

NEWBRIDGE NEWS

Your Connection to Successful Aging

JULY 2023



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

NEWBRIDGE

SUMMER CONCERTS

July 10: Universal Sound
July 17: Eddie Butts Band
July 24: Ladies Must Swing

DANE ARTS | Humana | Gunderson | All of Us RESEARCH PROGRAM | The Future of Health Begins With You | MADISON ARTS COMMISSION

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

We are closed Tuesday, July 4 for Independence Day.

**CHECK OUT
WHAT'S
INSIDE!**

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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...

Growing up, my neighborhood had a Fourth of July Block Party every year with a parade, games and a potluck dinner. As adults we brought our spouses, partners and kids to the block party to enjoy the community where we were so fortunate to have been raised. Only a few families remain in my old neighborhood but the tradition continues and the sense of community remains. Every 4th of July, I reminisce about decorating my bike and hopping around in the balloon stomp.

Many families and friends will gather this month to share a summertime meal and enjoy quality time together. I hope everyone enjoys fond memories and creates new ones this summer.

CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

Email: info@newbridgemadison.org

Website: newbridgemadison.org

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

*See East Office Hours Below

NORTH OFFICE

1625 Northport Drive #125, Madison, WI 53704

WEST OFFICE

5724 Raymond Road, Madison, WI 53711

EAST OFFICE/LOAN CLOSET

505 Cottage Grove Road #200, Madison, WI 53716

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

Follow us! NewBridge Madison



BOARD OF DIRECTORS

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

Thank you to our Funders:



Friends of NewBridge

Housing Partners:
Point Place Apartments
Sherman Glen Apartments

NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- ALLISON BOWE, Case Manager Ext. 2005
- EBONIE BROOKS, Case Manager Ext. 2009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODI EVANS, Case Manager Ext. 2008
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Lead Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006
- VANINA MIGUEL, Bilingual Case Manager- español Ext. 1001

- KATHLEEN PATER, Mental Health Specialist Ext. 3007
- KATY POLICH, Mental Health Specialist Ext. 2002
- DAVID WILSON, Marketing Manager Ext. 2006
- KATIE BRIETZMAN, Community Outreach & Support Specialist Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Diversity & Inclusion Program & Fund Development Assistant Ext. 4007
- KATIA VINE, Diversity & Inclusion Program Coord. Ext. 3009
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- ETHEL RANDLE, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- JUDY CAMPBELL, Nutrition Site Assistant —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- STANLEY GRAHAM, Nutrition Coordinator —

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

ID Statement: The 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.





Custom Care Plan

Free Assessment

Visits from 3 hours to 24/7

Age in place with the help of **Visiting Angels**
608-819-0665
www.VisitingAngels.com/MadisonWI



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TOUR ALL THREE

RETIREMENT HOUSING
Independent Living Apartments & Communities

Edgerton Retirement Apartments
505 Stoughton Rd., Edgerton | (608) 884-9009
era@bmcmadison.com
Lovely apartment community nestled in a quiet park-like setting with 24 one-bedroom apartments including a community kitchen and dining area.
2021 & 2022 BEST OF EDGERTON AWARD

Genesis Apartments
230 S. Oak St., Oregon | (608) 835-8600
customerservice@genesishousinginc.org | genesishousinginc.org
Affordable apartment community with 56 one- and two- bedrooms located in the heart of downtown Oregon and Brooklyn. Our rent includes all utilities!

Greenspire Apartments
924 Jackson St., Stoughton | (608) 873-7855
greenspire@sbcglobal.net
Located a few blocks from downtown Stoughton, over 90 one- and two-bedroom apartments that are convenient to shopping, hospital and doctors.
All properties including 24-hour emergency maintenance, attentive onsite management, onsite laundry and parking. Affordable communities for those 62+ and/or disabled. Income limits apply, rental assistance may be available.



bmcmadison.com  Equal Opportunity Provider



SERVICES AND ACTIVITIES

Case Management

Provides older adults support needed to live independently by identifying resources and coordinating services. Information, referrals, and advocacy provided through case management home visit assessments of each older adult's individual needs. *Free for eligible Madison/Monona older adults (60+ or 50+ with MA Benefit). Sponsored in part by CUNA Mutual Group Foundation.*

