



NEWBRIDGE NEWS

Your Connection to Successful Aging

JULY 2021

Summer Concerts

AT WARNER PARK

MONDAY'S
6:00-7:30 PM

FREE FOR ALL
AGES!

- | | | | |
|----------|-------------------|------------|-------------------------------|
| July 12: | Frank Martin | July 26: | Universal Sound |
| | Busch & The Names | August 16: | Soggy Prairie |
| July 19: | Ladies Must Swing | | <i>Volunteer Appreciation</i> |

DUE TO COVID, CONCESSIONS WILL NOT BE AVAILABLE.
WE WILL BE FOLLOWING PUBLIC HEALTH GUIDELINES AS RECOMMENDED.
LIMITED TRANSPORTATION AVAILABLE FOR OLDER ADULTS, CALL (608) 512-0000.

Sponsored by:



We are closed Monday, July 5 for Independence Day.

CHECK OUT
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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

In June, NewBridge hosted our first onsite group events in almost 15 months at Warner Park.

It is so wonderful to have our yoga and chair exercise classes in-person again! Our Mahjongg group is back and having a grand time. Hearing the ping pong ball hit back and forth by our table tennis group is music to the ears.

Everyone is so happy and grateful to be with their friends again or to have an in-home visit with a case manager.

It is such a thrill for NewBridge staff to be reopening some in-person activities and visiting clients in the homes. We are reopening more activities this month and hope you will join us.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
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- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our
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NEWBRIDGE STAFF

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- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000

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- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
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- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- MICHAEL GARRISON, Mental Health Resource RN Ext. 2002
- RUTH HELLENBRAND, Fund Devel. & Event Coord. Ext. 3012

- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- GINNIE RICHARDSON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC

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

ID Statement: The July (issue 7) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.





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SERVICES AND ACTIVITIES

Case Management

“Your connection to community resources”

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

Private Pay Case Management available.

Sponsored by: Paul H. Kusuda Special Projects Fund Grant

Mental Health Resources

“Your connection to mental health resources”

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

Home Chore

“Your connection to helping hands”

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

Food Bridge

“Your connection to wholesome groceries”

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

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

Sponsored by: CUNA Mutual Group Foundation and Evjue Foundation

Bridge Buddies

“Your connection to a friendly caller”

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

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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

Free for Dane County older adults (60+).

Nutrition Sites

“Your connection to nutritious meals”

Serves nutritious weekday meals and provides socialization for older adults at multiple Madison/Monona locations. Details listed in monthly newsletter and website.

Cost for older adults (60+) is an anonymous donation. Cost for 60 and under, full cost of meal. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation.

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



Medical Equipment Loan Closet

"Your connection to health equipment"

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



Diversity & Inclusion Activities

"Your connection to your peers"

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

Classes & Activities

"Your connection to golden opportunities"

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

Sponsored by: UW Credit Union providing computer access.

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New Bridge, Madison, WI

B 4C 01-2049

NUTRITION

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. Meals & transportation may require a reservation.

Take-Out & Congregate Meals

We are starting to open our congregate meal sites and phase out our take-out meal sites during July and August. **Please see page 22 for additional information.**

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

Take-out meal last day- 7/16

Congregate opens- 7/19

Madison Senior Center, 330 West Mifflin St.

Monday-Friday, 11:30 am

Congregate opens- 8/2

EAST MADISON/MONONA

Messiah Lutheran Church, 5202 Cottage Grove Rd.

Tuesday and Thursday

Take-out meal last day- 7/8, 11:30 am-12:30 pm

Congregate opens- 7/13, Noon

Hy-Vee East, 3801 E. Washington Ave.

Wednesday, 10:00 am-1:00 pm

Restaurant opens- 7/7

WEST MADISON

NewBridge West Office, 5724 Raymond Rd.

Monday between 10:00-11:30 am

Take-out meal last day- 7/12

NewBridge West Office, 5724 Raymond Rd.

