

NEW BRIDGE NEWS

Your Connection to Successful Aging

JULY 2022



Sponsored By:



July 11: Soggy Prairie
July 18: Eddie Butts Band
July 25: Ladies Must Swing

We are closed Monday, July 4 for Independence Day.

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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 May 2021, NewBridge started a Mental Health Resource program for older adults associated with a Focal Point in Dane County. Our year-one goal was to assist 40 older adults experiencing mental health issues with resources. Twelve months later we served 53 clients directly and 51 of them connected to therapy and/or psychiatric services. Mental health is perceived differently by older adults many do not realize when they have an issue or believe they should just live with it. If you or an older adult you know may be suffering from a mental health issue and want help, please give us a call.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

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

MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
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- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARA CAMACHO - Public Health Supervisor, Public Health Madison & Dane County
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

Thank you to our Funders:



Friends of NewBridge

Housing Partner:
Sherman Glen Apartments & Point Place 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. 4008
- HAYLEY SPRINGER, Case Manager Intern Ext. 1001
- 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
- LISA FULLERTON, Case Manager Intern Ext. 3003
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Mgr. Ext. 3007
- KATIA VINE, Diversity & Inclusion Program Crd. Ext. 3009
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- LEXY WARE, Fund Development Assistant Ext. 3012
- LISA HASSEL, Program Assistant —
- MELISSA STOLTZ, Mental Health Resource Spec. Ext. 2002

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

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

ID Statement: The 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

Bridge Buddies

“Your connection to a friendly caller”

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

Case Management

“Your connection to community resources”

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult’s individual needs. *Free for eligible Madison/Monona older adults (60+ or 50+ with MA Benefit). Private Pay Case Management available. Sponsored by the Paul H. Kusuda Special Projects Fund.*

Classes & Activities

“Your connection to golden opportunities”

Social, educational, and exercise classes at various community sites. Details listed in monthly newsletter and website. *Free or low cost for older adults (60+) with scholarships available. Sponsored by All of Us Research Program-UW Madison.*

Diet Consultations & Healthy Aging Workshops

“Your connection to nutrition and wellness.”

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

Diversity & Inclusion Activities

“Your connection to your peers”

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

Food Bridge

“Your connection to wholesome groceries”

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

This service is a collaboration between NewBridge Madison, the River Food Pantry, and RSVP of Dane County. *Free for eligible*



Madison/Monona older adults (60+).

Sponsored by the Rotary Club of Madison and the Evjue Foundation.

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+).*

Sponsored by the Endres Manufacturing Company.

Medical Equipment Loan Closet

“Your connection to health equipment”

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

Mental Health Resources

“Your connection to mental health resources”

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

Nutrition Sites

“Your connection to nutritious meals”

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

Representative Payee & Guardianship Service

“Your connection to trained volunteers”

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

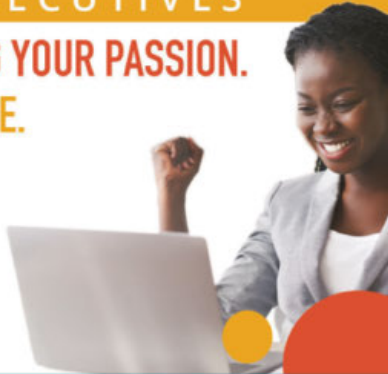


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New Bridge, Madison, WI

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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 programs/activities and request transportation, contact Deana.

Mask Policy: Masks are required for all in-person group activities.

GET MOVIN' ON ZOOM

Tuesdays & Thursdays, 1:00-2:00 pm
Keep your body moving with gentle exercises for every level.

BLACK SPACE - Zoom

Thursdays, 3:00-4:00 pm
A safe space for Black older adults to talk about all things Black. You decide the topics; you lead the conversation.

THINK CAP CAFÉ - Zoom

Thursdays, 11:00 am-12:00 pm
Connect, socialize and engage in brain healthy games and activities to prevent or delay cognitive decline and memory loss.

COLOR ME HEALTHY - Zoom

Tuesday, July 26, 3:00-4:00 pm
Join us for discussions with Black professionals that focus on health, wellness and racial disparities.

