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NEWS

JUNE 2022

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More info pages 20-23.



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SERIES AT WARNER PARK STARTING
MONDAY, JUNE 13, 6:00-7:30 PM FREE**

We are closed Monday, June 20 for Juneteenth

**CHECK OUT
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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...

June 19th is Juneteenth, now officially recognized as a federal holiday (about time). On this day we celebrate President Lincoln's proclamation in 1863 that abolished slavery. Juneteenth is a tradition that symbolizes perseverance and honors the blood that was shed of Blacks in the 1800's. For the Black community this is a day of prayer, family gatherings, feasting, song and dance just like their ancestors celebrated 157 years ago in Galveston, Texas when three million slaves in the Confederate states were let free. In Dane County there will be events commemorating Juneteenth June 14-19, ending with a celebration that includes a parade and BBQ Cook-off. See our Facebook page for more details.

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

Masks for in-person group activities will be determined on a program-by-program basis.

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
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- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our Funders:



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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

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- GLEN THOMMESEN, Case Manager Ext. 2005
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
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- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- 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
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- AL KOTIL, Nutrition Site Assistant —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator —
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JEROME HOLLIDAY, Nutrition Site Assistant —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC
- STANLEY GRAHAM, Nutrition Coordinator —

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

ID Statement: The 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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SERVICES AND ACTIVITIES

Sponsored by Madison Community 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+).*

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+ or 50+ with MA Benefit). Private Pay Case Management available.*

Sponsored by the Paul H. Kusuda Special Projects Fund.

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.*

Diet Consultations & Healthy Aging Workshops

“Your connection to nutrition and wellness.”

Meet with a registered dietitian to discuss ways to manage newly prescribed diets, poor appetite, unintended weight loss, or other areas of concern. *Free for Dane County older adults (60+).* Various healthy aging educational workshops are offered at various community sites. *Free or low cost.*

Diversity & Inclusion Activities

“Your connection to your peers”

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

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+).*

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.*

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.*

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.*

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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 much more. *Free for Dane County older adults (60+).*



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New Bridge, Madison, WI

B 4C 01-2049

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

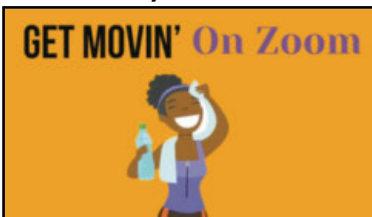
To register for activities:

See [NewBridge website for the Zoom links newbridgemadison.org](#) or contact Deana.

Mask Policy: Masks for in-person group activities will be determined on a program-by-program basis.

GET MOVIN' ON ZOOM

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



Keep your body moving with gentle exercises for every level. *In collaboration with UW Madison*

Alzheimer's Disease Research Center.

COLOR ME HEALTHY

Tuesday, June 21, 3:00-4:00 pm



Join us for monthly discussions with Black health professionals that focus on health,

wellness and racial disparities.

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.

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm

Connect, socialize and engage in brain healthy games and activities, in an effort to prevent or delay the onset of cognitive decline and memory loss. *In collaboration with Alzheimer's & Dementia Alliance of Wisconsin.*

To sign up, email Deana.

BINGO

Thursday, June 16, 3:00-4:00 pm

Game cards and chips will be mailed prior to the program. Gift cards will be mailed to winners. *To sign up, email Deana by 6/10.*

School of Nursing
UNIVERSITY OF WISCONSIN-MADISON

NEWBRIDGE
Your Connection to Successful Aging

Brain Health:

What it is. What you need to know.
Why it matters as you age.

Jessi Evans Kendall,
BSN, RN

Andrea Gilmore-Bykovski,
PhD, RN

11AM on Zoom

**THURSDAY,
JUNE 30TH**

JUNETEENTH Celebrations

The Madison area's celebration hosted by Kujichagulia-Madison Center for Self Determination will kick off Wednesday, June 16, and peak on Sunday, June 19.

More information: kujichaguliamcsd.org
 Facebook: [KujichaguliaMadison](https://www.facebook.com/KujichaguliaMadison)

Juneteenth is celebrated on June 19 and commemorates the liberation of the last slaves in Texas, two years after the Emancipation Proclamation had abolished slavery in the Confederate States in 1863. First recognized as a federal holiday in 2021, many observe the date with local celebrations, including parties, parades, picnics and festivals.

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ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

Se desarrollan actividades para adultos mayores hispanos que se enfocan en la socialización, educación para la salud y grupos de apoyo.

