

NEW BRIDGE NEWS

Your Connection to Successful Aging JUNE 2023

NEW BRIDGE LIVE MUSIC
FOOD CARTS
 MONDAYS 6:00 – 7:30 PM
 WARNER PARK

SUMMER CONCERTS

ART LIT LAB

June 12: **ART LIT LAB** & The Madison Jazz Festival Present: Latin Jazz Band
 June 19: Frank Martin Busch & the Names
 June 26: Sista' Sensei
 July 10: Universal Sound
 July 17: Eddie Butts Band
 July 24: Ladies Must Swing

DANE ARTS | **Humana** | **Gunderson** | **All of Us RESEARCH PROGRAM** | **MADISON Arts COMMISSION**

Supported by Dane County Arts with additional funds from the Endres Mfg. Company Foundation; The Evjue Foundation, Inc., charitable arm of The Capital Times; the W. Jerome Frautschi Foundation; and the Pleasant T. Rowland Foundation.

We are closed Monday, June 19 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...

In June, 1969 a number of riots occurred after a raid at the Stonewall Inn in Manhattan, a place frequented by gays and lesbians. The LGBTQ+ community called for the establishment of places gays and lesbians could go and be open about their sexual orientation, and without fear of being arrested. Since then many gay rights organizations have formed. June is Gay Pride Month. During this month, we celebrate sexual diversity for lesbian, gay, bisexual and transgender individuals and promote the dignity, equal rights and self-affirmation of all. We also educate and increase society's awareness of the discrimination, violence and other issues they face in being accepted for their sexual orientation.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

*Hours: Monday-Thursday, 8:00 am-3:00 pm

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARA CAMACHO, *President* - Public Health Supervisor, Public Health Madison & Dane County
- LAURA STEIN, *Vice President* - Member at Large or Community Member
- TIM CONROY, *Treasurer* - Executive Director, Capitol Lakes Community
- AMY DEVINE, *Secretary* - Attorney, Haskins Short & Brindley
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward
- JENNIFER SIMON-VOHS - Supervisor of Care Coordination Services at UnityPoint Health - Meriter

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments
Sherman Glen Apartments

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
- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- 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 Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002

- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008

- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Diversity & Inclusion Program & Fund Development Assistant Ext. 4007
- KATIA VINE, Diversity & Inclusion Program Coord. Ext. 3009

- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.





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Independent Living Apartments & Communities

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

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

2021 & 2022 BEST OF EDGERTON AWARD

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

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

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

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

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






bmcmadison.com

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SERVICES AND ACTIVITIES

Case Management

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). Sponsored in part by CUNA Mutual Group Foundation and the Paul H. Kusuda Special Projects Fund.*

Food Bridge

Offers monthly food pantry delivery for Case Management clients at nutritional risk throughout Madison and Monona. *Free for eligible Madison/Monona older adults (60+). Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation.*

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

Social, educational, exercise classes, and support groups to increase socialization and healthy aging opportunities with some programs designed specifically for Black and Hispanic older adults. Hispanic activities offered in Spanish only. *Free or low cost for older adults (60+) with scholarships available. Sponsored in part by Fitchburg's Healthy Neighborhood Grant.*

Nutrition Dining Sites

Serves nutritious weekday meals and provides socialization at multiple Madison/Monona locations. Cost is an anonymous donation. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation. *Sponsored in part by Dan and Patti Rashke (TASC) Family Foundation.*

Representative Payee & Guardianship Service

Connects vulnerable older adults with trained volunteers who serve as payees or guardians. The volunteers may make health care decisions, or manage social security benefits, and more. *Free for Dane County older adults (60+).*

WELCOME BOARD MEMBER JENNIFER



Jennifer is an RN with 15 years of nursing experience and a passion in caring for our vulnerable older adults. In her current role as Ambulatory Care Coordination Supervisor for the UPH-Meriter Clinics, she consistently advocates for those transitioning from hospital or rehab back into their home environment.

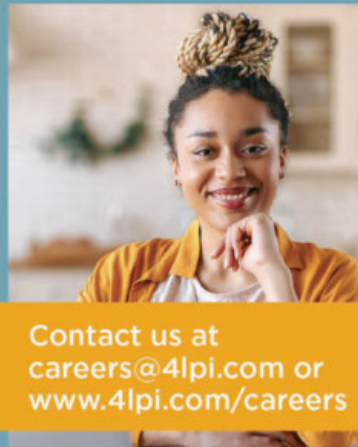
When challenges present, she works diligently to keep patients and families at the center of her work. When not in the clinical environment, Jennifer finds joy in spending time with her husband Eric and their two children, Kennedy (10) and Zachary (8). Jennifer is involved in various community organizations and is honored to be part of the NewBridge Board and positively affect change in her community.