Wednesday between 3:00-4:00 pm

Take-out meal last day- 6/30

Hy-Vee West, 675 S. Whitney Way

Wednesday, 10:00 am-1:00 pm

Restaurant opens- 7/7

**Good Shepherd Lutheran Church,
5701 Raymond Rd.**

Tuesday, Thursday, Noon

Congregate opens- 7/20

Congregate moves to Meadowridge- 8/12

Meadowridge Commons, 5734 Raymond Rd.

Tuesday, Thursday, Noon

Congregate opens- 8/17

**Good Shepherd Lutheran Church,
5701 Raymond Rd**

Friday, Noon

Congregate opens- 7/23

Beth Israel Center, 1406 Mound St.

Monday, Noon

Congregate opens- TBA

NORTH MADISON

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

Wednesday between 3:00-4:00 pm

Take-out meal last day- 6/30

**Warner Park Community Recreation Center,
1625 Northport Dr.**

Monday, Tuesday, Thursday, Friday, 11:30 am

Congregate opens- 7/12

Goodman Community Center, 149 Waubesa St.

Monday-Friday, 11:45 am

Congregate opens- TBA

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

Friday between 3:00-4:00 pm

Take-out meal last day- 7/9

Please see page 22 for additional information.

JULY MENU FOR CONGREGATE SITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals provided by: Dane County Consolidated Food Services Division <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option</i>			01 Greek Chick. Pasta Salad Carrot Raisin Salad 4 Bean Salad, Pineapple Strawberry Jell-o MO - Veggie Chicken Pasta	02 Fish Sandwich Yams, Pea Salad Pears, Banana Bars MO - Black Bean Burger
05 OBSERVED INDEPENDENCE DAY SITES ARE CLOSED	06 *Meatballs in Marinara Over Penne, Broccoli Salad Banana, Cheesecake Brownie MO - Veggie Meatballs	07 Sausage Veg Egg Bake Fruit Cup, Hash Brown Patty Orange Juice Cinnamon Raisin Bread MO - Veggie Egg Bake	08 *Pizza Pasta Broccoli, Peaches Marble Loaf Cake MO - Veggie Pizza Pasta	09 *BBQ Pulled Pork Oven Roasted Potatoes Carrots, Diced Melon Mix Strawberry Pie MO - Garden Burger
12 Chicken Strips Roasted Brussel Sprouts 3 Bean Salad, Mixed Fruit Rainbow Sherbet Cup MO - Veggie Wrap	13 *Brat Stewed Tomatoes Coleslaw, Applesauce Lemon Bar MO - Veggie Dog	14 Tuna Salad Sicilian Pasta Salad Corn Salad, Fruit Cup Chocolate Chip Cookie MO - Egg Salad	15 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO - Chickpea Joe	16 Honey Baked Chicken Broccoli, Yams Macaroni Salad, Pears Vanilla Ice Cream Cup MO - Veg Honey Baked Chick
19 Chicken Caesar Salad Copper Penny Salad Apple Sauce, Rice Pudding MO - Pita and Hummus	20 *BBQ Ribs Cheesy Potatoes Pickled Beets, Marble Cake Mandarin Oranges MO - Veggie BBQ Meatballs	21 Chicken a la King Brown Rice, Green Beans Corn Salad, Fruit Cocktail Raspberry Sherbet Cup MO - Soy a la King	22 Taco Pasta Casserole Broccoli, Cauliflower, Peaches Blueberry Crisp MO - Bean and Cheese Burrito	23 *Italian Sausage Potatoes, Stewed Tomatoes Mandarin Orange Cherry Italian Ice MO - Veggie Strips
26 Chick. Broccoli Rice Cass. Carrot Coins, Tropical Fruit Black Eyed Pea Salad Glazed Lemon Loaf Cake MO - Veggie Quiche	27 *Tuscan Tortellini Pasta Mixed Greens, Mixed Fruit Chocolate Pudding Cup	28 Chicken Sandwich Calico Beans, Green Beans Chunky Apple Sauce Candy Cookie MO - Garden Burger	29 Lemon Dill Baked Fish Baked Potato Coleslaw, Ambrosia MO - Veggie Burger	30 Egg Salad Pickled Beets Tom. Cucumber Onion Salad Banana Pineapple Upside Down Cake

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GS3218 3/28/2018

DIVERSITY & INCLUSION ACTIVITIES

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



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

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


CHAIR EXERCISE

Mondays, 9:00-9:45 am

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

DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm

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

BALANCING ACT

Tuesdays, 1:00-1:45 pm

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

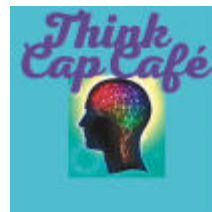
GET MOVIN' ON ZOOM

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

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

THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



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

In collaboration with Alzheimer's & Dementia Alliance of Wisconsin.