Las actividades son ofrecidas en español.

Estas actividades son gratuitas para los adultos mayores hispanos (60+) que viven en el condado de Dane.



Katia Vine
Diversity & Inclusion
Program Coordinator
(608) 512-0000 Ext. 3009
KatiaV@
newbridgemadison.org

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

Todos los programas son ofrecidos vía Zoom. **Normas sobre las mascarillas: El uso de mascarillas para actividades de grupo presenciales será determinado de acuerdo a cada grupo.**

YOGA SUAVE - MSCR

Todos los lunes, 10:15-11:15 am
¡Inscríbese hoy! Costo: Gratis para residentes del Distrito Escolar de Madison o \$47 si se encuentra fuera de esta área.

LUNES DE PELÍCULAS

Lunes 13 de junio, 2:00-4:30 pm
Explota Explota (2020)

BINGO - *En Persona*

Martes 14 de junio, 12:00-2:00 pm
Apartamentos Romnes, 540 W Olin Ave.
Se proveerá transporte. Regístrese antes del 7 de junio.

ACTÍVATE BAILANDO - *En Persona*

Todos los martes desde el 21 de junio hasta el 26 de julio, 1:30-2:30 pm
Madison Senior Center, 330 W Mifflin St.
Con Laura Prieto. Transporte incluido.

CÍRCULO DE AMIGOS

Miércoles 1 y 29 de junio, 1-2:00 pm
Únete a nosotros en el zoom. ¡Vengan a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

EL RINCÓN DE LA SALUD

Miércoles 15 de junio, 1:00-2:00 pm
Cada 3er miércoles del mes.
Acompáñenos a conversar acerca de diferentes temas de la salud.

CELEBRACIÓN POR EL DÍA DE LOS PADRES - *En Persona*

Miércoles 22 de junio
2:00-4:00 pm
Madison Senior
Center
330 W Mifflin St.
Transporte incluido.
¡Inscríbese antes del 15 de junio!



LA CAFETERIA DE LA MEMORIA

Jueves de 9:30-10:30 am

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

DIA DEL ADULTO MAYOR MALLARDS - *En Persona*

Jueves 16 de junio, 11:00 am

Duck Pond, 2920 N Sherman Ave.
Regístrese antes del 8 de junio

LA REUNIÓN

Viernes 17 y 24 de junio, 10-11:30 am

Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

BINGO BILINGÜE - *En Persona*

Viernes 3 de junio, 10:15-11:15 am

Warner Park Comm. Rec. Center

1625 Northport Dr. Madison

Se proveerá transporte. Regístrese antes del 1ro de junio.

COCINANDO JUNTOS CON ARACELY PORTILLO

Viernes 10 de junio, 10:00-11:30am

Regístrese antes del 3 de junio. Los ingredientes serán proporcionados.

CLASES DE INGLÉS CON LITERACY NETWORK

6 de junio-20 de agosto

Se proveerá transporte. Consulte el sitio web para conocer las fechas y los horarios.

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

Toll-free Helpline:

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Email: smp-wi@gwaar.org

www.smpwi.org

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New Bridge, Madison, WI

D 4C 01-2049



CLASSES & ACTIVITIES



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

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

Mask Policy: Masks for in-person group activities will be determined on a program-by-program basis.

PING PONG - In-Person

Mondays, 9:00 am-Noon

Wednesdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

Do you like to play ping pong? *If you are interested in joining a group who play weekly, contact Deenah.*



BUNCO - In-Person

Mondays, 2:00-4:00 pm

Warner Park Comm. Rec. Center

Join us as we play Bunco! All levels are welcome.

WESTSIDE WARBLERS -

In-Person

Monday, June 6, 11:00 am-Noon

Middleton Senior Center

7550 Hubbard Ave.

Tuesday, June 21, 6:00-7:00 pm

Dale Heights Church

5501 University Ave.

Our accompanists are Robert Auerbach on piano and Patricia Stone on accordion. Refreshments provided.

SASSY STEPPERS - In-Person

Mondays, 4:00-5:00 pm

Warner Park Comm. Rec. Center

If you love to dance, enjoy performing, want to learn new dance moves and meet new friends, come join us!

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays, 9-9:45 am

Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$20/mo.

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

SPIRIT & STRENGTH - Zoom

SHARING WISDOM IN TROUBLED TIMES
THROUGH OUR STORIES

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.

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

NEW EUCHRE - In-Person

Tuesdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

We will again be playing euchre in-person at Warner Park. Join us!

