN

Se desarrollan actividades para adultos mayores latinos que se enfocan en la socialización, la educación para la salud y los grupos de apoyo. Las actividades son ofrecidas en español. Estas actividades son gratuitas para los adultos mayores latinos (60+) que viven en el condado de Dane.



Garrett Tusler
Coordinador del programa
de Diversidad e Inclusión
(608) 512-0000 Ext. 3009
GarrettT
@newbridgemadison.org

Para inscribirse a las actividades:

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

YOGA SUAVE

Los Lunes, el 7, 14, 21, 28 de junio,
10:15-11:15 am

Curso de 11 semanas - Una buena opción
para todos los niveles y habilidades. Esta
clase de yoga combina movimientos
lentos, suaves y enfoca atención en la
respiración. Por favor traiga su propia
esteras (yoga mat) a la clase. Este curso es
un iniciativa en conjunto con MSCR.

Hable con Garrett para inscribirse.

CLASE DE INGLÉS BÁSICO

Los Martes, 5:00-6:00 pm

Esta clase de inglés básico es un nuevo
iniciativo en conjunto con The Latino
Academy. *Para inscribirse en el curso,
póngase en contacto con Garrett.*

LA REUNIÓN

Los Viernes, el 4, 11, 18, 25 de junio,
10:00-11:30 am

Únete a nosotros en el zoom donde
discutimos temas relevantes sobre la
salud, el bienestar y otros temas
importantes dentro de la comunidad
latina.

LA MEDITACIÓN CON CATALINA

Los Jueves, el 3, 10, 17, 24 de junio,
4:30-5:30 pm

Únete a nosotros en el zoom donde
discutimos y experimentamos los
beneficios de la meditación en nuestras
vidas y cómo la meditación puede
empoderarnos a vivir la vida con
más intención y tranquilidad.

CLASE DE BORDADO

Los Miércoles, el 2, 9, 16, 23, 30
de junio

Se pueden hacer montones de cosas
hermosas con apenas unos restos de tela
e hilos de distintos colores. Hay montones
de técnicas ancestrales que podemos usar
para crear. Esta es una clase para disfrutar
del ritmo desacelerado que nos propone la
costura.

BINGO BILINGÜE

El primer lunes del mes, el 7 de junio,
1:00-2:30 pm
Únete a nosotros! ¡Es la hora de jugar
bingo!



CÍRCULO DE AMIGOS

Cada otro Miércoles, el 2, 16, 30 de
junio, 1:00-2:00 pm
Únete a nosotros en el zoom. Ven a
tomarse un cafecito y platicar en un
ambiente familiar para una oportunidad de
conocerse mejor!



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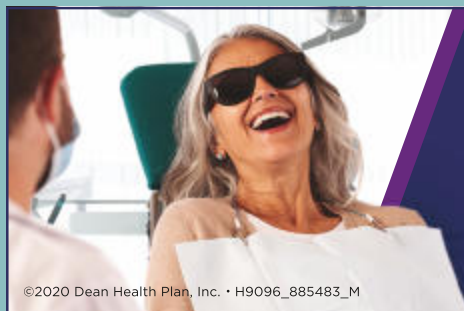
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New Bridge, Madison, WI

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ZOOM CLASSES & ACTIVITIES



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

NewBridge is currently offering Zoom classes! Check out our website for updates as we are working to expand our offerings and new things are happening! **All are welcome.** *See NewBridge website for the Zoom links www.newbridgemadison.org*

STRETCH & STRENGTH

Mondays & Wednesdays

9:00-10:00 am

Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises where you can learn from the comfort of your own home and get active weekly. The cost is \$20/month.

To register, contact Becky Otte Ford raonine@gmail.com or (608) 215-4119.

EASY YOGA PLUS

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm



Join long-time yoga teacher Ellen Millar for this very popular class. She will gently take you

through a series of exercises that can be done standing or from a chair.

To register, visit Ellen's website for the Zoom link www.thewonderofyoga.com

TECHNICAL ASSISTANCE

Tuesdays, 9:00-11:00 am



Learn more about Zoom, your iPhone, iPad or tablet via Zoom appointment.