BLACK SPACE

Thursdays, 3:00-4:00 pm



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

BINGO

Thursday, July 15, 3:00-4:30 pm



Game cards will be mailed before the program. Prizes will be mailed afterwards. *Sign up with Deana by Monday, July 12.*

COLOR ME HEALTHY

Tuesday, July 20, 3:00-4:30 pm

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

LEARN, LAUGH & LASAGNA

Thursday, July 29, 3:00-4:30 pm



Learn a little, laugh a little and eat a little lasagna. Join us for a virtual informative presentation on

health, wellness and aging joyfully.

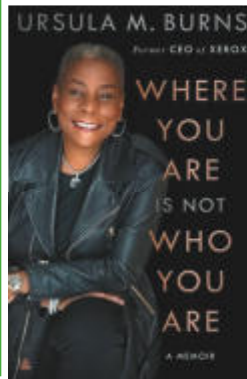
Lasagna dinner will be delivered prior to the program.

Sign up with Deana by Thursday, July 22.

WHERE YOU ARE IS NOT WHO YOU ARE: AN EVENING WITH URSULA BURNS

Thursday, July 22, 6:00-7:00 pm

The first Black female CEO of a Fortune 500 company looks back at her life and her career at Xerox, sharing unique insights and the obstacles she's conquered. *Register for this virtual event by emailing Deana.*



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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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ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:

Consulte el sitio web de NewBridge para obtener el enlace Zoom

www.newbridgemadison.org

YOGA SUAVE

Los Lunes, el 5, 12, 19, 26 de julio
10:15-11:15 am

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

Hable con Garrett para inscribirse.



LA REUNIÓN

Los Viernes, el 2, 9, 16, 23, 30 de julio, 10:00-11:30 am

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

LA MEDITACIÓN CON CATALINA

Los Jueves, el 8, 15, 22, 29 de julio
4:30-5:30 pm

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

BORDADO EN EL PARQUE

Los Martes, el 6, 13, 20, de julio
10:00-11:00 am, Olbrich Park

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

BINGO BILINGÜE

El primer lunes del mes, el 5 de julio,
1:00-2:30 pm
Únete a nosotros! ¡Es la hora de jugar
bingo!



CÍRCULO DE AMIGOS

Cada otro Miércoles, el 14, 28 de julio, 1:00-2:00 pm
Únete a nosotros en el zoom. Ven a tomarse un cafecito y platicar en un ambiente familiar para una oportunidad de conocerse mejor!



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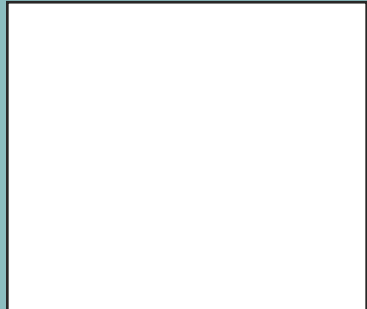
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CLASSES & ACTIVITIES



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

REOPENING UPDATE:

We are slowly reopening our in-person events and activities and working on a hybrid model that will feature both in-person and Zoom access.

During the month of July, NewBridge requires that you wear a **mask** at all indoor activities and maintain proper (6 feet) **social distance**.

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays

9:00-10:00 am

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

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

EASY YOGA PLUS - Zoom

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

Join long-time yoga teacher Ellen Millar for this very popular class. She will gently take you through a series of exercises that can be done standing or from a chair.

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

TECHNICAL ASSISTANCE - In-Person

Tuesdays, 9:00-11:00 am

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

To sign up, contact Deenah.