BINGO - Zoom

Thursday, July 21, 3:00-4:00 pm
Game cards and chips will be mailed prior to the program. Gift cards will be mailed to winners. *To sign up, email Deana by 7/15.*

RE-INVENTING ALMA THOMAS: A SERIES OF VIRTUAL ART SESSIONS - Zoom

Wednesday, July 27, 10:30-11:45 am
We will explore techniques that re-create and re-invent the beautiful work of Alma Thomas. All materials will be supplied and delivered prior to each session.
In collaboration with Arts for All Wisconsin.

CHICAGO STYLE STEPPING & LINE DANCING - In-Person

Wednesday, July 27, 3:00-5:00 pm
UW South Madison Partnership
Learn how to step and line dance, improve your balance, memory and prevent falls. No experience necessary. Snacks will be served. Instructor: Judy Young.

ARTS & POETRY CAFE - Zoom & In-Person

Tuesday, July 12, 2:00-3:00 pm
UW South Madison Partnership
Join poets Fabu Carter and Gary Glazner as they perform well-loved classic poems, and help you create your own original poem. Refreshments will be served.

BODY GROOVE - *In-Person*

Wednesday, July 20, 2:00-3:30 pm
UW South Madison Partnership
Have fun with this unique dance exercise experience where everyone unites in a simple movement or rhythm, but dances their own unique way. If you can move, you can groove!

LAUGH & LASAGNA - *In-Person*

Wednesday, July 27, 12:30-2:00 pm
Urban League of Greater Madison



July is National Picnic Month! Enjoy an indoor picnic with lasagna, salad and garlic bread ... along

with lots of laughs.

PONTOON BOAT RIDE -

In-Person

Friday, July 29, 10:00-11:30 am
Enjoy a leisurely sightseeing cruise on one of Madison's beautiful lakes. Space is limited. Transportation provided to the boat pier.

A RAISIN IN THE SUN - *In-Person*

Thursday, August 11, 5:30 pm
American Players Theatre
Free dinner and play for 55+. Bus departs from the Urban League of Greater Madison. Space is limited.



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GS3218 3/28/2018

ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

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

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

YOGA SUAVE - MSCR

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

LUNES DE PELÍCULAS

Lunes 13 de junio, 2:00-4:30 pm
Singin' in the Rain - Cantando en la Lluvia (1952)

BINGO - *En Persona*

Martes 12 de julio, 11:30 am Almuerzo
12:30pm Bingo, Madison Senior Cntr
Se proveerá transporte. Regístrese antes del 5 de julio

ACTÍVATE BAILANDO - *En Persona*

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

YOGA EN SILLA

Todos los martes de 10:00-11:00 am
y sábados de 9:30-10:30am
Del 12 de julio al 2 de agosto

CÍRCULO DE AMIGOS

Miércoles el 13 y 27 de Julio de
1:00-2:00 pm
Únete a nosotros en el zoom. ¡Vengan a tomarse un cafecito y conversar en un ambiente familiar y amical para conocernos mejor!

EL RINCÓN DE LA SALUD

Miércoles 20 de julio, 1:00-2:00 pm
Cada 3er miércoles del mes.
Acompáñenos a conversar acerca de diferentes temas de la salud.

TAI CHI BILINGÜE

Miércoles del 3 al 27 de Agosto
9:30-11:00 am
Vera Court Neighborhood Center

LA CAFETERIA DE LA MEMORIA

Jueves de 9:30-10:30 am

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

LA REUNIÓN

Viernes 15, 22, 29 de julio

10:00-11:30 am

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



BINGO BILINGÜE - En Persona

Viernes 1 de julio, 10:15-11:15 am

Warner Park Comm. Rec. Center

Se proveerá transporte. Regístrese antes del 24 de junio

COCINANDO JUNTOS CON ARACELY PORTILLO

Viernes 8 de julio, 10:00-11:30am

Regístrese antes del 1 de julio. Los ingredientes serán proporcionados.

