



# NEWBRIDGE NEWS

Your Connection to Successful Aging

JULY 2019

## Golf Outing FORE NewBridge Saturday, July 27, 8:00 am Door Creek Golf Course

**\$100 Per Person**  
**Four Person SCRAMBLE**  
**Shotgun Start**

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



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**NewBridge is Closed Thursday, July 4 and Friday, July 5.**

**CHECK OUT  
WHAT'S  
INSIDE!**

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

(608) 512-0000

# GENERAL INFORMATION

## MISSION

*NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.*



## A LETTER FROM THE DIRECTOR...

**FOOOOOORE!**

There are still spots available for our Golf Outing fundraiser on Saturday, July 27 at Door Creek Golf Course.

For a \$100 donation to NewBridge Madison, you get 18 holes of golf, cart, water/soda ticket, lunch, trophies, and prizes.

### New for 2019:

- Putting contest at 9:30 am
- Take a shot at a hole-in-one for big \$\$\$
- Mulligans and white tees for sale

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

### Thank you to our sponsors:

Gunderson Funeral and Cremation Care, Neckerman Insurance Services, Kollath & Associates CPA, Diversifies Financial Consultants, Quartz, and Wegner CPAs.

*Marcia Hendrickson, Executive Director*

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

Like Us on Facebook: NewBridge Madison

### SOUTH MADISON MAIN OFFICE

128 E. Olin Avenue, Suite 110, Madison, WI 53713

### EAST MADISON/MONONA

4142 Monona Drive, Madison, WI 53716

### NORTH MADISON

1625 Northport Dr. #125, Madison, WI 53704

### WEST MADISON

5724 Raymond Road, Madison, WI 53711

## BOARD OF DIRECTORS

### NEXT MEETING: August 23, 2019

- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program

# NEWBRIDGE STAFF

- MARCIA HENDRICKSON, Executive Director Ext. 1001
- KATIE GALLAGHER, Marketing Director Ext. 4001
- JIM KRUEGER, Fund Development Director Ext. 3005
- SONYA LINDQUIST, Senior Services Director Ext. 2002
  
- DEENAH GIVENS, Administrative Assistant Ext. 3002
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
  
- STEPHANIE AGUILERA, Case Manager Ext. 1007
- GABI ANZALONE, Case Manager Ext. 1006
- SAMMY AZUMA, Case Manager Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager - español Ext. 3004
- KARI DAVIS, Trainer & Support Specialist Ext. 1003
- NORA HAMMER, Case Manager Ext. 2004

- RACHEL OKERSTROM, Case Manager Ext. 4002
- MAUREEN QUINLAN, Case Manager Ext. 4003
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
  
- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- RUTH HELLENBRAND, Program & Event Coordinator Ext. 3012
- ERICKA BOOEY, Cultural Diversity Program Coordinator Ext. 2007
- GLENDA QUINONES, Cultural Diversity Program Coord. Ext. 3009
- KATIE BRIETZMAN, Community Outreach & Support Spc. Ext. 1002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- DAVID WILSON, Home Chore Coordinator Ext. 2006
- SHELLEY BLONDEAU, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- KRISTEN HUBER, Nutrition Manager Ext. 2001
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- TRACY OLIVER, Nutrition Coordinator Ext. 1009
- ARETHA RICHMOND, 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 Chair, in writing.

ID Statement: The July (issue 7) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. 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 128 E. Olin Avenue #110, Madison, WI 53713.



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**Contact our Volunteer Coordinators at 608-819-0033**



# CASE MANAGEMENT SERVICES

The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

## WALK-IN OFFICE HOURS

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

### SOUTH MADISON

Madison Senior Center  
330 W. Mifflin Street  
Mondays, 11:00 am-Noon

Fisher-Taft Apartments  
2025 Taft Street  
Wednesdays, 10:30-11:30 am

### WEST MADISON

Good Shepherd Church  
5701 Raymond Road  
Thursday, July 25  
10:00-11:00 am

### NORTH MADISON

Goodman Comm. Center  
149 Waubesa Street  
Wednesdays, July 10 and 24  
11:15 am-Noon

## What is Case Management?

The primary goal is to provide senior adults the support, resources, and community services they need to safely remain in their own homes.

Case managers conduct home visits to assess the individual needs of each senior

adult and then provide information, referrals, and advocacy according to those needs.

Some individuals are looking for short-term information while others benefit from ongoing support.

Could a Case Manager help me?!



## My Monthly MIPPA Moment

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on benefits that are provided through Medicare. A different issue/benefit will be discussed each month.

## Yearly Wellness Visit

Feel the pressure, blood pressure, that is! About 1 in 3 U.S. adults have high blood pressure and you could be one of them.

If you haven't checked your blood pressure lately, now's the perfect time. High blood pressure usually has no signs or symptoms, but it can lead to a higher risk of heart disease, stroke, and kidney failure. It's important for you to know your blood pressure numbers, even when you're feeling fine.

Medicare covers blood pressure checks during your "Welcome to Medicare," preventive visit and yearly wellness visits at no cost to you.

If you have high blood pressure, you can help control it with lifestyle changes and medicine. You may be at risk for high blood pressure if you:

- Smoke
- Eat salty foods
- Don't exercise enough
- Drink too much alcohol
- Have a family history of high blood pressure
- Are overweight

For more information, call MIPPA Program Specialist Gabi Anzalone at (608) 512-0000 Ext. 1006.