TECHNICAL ASSISTANCE - In-Person

Tuesday, June 14, 1:00-3:00 pm

Warner Park Comm. Rec. Center

By appointment only. To sign up, contact Deenah.



EASY YOGA PLUS - Zoom

Wednesdays & Fridays, 10-11:00 am

Ellen Millar leads a series of exercises that can be done standing or from a chair.

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

BOOK CLUB - In-Person & Zoom

Wednesday, June 1, 10:00-11:00 am

Warner Park Comm. Rec. Center

Discussing The Vanishing Half by Bennett.

Our July selection is Digging to America by Tyler. You are responsible for getting and returning your book. Books are available at Lakeview Library.

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

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CARD MAKING CLUB -*In-Person*

Wednesday, June 8, 1:00-3:00 pm

Warner Park Comm. Rec. Center

If you are crafty and enjoy making cards for others, please join us!

MINDFULNESS MOVEMENT FOR LGBTQ FOLKS, FRIENDS & ALLIES - *In-Person*

Wednesdays and Fridays

10:15-11:45 am

Warner Park Comm. Rec. Center

Learn to be mindful and reduce stress while having fun. Small donation requested. *A collaboration with Outreach, Inc. 50+ Alliance. Taught by Mimi Millen, M.Ed., MS, Energy Practitioner.*

CHAIR YOGA - *In-Person*

Thursdays, 10:30-11:30 am

Warner Park Comm. Rec. Center

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.

MAHJONG - *In-Person*

Thursdays,
1:00-3:00 pm

Warner Park
Comm. Rec. Center



SEWING CLUB - *In-Person*

Thursday, June 2 & 16, 9 am-Noon

Warner Park Comm. Rec. Center

Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:

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

BINGO! - *In-Person*

Fridays, 10:15-11:15 am In-Person

Warner Park Comm. Rec. Center

Join callers Diana D & Don. One lucky winner will receive a gift card. Bilingual Bingo is on the 1st Friday of each month. **NO ZOOM BINGO THIS MONTH.**

MALLARDS BASEBALL SENIOR DAY

Duck Pond, 2920 N Sherman Ave.

Thursday, June 16, Gates Open 11 am

First Pitch 12:05 pm

Special seating for our meal and the game.

Fun activities throughout the day.

Cost \$20/person for a hat, a meal, game ticket, 50/50 Raffle. *Co-sponsored by All of Us Research Program.*

SUMMER CONCERT SERIES

Warner Park, 2930 N. Sherman Ave.

Mondays in June & July, 6-7:30 pm

Free live music. No concert July 4.

Food carts available at each concert.

See page 24 for more information.

Additional details for the June 13 concert
Rebulu Latin Jazz:

- 6:00-6:30 pm Latin Dance Lesson
- 6:30-7:30 pm 1st Music Set
- 8:00-9:00 pm 2nd Music Set

Special collaboration with Arts + Literature



June 15 is World Elder Abuse Awareness Day

Elder Abuse includes behaviors like physical abuse, emotional abuse, sexual abuse, neglect and financial exploitation. In 2021, Dane County Adult Protective Services (APS) investigated 378 reports of elder abuse and 71% of those cases were substantiated. Financial exploitation and self-neglect were the most common forms of elder abuse reported.

The purpose of Elder Abuse Awareness Day is to promote a better understanding

of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Signs of self-neglect include circumstances such as unsanitary living conditions, lack of food in the residence or inadequate or unclean clothing. Common types of financial exploitation include: theft, fraud, misuse of authority by financial advisors or family members, or extortion and manipulation.

If you or someone you know may be a victim of elder abuse call the Adult Protective Services Helpline at (608) 261-9933 to report suspected abuse or neglect of adults who are age 60 and older.

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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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FRIENDS OF NEWBRIDGE

In support of the NewBridge mission, the Friends of NewBridge provide feedback, advocacy and fund development for a variety of programs and events.

Friends of NewBridge donate more than \$15,000 per year to support much needed programs such as Food Bridge, Home Chore, and Case Management services.

Friends also support fundraising programs such as the much-loved Summer Concert series at Warner Park starting June 13 and Senior Day at the Madison Mallards on June 16.

Friends can participate in a variety of programs, events and volunteer opportunities.

Consider becoming a Friend and being part of the fun! Complete the form below or at newbridgemadison.org

We are also looking for volunteers to sit on the Friends of NewBridge Committee that meets monthly. If you are interested in hearing more about this opportunity please contact Deenah Givens (608) 512-0000 Ext. 3002 DeenahG@newbridgemadison.org



DONATE TO NEWBRIDGE TODAY!