Food Bridge

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

Home Chore

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

Medical Equipment Loan Closet

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

Mental Health Resources

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

NewBridge University

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

Nutrition Dining Sites

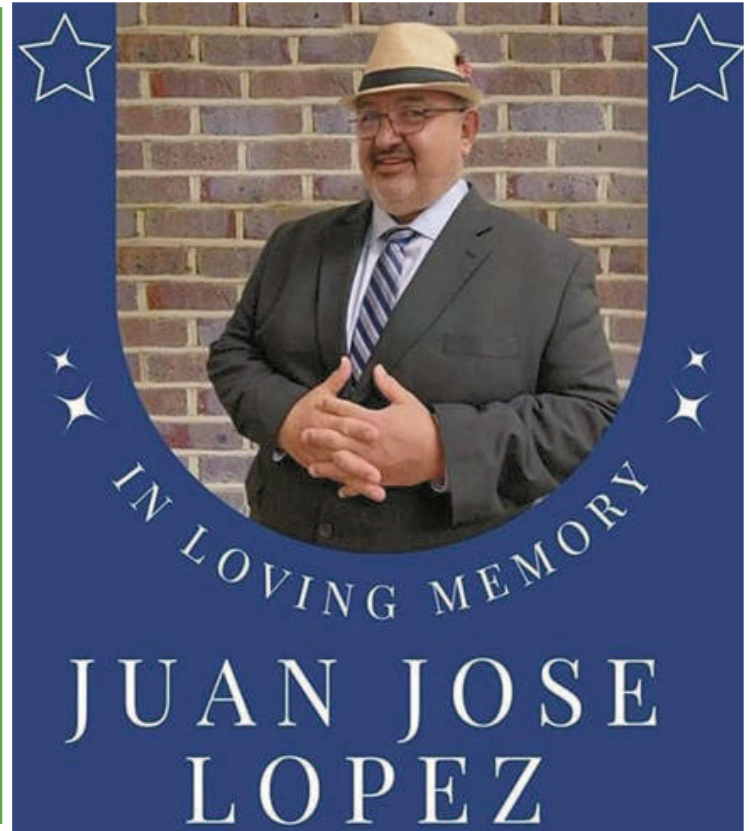
Serves nutritious weekday meals and provides socialization at multiple Madison/Monona locations. Cost is an anonymous donation. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation. *Sponsored in part by Dan and Patti Rashke (TASC)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

Representative Payee & Guardianship Service

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

REMEMBERING JUAN LOPEZ

Our community has lost an advocate and leader... We are saddened by the loss of community member, Juan Jose Lopez. He was a wonderful supporter of NewBridge and our mission. Most recently, Juan emceed at both our Summer Concerts and Black Tie Bingo fundraiser last year. Juan made it his life work to fight for others, especially the Latino community, LGBTQ+, homeless, low - income, and those with disabilities. He was vocal, honest, and fierce when he spoke up and never backed down from advocating for real change for the betterment of others. Juan was an inspiration to us all and we will miss him dearly.



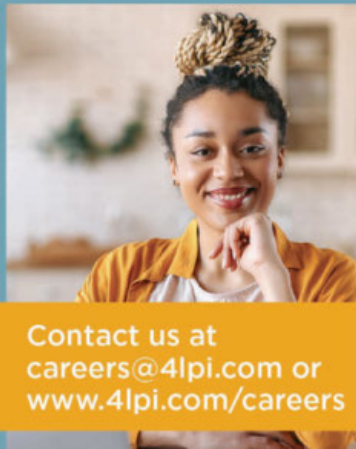
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
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- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ruth Schlitz

rschlitz@lpicommunities.com
(800) 950-9952 x2671



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

New Bridge, Madison, WI

B 4C 01-2049

Are you interested in learning about brain health and participating in research?



Join the Brain Health Community Registry

Learn more at: <https://redcap.link/xlh49nhf>
 give us a call: **608-800-2899** or send us an email:
BrainHealthResearch@medicine.wisc.edu

GREENTREE GLEN
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 62+ 1 & 2 bedroom apartment homes
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Let's work together toward a more sustainable future.