WE'RE HIRING! AD SALES EXECUTIVES



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Ruth Schlitz

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(800) 950-9952 x2671



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Savings are in the air

There are simple ways we can all save energy this summer. Hanging your laundry outside to dry is one way. If you use your dryer, run it during the cooler parts of the day. For more warm weather energy and cost saving tips, hang out online at mge.com/summer.

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New Bridge, Madison, WI

C 4C 01-2049

NEWBRIDGE UNIVERSITY (NBU)



At NewBridge University we strive to engage, support and unite older adults.

As we age our learning path may look different, the manner in which we learn may change, and our learning curve might be steeper - but we never stop learning. All of our program offerings under our Diversity & Inclusion and Classes & Activities, will fall under NBU. Some of our classes will be offered to specific groups, to help provide a safe space where participants can share and express themselves with older adults who look like them and share similar life experiences. For each class, activity, or program that you attend you will earn credits. These credits are redeemable for NBU swag at our end-of-year celebration. Credits will be tracked by a system and we will have a way for you to track credits too.

To learn more or sign up for classes, visit our website, see our newsletter or contact our staff.

PAGES 8-9

Classes and Activities for Black Older Adults
Deana Wright, Diversity and Inclusion Manager
(608) 512-0000 Ext. 2007
DeanaW@newbridgemadison.org

PAGES 10-11

Classes and Activities for Hispanic Older Adults
Katia Vine, Diversity and Inclusion Coordinator
(608) 512-0000 Ext. 3009
KatiaV@newbridgemadison.org

PAGES 12-14

General Classes and Activities
Deenah Givens, Program Coordinator
(608) 512-0000 Ext. 3002
DeenahG@newbridgemadison.org

En la Universidad NewBridge (NBU), trabajamos en relacionar, apoyar y unir a adultos mayores.

Conforme nos vamos haciendo mayores nuestro camino de aprendizaje suele cambiar, aprendemos de diferentes maneras, o a veces puede ser más difícil - sin embargo, nunca dejamos de aprender. Todos nuestros programas, de Diversidad e inclusión, las clases y actividades, ahora pertenecerán a NBU. Algunas de nuestras clases serán dirigidas a grupos específicos, para ayudar a proveer un ambiente seguro, donde los participantes podrán compartir y expresarse con otras personas que hayan compartido experiencias similares.

Por cada clase, actividad, programa al que asista, usted ganará créditos. Estos créditos los podrá canjear por artículos de NBU el día de nuestra celebración de fin de año.

El récord de sus créditos será registrado por un sistema, y también podrá mantener cuenta de sus créditos.

Para más información, visite nuestra pagina web, lea nuestro periódico y regístrese en clases o comuníquese con nuestro personal.

NBU : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



NewBridge University (NBU) ~ a community of lifelong learners.
Earn credits for our classes, activities, or programs that you attend.
Credits are redeemable for NewBridge swag at the end-of-year celebration.
Below activities are developed for Black older adults that focus on socialization, health education, and support groups. *Free for Black older adults (60+) in Dane County.*



CONTACT DEANA:
(608) 512-0000 Ext. 2007
DeanaW@NewBridgeMadison.org



CONTACT JEANETTE:
(608) 512-0000 Ext. 4007
JeanetteA@NewBridgeMadison.org

Masks are encouraged. To register and/or request transportation, contact Deana.

Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

UW South Madison Partnership
2238 S. Park St.
Madison, WI 53713

MEN'S SELF-CARE WORKSHOP

JUNE 10

**SECOND SATURDAY EVERY MONTH!
1:00-3:00PM**

Workshop Facilitator
James Bester
UW-Madison

*A light meal will be served

Call to register: (608)512-0000 Ext. 2007

Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

GET MOVIN'
An indoor gentle exercise program designed for every fitness level

IN-PERSON & ON ZOOM

Tuesdays & Thursdays
1:00-2:30 PM

Register:
(608)512-0000 Ext. 2007

THINK CAP CAFE
Celebrates Black Music Month

Thursdays at 11 AM

On Zoom

Connect virtually with other Black older adults to engage in brain games that may lower the risk of memory loss

TAI CHI TUESDAYS
FOR BETTER BALANCE

8-week session,
beginning Tuesday, June 20th

11:00 a.m.
to
12:00 p.m.