Name/s: _____

Address: _____

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Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2022 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 at newbridgemadison.org. Friendships are renewed annually.
Donations may be tax deductible to the extent of the tax code.



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New Bridge, Madison, WI

G 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is \$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.

Mask Policy: Masks for in-person group activities will be determined on a program-by-program basis.

EAST MADISON

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

NORTH MADISON

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

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

Warner Park Community Rec Center
1625 Northport Drive
Thursday, June 23, 8:30 am-Noon

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, June 28, 9:00 am-12:00 pm



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. 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 9:00 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.

WALK-IN HOURS

A Case Manager will be available at the following times and locations:
Come with your questions.

SOUTH MADISON

Romnes
Apartments
540 W Olin Ave.
Tuesday, June 7
11:00 am-Noon

EAST MADISON

Monona Senior
Center
1011 Nichols Rd.
Friday, June 10
11:30 am-12:30 pm

WEST MADISON

Good Shepherd
5701 Raymond Rd.
Friday, June 17
11:30 am-12:30 pm

Goodman
Community Center
214 Waubesa St.
Tuesday, June 21
11:30 am-12:30 pm

Farmers' Market Vouchers

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to senior adults for use at farmers' markets and roadside farm stands in Wisconsin during the 2022 growing season (June 1–October 31).

The vouchers are distributed by mail on a first come/first serve basis to those age 60+, who live in Dane County, and have gross incomes under **\$25,142 per year (or \$2,095/month) for a one person household and \$33,874 per year (or \$2,823/month) for a two person household.** To apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678.



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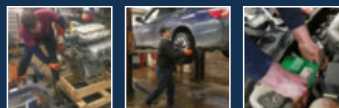
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT– Flexible

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

NUTRITION SITE VOLUNTEERS

DESCRIPTION– Help check people in, serve drinks, and socialize with older adults at our nutrition sites.

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

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 Ext. 1002

FOOD BRIDGE DELIVERY DRIVERS

DESCRIPTION– Deliver food pantry items from The River Food Pantry and/or St. Vincent de Paul and/or Middleton Outreach Ministry Food Pantry to an older adults front door. No person to person contact. From the comfort and safety of your own car. Flexible for your schedule.

TIME COMMITMENT– 2-4 times/month

IMMEDIATE NEED– 5 volunteers

BRIDGE BUDDY CALLERS

DESCRIPTION– Bridge Buddies is a program designed to conduct safety checks and combat loneliness in older adults in Madison and Monona through the use of regular phone calls.

TIME COMMITMENT– Weekly friendly chats between 15-60 minutes, while reassurance calls are a few minutes and occur weekdays.

IMMEDIATE NEED– 20+ volunteers

MY SENIOR CENTER ASSISTANT

DESCRIPTION– Help with implementation of a database called My Senior Center and data entry. Basic computer skills needed and the ability to travel and volunteer in-person at Warner Park, 1625 Northport Dr.

TIME COMMITMENT– 2-4 hours per week
For more details contact Deenah Givens, (608) 512-0000 Ext. 3002 or deenahg@newbridgemadison.org

2022 Volunteer Appreciation

6/13 FRONT DESK VOLUNTEERS +
GUARDIAN & REP PAYEE VOLUNTEERS

6/20 NEWBRIDGE BOARD
MEMBERS

6/27 NEWBRIDGE CLUBS +
FRIENDS OF NEWBRIDGE

7/11 FOOD BRIDGE + THANKSGIVING
VOLUNTEERS

7/18 HOME CHORE + BRIDGE
BUDDIES VOLUNTEERS

7/23 THE SASSY STEPPERS +
NUTRITION SITE VOLUNTEERS

Summer Concerts

at Warner Park

Join us during our summer concert series as we recognize the incredible work and accomplishments of NewBridge Volunteers. Each concert we will recognize different groups and learn about the programs they serve.

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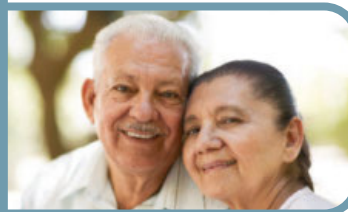
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New Bridge, Madison, WI

| 4C 01-2049

CELEBRATING 50 YEARS OF THE NUTRITION PROGRAM

The Older Americans Act Nutrition Program was signed into law on March 22, 1972, creating the first federal program to support the health and well-being of older adults, 60+, through nutrition services.