# VOLUNTEER SPOTLIGHT



The Sassy Steppers are a dance troupe made up of older adults who love to dance. They come from all over the city of Madison and practice once a week on Mondays at 4:00 pm in Warner Park.

They perform at senior centers, senior living facilities or anywhere they are asked! They are performing for Senior Day at the Mallards, July 24. This will be their 2nd performance for the Mallards!

This group started in 2016 and has been growing ever since. Artis Hemple, a retired dance instructor from Virginia's School of Dance, coaches the team.

The group enjoys spending time together and have formed deep friendships. They are always looking for new talent! Men or women are welcome and any skill level.

Contact Ruth at (608) 512-0000 Ext. 3012.



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# VOLUNTEER OPPORTUNITIES

For information about volunteer opportunities, call Jeanette at (608) 512-0000 Ext. 4007.

## *Foot Care Clinic Volunteers*

**DESCRIPTION**—Various clinics are held monthly for seniors. (See page 14 for the full list of clinics.) The duties include: greeting and registering clients, collecting a fee, tearing down and cleaning up.

**TIME COMMITMENT**—3-4 hours/month

**IMMEDIATE NEED**—at Queen of Peace, Mount Olive and Capital City Church

## *Home Chore Volunteers*

**DESCRIPTION**—The Home Chore Program matches volunteers with seniors to help them remain independent and in their own homes. This opportunity is for individuals, families, couples and groups. Duties may include: dusting, vacuuming, taking out the garbage, washing windows, and friendly visitation.

**TIME COMMITMENT**—Flexible

**IMMEDIATE NEED**—4 volunteers for Lawn mowing and yard work on Westside and 4 volunteers on the Southside

## *Sewing Group Volunteers*

**DESCRIPTION**—Sewing volunteers to help with general mending and alterations on the 1st and 3rd Thursday, 9:00-11:00 am, at the North Madison location.

**TIME COMMITMENT**—Flexible

**IMMEDIATE NEED**—1-6 volunteers

## *Nutrition Volunteers*

**DESCRIPTION**—NewBridge provides a healthy lunch to seniors living in Madison and Monona, Monday-Friday. (See pages 18-21 for the full list of sites.) The duties include: setting dishware on tables, serving the lunch, washing the dishware, and wiping down tables.

**TIME COMMITMENT**—Days and times are flexible between 9:00 am-1:00 pm, Monday-Friday.

**IMMEDIATE NEED**— 5 volunteers at the Madison Senior Center, 330 W. Mifflin Ave., Monday-Friday, 10:00 am-Noon  
1 volunteer at the Meadowridge Commons, 5734 Raymond Rd. Noon-1:30 pm

## *Office Volunteer*

**DESCRIPTION**—The East Madison/Monona office needs volunteers for half-day shifts, Friday only, to check out loan closet items. Hours are 9:00 am-3:00 pm.

**TIME COMMITMENT**—AM shift 9:00 am-Noon or PM shift Noon-3:00 pm

**IMMEDIATE NEED**—1-3 volunteers

## *Guardian and Representative Payee Volunteers*

**DESCRIPTION**—Compassionate individuals to be guardians and payees for seniors who don't have family or friends to do so. Must be at least 25 years old. Training and ongoing support is provided.

Call Katie Brietzman for info at Ext. 1002.

## AppleFest Volunteers

**DESCRIPTION**—Saturday, October 19, 2019

This annual fundraiser generates funds for senior programs and activities. It's held at the Warner Park Community Recreation Center and includes a kid's carnival, raffle and prize drawings, used book sale, bake sale, and concessions stand. In the weeks prior to Apple Fest, volunteers are needed to help organize the activities and distribute flyers. During the event, we need help supervising the various areas and tearing down.

**TIME COMMITMENT**—Volunteers typically work 4 hour shifts between 8:30 am and 4:00 pm.

**IMMEDIATE NEED**—20+ volunteers

# Items Needed

Used Books and Jewelry  
for our fundraiser, AppleFest.

We are accepting donations until Oct. 4:

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

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



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

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GS3218 3/28/2018

# JULY PROGRAMS & ACTIVITIES

NewBridge offers weekday social, educational, and exercise programs at various sites in the community.

## **SOUTH & WEST MADISON**

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

*\*Ongoing Exercise Classes will continue at St. Andrew's Church, Attic Angels, Mound Street Yoga & Meadowood Neighborhood Center.*

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

733 N. High Point Rd.

Every Wednesday, 1:30-3:30 pm

***Thank you to our sponsor, BrightStar Care***

July 3 - Musical 1776

July 10 - Welcome to Marwen

July 17 - Calendar Girls

July 24 - Love & Mercy

July 31 - Holmes & Watson with Will Ferrell

### ***AARP Driver Safety Smart Driver***

Friday, August 2, 9:00 am-1:00 pm

Good Shepherd Church, 5701 Raymond Rd

Course fee: \$15/AARP members and

\$20/non-members

This is an updated classroom course that is researched-based to help older drivers become more aware of changes that occur due to aging and how to adjust driving accordingly. There are no tests. You may be eligible to receive an auto insurance discount. Please bring your AARP membership card, if you are a member, and your driver's license with you to class. Register for the class by contacting Michelle at (608) 512-0000 Ext. 4008 or AARP website.