All skill levels welcome

NEWBRIDGE safe communities MSCA

BLACK FILM FRIDAY

The Light We Carry

Michelle Obama *and* Oprah Winfrey

JUN 9



1:00-3:00 PM

Take a Spin: Pottery Night

All materials provided; no experience necessary

JUNE 15 **6-8 PM**



Intro to Canoeing/Kayaking

Canoes, kayaks, paddles & life jackets provided. No experience necessary

JUNE 24 **10:00 AM-12:30 PM**



NEWBRIDGE
The Connection to Successful Aging

MADISON PUBLIC LIBRARY

CALMING COMPUTER JITTERS

Help for Older Adults Who Aren't Computer Savvy



- Want to learn more about Zoom for virtual programs, classes or family chats?
- Need to know how to set up an email account?
- Not sure how to pay bills online or stream movies?
- Interested in accessing a world of educational opportunities and knowledge right at your fingertips?
- Thinking about online dating?
- Want to access your medical or banking info on your laptop?
- Wondering how a laptop can provide socialization and learning?
- Curious about Facebook, Pinterest or Instagram?
- Information needed on how to get free or low-cost internet service?

Grab your laptop and join us
at Mt. Zion Baptist Church 2019 Fisher Street
for an afternoon of easy-to-understand instruction.

WEDNESDAY, JUNE 21 AT NOON

Call Deana to sign up. A light lunch will be served.

Let's Take a

BIRD WALK

JUNE 26

8:00-9:30 AM

Take a naturalist-led birding adventure and learn about using binoculars and identifying birds by sight & sound.



Register: (608)512-0000 Ext. 2007

NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



La Universidad de NewBridge (NBU) ~ Una comunidad de aprendizaje continuo. Gane crédito por cada clase, actividad, o programa en el que participe. Los créditos luego los podrá intercambiar por artículos de NewBridge en la celebración de fin de año. A continuación se encuentran las actividades desarrolladas para adultos mayores Hispanos, las cuales se enfocan en socialización, educación de la salud, y grupos de apoyo. Estas clases son gratuitas para adultos mayores Hispanos (60+) que viven en el condado de Dane. Actividades solo en español. Activities in Spanish only.



**CONTACTE A
KATIA:**

**(608) 512-0000
Ext. 3009**

**KatiaV@
NewBridge
Madison.org**

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

EDUCACIONAL

CLASES DE ESL (INGLÉS) CON LITERACY NETWORK - En persona - 1 crédito

Lunes y Miércoles 5 de junio-16 de agosto
10:00-11:00 am

Warner Park, 1625 Northport Drive
Ciclo de Verano para principiantes. Ciclo de Verano para intermedios por zoom.
¡Regístrese Ya! Se proveerá transporte

**LA CAFETERIA DE LA MEMORIA:
Zoom - 1 crédito**

Jueves de 2:00-3:00 pm
Entrene su memoria, percepción, atención, concentración y más, a través de retos y actividades divertidas. Las hojas de práctica se enviarán todos los viernes.

**LA REUNIÓN: En Persona y Zoom -
1 crédito**

Viernes 23 de junio, 10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

EJERCICIOS

YOGA SUAVE (MSCR): Zoom - 1 crédito

Lunes del 3 de abril al 10 de junio
10:15-11:15 am

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

SOCIAL

BINGO BILINGÜE: En persona - 1 crédito

Viernes 2 de junio, 10:15 am-12:30 pm
En El Warner Park
Se proveerá transporte.
Regístrese antes del 26 de mayo

**YOGA EN SILLA:
Zoom - 1 crédito**

Del 30 de mayo al 18 de julio
10:00-11:00 am

SOCIAL

FIESTA EN LA PISCINA PARA ADULTOS MAYORES DE 50: En persona - 1 crédito

Viernes 9 de junio, 7:00-9:00 pm
Piscina Comunitaria de Monona
1013 Nichols Rd. Habrá música, piqueos/
bocadillos, juegos y más.

CONIERTO DE VERANO:

En persona - 1 crédito

Lunes 12 de junio – Grupo de Jazz latino
Lunes 19 de junio – Presentación del grupo
de tambores, 6:00-8:00 pm
Warner Park, 1625 Northport Dr.
Este es un evento al aire libre—puede traer
sillas de picnic.

GRUPO DE COSTURA Y TEJIDO:

En persona - 1 crédito

Martes 13 y 27 de junio, 2:00-3:30 pm
Centro de Adultos Mayores de Madison
330 W Mifflin St.
¡Venga a cocer o tejer en grupo!
Traiga sus propios materiales o utilice los
materiales del centro. Este es un grupo
libre, donde nos enseñaremos entre
nosotros.

CLUB DE JUEGOS DE MESA:

En persona - 1 crédito

Martes 13 y 27 de junio, 2:00-3:30pm
Centro de Adultos Mayores de Madison
330 W Mifflin St.
Venga a jugar juegos de mesa y pasar un
momento divertido. Puede traer sus
propios juegos o puede utilizar los juegos
del centro. Ajedrez, Damas chinas, cartas/
naipes, rummikub y más.

CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles el 14 de junio, 1:00-2:00 pm
Conéctese por Zoom ¡Venga a tomarse
un cafecito y conversar en un ambiente
familiar y amical para conocernos mejor!

PASEO AL JUEGO DE LOS MALLARDS:

En persona - 1 crédito

Jueves, 20 de junio, 11:00 am
¡Apunten la fecha en sus calendarios!



SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD:

Zoom - 1 crédito

Cada 3er miércoles del mes 21 de junio
1:00-2:00 pm
Acompáñenos a conversar acerca del
corazón con la Dr. Waldely

ADULTOS MAYORES COMIENDO BIEN:

En persona - 1 crédito

28 de junio (Cupo limitado)
De 10:30 am-12:00 pm
FoodWise – Fen Oak Dr. Madison, WI

ARTE Y BUENAS INTENCIONES:

En Persona - 5 crédito

Martes del 23 de mayo-6 de junio
10:00 am-12:00 pm
Centro de Adultos Mayores de Fitchburg
Cupo limitado a 12 por clase

NBU : CLASSES & ACTIVITIES



NewBridge University (NBU) ~ a community of lifelong learners. Earn credits for our classes, activities, or programs that you attend. Credits are redeemable for NewBridge swag at the end-of-year celebration. Below are activities are developed for Madison and Monona area older adults that focus on socialization, health education, and support groups.



CONTACT DEENAH:
(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. *See NewBridge website for the Zoom link, www.newbridgemadison.org.*

SOCIAL

WESTSIDE WARBLERS: In-Person - 1 credit

Monday, June 5, 11:00 am-12:30 pm
Middleton Senior Center, 7448 Hubbard Ave
Tuesday, June 20, 6:00-7:30 pm
Dale Heights Church, 5501 University Ave.
NO DALE HEIGHTS GATHERING IN JUNE
Accompanists Robert and Patricia Stone.
Refreshments provided. For more information, contact Ellie (608) 230-6704

PING PONG: In-Person - 1 credit

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

GAMES: In-Person - 1 credit

Warner Park, 1625 Northport Dr.
BUNCO, Mondays, 2:00-4:00 pm
EUCHRE, Tuesdays, 1:00-3:00 pm
MAH JONG, Thursdays, 1:00-3:00 pm

SASSY STEPPERS: In-Person - 1 credit

Tuesdays, 2:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you love to dance, enjoy performing, and meet new friends, come join us!

CARD MAKING CLUB: In-Person - 1 credit

Wednesday, June 14, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!

BINGO: In-Person - 1 credit

Fridays, 10:15-11:15 am
Warner Park, 1625 Northport Dr.
Join caller Diana D. for BINGO. You can play up to 4 cards; each card costs 50 cents. Winner wins \$1.00. Bilingual Bingo is on the 1st Friday of each month.

BOOK CLUB: Zoom - 1 credit

Wednesday, June 7, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our June book is: Mink River by Brian Doyle. Our July book is: Vintage by Susan Gloss. You are responsible for getting and returning your book. Available at Lakeview Library.

SEWING CLUB: In-Person - 1 credit

Thursday, June 1 & 15, 9:00 am-Noon
Warner Park, 1625 Northport Dr.

Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

Join Instructor Kim S. as she leads you through a series of gentle stretch and yoga movements from standing or seated positions. For all ability levels.

CHAIR YOGA: In-Person - 1 credit

Mondays, 1:00-2:00 pm

Lakeview Library, 2845 N. Sherman Ave.

To register contact Deenah OR call Lakeview Library at (608) 246-4547 or register online at madpl.org/events.

EASY YOGA PLUS: Zoom - 1 credit

Wednesdays & Fridays, 10:00-11:00 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

STRETCH & STRENGTH: Zoom - 1 credit

Mondays & Wednesdays, 9:00-9:45 am

Join Becky Ott-Forde for gentle stretch and strengthening exercises from the comfort of your own home. Cost \$30/mo.

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

MINDFULNESS MOVEMENT FOR LGBTQ FOLKS, FRIENDS & ALLIES: In-Person - 1 credit

Wednesdays and Fridays, 10:15-11:45 am
Warner Park, 1625 Northport Dr.

Small donation requested. *A collaboration with MSCR. Taught by Mimi Millen, M.Ed., MS, Energy Practitioner.*

HEALTH/WELLNESS

SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES THROUGH OUR STORIES: Zoom - 1 credit

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.

WELLNESS WARRIORS: Zoom - 1 credit

"We get by with a little help from our friends."

Wednesdays, May 10-June 14, 2-3:00 pm

This group is intended to support you and your positive mental health and wellbeing. New topics each week.

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, June 20, 1:00-3:00 pm

Lakeview Library, 2845 N Sherman Ave.