SPIRIT & STRENGTH - Zoom

SHARING WISDOM THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm



Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a weekly

process to help tell our own stories. No prior experience necessary and you can join anytime.

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

BOOK CLUB - In-Person

Wednesday, July 7, 1:00-2:00 pm

Warner Park Comm. & Rec. Center



Discussing Truck : A Love Story by Michael Perry. Our August book is Driftless by David

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

BINGO! - Zoom and In-Person

Every Friday, 10:15-11:15 am

Warner Park Comm. Rec. Center

July 9 - Zoom

July 16 - In-Person

July 23 - In-Person, Bilingual

July 30 - In-Person, Bingo Bonanza

Join us for some laughs and rollicking games of Bingo EVERY Friday in July.



Each week one lucky winner will take home a \$10 gift card for winning the last

game of the day - black out bingo.

To learn more, contact Deenah.

SASSY STEPPERS

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

To learn more, contact Deenah.



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LET'S GET STARTED!

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

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New Bridge, Madison, WI

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SEWING CLUB - *In-Person*

Thursday, July 1 & 15, 9:00 am-Noon
Warner Park Comm. Rec. Center
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

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 the volunteers will mend. No charge, donations are always welcome!



LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'

March 15, 2020 to June 30, 2021

Photographs need to be submitted electronically to lhunt@cityofmadison.com or deenahg@newbridgemadison.org by Friday, July 16. Once we receive your pictures we will matte them, and start to prepare the first exhibit. If you prefer to matte your own, please notify Laura or Deenah no later than July 16 and submit them by July 30. For the sake of consistency, framed photographs will not be accepted. *Exhibit dates and locations will be announced soon.*

MALLARDS GAME - *In-Person*

Wednesday, July 14, 12:05 pm

Take me out to the ballgame, take me out



to the crowd...
Join us for
Senior Day
at with the
Mallards
Baseball Team!
Cost: \$15
covers

the entry free, drink, hotdog and chips.

To purchase your tickets, contact Deenah.

ARTS FOR ALL - *Zoom*

SESSION 5: GARDEN TEXTILE WONDERLANDS

Thursdays, August 19-September 23
10:30-11:45 am

Join us for this FREE class with Textile Designer, Artist and Educator, Patrizia. She will walk us through an artful process using yarn, thread, fabric, beads, disposable materials, innumerable techniques; and we will use a wide array of adaptive techniques to create true wonderlands inspired by the beauty all around us. Materials will be used in novel ways to generate unexpected results. We will work on an embroidery hoop using fabric as a base however, students will have lots of choices to create their wonderlands using thread and needle, or using wire and other materials they can thread through the fabric. No experience necessary. *To sign up, contact Deenah.*

NEWBRIDGE GRAND OPENING CELEBRATIONS!

- Monday, July 12, 11:30 am
Warner Park, 1625 Northport Dr.
- Tuesday, July 13, Noon
Messiah Lutheran Church
5202 Cottage Grove Rd.
- Monday, July 19, 11:30 am
Romnes Apartments
540 W. Olin Ave.
- Tuesday, July 20, Noon
Good Shepherd Church
5701 Raymond Rd.

Please join us at our Grand (re)Opening AND National Ice Cream Month! In 1984, President Ronald Reagan designated July

as National Ice Cream Month so stop by one of the sites below and get your ice cream, say hello to the staff and your old friends and get the “scoop” on what is happening at NewBridge!



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VOLUNTEER OPPORTUNITIES



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

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

NUTRITION SITE VOLUNTEERS!

DESCRIPTION– Serve meals to older adults, Monday-Fridays, 10:30 am-1:00 pm

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

IMMEDIATE NEED – 8 volunteers

We're back! NewBridge Nutrition Sites are reopening soon and we need your help to make sure all older adults have the chance to have a warm nutritious meal! NewBridge Nutrition Sites serve lunch, free of charge (pay by donation), to older adults Monday-Friday throughout Madison and Monona.