To sign up, contact Deenah.

SPIRIT & STRENGTH:

SHARING WISDOM IN TROUBLED TIMES

Tuesdays, 1:00-2:30 pm

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

See NewBridge website for the Zoom link, www.newbridgemadison.org

BOOK CLUB

Wednesday, June 2, 1:00-2:00 pm



Discussing Time Traveler's Wife

by Audrey Niffenegger.

Our July book is Truck : A Love

Story by Michael Perry.

You are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up or order it through another library. Tell them you are part of the NewBridge Book Club. *To register, contact Deenah.*

BINGO!

Friday, June 11 & 25, 1:00-2:00 pm
Join us for some laughs and rollicking games of Bingo with caller Diana D. Fill the card and win a prize! You can play with your own cards or get them from Deenah.

Contact Deenah to sign up at least one week in advance to get your bingo cards and Zoom link.



SASSY STEPPERS

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

To learn more, contact Deenah.



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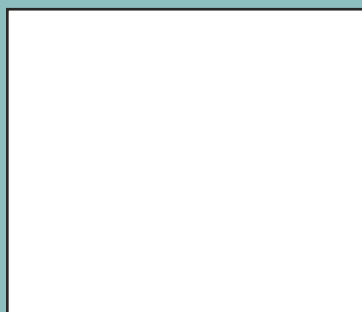
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SEWING CLUB

Thursday, June 17, 9:00 am-Noon
Starting the 3rd Thursday of June, the Sewing Club will start meeting in-person again. We will meet the 1st & 3rd Thursday of each month. *To sign up to become a Sewing Club Member, contact Deenah.*

HOW TO GET YOUR ITEMS MENDED:

Bring your pieces into the NewBridge North office, 1625 Northport Drive, Suite 125, and leave them with our front desk volunteer and the volunteers will mend. No charge, donations are always welcome!

LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'

Calling photographers from beginners to professionals. Please join us for this intergenerational and multi-cultural journey of telling our stories through photographing our lives during this pandemic – from March 15, 2020 to June 30, 2021. If you have been taking pictures for the Photo Expose' please continue to save them and we will send out a message about next steps by the end of June.

To learn more or to get involved, contact Deenah.

ARTFUL AGING RECAP

We had another amazing session of Artful Aging with Artist Amy. There were a lot of beautiful creations! Please remember to save your art work for a show coming Summer 2021 to a venue near you! Date and location to be announced. We are also looking for Artful Aging pieces to auction at our fundraiser, Black Tie Bingo 2021!

MALLARDS GAME IN JULY

Friday, July 14, 12:05 pm
Take me out to the ballgame, take me out to the park... Join us for Senior Day at with the Mallards Baseball Team! Cost: \$15 covers the entry free, drink, hotdog and chips. *To purchase your tickets please contact Deenah.*

SPECIAL EVENTS

This collaborative event is brought to you by NewBridge Madison, Monona Senior Center, Madison Senior Center & Goodman Community Center.

MAKE MUSIC MADISON

Monday, June 21, 4:00 pm
Join us on to hear Sheri Pittman featuring Steve Roberts. Sheri Pittman has been singing with the Unity of Madison Jazz Band for the last 20 years. She uses her surprisingly powerful voice to deliver smoothly sung Jazz and Blues tunes as well as standard torch songs and an occasional original. Steve Roberts has worked with Sheri in the Unity of Madison Jazz Band as the piano player. He has performed in several Madison jazz combos and worked at solo gigs over 40 years.
WHERE TO FIND US: We will be outdoors by the Statue of Liberty near the Warner Park Community & Recreation Center. Please park in the parking lot and bring your blankets and lawn chairs. We will be social distancing and asking you to remain in your pods (those you came with) and we will be following other guidelines as recommended.

MADISON DAY OF REFLECTION



Building bridges between what
was and what lies ahead...