### ***Free Memory Screens***

Tuesday, July 23, 9:30 am-12:30 pm

Alicia Ashman Library, 733 N. High Point Rd

Are you concerned about your memory? Sign up to receive a free 10 minute memory screen from the Aging & Disability Resource Center. They will also provide helpful information about memory and tips to keeping your brain healthy. Sign up today at Alicia Ashman Library (608) 824-1780.

### ***Think Tank***

Tuesday, July 16, 9:30 am

Lane's Bakery, 2304 S. Park St.

Let's meet for coffee and donuts and talk about program ideas! RSVP to Michelle Ext. 4008

### ***4th of July Brain Games***

Tuesday, July 2, Noon

Romnes Apartments, 540 W Olin Ave.

### ***Fire Safety***

Tuesday, July 9, Noon

Romnes Apartments. 540 W Olin Ave.

Bernadette Galvez, Community Education Office, Madison Fire Department

### ***Medicare Resources***

Tuesday, July 16, Noon

Romnes Apartments. 540 W Olin Ave.

Gabi Anzalone, MIPPA Program Specialist, Area Agency on Aging of Dane County

### ***Sassy Steppers***

Tuesday, July 23, Noon

Romnes Apartments. 540 W Olin Ave.



## Foster Grandparent Program

Thursday, July 11, 11:30 am  
Good Shepherd Church, 5701 Raymond Rd.

## Patriotic Sing-Along with Heidi

Thursday, July 18, 11:30 am  
Good Shepherd Church, 5701 Raymond Rd.

## Bingo with Interim HealthCare

Thursday, July 25, 11:30 am  
Good Shepherd Church, 5701 Raymond Rd.

## Programs and activities are also offered at:

Madison Senior Center, 330 W. Mifflin St.  
(608) 266-6581  
[www.cityofmadison.com/senior-center](http://www.cityofmadison.com/senior-center)

## Stepping On Program

Starting Thursday, Sept. 12, 1:15-3:15 pm  
Meadowridge Commons, 5734 Raymond Rd

Stepping On is an evidence-based workshop meeting once per week for seven weeks. The class is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home. Older adults who may have balance problems or fear of falling are the best fit for this class.

**Registration will start in August.**



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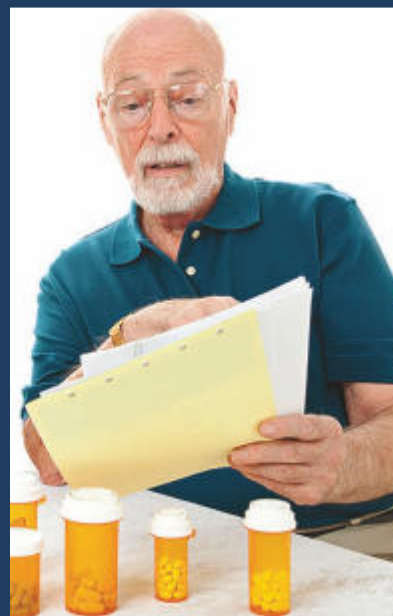
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## JULY PROGRAM AND ACTIVITIES CONTINUED

### **NORTH & EAST MADISON**

For information about programs, call  
Ruth at (608) 512-0000 Ext. 3012.

#### ***5¢ Bingo***

Every Friday, 10:15 am  
Warner Park, 1625 Northport Dr.

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

1st Tuesday, 10:00 am  
Warner Park, 1625 Northport Dr.

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

Euchre - Mondays, 8:30-11:30 am  
Kings Corner - Mondays, 10:30 am  
Sheepshead - Wednesdays, 1:00-3:00 pm  
Mahjong - Thursdays, 1:00 pm  
Warner Park, 1625 Northport Dr.

#### ***Free Older Adult Chair Yoga***

Every Wednesday, 10:30 am  
Warner Park, 1625 Northport Dr.  
Certified Yoga Instructor Kim Sprecher

#### ***Technology Help Appointments***

Will start again September 9.  
Warner Park, 1625 Northport Dr.

#### ***Knit & Crochet Club (Quilters too!)***

2nd and 4th Tuesday, 9:00-11:00 am  
Warner Park, 1625 Northport Dr.

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

Every Monday, 9:00 am-Noon  
Warner Park Game Room, 1625 Northport Dr.

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

Every Monday, 4:00 pm Practice  
Warner Park, 1625 Northport Dr.  
Fun dance team that perform for events and  
other senior centers around the area. Any skill  
level welcome!

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

3rd Wednesday, 11:00 am-12:00 pm  
Warner Park, 1625 Northport Dr.

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

2nd and 4th Wednesdays, 1:00 pm  
Warner Park, 1625 Northport Dr.  
Help create home-made cards for all occasions.

#### ***Sewing Club/FREE Mending Service***

1st and 3rd Thursday, 9:00 am  
Warner Park, 1625 Northport Dr.  
Older adults with general mending and alteration  
needs. Limit three articles per month.

#### ***Conversation Pods***

1st Tuesday, 10:30 am-11:15 am  
Warner Park, 1625 Northport Dr.  
Each table will pick a random topic for discussion!