CLASES DE INGLÉS CON LITERACY NETWORK

6 de junio-20 de agosto

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

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

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New Bridge, Madison, WI

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CLASSES & ACTIVITIES



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

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

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

PING PONG - In-Person

Mondays, 9:00 am-Noon

Wednesdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

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

BUNCO - In-Person

Mondays, 2:00-4:00 pm

Warner Park Comm. Rec. Center

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



WESTSIDE WARBLERS -

In-Person

7550 Hubbard Ave.

Tuesday, July 19, 6:00-7:00 pm

Dale Heights Church

5501 University Ave.

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

SASSY STEPPERS - In-Person

Mondays, 4:00-5:00 pm

Warner Park Comm. Rec. Center

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

STRETCH & STRENGTH - Zoom

Mondays & Wednesdays, 9-9:45 am

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

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

SPIRIT & STRENGTH - Zoom

SHARING WISDOM IN TROUBLED TIMES
THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a process to help tell our own stories.

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

EUCHRE - In-Person

Tuesdays, 1:00-3:00 pm

Warner Park Comm. Rec. Center

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

TECHNICAL ASSISTANCE - In-Person

Tuesday, July 12, 1:00-3:00 pm

Warner Park Comm. Rec. Center

By appointment only. To sign up, contact Deenah.



EASY YOGA PLUS - Zoom

Wednesdays & Fridays, 10-11:00 am

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

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

BOOK CLUB - In-Person & Zoom

Wednesday, July 6, 10:00-11:00 am

Warner Park Comm. Rec. Center

Discussing Digging to America by Tyler.

Our August selection is Farm City: The

Education of an Urban Farmer by

Carpenter. You are responsible for getting and returning your book. Books are

available at Lakeview Library.

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

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CARD MAKING CLUB -*In-Person*

Wednesday, July 13, 1:00-3:00 pm

Warner Park Comm. Rec. Center

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

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

Wednesdays and Fridays

10:15-11:45 am

Warner Park Comm. Rec. Center

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

CHAIR YOGA - *In-Person*

Thursdays, 10:30-11:30 am

Warner Park Comm. Rec. Center

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

MAHJONG - *In-Person*

Thursdays,

1:00-3:00 pm

Warner Park

Comm. Rec. Center



SEWING CLUB - *In-Person*

Thursday, July 7 & 21, 9:00 am-Noon

Warner Park Comm. Rec. Center

Light mending for older adults in the community.

HOW TO GET YOUR ITEMS MENDED:

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

BINGO! - *In-Person*

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

Warner Park Comm. Rec. Center

Join callers Diana D & Don. One lucky winner will receive a gift card. Bilingual Bingo is on the 1st Friday of each month.

NO ZOOM BINGO THIS MONTH.

SUMMER CONCERT SERIES

Warner Park, 2930 N. Sherman Ave.

Mondays in July, 6:00-7:30 pm

Free live music. No concert July 4.

Food carts available at each concert.

See page 24 for more information.

COMING SEPTEMBER 2022

NewBridge University (NBU)

Please join us as we launch NewBridge University ~ a place where lifelong learning is embraced and celebrated.

COLLABORATIVE PROGRAMS

These programs are a collaboration between NewBridge and other community groups, clubs, organizations.

EUCHRE TOURNAMENT & LUNCH - *In-Person*

Tuesday, July 12

Lakeview Lutheran Church

Call (608) 244-6181 for more info & RSVP.

SPONSOR HIGHLIGHT - UnitedHealthcare

Your Medicare plan matters... UnitedHealthcare

When you're trying to live a healthier life, it can help to have extra support. I know there is a lot of information to consider when learning the ins and outs of Medicare, especially with all of the options available to you. UnitedHealthcare has a variety of resources to help you stay informed and get your questions answered so you can make a confident decision when it's time to enroll.

As a licensed sales agent with UnitedHealthcare, nothing gives me more pleasure than connecting people with

information that can help them get more out of each day. Medicare can be confusing. I'm happy to talk with you over the phone or in person to help you understand your options, and to find a plan that may help you live a healthier life. Feel free to call and set up a time to meet with me.