Reflections on 2020 &
Moving Forward
June 18th @ 1pm
June 21st @ 1pm

**Day of
Reflection
June 20th
2021**

The past 15 months have been like none other in history. They have taken their toll in ways we have yet to truly acknowledge, articulate and sometimes even allow ourselves to feel. None of us has been untouched by the twin pandemics of COVID-19 and systemic injustice and violence toward Black, Indigenous and people of color.

On Sunday, June 20, we invite you to take some time to pause, remember and reflect on our collective trauma. We invite you to stop and shift your gaze to all we have been through together.

On Friday, June 18 and Monday, June 21, 1:00 pm join NewBridge staff as we reflect together.

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LET'S GET STARTED!

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

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New Bridge, Madison, WI

F 4C 01-2049



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

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

Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.

COVID Procedure for Foot Clinics:

- Please sit in your car until the volunteer comes out to call you in.
- You are required to wear a face mask and get your temperature taken.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, June 8, 15, 22, 9:30-11:45 am

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Wednesday, June 14, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Friday, June 11, 9:00 am-Noon
Thursday, June 24, 9:00 am-Noon

MEDICAL EQUIPMENT LOAN CLOSET

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

Loan closet items are available to City of Madison and Monona residents. Donations are welcomed.

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

We ask that you call ahead and please wear a mask when you donate or pick up equipment.

Not accepting equipment donations at this time.



SENIOR FARMERS' MARKET VOUCHERS

The Area Agency on Aging of Dane County offers vouchers to older adults for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2021 season June-October. The vouchers are distributed on a first come/first serve basis to those 60 or older, who have gross income under \$23,828 per year (\$1,986/month) for a one person household and \$32,227 (\$2,686/month) for a two person household, and live in Dane County. One set of vouchers per household regardless of household size.



By the end of May/beginning of June, past participants will receive an application in the mail along with instructions for this year's program. For those who have never participated in the program and wish to apply, contact AAA Dietitian Shannon Gabriel (608) 261-5678. Once we receive and approve your application, vouchers will be mailed starting on June 1st.

For more information on farmers' market vouchers, contact NewBridge or Shannon Gabriel at (608) 261-5678.

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New Bridge, Madison, WI

G 4C 01-2049

VOLUNTEER OPPORTUNITIES



David Wilson
Marketing Manager
(608) 512-0000 Ext. 2006
DavidW
@newbridgemadison.org

To apply, please fill out our application on our website www.newbridgemadison.org/volunteer#App

Our organization and the older adults in our community rely on the power of volunteers to provide quality services to those in need.

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 per month

IMMEDIATE NEED—20+ volunteers

TO APPLY—Contact Mary Schmelzer (608) 238-7787 at RSVP

TAKE-OUT MEAL VOLUNTEERS

DESCRIPTION—Deliver meals to older adult residents at Romnes apartments, 540 W Olin Ave. Monday-Fridays from 9:30 am-12:00 pm.

TIME COMMITMENT—2.5 hours on Monday-Fridays or any days of the week you have available.

IMMEDIATE NEED—2 volunteers

HOME CHORE - INDOOR AND LAWN MOWING

DESCRIPTION—Help an older adult stay independent by volunteering to mow their lawn and/or help with indoor chores.

TIME COMMITMENT—Flexible

IMMEDIATE NEED—10-20 volunteers



BRIDGE BUDDY LETTER WRITERS

DESCRIPTION—We are looking for volunteers to be matched with older adults in Madison and Monona and write them a monthly letter.

TIME COMMITMENT—1-2 letters a month

IMMEDIATE NEED—1-3 volunteers

CONTACT—Jeanette Arthur at (608) 512-0000 Ext. 4007 or JeanetteA@newbridgemadison.org

GUARDIAN & REPRESENTATIVE PAYEE

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

TIME COMMITMENT—2 years, 3-6 hr/mo
Call Katie Brietzman for information at (608) 512-0000 Ext. 1002 or KatieB@newbridgemadison.org

VOLUNTEER SPOTLIGHT

Rich Zietko, Bridge Buddy Volunteer
Tell us a little about yourself and your background. I'm an east coast - NJ - transplant though I've lived here since before the new millennium. I've been working as an Information and Assistance Specialist at the Aging and Disability Resource Center of Dane County for the past 7 years. As you can see from my picture, I like the outdoors.
What brought you to NewBridge as a volunteer? Volunteering has been an integral part of my life since high school. Currently, I monitor a stream for the Rock River Coalition and serve customers at the Wilmar sponsored summer festivals.