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

Tuesday, July 9, 10:30 am  
Warner Park, 1625 Northport Dr.  
Weather permitting

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

Monday, July 15, 2:00-4:00 pm  
Warner Park, 1625 Northport Dr.  
50+ Join us for our monthly get together to  
discuss whatever is on your mind in a relaxed  
atmosphere and where the coffee is free.

## Travels with Laurie

Tuesday, July 16, 10:30 am  
Warner Park, 1625 Northport Dr.

Monday, July 22, 11:30 am  
Monona Meadows, 250 Femrite Dr. Monona  
The topic will be highlights from Cheese Days in Monroe.

## Adult Coloring

Wednesday, July 3, 11:30 am  
Monona Meadows, 250 Femrite Dr. Monona  
All supplies provided.

## Movie of the Month (Movie TBA)

Tuesday, July 30, 11:30 am  
Messiah Lutheran Church, 5202 Cottage Grove Rd.

## BINGO!

Tuesday, July 2, 11:30 am  
Messiah Lutheran Church, 5202 Cottage Grove Rd.

Monday, July 22, 11:30 am  
Monona Meadows, 250 Femrite Dr. Monona

## NewBridge Night at the Ballpark

Wednesday, July 24, First Pitch 12:05 pm  
Purchase tickets for \$15 by July 10 through [MallardsTickets.com](http://MallardsTickets.com) and enter code NewBridge or call Ruth at (608) 512-0000 Ext. 3012

## Programs and activities are also offered at:

Monona Senior Center, 1011 Nichols Rd.  
(608) 222-3415  
[www.mymonona.com](http://www.mymonona.com)




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# CULTURAL DIVERSITY PROGRAMS

The Cultural Diversity Programs are for African American and LatinX senior adults, age 55 and over, who live in Dane County. Programs focus on socialization and health education. LatinX programs are offered in Spanish only.

## LATINX PROGRAMS

For information call Glenda at  
(608) 512-0000 Ext. 3009

### *Monthly Discussion Group*

Wednesday, July 10, 5:45 pm-8:00 pm  
Madison Senior Center, 330 W. Mifflin St.  
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided.

### *Support Group at Meadowood*

Thursday, July 18, 11:00 am-2:00 pm  
Good Shepherd Church, 5701 Raymond Rd  
Join us for lunch at Good Shepherd Church. Transportation available via Transit Solutions for those living in the West Madison service area.

### *Summer Concert*

Monday, July 22, 6:00 pm- 7:30 pm  
Warner Park Community Recreation Center, 1625 Northport Dr.  
Limited transportation available.



## AFRICAN AMERICAN PROGRAMS

For information call Ericka at  
(608) 512-0000 Ext. 2007

### *Diabetes Support Group*

Monday, July 8, 12:00-2:00 pm  
Burr Oaks Senior Apartments  
2417 Cypress Way  
Limited transportation available.

### *Heart Health Support Group*

Thursday, July 18, 2:00-4:00 pm  
Catholic Multicultural Center  
Classroom #4, 1862 Beld St.  
Limited transportation available.

Wednesday, July 24, Noon-1:00 pm  
River Food Pantry, 2201 Darwin Rd.  
Limited transportation available.

### *Pontoon Boat Ride*

Wednesday, July 24, 9:45-11:30 am  
Tenney Park Locks, 1500 Sherman Ave.  
Seats need to be reserved by July 19 through Ericka (608) 512-0000 Ext. 2007. Meet at Boat #1 on the boat pier no later 9:45 am for boarding. Limited transportation available.

### *Black Arts Fest in Milwaukee*

Saturday, August 3, Maier Festival Park

# NEWBRIDGE DAY TRIPS

## Day Trip to Galena, Illinois

Wednesday, August 21, 8:00 am-6:00 pm

Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. **REGISTER EARLY!** Payment of \$35 per person (non-refundable) includes transportation only is due at registration by **July 10**. Register with Michelle (608) 512-0000 Ext. 4008

### Bus Pick Up

8:00 am at Warner Park

8:25 am Shopko East

8:45 am South TBD

9:00 am Meadowridge Neighborhood Cntr

## Day Trip to Olbrich Garden

Wednesday, July 10, from South & West

Thursday, July 11, from North & East

Pick up starting at 9:15 am and drop off at Olbrich Garden 10:15-11:45 am.

Enjoy Olbrich Garden, Conservatory, and Gift Shop. Cost to Conservatory is \$2.

The tram is currently not working.

Must be able to walk.

There are several benches.

Register with Michelle  
(608) 512-0000 Ext. 4008.



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NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide non-diabetic foot care for \$20. Please bring two towels. Call (608) 512-0000 to make an appointment.

### EAST MADISON

Monona United Methodist Church  
606 Nichols Road, Monona  
Wednesday, July 17, 1:00-3:00 pm  
Wednesday, July 24, 1:00-3:00 pm

Lake Edge Lutheran Church  
4032 Monona Drive  
Wednesday, July 15, 9:00 am-Noon

### NORTH MADISON

Warner Park Community Rec. Center  
1625 Northport Drive  
Friday, July 12, 9:00-11:30 am

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

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, July 16, 1:00-2:30 pm

### WEST MADISON

Capital City Church  
401 N. Blackhawk Ave.  
(Parking is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)  
Monday, July 1, 12:45-2:45 pm

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
Tuesday, July 16, 9:30-11:15 am

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, July 22, 9:30-11:45 am

### MEDICAL EQUIPMENT LOAN CLOSET

The East Madison/Monona location has a loan closet with items such as walkers, raised toilet seats, commodes, crutches and more. Loan closet items are available to older adults for a donation. Call NewBridge to ask if the item you need is available. We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and four-wheel walkers with seat and brakes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

# OVERTURE TICKET VOUCHER PROGRAM

Now that we are NewBridge, we are starting a new Overture Ticket Voucher Call List.