*Mary Beth Ring | President
Ring Insurance Agency
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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>

The Legacy

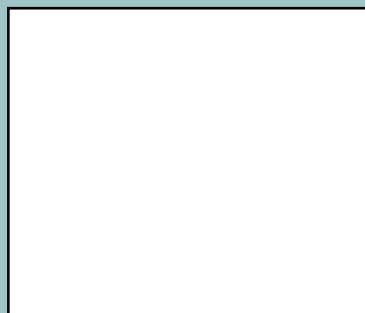
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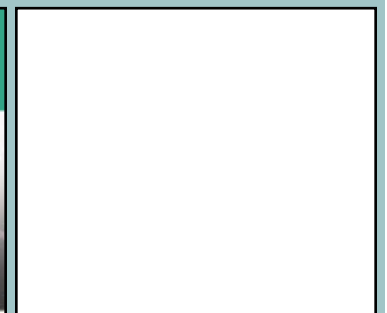
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MONONA TERRACE COMMUNITY
AND CONVENTION CENTER
FRIDAY, OCTOBER 7, 6-9 PM

BLACK —

10.7.22



BINGO

TICKETS GO ON
SALE JULY 1ST!

[HTTPS://WWW.NEWBRIDGEMADISON.ORG/BLACK-TIE-BINGO](https://www.newbridgemadison.org/black-tie-bingo)



Again this year, we're combining our two fundraisers into one week, Bridging Hope Monday, Oct. 3-Thursday, Oct. 6 and ending with Black Tie Bingo, Friday, Oct. 7.

Back by popular demand, Champions of Hope Awards! Nomination forms can be found on our website or by contacting Katie Gallagher. Winners will receive an award and 2 tickets to Black Tie Bingo.

Nominations Open for 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 September 16 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.
- Volunteer:** Individuals under 60 who showed the true meaning of hope by showing outstanding character and compassion serving older adults through volunteer service.
- Professional:** Individuals who exhibit the true meaning of hope by showing outstanding character and compassion serving older adults as part of their profession.

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

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

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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, July 12, 19, 26, 9:30-11:45 am

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
CANCELED IN JULY

Goodman Community Center
149 Waubesa Street
Monday, July 11, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Thursday, July 28, 8:30 am-Noon

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, July 26, 9:00 am-12:00 pm



MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

We ask that you call ahead to make an appointment to pick up, return and to donate. Currently accepting shower chairs and wheel chairs.

WALK-IN HOURS

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

SOUTH MADISON

Romnes
Apartments
540 W Olin Ave.
Tuesday, July 19
11:00 am-Noon

EAST MADISON

Monona Senior
Center
1011 Nichols Rd.
Friday, July 8
11:30 am-12:30 pm

WEST MADISON

Good Shepherd
5701 Raymond Rd.
Thursday, July 21
11:30 am-12:30 pm

Goodman
Community Center
214 Waubesa St.
Tuesday, July 19
11:30 am-12:30 pm

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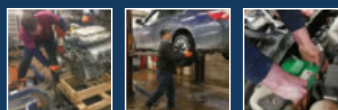
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VOLUNTEER OPPORTUNITIES



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

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

GUARDIAN & REPRESENTATIVE PAYEE

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

TIME COMMITMENT– 2 years, 3-6 hr/mo
Call Katie Brietzman for information at Ext. 1002

FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT– 2-4 times/month

IMMEDIATE NEED– 5 volunteers

BRIDGE BUDDY CALLERS

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

TIME COMMITMENT– Weekly friendly chats 15-60 min. Weekday reassurance calls 1-5 min.

Summer Concerts
at Warner Park

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

July 11: Food Bridge & Thanksgiving Volunteers
July 18: Home Chore & Bridge Buddies Volunteers
July 25: The Sassy Steppers & Nutrition Volunteers

VOLUNTEER SPOTLIGHT

Past NewBridge volunteer, Richard (Dick) Ihlenfeld, received the Rotary Club of Madison Senior Service Award. Dick was nominated by NewBridge and RSVP of Dane County.

The recognition is given to individuals, couples or senior groups who have contributed significant amounts of civic or social service to the local community or to society in general. Candidates through their efforts represent and foster the Rotary ideal of “Service above Self.”

Dick volunteered with the West Madison Senior Coalition for 10+ years. Dick served on the Board of Directors – President and Vice President, Interim Executive Director,

and also served on the Transition Board as the four Madison Senior Coalitions merged into NewBridge 2019. Dick gave thousands of hours for the betterment of the West Madison older adults.