50 years later, the Senior Nutrition Program continues to support agencies like NewBridge that provide older adults healthy meals and other resources so that they can remain independent, well, and connected in the community. If you have not attended one of our nutrition dining sites yet we encourage you to join us for a meal. It is a wonderful experience!

5,000 nutrition program providers serve over 1 million meals daily to older adults across the country. For many these meals supply over 50% of their total food for the day. Nationally, over 70% of participants eat healthier foods because of the program. Some older adults receive home-delivered meals and others attend congregate meals sites near their home. At the congregate meal sites, older adults eat together with their peers and develop meaningful connections. The Senior Nutrition Program also provides nutrition screening, education, and counseling. It is critical that our nation continues to ensure all older adults have access to safe, nutritious food and other critical services needed to support overall well-being.

A special thank you to the incredible nutrition staff who do an amazing job of coordinating and serving the meals. Happy Anniversary Nutrition Program! This is a milestone we are proud to celebrate.



AL KOTIL
Nutrition
Site Assistant



CANDICE
ALEXANDER
Nutrition
Manager



CHRISTINE
JACKSON
Nutrition
Coordinator



ETHEL RANDLE
Nutrition
Coordinator



FAITH
SWINBURNE
Nutrition
Coordinator



JEROME
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Nutrition Site
Assistant



JUDY
CAMPBELL
Nutrition Site
Assistant



KRISTEN HUBER
Assistant
Nutrition



NANCY
THOMPSON
Nutrition
Coordinator



STANLEY
GRAHAM
Nutrition
Coordinator

Not pictured: DAVE GENSON, Nutrition Substitute
SHANNON GABRIEL, Dietician & Healthy Aging Coordinator

Please join us to celebrate the with Bingo, lunch, cake and prizes.

- Friday, June 3, 10:15-11:15 am
Warner Park Comm. Rec. Center
- Thursday, June 9, 10:45-11:45 am
Meadowridge Commons
- Tuesday, June 14, 10:45-11:45 am
Messiah Lutheran Church
- Friday, June 17, 10:45-11:45 am
Monona Senior Center
- Thursday, June 23, 10:00-11:00 am
Romnes Apartments
- Thursday, June 23, 11:45 am-12:45 pm
Picnic Party at Goodman Comm. Cnter
- Tuesday, June 28, 10:15-11:15 am
Madison Senior Center

See pages 22 and 23 for site addresses.

WELCOME NEW STAFF

Judy Campbell

I began participating in the NewBridge lunch program at Madison Senior Center in early 2019. The meals are great, and I quickly discovered a welcoming sense of community. There is a friendly ambience. I've made friends. I have always volunteered as fit my work & home schedule. With all five of my children well into their adult lives, I have much more available free time. I enjoy my job. The people are awesome and helping other older adults to gather and enjoy healthy food is immensely satisfying.

Jerome Holliday

I attended Memphis State and UW Madison. I've worked in nursing for 15 years, a past social worker, and a past nutrition manager at the South Madison Coalition of the Elderly. I am now the NewBridge Nutrition Site Assistant. I am proud to be a part of the team.

Ethel Randle

I have been in Madison since 1978. I have raised three children and have seven grandchildren that keep me busy. My background includes food service, childcare, and in-home care. I was introduced to NewBridge through the WISE program. I was assisting Stanley, the Nutrition Coordinator at the Romnes site. I took a position with NewBridge as a Nutrition Coordinator on March 7, 2022. I enjoy this position because the senior meal program sites are safe places for seniors in the community to enjoy a healthy meal with others.



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Our Family Will Take Good Care of Your Family

NUTRITION MEAL SITES

Mask Policy: Masks for congregate meal sites will be determined on a site-by-site basis.