IN-HOME CARE

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- Find energy-saving tips and resources.
- Explore electric vehicles.
- Access online bill payment, safety information and more.

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GS3385 6/9/2023



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

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

NEWBRIDGE UNIVERSITY (NBU)



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

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

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

PAGES 8-9

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

PAGES 10-11

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

PAGES 12-14

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

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

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

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

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

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

NBU : BLACK DIVERSITY & INCLUSION CLASSES & ACTIVITIES



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



CONTACT DEANA:
(608) 512-0000
Ext. 2007

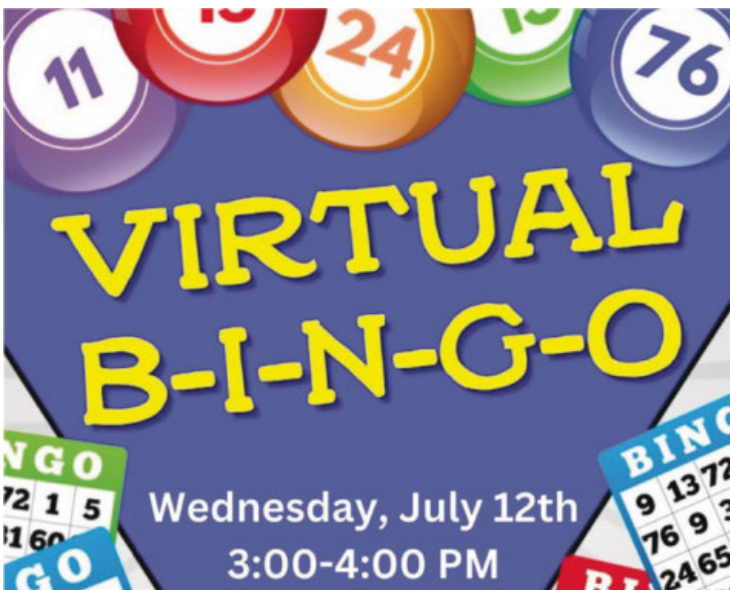
DeanaW@
NewBridge
Madison.org



CONTACT JEANETTE:
(608) 512-0000
Ext. 4007

JeanetteA@
NewBridge
Madison.org

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



Unleash Your Inner Author!

EVERYONE HAS A STORY

Learn to Write Yours



Join Author and Coach Lauren Brown for a 5-Week Virtual Writing Series. Your story will become part of a book that may be published!

**Wednesdays at 11 AM
Beginning July 5th**

Register with Deana: (608)512-0000 Ext. 2007



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

**UW South
Madison
Partnership**

2238 S. Park St.
Madison, WI 53713



**MEN'S SELF-CARE
WORKSHOP**

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



Workshop Facilitator
James Bester
UW-Madison School of Medicine



Register with Deana today!

**Make connections, learn
and grow together.**

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

CHECK-IN WEDNESDAY

A Welcoming, Informative & Interactive Space
for Older Black Men



**Bid Whist, Spades, Dominoes
Checkers & Conversation**

**Wednesday, July 12th
1:00 - 4:00 PM**

Men's Health & Education Center
588 Grand Canyon Dr., Madison
Next to the Perry Family Clinic & JP Hair Design

**CALMING
COMPUTER
JITTERS**

Help for Older
Adults Who Aren't
Computer Savvy



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

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

WEDNESDAY, JULY 19 AT NOON

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

NBU : CLASES Y ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN



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



**CONTACTE A
KATIA:**

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

**KatiaV@
NewBridge
Madison.org**

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

EDUCACIONAL

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

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

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

LA CAFETERIA DE LA MEMORIA:

Zoom - 1 crédito

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

LA REUNIÓN: En Persona y Zoom - 1 crédito

Viernes 14 de julio, 10:00-11:30 am
Conversaremos acerca de temas relevantes sobre la salud y el bienestar para la comunidad latina.

EJERCICIOS

YOGA SUAVE (MSCR): Zoom - 1 crédito

Lunes del 26 de junio al 21 de agosto
10:15-11:15 am

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

No hay clases el 3 de julio.

SOCIAL

BINGO BILINGÜE: En persona - 1 crédito

Viernes 7 de julio, 10:15 am-12:30 pm

En El Warner Park
Se proveerá transporte.