Dick volunteered with RSVP (Retired and Senior Volunteer Program) for over 19 years, serving

5,123 hours.

Dick was an Driver Escort and helped with data entry in the office.



For the full nomination, please see our website and Facebook.

Katie Gallagher, NewBridge
Dick Ihlenfeld
Margie Zutter, RSVP

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NEWBRIDGE ON THE MOVE

NewBridge will be relocating our east Madison/Monona office this year. We recently put our office at 4142 Monona Drive up for sale and are in the process of finding a smaller office space in the same area. It was a difficult decision to decide sell this building. There is a lot of history and wonderful memories at our Monona Drive location for many people associated with NewBridge and EMMCA.

There were a few contributing factors to this decision. NewBridge has moved to a hybrid work model since reopening our offices and we are not in need of as much office space. The limited parking at our Monona Drive location presents ongoing challenges for staff and visitors. Finally, the aging Monona Drive building and the

configuration of the rooms is not conducive to our current needs.

Staff currently working out of the Monona Drive office will be housed in the new location and share office space. This is both exciting and sad but we believe it is for the best of the organization and the older adults we serve. We hope to be in our new location by the end of this year.

NewBridge is also exploring the opening a satellite office in South Madison and are also looking for our own building space, on the west or south side of the city, where we can host activities and classes for older adults. The timeline for these changes is less certain. NewBridge has no plans to move from our current Raymond Road or Northport Drive locations.

FUND DEVELOPMENT AND MARKETING COMMITTEE MEMBER OPENING

NewBridge is seeking qualified individuals to serve on our Fund Development and Marketing Committee. Fund development or marketing professionals, current or retired, are encouraged to apply.

ROLE OF THE COMMITTEE:

The Fund Development and Marketing Committee provides NewBridge with direction and counsel on revenue - generating plans and marketing strategies. We are seeking individuals who can provide guidance for the organization to raise funds and develop community

awareness of NewBridge Madison. Exposure to non-profits is preferred.

FREQUENCY OF MEETINGS:

The committee will meet bi-monthly as determined by the committee members. Additional meetings may occur as needed.

HOW TO APPLY:



Contact Executive Director Jim Krueger, jimk@newbridgemadison.org for an application.

WELCOME NEW STAFF



Melissa Stoltz, Mental Health Specialist

I recently graduated from UW-Whitewater with a Masters in Social Work. My studies focused on work with

older adults and I am excited to join the NewBridge team. I look forward to working with older adults so they can continue to feel supported, safe, and healthy in their homes. I live with my spouse, 3 spirited daughters, 2 dogs, 6 guinea pigs, and 6 chickens. I enjoy reading, knitting, traveling, and growing flowers.



Lisa Fullerton, Case Manager Intern

I am looking forward to working with everyone at NewBridge Madison as a case manager intern. Currently, I am

obtaining my Master of Social Work degree at Aurora University online. I live in Sun Prairie and have two daughters in college, a German Shepherd and a cat. My hobbies include reading, watching movies, yoga, gardening, sewing and camping.

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- Oregon 608-835-3515
- Stoughton 608-873-4590
- Lodi 608-592-3201

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NUTRITION MEAL SITES

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



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

RESERVATIONS

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

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

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

Transportation reservation is always required.

DONATION

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CONSOLIDATED FOOD SERVICE MENU

Meals provided by Dane County Consolidated Food Services Division

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

*MO : Meatless Option / * : Pork*

01 Tuna Salad on Lettuce
Sicilian Pasta Salad
Creamy Corn Salad
Fruit Cup
Apple Cinnamon Muffin
MO - Egg Salad

04
CLOSED

05 Sausage Veg Egg Bake
Fruit Cup
Oven Roasted Potatoes
Orange Juice, Banana Muffin
MO - Veggie Egg Bake

06 Baked Mostaccioli
Broccoli, Peaches
Chocolate Chip Cookie
MO - Marinara Mostaccioli

07 *BBQ Pulled Pork
Oven Roasted Potatoes
Carrots, Applesauce
Chocolate Pudding
MO - Veggie BBQ Balls