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 \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$9.07.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONSOLIDATED FOOD SERVICE MENU 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 / *: Pork				
06 Bone-in Garlic Parm. Chicken, Stewed Tomatoes Spinach Casserole Applesauce, Pound cake MO – Veg Garlic Parmesan	07 Fish Sandwich Yams, Peas, Pears Banana Muffin MO – Black Bean Burger	08 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Vanilla Ice Cream Cup MO – Chickpea Joe	09 Honey Baked Chicken Broccoli, Yams, Peaches Macaroni Salad Oatmeal Cream Pie MO – Veg Honey Baked	03 Chicken Alfredo Penne Steamed Brussel Sprouts 3 Bean Salad, Mixed Fruit Rainbow Sherbet Cup MO – Veggie Alfredo Penne
13 *BBQ Ribs Cheesy Potatoes Pickled Beets Mandarin Oranges Lime Sherbet Cup MO – Hummus Wrap	14 Chicken a la King Brown Rice, Green Beans Vinegar Corn Salad Fruit Cocktail Cherry Vanilla Yogurt MO – Soy a la King	15 Enchilada Casserole Broccoli, Cauliflower Peaches, Blueberry Muffin MO – Bean/Cheese Burrito	16 *Italian Sausage Coney Bun Oven Roasted Potatoes Stewed Tomatoes Pears, Cherry Italian Ice MO – Veggie Meatballs	17 Chicken Broccoli Rice Casserole, Carrot Coins Chickpea Salad, Pineapple Pound Cake MO – Veg Broccoli Rice Casserole
20 CLOSED	21 Chicken Sandwich Calico Beans, Green Beans Strawberry Applesauce MO – Veggie Burger	22 Lemon Dill Baked Fish Baked Potato, Coleslaw Chocolate Muffin MO – Hummus Wrap	23 Egg Salad Pickled Beets Cucumber Slices Banana, Orange Sherbet	24 Meat Sauce Spaghetti Noodles Carrot Coins, Fruit Cup Mixed Green Salad Chocolate Pudding MO – Marinara w/ Soy
27 *Pork Loin in Gravy Mashed Potatoes, Peas Cinnamon Applesauce Apple Cinnamon Muffin MO – Garden Wrap	28 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail Lemon Italian Ice MO – Black Bean Burger	29 Bone-in BBQ Chicken Baked Sweet Potato Banana, Orange Jell-O MO – Veggie BBQ	30 *Meatballs in Marinara Over Penne, Broccoli Salad Banana Chocolate Chip Cookie MO – Veg Meatballs	

WEST MADISON

Meadowridge Commons, 5734 Raymond Rd.
Tuesday, Thursday, Noon

For reservations call (608) 512-0000 Ext. 4006
Catered by Consolidated Food Service

**Starting June 14 through August 12, this meal site will move to Good Shepherd.*

Thursday, June 9, 50th Anniversary Celebration

Good Shepherd Church, 5701 Raymond Rd.
Tuesday, Thursday, Noon starting June 14
Friday, Noon

For reservations call (608) 512-0000 Ext. 4006
Catered by Consolidated Food Service

Hy-Vee West, 675 S. Whitney Way

Wednesday, 11:00 am-1:30 pm

**No meal reservation required*

For transportation call (608) 512-0000 Ext. 4006
Catered by Hy-Vee. Check our website for the menu.

Lechayim at Beth Israel Center

Will resume in September.

Catered by UW Hillel Adamah Catering

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006
Catered by Consolidated Food Service

Thurs., June 23, 50th Anniversary Celebration

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006
Catered by Consolidated Food Service

Tues., June 28, 50th Anniversary Celebration

EAST MADISON/MONONA

Monona Senior Center, 1011 Nichols Rd.
Friday, Noon

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

June Menu:

- **Friday, June 3** : Cheeseburger, German Potato Salad, Applesauce, Pudding, MO: Veggie Burger
- **Friday, June 10** : Spaghetti with Meat Sauce, Romaine Salad, Garlic Bread, Pears, Sherbet, MO: Meatless Sauce
- **Friday, June 17** : Baked Fish, Baked Sweet Potato, Coleslaw, Whole Wheat Bread, Pineapple Chunks, MO: Soy Patty
- **Friday, June 24** : Chicken Pasta Salad, Pickled Beets, Croissant, Tropical Fruit, MO: Egg Salad

Friday, June 17, 50th Anniversary Celebration

**Messiah Lutheran Church,
5202 Cottage Grove Rd.**

Tuesday and Thursday, Noon

For reservations call (608) 512-0000 Ext. 2001
Catered by Consolidated Food Service

Tuesday, June 14, 50th Anniversary Celebration

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
Catered by Consolidated Food Service

Friday, June 3, 50th Anniversary Celebration

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

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 8087
Catered by Consolidated Food Service

Thurs., June 23, 50th Anniversary Celebration





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Summer Concerts

at Warner Park

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6:00-7:30 PM
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- June 13: Rebulu Latin Jazz
- June 20: Frank Martin Busch & the Names
- June 27: Universal Sound
- July 11: Soggy Prairie
- July 18: Eddie Butts Band
- July 25: Ladies Must Swing

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