Regístrese antes del 30 de junio

YOGA EN SILLA:

Zoom - 1 crédito

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

SOCIAL

CONCIERTO DE VERANO:

En persona - 1 crédito

Lunes, 6:00-8:00 pm

Warner Park, 1625 Northport Dr.

Este es un evento al aire libre—puede traer sillas de picnic.

CONCIERTO DE VERANO EN MONONA CON REBULÚ: En persona - 1 crédito

Martes julio 18 –Grupo Rubulu

6:30-8:00 pm, en el Parque Winnequah

GRUPO DE COSTURA Y TEJIDO:

En persona - 1 crédito

Martes 11 y 25 de julio, 2:00-3:30 pm

Centro de Adultos Mayores de Madison
330 W Mifflin St.

¡Venga a cocer o tejer en grupo!

Traiga sus propios materiales o utilice los materiales del centro. Este es un grupo libre, donde nos enseñaremos entre nosotros.

CLUB DE JUEGOS DE MESA:

En persona - 1 crédito

Martes 11 y 25 de julio, 2:00-3:30pm

Centro de Adultos Mayores de Madison
330 W Mifflin St.

Venga a jugar juegos de mesa y pasar un momento divertido. Puede traer sus propios juegos o puede utilizar los juegos del centro.



Ajedrez,
Damas
chinas,
cartas/
naipes,
rummikub y
más.

VISITA AL JARDÍN BOTÁNICO: EXPOSICIÓN DE MARIPOSAS:

En persona - 1 crédito

Viernes 28 de julio, 10:00 am-12:00 pm

Costo: \$8 por

persona

Por favor

comuníquese

con Katia si

tiene alguna

pregunta

Transporte

incluido



CÍRCULO DE AMIGOS: Zoom - 1 crédito

Miércoles el 12 de julio, 1:00-2:00 pm

Conéctese por Zoom ¡Venga a tomarse

un cafecito y conversar en un ambiente

familiar y amical para conocernos mejor!

PASEO AL JUEGO DE LOS MALLARDS:

En persona - 1 crédito

Jueves, 12 de julio, 11:00 am

¡Apunten la fecha en sus calendarios!

SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD:

Zoom - 1 crédito

Cada 3er miércoles del mes 19 de julio

1:00-2:00 pm

Acompáñenos a conversar acerca del

corazón con la Dr. Waldely

ADULTOS MAYORES COMIENDO BIEN:

En persona - 1 crédito

26 de julio (Cupo limitado)

De 10:30 am-12:00 pm

FoodWise – Fen Oak Dr. Madison, WI

NBU : CLASSES & ACTIVITIES



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



CONTACT DEENAH:
(608) 512-0000
Ext. 3002
DeenahG@NewBridgeMadison.org

Welcome to the NewBridge hybrid model of programming where we offer both in-person and virtual (Zoom) programs, presentations, gatherings and more. *See NewBridge website for the Zoom link, www.newbridgemadison.org.*

SOCIAL

PING PONG: In-Person - 1 credit
Mondays, 9:00 am-Noon
Wednesdays, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.

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

SASSY STEPPERS: In-Person - 1 credit
Tuesdays, 2:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you love to dance, enjoy performing, and meet new friends, come join us!

CARD MAKING CLUB: In-Person - 1 credit
Wednesday, July 12, 1:00-3:00 pm
Warner Park, 1625 Northport Dr.
If you are crafty and enjoy making cards for others, please join us!



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

BOOK CLUB: Zoom - 1 credit
Wednesday, July 5, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our July book is: Vintage by Susan Gloss.
Our August book is: The Sweetness of Water by Nathan Harris. You are responsible for getting and returning your book. Available at Lakeview Library.

SEWING CLUB: In-Person - 1 credit

Thursday, July 6 & 20, 9:00 am-Noon
Warner Park, 1625 Northport Dr.

Light mending for older adults.

HOW TO GET YOUR ITEMS MENDED:

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

EXERCISE

CHAIR YOGA: In-Person - 1 credit

Mondays, 1:00-2:00 pm

Lakeview Library, 2845 N. Sherman Ave.