Being a Bridge Buddy brings it down to a personal level.

What do you enjoy most about volunteering? The solitude, the crowds and my Bridge Buddy!

What inspires you to volunteer?

My college, Warren Wilson, strengthened my ties to giving back to the community.

What would you say to others who are thinking about volunteering?

As long as you will like what you're going to do. Just do it!



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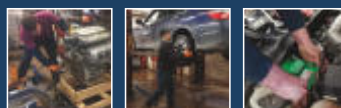
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DHS Approved 4/22/2021

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New Bridge, Madison, WI

H 4C 01-2049

REOPENING UPDATE – LET’S GET STARTED



We are excited to announce NewBridge will reopen **SOME** in-person programming this month and more in July! We cannot open all activities or classes because some of the locations where we hold events remain closed. We will continue to provide virtual programming for some activities and classes, and will do so on a permanent basis, even after we resume in-person. Participants will be required to follow all Madison Dane Public Health guidelines.

Case Management staff has resumed their regular in-home visits! Case Managers were only meeting in-person for emergency situations from March 2020 to April 2021. It may take a while to get to every client we serve, and we appreciate your patience. Our Case Managers are excited to meet in-person again!

Activities/Programs

Beginning in June:

- Ping Pong at our Warner Park location
- Yoga at the Unity Church on Tompkins Drive (Eastside)
- Sewing Club/basic clothing mending service for older adults at our Warner Park location

Activities/Programs continued

Beginning in July:

- Exercise Classes, Book Club, Mah Jong

Restaurant Meal Sites

NewBridge hopes to open 1-2 **NEW** restaurant meal sites in July. We will send out a post card with more details. Two restaurant sites Cranberry Creek and Festival Foods have permanently closed their dining areas.

Congregate Meal Sites

NewBridge congregate meal sites will remain closed in June. We will keep you posted as we plan the reopening.

Home Chore Services

In-home services may resume Wednesday, June 2 depending on the comfort level and availability of volunteers. You must be a case management client to receive home chore assistance.

Volunteer Guardian/Representative Payee Services

In-home services may resume Wednesday, June 2 depending on the comfort level and availability of volunteers.

Diversity and Inclusion Programs will not reopen until later this summer. Thank you for your patience.

Please also check our website and Facebook page for updates.

BRIDGING HOPE/BLACK TIE BINGO FUNDRAISER

This year, we're combining our two fundraisers into one week - kicking off Monday, September 13 and ending with Black Tie Bingo, Thursday, September 16.

Calendar of Events

Monday, September 13

Champions of Hope

Tuesday, September 14

Our Work, Our Impact

Wednesday, September 15

Corporate Match Day

Thursday, September 16

*Black Tie Bingo, in-person, 6:00-9:00 pm
at the Monona Terrace*

Tickets on sale on our website.

\$50 for Friends of NewBridge, \$100 for Others
and \$750 for a Reserved Table of eight.



Champions of Hope

At NewBridge we rely on the hard work, dedication and support of our friends, neighbors, and colleagues. Help us identify these individuals that deserve special recognition for their efforts. The winners will be invited as our guests of honor at our Black Tie Bingo gala on September 16.

Nomination forms can be found on our website or by contacting Ruth. Nominations are due via email/mail by **Monday, August 2, 4:00 pm.**

RuthH@newbridgemadison.com

NewBridge Madison, 1625 Northport Dr. #125
Madison, WI 53704. Winners will be announced via Facebook on **Monday, September 13, Noon.**



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New Bridge, Madison, WI

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HIGHLIGHTING THE NUTRITION PROGRAM & STAFF

The Elder Nutrition Program was established as part of the Older Americans Act (OAA) in 1965. The purpose of the program is to provide nutritious meals for older adults, age 60+, who fall under one of the following categories: 1) are food insecure or at nutritional risk, 2) are homebound, 3) cannot cook their own meals, 4) are socially isolated.