Volunteers help make lunch more enjoyable and timely for the older adults we serve. Tasks include:

- Serving meals to the participants (does NOT include feeding participants)
- Serving beverages (milk, water, coffee)
- Making coffee
- Socializing with older adults as they eat their meals
- Help cleaning-up after the meal

In order to ensure the safety of our participants and maintain high quality service, volunteers must complete an application, successfully pass a background/reference check, and participate in an interview/orientation process prior to starting as a volunteer. Training will be provided by the Nutrition Site Manager.



VOLUNTEER SPOTLIGHT



Sylvia Boomsma, Bridge Buddy Volunteer

I'm a widowed mother of five daughters. All are married and I have seven grandchildren. I attended Calvin

College as an English major, graduating in 1980. I worked as an editor and writer. I enjoy gardening, sewing and crafts, as well as writing. During the pandemic, I published a book, a memoir about our youngest daughter. It's available on amazon; [Brenda: Seven Years in the Life of a Child.](#)

What brought you to NewBridge to volunteer?

During the shutdown last spring, I felt like I wasn't doing anything for anyone, and wanted to be of help to someone else.

What do you enjoy most about volunteering?

My phone buddy is such a character. We've become good friends, and we both enjoy our daily check-ins.

What inspires you to volunteer?

As a Christian, I feel that we all need each other, and I'm grateful for the opportunity to show love and share a few minutes of each day with someone else.

Thank you, Sylvia!



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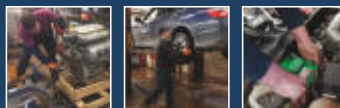
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1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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

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

Due to COVID-19, our clinics will slowly reopen when we are prepared to do so. During the month of July, NewBridge requires that you wear a mask and maintain proper (6 feet) social distance.

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, July 13, 20, 27, 9:30-11:45 am

NORTH MADISON

Goodman Community Center
149 Waubesa Street
Wednesday, July 12, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Friday, July 9, 9:00 am-Noon
Thursday, July 22, 9:00 am-Noon

MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

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

Accepting shower chair equipment donations.





FREE Virtual (Online) Welcome to Medicare Seminars

**Sponsored by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program**

What you need to know about enrolling in Medicare?

If you are turning age 64 this year, we can help you make informed choices about your medicare options! You'll receive accurate and detailed information from unbiased experts in benefits programs.

Seminars will be offered via Zoom. Email for more information.

July 17, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 7/8/21

September 18, 2021, 9-11:30 am

Email aaa@countyofdane.com to register by 9/9/21



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New Bridge, Madison, WI

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BRIDGING HOPE/BLACK TIE BINGO FUNDRAISER

This year, we're combining our two fundraisers into one week - kicking off Monday, October 4 and ending with Black Tie Bingo, Friday, October 8. *(Please note that we have changed the dates.)*

Calendar of Events

Monday, October 4
Champions of Hope

Tuesday, October 5
Our Work, Our Impact

Wednesday, October 6
Corporate Match Day

Thursday, October 7
TBA

Friday, October 8
Black Tie Bingo, in-person, 6:00-9:00 pm
(doors open at 5:00 pm)
at the Monona Terrace

Tickets on sale on our website:
\$50 for Friends of NewBridge
\$100 for Others
\$750 for a Reserved Table of eight

Each ticket includes dinner, 10 bingo games and so much more! Bingo cards are sold separately at the event. Watch our website and social media for updates.

See page 24 for more information.

Champions of Hope



Here at NewBridge we understand that our work serving older adults in Dane County is not done alone. We rely on the hard work, dedication and support of our friends, neighbors, and colleagues and want to recognize and honor these individuals that “Champion Hope.”

Your nominations help us identify the heroic individuals that deserve special recognition for their efforts. We will celebrate these individuals during our Bridging Hope week-long fundraiser that will end with our Black Tie Bingo gala on October 8 at the Monona Terrace. The winners will be invited as our guests of honor.

Champions of Hope Award Categories

- Older Adult:** Honors exemplary commitment and effort of adults 60 years and older who use their time to support and give back to their communities.
- Professional:** Individuals who exhibit the true meaning of hope by showing outstanding character and compassion serving older adults as part of their profession.
- Volunteer:** Individuals under 60 who showed the true meaning of hope by showing outstanding character and compassion serving older adults through volunteer service.