To register call Lakeview Library at (608) 246-4547 or register online at madpl.org/events. Registration will open at 10 AM two weeks before each program date.

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

One Saturday/mo, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

All are welcome. Contact Walt Stewart (608) 576-5437.

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS

In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

- Every Wednesday, 12:30–2:00 pm
Games and More

MADISON SENIOR CENTER

- Every Wednesday, 10:30 am - Bingo
- 1st Week of the Month - Birthday Celebration

MESSIAH LUTHERAN CHURCH

- 1st Week of the Month - Birthday Celebration

GOOD SHEPHERD CHURCH

- Thursday, June 1, 10:30 am
Birthday Celebration
- Thursday, June 8, 10:30 am - Tea Talk
- Thursdays, June 15, 10:30 am
BILINGUAL BINGO! You can play up to 4 cards; each card costs 50 cents.

ROMNES

- 1st Week of the Month - Birthday Celebration

WARNER PARK

- Every Friday, 10:15 am – BINGO! You can play up to 4 cards; each card costs 50 cents.
- Tuesday, June 13, 10:15 am
Birthday Celebration
- Tuesday, June 20, 10:15 am Tea Talk

INTERGENERATIONAL DRUM CIRCLE

Dates will be announced soon

Warner Park, 1625 Northport Dr.

All levels of drummers are welcome, even if you've never touched a drum before!

There are many well researched benefits to drumming: 1) Improve social connections; 2) Reduce tension, anxiety and negative feelings; 3) Incite laughter and good humor; 4) Generate positive energy. Come join the fun!

SUMMER CONCERT SERIES

The very popular Summer Concert Series at Warner Park pavilion is back again this year! There will be food carts each week so come and order food or bring a picnic with you! NEW THIS YEAR – an accessible play structure for children of all ages! Bring your lawn chairs and blankets and enjoy being outdoors, listening to great music with your friends, family and neighbors! You don't want to miss this spectacular musical line up this year!

- June 12: Golpe Tierra (Latin Jazz)
- June 19: Frank Martin Busch & the Names (Country)
- June 26: Sista' Sensei (Reggae)
- July 10: Universal Sound (Sinatra to AC/DC)
- July 17: Eddie Butts Band (Blues/Funk)
- July 24: Ladies Must Swing (Swing)

There will be special guest performances by our own Intergenerational Drumming Circle on June 19 & July 17 AND our own Sassy Steppers will be performing on July 10.

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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.

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New Bridge, Madison, WI

D 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 **\$25** and we ask that you bring 2 towels.

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

EAST MADISON

Lake Edge Luther Church
4032 Monona Drive
Thursday, June 1, 9:30-11:45 am



NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the loan closet location:
505 Cottage Grove Rd.

Loan closet items are available to City of Madison and Monona residents. Monetary and equipment donations are welcomed.

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, June 13, 20, 9:30-11:45 am

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, June 6, 1:00-2:30 pm

Goodman Community Center
149 Waubesa Street
Monday, June 12, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Thursday, June 22, 9:00-11:30 am

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, June 27, 9:00-11:40 am

MEDICAL EQUIPMENT LOAN CLOSET

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 8:00 am-3:00 pm and closed on Fridays.

We ask that you call ahead to make an appointment to pick up, return and to donate. *Currently accepting footed canes.*

FRIEND OF NEWBRIDGE, RUTH THEISEN



We are saddened to inform you that Ruth Theisen, a Friend of NewBridge, passed away in April on her 100th birthday.

Ruth was a secretary for Oscar Mayer, then retired from the State of Wisconsin.

Ruth loved spending time with her family, whether it was family get togethers to having close relationships with all her nieces and nephews and their families. She enjoyed being outdoors and gardening.

Ruth was also a supporter of the East Madison Monona Coalition (EMMCA) before the merger. Ruth will be missed by all of us whose lives she touched.

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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 with check in, meal service, clean up, 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.*



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



GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.
TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.



Celebrating

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Sunday, June 11
1:00-4:00 pm



Warner Park
Community
Recreation Center,
1625 Northport Dr.

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New Bridge, Madison, WI

F 4C 01-2049

NUTRITION MEAL SITES



Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone.

RESERVATIONS

Meal and transportation reservations and cancellations should be made on-site or by calling the number associated with the site by Noon, two business days in advance.