If you are age 60 or over and a Friend of NewBridge or receiving our newsletter, you can get on our call list for discounted tickets to performances. Call Ruth at (608) 512-0000 Ext. 3012 to be added to the new call list.

As tickets become available, we will use the list to distribute the tickets. We will continue to call people until the tickets are gone. *We do not leave messages.*

If you receive tickets, you will not be called the next month so that all have a chance for tickets throughout the year.



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## LOCAL RESOURCES

### ***Night Driving and Disability Parking Tips***

Wednesday, July 24, 10:00 am  
Coventry Village, Community Room  
7707 North Brookline Dr.  
Neil McCallum, AARP's Driver Safety Program  
Sponsored by Triad.

### ***Concert in Winnequah Park***

Monday, July 8 – Mark Croft Band  
Tuesday, July 23 – Carl Davick & Friends  
Food carts open 5:00 pm and music at 6:30 pm  
Brought to you by *The Friends of the Monona  
Senior Center*

### ***Dementia Conversations***

Thursday, July 11, 10:00 am  
Monona Senior Center, 1011 Nichols Rd.  
This program facilitates discussion about  
convincing a family member to see a physician  
for cognitive screening or medical care, deciding  
when to stop driving and legal and financial plans  
for future care needs. Call (608) 222-3415 to  
register.

### ***Groceries, Clothing, and a Meal***

Every Wednesday, 11:00 am-1:00 pm  
The River Food Pantry, 2201 Darwin Rd.  
For older adults age 60+ and veterans. Groceries,  
clothing and community meal will be available to  
seniors. Volunteers will be available to assist.

### ***The Soundbillies***

Wednesday, July 10, 10:30-11:15am  
Madison Senior Center, 330 W Mifflin St.  
Come out for our Ice Cream Social and enjoy  
music by the Soundbillies.

### ***Tom Kastle***

Tuesday, July 30, 1:00-2:00 pm  
Madison Senior Center, 330 W Mifflin St.  
Tom Kastle has performed maritime music and  
stories at festivals and maritime institutions  
throughout the US and around the world from  
San Francisco to Europe to New Zealand. He is a  
co-founder of the Chicago Maritime Festival has  
taught a class in sea music. He accompanies  
himself on guitar and concertina.

### ***LGBTQ+ Senior Alliance Summer Picnic***

Thursday, July 18, 5:00-8:00 pm  
Vilas Park Shelter, 1602 Vilas Park Dr.  
A summer evening cookout across from beautiful  
Lake Wingra. Come a little early and take  
advantage of the proximity of the Henry Vilas  
Zoo. Bring lawn games to play of the nice grassy  
area in front of the shelter. Plenty of parking  
available, and as always, there will be great food  
and conversation. Friends and allies of the  
LGBTQ+ community are encouraged to attend.  
Recommended \$10 donation for the meal.

### ***FREE Welcome to Medicare Seminar***

Saturday, July 13, 9-11:30 am  
McFarland Municipal Center, 5915  
Milwaukee St. McFarland

*What you need to know about enrolling in Medicare!*

If you are turning age 64 this year, the Dane  
County Area Agency on Aging wants to help you  
make informed choices about your Medicare  
options! Some decisions and actions about  
Medicare can take place 3-6 months before you  
turn 65.

**Call (608) 261-9930 to register by July 3.**



# ARTFUL AGING ART SHOW & RECEPTION

The Artful Aging Art Show and Reception took place Wednesday, June 5 at the Madison Senior Center.

The participating artists were able to show off their beautiful paintings and artwork to the community.

The art class is designed for older adults, and geared toward each person's abilities!

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# NUTRITION PROGRAM

Nutritious daytime meals are offered at twelve locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for older adults who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