08 Chicken Alfredo Penne
Steamed Brussel Sprouts
3 Bean Salad, Mixed Fruit
Rainbow Sherbet Cup
MO - Veggie Alfredo

11 Bone-in Garlic Parm.
Chicken, Stewed Tomatoes
Spinach Casserole
Applesauce, Pound Cake
MO - Garden Wrap

12 Fish Sandwich
Yams, Peas, Pears
Oreo Cookie
MO - Black Bean Burger

13 Chicken Caesar Salad
Copper Penny Salad
Peaches, Rice Pudding
MO - Veggie Salad

14 Sloppy Joe
Kidney Bean Salad
Mixed Vegetable, Banana
Chocolate Muffin
MO - Chickpea Joe

15 Honey Baked Chicken
Broccoli, Yams
Macaroni Salad, Pears
Vanilla Ice Cream Cup
MO - Veggie Honey Bake

18 *BBQ Ribs
Cheesy Potatoes
Pickled Beets
Mandarin Oranges
Lime Sherbet Cup
MO - BBQ Garden Burger

19 Chicken a la King
Brown Rice, Green Beans
Vinegar Corn Salad
Fruit Cocktail
Cherry Vanilla Yogurt
MO - Soy a la King

20 Enchilada Casserole
Broccoli, Cauliflower
Peaches, Blueberry Muffin
MO - Bean and Cheese
Burrito

21 *Italian Sausage
Pepper, Onion, Coney Bun
Oven Roasted Potatoes
Stewed Tomatoes, Pears
Italian Ice
MO - Tom./Chs. Sandwich

22 Chicken Broccoli Rice
Casserole, Carrot Coins
Chickpea Salad
Tropical Fruit, Choc. Cookie
MO - Veggie Chicken
Broccoli Rice Casserole

25 Teriyaki Chicken Breast
Brown Rice, Asian Veg Blend
Edamame Salad
Mandarin Oranges
Chocolate Pudding Cup
MO - Veggie Teriyaki

26 Egg Salad on Bread
Pickled Beets
Cucumber Slices, Banana
Orange Sherbet

27 Lemon Dill Baked Fish
Baked Potato, Coleslaw
Apple Muffin
MO - Garden Wrap

28 Chicken Sandwich
Calico Beans, Green Beans
Chunky Apple Sauce
Cookie
MO - Multigrain Burger

29 Meat Sauce
Spaghetti Noodles
Carrot Coins
Mixed Green Salad, Peaches
Chocolate Muffin
MO - Marinara Sauce

WEST MADISON

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

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

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

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

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

Hy-Vee West, 675 S. Whitney Way

Wednesday, 11:00 am-1:30 pm

**No meal reservation required*

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

Lechayim at Beth Israel Center

Will resume in September.

Catered by UW Hillel Adamah Catering

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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



EAST MADISON/MONONA

Monona Senior Center, 1011 Nichols Rd.
Friday, Noon

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

July Menu:

- **Friday, July 1 :** Swedish Meatballs, Wild & Brown Rice, Four Bean Salad, Cantaloupe, Blueberry Muffin, MO: Red Beans/Rice
- **Friday, July 8 :** Chicken Salad, Croissant, Broccoli Slaw, Apple Juice, Plain Jello, MO: Egg Salad
- **Friday, July 15 :** Baked Ham, Hash Brown Square, Kidney Bean Salad, Marble Rye Bread, Fresh Fruit, MO: Stuffed Shell
- **Friday, July 22 :** Calif. Cobb Salad, Whole Wheat Roll, Mixed Berries, Cookie, MO: Meatless Salad
- **Friday, July 29 :** Sloppy Joe, Sumer Squash Salad Dill Pickle, Mandarin Oranges, Rice Crispy Bar MO: Soy Patty

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

Tuesday and Thursday, Noon

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

NORTH MADISON

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

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

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

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

Monday-Friday, 11:45 am

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

NEW RESTAURANT SITE COMING SOON

**Kavanaugh's Esquire Club,
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\$ _____ In honor/memory of: _____

I wish my donation remain anonymous



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