**starred sites do not require a meal reservation.*

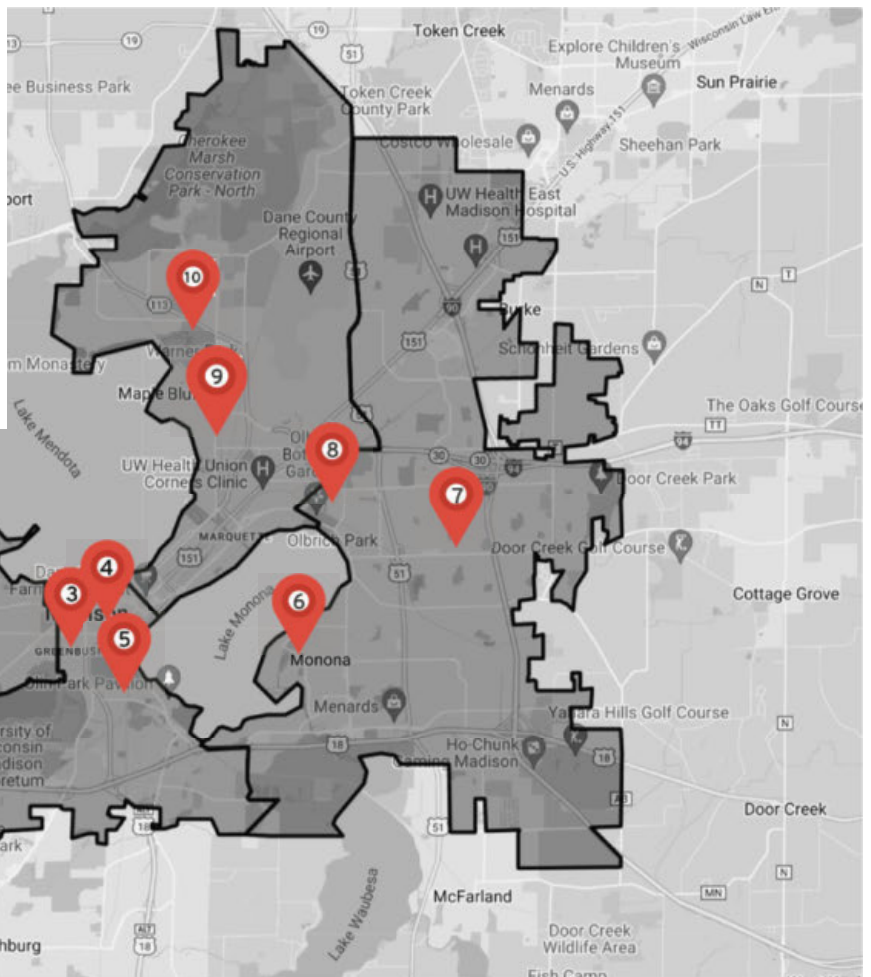
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

If you are age 60 and older, the suggested minimum donation is **\$4.50**. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost \$15.44.

1. Meadowridge Commons, 5734 Raymond Rd.
2. Good Shepherd Church, 5701 Raymond Rd.
3. Beth Israel Center, 1406 Mound St.
4. Madison Senior Center, 330 W. Mifflin St.
5. Romnes Apartments, 540 W. Olin Ave.
6. Monona Senior Center, 1011 Nichols Rd.
7. Messiah Lutheran, 5202 Cottage Grove Rd.
8. Goodman Community Cntr, 149 Waubesa St.
9. Esquire Club, 1025 N. Sherman Ave.
10. Warner Park Center, 1625 Northport Dr.



SOUTH MADISON

**Lechayim Lunchtime Plus,
Beth Israel Center, 1406 Mound St.**

Mondays, 11:30 am

Catered by UW Hillel Adamah Catering

The meal site will resume in September.

Check JSS website jssmadison.org or call for Levy Summer Series luncheons and talks – June to August.

EAST MADISON

Monona Senior Center, 1011 Nichols Rd.

Friday, Noon

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

- **Friday, June 2** : Italian Sub, Tomato Bisque, Fruit, Dessert, MO; Veggie Sandwich
- **Friday, June 9** : Spaghetti with Meat Sauce, Cole Slaw, Garlic Bread, Fruit, Dessert, MO: Soy Crumbles
- **Friday, June 16** : BBQ Pork Sandwich, Vegetable, Fruit, Potato Salad, Dessert, MO: Veggie Wrap
- **Friday, June 23** : Meatloaf with Gravy, Mashed Potatoes, Veggies, Fruit, Dessert, MO: Soy Patty
- **Friday, June 30** : Roast Beef, Mashed Potato, Gravy, Vegetable, Fruit, Dessert, MO: Vegetable Patty