## SOUTH MADISON MENU & LOCATIONS

| MONDAY                                                                                                                                              | TUESDAY                                                                                                                             | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>01</b><br>Roasted Turkey in Gravy<br>Rice Pilaf, Creamed Corn<br>Grapes or Fruit Cocktail<br>Brownie w/PB Frosting<br>MO: Veggie Strips in Gravy | <b>02</b><br>Taco Pasta Casserole<br>Broccoli, Cauliflower<br>Pineapple, Blueberry Crisp<br>MO: Veggie Pasta Cass.                  | <b>03</b><br>Saucy BBQ Ribs, Cheesy<br>Potatoes, Green Salad<br>Watermelon<br>Root Beer Float<br>MO: Black Bean Patty            | <b>04</b><br><b>CLOSED</b>                                                                                                                                                                                                                                                                                                 | <b>05</b><br><b>CLOSED</b>                                                                                                                          |
| <b>08</b><br>Meatballs in Gravy<br>Mashed potatoes<br>Cali Blend, Melon<br>Dinner Roll/Butter<br>Strawberry Swirl Ice Cream<br>MO: Veggie Meatballs | <b>09</b><br>Sloppy Joe<br>Kidney Bean Salad<br>Mixed Vegetable<br>Banana<br>Frosted Strawberry Cake<br>MO: Chickpea Sloppy Joe     | <b>10</b><br>Chicken Macaroni Salad<br>Marinated Tomatoes<br>Broccoli Salad<br>Fruit Cup<br>Sugar Cookie<br>MO: Veggie Mac Salad | <b>11</b><br>Spaghetti, Meat Sauce<br>Wax Beans<br>Mixed Green Salad<br>Peaches, Brownie<br>MO: Marinara Sauce                                                                                                                                                                                                             | <b>12</b><br>Pork Loin in Gravy<br>Mashed Potatoes<br>Vegetables, Oranges<br>Butterscotch Pudding<br>MO: Tomato/Cheese Sand<br>Salad: Chicken Taco  |
| <b>15</b><br>Lemon Baked Fish<br>Tartar Sauce<br>Baked Sweet Potato<br>Tropical Fruit<br>Blueberry Pound Cake<br>MO: Hummus and Pita                | <b>16</b><br>Italian Sausage on a Bun<br>Oven Roasted Potatoes<br>Green Beans, Oranges<br>Strawberry Ice Cream<br>MO: Veggie Burger | <b>17</b><br>Chili<br>Baked Potato, Sour Cream<br>Banana, Cornbread<br>Rice Pudding<br>MO: Veggie Chili                          | <b>18</b><br>Pulled Pork on a Bun<br>Creamy Coleslaw<br>Carrot Raisin Salad, Melon<br>Vanilla Pudding<br>MO: Black Bean Burger                                                                                                                                                                                             | <b>19</b><br>Baked Chicken on bone<br>Potato Salad<br>Stewed Tomatoes<br>Melon Mix, Cheesecake<br>MO: Veggie Wrap<br>Salad: Caprese                 |
| <b>22</b><br>Chicken Stew<br>Broccoli, Tropical Fruit<br>Frosted White Cake<br>MO: Veggie Stew                                                      | <b>23</b><br>Beef Pot Pie w/Biscuit Top<br>Creamed Spinach<br>Apple Juice<br>Strawberry Jello<br>MO: Veggie Pot Pie                 | <b>24</b><br>Chicken and Gravy<br>Mashed Potatoes<br>Green Beans, Oranges<br>Carnival Cookie<br>MO: Veggie Strips in Gravy       | <b>25</b><br>Fish Sandwich<br>Cheese, Tartar Sauce<br>Yams, Coleslaw<br>Fruit Cup, Chocolate<br>Frosted White Cake<br>MO: Garden Burger                                                                                                                                                                                    | <b>26</b><br>Meatballs in Marinara<br>Over Penne, Carrots<br>Mixed Greens Salad<br>Banana, Ambrosia Salad<br>MO: Veggie Meatballs<br>Salad: 7-Layer |
| <b>29</b><br>Chicken Salad, Croissant<br>Broccoli Salad<br>Pickled Beets, Peaches<br>Cheesecake Brownie<br>MO: Veggie Wrap                          | <b>30</b><br>Cheeseburger on a Bun<br>Calico Beans, Potato Salad<br>Fruit Cocktail<br>Pineapple Fluff<br>MO: Multigrain Burger      | <b>31</b><br>Egg Salad Sandwich<br>Creamy Coleslaw<br>3 Bean Salad<br>Grape Juice<br>Dreamsicle Whip                             | <b>Meals provided by: Dane County<br/>                     Consolidated Food Services Division</b><br>All menu items are prepared in kitchens that are not<br>allergen-free. We cannot guarantee that food<br>allergens will not be transferred through<br>cross-contact. No substitutions allowed.<br>MO= meatless option |                                                                                                                                                     |

| South Madison Locations | Address                 | Day | Time     |
|-------------------------|-------------------------|-----|----------|
| Fisher Taft Apartments  | 2025 Taft Street        | M-F | 11:30 am |
| Romnes Apartments       | 540 West Olin Avenue    | M-F | 11:30 am |
| Madison Senior Center   | 330 West Mifflin Street | M-F | 11:30 am |

## RESERVATIONS

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 by Noon at least one business day in advance.

## TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is \$1.00 per round trip. No one is denied service. Reservation is required. (608) 512-0000

## DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$8.97**.

Important

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

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

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# NORTH, WEST & EAST MADISON MENU & LOCATIONS