Nomination forms can be found on our website or by contacting Ruth. Nominations are due **Friday, August 6, 4:00 pm** and can be emailed or mailed to: RuthH@newbridgemadison.com
NewBridge Madison, 1625 Northport Dr. #125
Madison, WI 53704.

Make Your Voice Count!

Dane County is looking for your thoughts and ideas that will help improve programs and services for residents as you age. Your responses will help develop a plan for 2022-2024 that will guide our work & funding of existing and needed programs. Please visit this link during June & July:

https://www.surveymonkey.com/r/DCAging_2022_2024



Lupus Support Group For Women of Color

3rd Monday each month 6-7:30pm CST

Join a POSITIVE group of women supporting each other through the lupus journey.

<https://zoom.us/j/97391205163>

SAVE THE 2021 DATES:

July 19, August 16
September 20, October 18
November 15, December 20

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New Bridge, Madison, WI

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ADDITIONAL NUTRITION INFORMATION

REOPENING OF THE NEWBRIDGE NUTRITION SITES

DO I NEED A RESERVATION?

- Reservations **ARE** required at most congregate nutrition sites **EXCEPT** at the Hy-Vee Market Grille restaurants.
- All reservations are due on Thursday at 10:00 am one week prior. See phone numbers below.

HOW DO I RESERVE A MEAL?

WHAT IF I NEED TRANSPORTATION?

Messiah Lutheran Church:

- To reserve a congregate nutrition site meal or to arrange transportation, contact Kristen (608) 512-0000, Ext. 2001.

All Other Sites:

- To reserve a congregate nutrition site meal or to arrange transportation, contact Candice (608) 512-0000, Ext. 4006.

IS THERE A COST?

Our nutrition program is donation-based. There will be a donation box at each congregate and restaurant dining site. If you chose to donate, \$4.00 per meal is recommended. Donate as little or as much as you can afford.



COVID-19 PRECAUTIONS MASKS AND SOCIAL DISTANCING

For the month of July, everyone is **required** to wear a mask except when eating or drinking. NewBridge will do our best to accommodate social distancing of the tables at each congregate site.

WILL THE TAKE-OUT MEALS CONTINUE?

The take-out meals will gradually be phased out during the month of July. As each congregate or restaurant site opens the take-out meals for that side of the city will be discontinued.



New Dining Site!
HyVee Begins July 7th 2021
3801 East Washington Avenue, Madison
675 South Whitney Way, Madison

Enjoy affordable, nutritious meals at the Hy-Vee Market Grille inside the Hy-Vee grocery store. Eat lunch or breakfast, several options to choose from. No reservations required. This meal program is donation-based. Donations welcomed, give if you can afford to. For transportation, call 512-0000, Ext. 4006 by 11 am the day prior.

Every Wednesday from 10 am to 1 pm

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

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

FRIENDS COMMITTEE MEMBERS NEEDED

Volunteers are needed to serve on the Friends of NewBridge Committee. Members are needed to plan special events, recruit volunteers, expand the benefits, and more.

The committee meetings on the 2nd Tuesday of each month at 2:00 pm.

If you are interested, please call Ruth (608) 512-0000 Ext. 3012.



2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please check all boxes that apply:

\$ _____ 2021 annual Friend of NewBridge renewal or new Friend of NewBridge
\$15 Older Adult • \$25 Individual • \$30 Family • \$50 Silver • \$100 Golden

Send my monthly newsletter via mail email both none

\$ _____ Additional or general donation for NewBridge programs and services

\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually.

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



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BLACK TIE BINGO

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SAVE THE DATE 10.8.21

SOCIAL HOUR: 5 PM - 6 PM
EVENT: 6 PM - 9 PM

HOPE

JOIN NEWBRIDGE FOR OUR 2ND ANNUAL WEEK-LONG ONLINE FUNDRAISER: BRIDGING HOPE ENDING WITH OUR 6TH ANNUAL IN-PERSON SIGNATURE EVENT: BLACK TIE BINGO!

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