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

Monday-Friday, 11:45 am

For reservations call (608) 241-1574 Ext. 8087

| M | TU | W | TH | F |
|------------------------------------|----------------------------------|-----------------------------|------------------------------------|--|
| | | | 01 Pork Chops | 02 Chicken, Broccoli Casserole |
| 05 Baked Ziti | 06 Fish Sandwich | 07 Honey Glazed Ham | 08 Beef Tater Tot Casserole | 09 Parmesan Chicken with Pasta |
| 12 Chicken Salad with Bread | 13 Flank Steak Stir Fry | 14 BBQ Chicken Thigh | 15 Turkey Meatloaf | 16 Smoked Pulled Pork |
| 19 CLOSED | 20 Grilled Cheeseburger | 21 Chicken Teriyaki | 22 Beef and Bean Enchilada | 23 Patio Party—SIGN UP REQUIRED |
| 26 Hungarian Beef Goulash | 27 Sausage Mac and Cheese | 28 Baked Cod | 29 BBQ Chicken Thighs | 30 Pork Ribs with Bread |

NORTH MADISON

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

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

For transportation, call 512-0000 Ext. 2001 by 10 am the Monday prior. Catered by Kavanaugh's.

- **Wednesday, June 7** : Lasagna
- **Wednesday, June 14** : Beef and Mashed Potatoes
- **Wednesday, June 21** : Turkey and Mashed Potatoes
- **Wednesday, June 28** : Spaghetti
- **Every Wednesday:** Baked Fish or Sandwich & Soup



NUTRITION MEAL SITES

WEST MADISON

Meadowridge Commons

5734 Raymond Rd.

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

Good Shepherd Church

5701 Raymond Rd.

Tuesday, Thursday, Friday, Noon

For reservations call (608) 512-0000 Ext. 4006

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd.

Tuesday and Thursday, Noon

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

NORTH MADISON

Warner Park Community Recreation Center, 1625 Northport Dr.

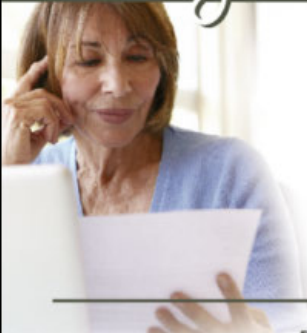
Mon., Tues., Thurs., Fri., 11:30 am

For reservations call (608) 512-0000 Ext. 4006



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| CATERED BY: Dane County Consolidated Food Service 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. NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets. *contains pork **NAS to omit | | | 01 Meat Sauce Spaghetti Noodles, Carrots 3 Beans Salad Cinnamon Applesauce Fig Newton Bar MO - Marinara Sauce | 02 Chicken Stew Mixed greens Copper Penny Salad Pears, Chocolate Pudding MO - Veggie Stew |
| 05 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail, Candy Cookie MO - Black Bean Burger | 06 *Meatballs in Marinara Over Penne, 4 Bean Salad Peaches, Scooby Snacks MO - Veggieballs in Marinara | 07 Fish Sandwich Yams, Peas, Pear Nuttty Buddy Bar MO - Multigrain Burger | 08 Rustic Tom. Bean Soup Mixed Greens, Pineapple Jell-o MO - Veg. Tom. Bean Soup | 09 BBQ Chicken Breast Mashed Potatoes, Banana Applesauce MO - Veggie BBQ |
| 12 Lemon Dill Baked Fish Baked Potato, Coleslaw Vanilla Pudding MO - Tomato Cheese Sandwich | 13 Chick. Brocc. Rice Cass. Carrot Coins, Chickpea Salad Fruit Cup, Tiger Bites MO - Veggie Broccoli Rice Casserole | 14 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad, Fruit Rice Crispy Treat MO - Veggie Alfred | 15 Traditional Meatloaf Mashed Potatoes, Broccoli Applesauce MO - Hummus and Pita | 16 Chili Baked Potato, Cornbread Pears, Fig Newton Bar MO - Veggie Chili |
| 19 CLOSED | 20 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Oatmeal Raisin Cookie MO - Marinara Sauce | 21 *Italian Sausage Coney Bun Roasted Potatoes Stewed Tomatoes Mandarin Oranges, PB Cup MO - Veggie | 22 BBQ Chicken Breast Peas, Pickled Beets Cinnamon Applesauce MO - BBQ Chickpeas | 23 *Meatballs in gravy Mashed Potatoes Mixed Greens Mixed Fruit Cup Chocolate Chip cookie MO - Veggieballs in Gravy |
| 26 Garlic Parmesan Chicken Breast Stewed Tomatoes, Broccoli Peaches, Nutty Buddy Bar MO - Veggie Garlic Parmesan | 27 Chili Corn, Applesauce Sugar Cookie MO - Veggie Chili | 28 Sausage Veg Egg Bake Fruit Cup Oven Roasted Potatoes Orange Juice Cup Blueberry Muffin MO - Veggie Egg Bake | 29 *BBQ Meatballs Mashed Potatoes, Peas Mandarin Oranges Oatmeal Raisin Cookie MO - BBQ Veggieballs | 30 Pot Roast in Gravy Garlic Mashed Potatoes Carrots, Pineapple Butterscotch Pudding MO - Veggieballs in Gravy |