| MONDAY                                                                                                                                  | TUESDAY                                                                                                                                                              | WEDNESDAY                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>01</b><br>Swedish Meatballs<br>w/ Egg Noodles<br>Carrots, Mixed Salad<br>Cantaloupe, Cookie<br>MO: Veg. Bean Stew                    | <b>02</b><br>Pork Chops, Mashed Sweet<br>Potatoes, Broccoli<br>Watermelon, Brownie<br>MO: Veggie Burger<br>Salad: Harvest                                            | <b>03</b><br>Chicken & Rice Casserole<br>Steamed Green Beans<br>Summer Bean Salad<br>Sliced Oranges, Cake<br>MO: Veggie Rice Casserole           | <b>04</b><br><b>CLOSED</b>                                                                                                                                                                                                                                                                            | <b>05</b><br><b>CLOSED</b>                                                                                                        |
| <b>08</b><br>Fish Sandwich with Cheese<br>Mediterranean Quinoa<br>Mixed Salad<br>Sliced Oranges, Cake<br>MO: Grilled Cheese Sand.       | <b>09</b><br>Honey Glazed Ham<br>Cheesy Potatoes, Carrots<br>Whole Wheat Dinner Roll<br>Cantaloupe, Fruit Crumble<br>MO: Vegetarian Loaf<br>Salad: Raspberry Chicken | <b>10</b><br>Beef Tater Tot Casserole<br>Broccoli Salad, Grapes<br>Ice Cream<br>MO: Veg. Tater Tot<br>Casserole                                  | <b>11</b><br>Baked Parmesan Chicken<br>Pasta, Marinara Sauce<br>Corn, Sliced Apples<br>Pudding<br>MO: Grilled Veg. Sausage<br>over Pasta                                                                                                                                                              | <b>12</b><br>Flank Steak Stir Fry<br>Veggies<br>Asian Cabbage Slaw<br>Steamed Brown Rice<br>Pineapple, Jello<br>MO: Tofu Stir Fry |
| <b>15</b><br>Chicken Salad Sandwich<br>Potato Salad<br>Tomato/Cucumber Salad<br>Canned Peaches<br>Chocolate Mousse<br>MO: Veggie Burger | <b>16</b><br>Smoked Pulled Pork<br>Baked Beans, Mixed Salad<br>Bananas, Ice Cream<br>MO: Lentil Sloppy Jo<br>Sandwich<br>Salad: Tuna                                 | <b>17</b><br>Ground Turkey Meatloaf<br>Mashed Potatoes<br>Turkey Gravy<br>Sweet Corn, Cantaloupe<br>Fruit Crumble<br>MO: Vegetarian Loaf         | <b>18</b><br>BBQ Chicken Thigh<br>Macaroni Salad<br>Glazed Carrots<br>Mixed Salad<br>Sliced Oranges, Cake<br>MO: Veggie Burgers                                                                                                                                                                       | <b>19</b><br>Spaghetti w/ Meat Sauce<br>Green Beans, Mixed Salad<br>Garlic Bread, Fruit<br>Brownie<br>MO: Veg. Spaghetti Bake     |
| <b>22</b><br>Cheeseburger<br>Quinoa and Vegetable<br>Salad, Tomato Salad<br>Canned Pears, Cookie<br>MO: Veggie Burger                   | <b>23</b><br>Chicken Teriyaki Stir Fry<br>Steamed Brown Rice<br>Asian Cabbage Salad<br>Seasonal Fruit, Cake<br>MO: Vegetarian Teriyaki<br>Salad: BLT Cobb            | <b>24</b><br>Beef/Bean Enchilada<br>Casserole, Cowboy Caviar<br>Mixed Salad<br>Canned Peaches, Brownie<br>MO: Bean/Cheese<br>Enchilada Casserole | <b>25</b><br>Seasoned Baked Cod<br>Roasted Sweet Potatoes<br>Mixed Salad<br>Canned Pineapple<br>Ice Cream<br>MO: Lemon Baked Tofu                                                                                                                                                                     | <b>26</b><br>Hungarian Beef Goulash<br>Cucumber Salad<br>Mixed Salad<br>Cantaloupe<br>Fruit Crumble<br>MO: Vegetable Goulash      |
| <b>29</b><br>Mac and Cheese<br>Grilled Sausage, Broccoli<br>Mixed Salad, Pineapple<br>Ice Cream<br>MO: Mac and Cheese                   | <b>30</b><br>Grilled BBQ Chicken Thigh<br>Baked Potato, Med. Quinoa<br>Mixed Salad<br>Seasonal Fruit, Cookie<br>MO: Falafel and Hummus<br>Salad: Chef                | <b>31</b><br>Grilled Brat<br>Sauerkraut and Onions<br>Summer Vegetable Salad<br>Canned Mandarin Oranges<br>Cake<br>MO=Grilled Veggie Brat        | <b>Meals provided by: Goodman Catering</b><br>All menu items are prepared in kitchens that are not<br>allergen-free. We cannot guarantee that food<br>allergens will not be transferred through<br>cross-contact. No substitutions allowed.<br>MO=Meatless Option.<br>Fruit and Dessert Served Daily. |                                                                                                                                   |

| East Madison/Monona Locations                                        | Address                   | Day     | Time     |
|----------------------------------------------------------------------|---------------------------|---------|----------|
| Monona Meadows                                                       | 250 Femrite Drive, Monona | M & W   | Noon     |
| Messiah Lutheran                                                     | 5202 Cottage Grove Road   | T       | Noon     |
| North Madison Locations                                              | Address                   | Day     | Time     |
| Warner Park Community Ctr                                            | 1625 Northport Drive      | M-W & F | 11:30 am |
| Goodman Community Ctr <small>(meal reservation not required)</small> | 149 Waubesa Street        | M-F     | 11:45 am |
| West Madison Locations                                               | Address                   | Day     | Time     |
| Meadowridge Commons (June 3-13)                                      | 5734 Raymond Road         | T-TH    | Noon     |
| Good Shepherd Church (June 18-August 15)                             | 5701 Raymond Road         | T-TH    | Noon     |
| Lussier Community Center                                             | 55 South Gammon Road      | F       | Noon     |