The first congregate meals in Wisconsin were served in 1972 and home delivered meals began in 1978. The four coalitions North Eastside Senior Coalition, East Madison Monona Coalition of Aging, South Madison Coalition of the Aging and West Madison Senior Coalition began serving nutritious weekday meals, and providing nutrition education and socialization in the 1970's. NewBridge continues to provide meals for older adults at multiple sites in Madison and Monona. During COVID-19, NewBridge has provided curbside pick-up and home delivered meals. In 2020 NewBridge provided over 43,000 meals for older adults.

A special thank our incredible nutrition meal site staff who do an amazing job of coordinating and serving the nutritious meals.



Candice Alexander, Nutrition Manager, 10 years, serving North, South and West Madison



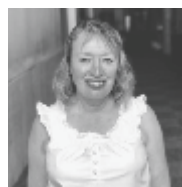
Kristen Huber, Assistant Nutrition Manager, 5 years, serving East Madison/Monona



Bob Burns, Nutrition Coordinator, 3 years, serving West Madison



Nancy Thompson, Nutrition Coordinator, 2 years, serving South Madison



Faith Swinburne, Nutrition Coordinator, 2 years, serving South Madison



Mary Henning, Nutrition Coordinator, 2 years, serving North Madison

Ginnie Richardson, Nutrition Coordinator, 1 year, serving South Madison

David Genson, Nutrition Sub, 3 years, Serving North, South, East and West Madison

We also want to thank Jeanette Arthur, Joe Neumaier and the other NewBridge staff AND the many wonderful volunteers who helped us provide nutritious meals during the pandemic.



WELCOME NEW STAFF - MIKE GARRISON



Hello, I'm Mike Garrison and I'm thrilled to be a part of the NewBridge team. I am the Mental Health Resource Registered Nurse.

A bit about me... I spent many years in the corporate world. I was a Field Editor for a college textbook company, a Safety and Compliance Manager for the world's largest environmental services firm, and a Principal Partner in a financial service/mortgage firm. Eventually, I retired from that life, completed nursing school and

became an RN. As a nurse, I've worked in Acute Care, ICU stepdown, and Emergency Departments.

I've been a fencer for decades. I was the Head Coach of the UW Fencing Team for 17 years and I still own and operate a local fencing club, the Madison Fencing Academy. As a fencing coach, I earned my Prevot D'Armes certification (prevot in all three weapons) and I'm currently working on my Maestro D'Armes certification.

Once we all return to our "normal" daily lives, please stop by and say hello if you're at the Monona Drive office.

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REGULAR SERVICES AND ACTIVITIES

Case Management

“Your connection to community resources”

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult’s individual needs. *Free for eligible Madison/Monona older adults (60+).*

Private Pay Case Management available.

Sponsored by: Paul H. Kusuda Special Projects Fund Grant

Mental Health Resources

“Your connection to mental health resources”

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

Home Chore

“Your connection to helping hands”

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

Food Bridge

“Your connection to wholesome groceries”

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

This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible Madison/Monona older adults (60+).*

Sponsored by: CUNA Mutual Group Foundation and Evjue Foundation

Bridge Buddies

“Your connection to a friendly caller”

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

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteer manages the social security benefits for the older adult and ensures the older adult’s basic needs are met.

Free for Dane County older adults (60+).

Nutrition Sites

“Your connection to nutritious meals”

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

Sponsored by: Oscar Rennebohm Foundation and Evjue Foundation and Madison Gas and Electric



Medical Equipment Loan Closet

"Your connection to health equipment"

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



Diversity & Inclusion Activities

"Your connection to your peers"

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

Classes & Activities

"Your connection to golden opportunities"

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

COVID-19 Specific Services on page 4.

2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

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☐ \$ _____ In honor/memory of: _____

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