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Our Family Will Take Good Care of Your Family

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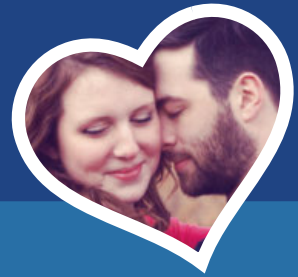
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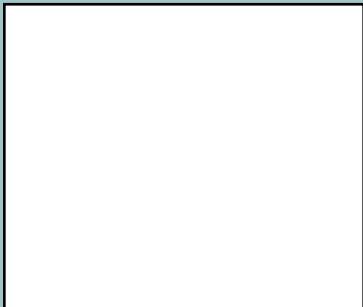
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New Bridge, Madison, WI

G 4C 01-2049

BILLBOARD CONTEST



Have you seen the NewBridge billboards around Madison and Dane County?!
The campaign is made possible by the Adams Collaborate Public Service Program.

We currently have 6 billboards and they will be up through September 2023.

WE'RE HOLDING A BILLBOARD CONTEST.

If you see a billboard up around town, post on our NewBridge Facebook page and comment where you saw it and what the bolded word is with the hashtag **#BillboardContest**. Or mail it in....

- **Connections**
- **Independence**
- **Support**
- **The Best Life**
- **Necesidades Basicas**
- **Enrichment**

The contest will run April-June.

We will choose a random winner July 3 for a \$25 gift card!

DONATE TO NEWBRIDGE TODAY!

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2023 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.

CASE MANAGEMENT WALK-IN HOURS

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

Case Management provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through home visit assessments of each older adult's individual needs.

Goodman Community Center

214 Waubesa St.

Tuesday, June 20, 11:30 am-12:30 pm

Monona Senior Center

1011 Nichols Rd.

Friday, June 9, 11:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, June 6, 11:00 am-Noon

Good Shepherd Church

5701 Raymond Rd.

Friday, June 16, 11:00 am-Noon

Bilingual English/Spanish

WE'RE HIRING!

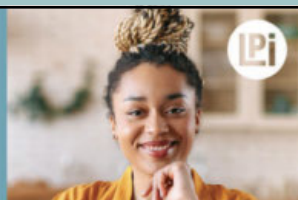
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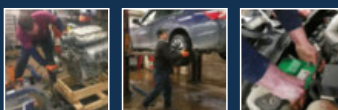
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New Bridge, Madison, WI H 4C 01-2049

RECOGNIZING THE NUTRITION PROGRAM AND STAFF

For over 50 years, the Dane County Nutrition Program has provided healthy meals, nutrition education, opportunities for social interaction, and access to a wide variety of programs and services to help older adults stay active, healthy and engaged in their communities.

We know nutrition plays a critical role in good health as we age, which is why the work of the NewBridge Nutrition Program is so essential. NewBridge is proud of this program and the impact it is having in the lives of our older adults.

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 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.

Find site specific details on pages 20-23.

We are excited to recognize our nutrition staff for their dedication, tireless support and outstanding contributions to the program and the older adults we serve.



CANDICE ALEXANDER
Nutrition Manager



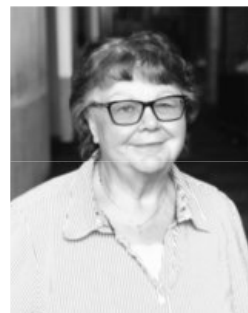
KRISTEN HUBER
Asst. Nutrition Manager



ETHEL RANDLE
Nutrition Coordinator



FAITH SWINBURNE
Nutrition Coordinator



NANCY THOMPSON
Nutrition Coordinator



STANLEY GRAHAM
Nutrition Coordinator



DAVE GENSON
Nutrition Site Assistant



JUDY CAMPBELL
Nutrition Site Assistant

FARMERS MARKET VOUCHERS



New this year:

The voucher sets increased from \$25 to \$35.

Vouchers are available per person instead of

per household. Each person age 60+ can receive their own set of vouchers.

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers market vouchers to older adults for use in purchasing \$35 in fruit, vegetables, or herbs at farmers' markets and roadside farm stands during the 2023 growing season 6/1-10/31.

The vouchers are distributed on a first come/first serve basis to those age 60+, who live in Dane County, and have gross incomes under \$26,973/year for a one person household and \$36,482/year for a two person household. Distribution of farmers market vouchers will be done by mail. Individuals that received vouchers last year will automatically receive an application by mail the week of May 8. Once we receive and approve your application, vouchers will be mailed starting June 1. If you wish to apply, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at (608) 261-5678 or Gabriel.Shannon@countyofdane.com.

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