# RESTAURANT, GROCERY AND KOSHER SITES

| North Madison and East Madison/Monona Locations | Address | Day | Time |
|-------------------------------------------------|---------|-----|------|
|-------------------------------------------------|---------|-----|------|

|                 |                          |    |                  |
|-----------------|--------------------------|----|------------------|
| Festival Foods  | 810 E. Washington Avenue | TH | 11:00 am-1:00 pm |
| Cranberry Creek | 1501 Lake Point Drive    | F  | 8:30-10:30 am    |

Meal reservation is **not** required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping.

| West Madison Kosher Site | Address | Day | Time |
|--------------------------|---------|-----|------|
|--------------------------|---------|-----|------|

|                    |                   |                   |      |
|--------------------|-------------------|-------------------|------|
| Beth Israel Center | 1406 Mound Street | M <i>Sept-May</i> | Noon |
|--------------------|-------------------|-------------------|------|

Meal and Transportation Reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

**Lechym is done for the season and will start again in September.**



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# FRIENDS OF NEWBRIDGE

The Friends of NewBridge will support NewBridge's mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities.

## Benefits for Friends of NewBridge

Monthly Newsletter  
Invitation to Special Events

Discount Card to Local Businesses  
Valuable Social Connections

### Mission

The Friends exist as a resource for feedback, advocacy and fund development to support the goals of NewBridge Madison.

### Vision

The Friends of NewBridge are volunteers who provide a means for elevating the voice of older adults throughout the community.

### Purpose

- Friends of NewBridge connects the community to NewBridge through a sense of friendship.
- Friends of NewBridge serve as ambassadors, advocates and volunteers to help older adults.
- As a friend you may participate in events, receive benefits and enjoy social connections.

We invite you to join the Friends of NewBridge today! Dues will be renewed annually.

## Survey from the Friends of NewBridge Committee

Please fill out the below survey and return to the North Madison office at 1625 Northport Dr. Madison 53704.

The survey can also be found online at [www.surveymonkey.com/r/XKP7YXD](http://www.surveymonkey.com/r/XKP7YXD)

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

1. Are you currently a Friend of NewBridge?

Yes                      No

If yes, what inspired you to become a Friend?

Choose your top two:

- Receive monthly newsletter
- Provide financial support
- Enjoy the benefits available
- Opportunities to socialize
- Volunteer opportunities
- To feel engaged in the community

2. How many Friend of NewBridge events would you attend annually?

1 - 2                      3 - 4                      Not Interested

3. What type of *Friends of NewBridge* programs or events would you attend?

- Social Gatherings
- Informational (NewBridge updates)
- Volunteer Opportunity
- Fundraising/Advocacy

4. Indicate on which, if any, of these committees you would be interested in serving.

- Friends of NewBridge Committee
- Finance Committee
- Fund Devel. & Marketing Committee
- Nominating Committee
- Advocacy Committee

### Contact Information

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

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

Phone: \_\_\_\_\_

# BUSINESS BENEFITS FOR FRIENDS

**Benvenuto's Italian Grill**  
 North Madison, Middleton, Fitchburg  
 FREE ice cream sundae with  
 entrée purchase



**Boomerangs Resale Store**  
 1133 N Sherman Ave  
 10% off regular priced  
 merchandise (excludes furniture)



**Cambria Suites Madison**  
 5045 Eastpark Blvd  
 Hotel stay \$89/night for visiting  
 family or relatives



**Culver's**  
 1325 Northport Dr  
 FREE cone/dish of custard with  
 the purchase of a cone/dish



**Golden Heart Senior Care**  
 437 S Yellowstone Dr #101  
 (608) 467-3590  
 1 free hr of service for new clients



**Kavanaugh's Esquire Club**  
 1025 N Sherman Ave  
 FREE dish of Schoeps ice cream  
 with the purchase of lunch  
 between 11:00 am  
 and 2:00 pm



**Madison Family Wellness**  
 222 N. Midvale Blvd. (608) 358-2068  
 \$10 off first visit and 10% off  
 follow-up visits

**Manna Café & Bakery**  
 611 N Sherman Ave  
 10% off in-dining food &  
 beverages



**Meikle's & Dorn True Value**  
 2935 N Sherman Ave  
 Free key made each month



**Overture Center**  
 201 State St  
 Receive reduced ticket  
 prices for select shows



*And more added monthly!*

## 2019 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

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

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

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

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

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

How would you like newsletter?  Mail  Email  Both



Amount Enclosed:  \$ 15 and up for an Individual  
 \$ 25 and up for a Family  
 \$ \_\_\_\_\_ Additional Donation

Mail the form & payment to NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713  
 You can also purchase a friendship or give a donation on our website at [newbridgemadison.org](http://newbridgemadison.org)  
 Donations may be tax deductible to the extent of the tax code.



128 E. Olin Avenue #110  
Madison, WI 53713

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
MADISON, WI  
PERMIT #1410



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

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

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

**SENIORS!**  
Limited Transportation Available  
Call (608) 512-0000

Brought to you by:



Sponsored by:

**Madison Community Foundation**  
**Dane Arts**

With additional funds from Endres Mfg Company Foundation, W. Jerome Frautschi Foundation, and Pleasant T. Rowland Foundation.

**Madison Arts Commission**  
With additional funds from the Wisconsin Arts Board.

**The Evjue Foundation, Inc., the charitable arm of The Capital Times**  
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