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

CHAIR YOGA: In-Person - 1 credit

Thursdays, 10:30-11:30 am

Warner Park, 1625 Northport Dr.

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

EASY YOGA PLUS: Zoom - 1 credit

Wednesdays & Fridays, 10:00-11:00 am

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

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

STRETCH & STRENGTH: Zoom - 1 credit

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

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

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

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

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

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



HEALTH/WELLNESS

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

Tuesdays, 1:00-2:30 pm

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

EDUCATION

TECHNICAL ASSISTANCE: In-Person

Tuesday, July 18, 1:00-3:00 pm

Lakeview Library, 2845 N. Sherman Ave.

To register call Lakeview Library at (608) 246-4547 or register online at madpl.org/events. Registration will open at 10:00 am two weeks before each program date.

ARTS

MUSIC JAM SESSION: In-Person- 1 credit

One Saturday/mo, 9:00 am-Noon

Warren Dailey Cabin, Maple Bluff

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

NBU : CLASSES & ACTIVITIES CONTINUED

SPECIAL EVENTS

SPECIAL MONTHLY DINING SITE EVENTS

In-Person - 1 credit

KAVANAUGH'S ESQUIRE CLUB

- Every Wednesday, 12:30–2:00 pm
Crafts, Games, Talks & More
- Wednesday, July 26, 1:00 pm
7 Deadly Mistakes in Funeral Planning

MADISON SENIOR CENTER

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

ROMNES

- 1st Week of the Month - Birthday Celebration

WARNER PARK

- Every Friday, 10:15 am – BINGO! You can play up to 4 cards; each card costs 50 cents. July 7 is bilingual bingo.
- Tuesday, July 11, 10:15 am - Birthday Celebration

SENIOR DAY AT THE MALLARDS

Wednesday, July 12, Duck Pond

Join us for lunch at 11:30 am and a baseball game! First pitch is at 12:35 pm \$20 gets you entry to the game, lunch, and a Mallards

baseball cap!
See more information on page 17.

To register contact Deenah Givens.



SUMMER CONCERT SERIES

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

- July 10: Universal Sound (Sinatra to AC/DC)
- July 17: Eddie Butts Band (Blues/Funk)
- July 24: Ladies Must Swing (Swing)

There will be special guest performances by our own our own Sassy Steppers on July 10 and Ritmo & Drums ~ our Intergenerational Drum Circle on July 17.

LET'S COOK TOGETHER

Wednesdays, 4:00-5:30 pm

July 19-August 23

6 Week Virtual (On-Line) Cooking Class

This is not your ordinary cooking class! Try easy to make recipes from all over the world in the comfort of your own home. UW students will demonstrate how to cook the featured dish, as well as share your choice of health information. Recipes will be sent out each week, prior to the cooking session so you will have time to gather your ingredients. If you would prefer not to cook, please feel free to join us! For questions or to register, contact Gayle at Goodman Community Center (608) 204-8032 gayle@goodmancenter.org

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

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New Bridge, Madison, WI

D 4C 01-2049



NewBridge is partnered with Nail Technician Susan Hasey, Registered Nurse Gail Owens and Cheryl Franz to provide foot care for older adults 60+. Cost is **\$25** and we ask that you bring 2 towels.

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

EAST MADISON

Lake Edge Luther Church
4032 Monona Drive
Thursday, July 6, 20, 9:30-11:45 am



Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, July 11, 18, 25, 9:30-11:45 am

NORTH MADISON

Lakeview Lutheran Church
4001 Mandrake Road
NO CLINIC IN JULY

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

Warner Park Community Rec Center
1625 Northport Drive
Thursday, July 27, 9:30-11:30 am

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, July 25, 9:00-11:40 am

MEDICAL EQUIPMENT LOAN CLOSET

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

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

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

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



SENIOR DAY

at the Mallards
July 12, 2023

*Register now for
your tickets...*

**DEADLINE TO REGISTER IS JUNE 30TH
FOOD SERVED FROM 11 - NOON**

Your Seats:

**TICKET, PREGAME
PICNIC & HAT
1ST PITCH AT 12:35**



Questions? Contact Deenah G. at 608-512-0000 or
deenahg@newbridgemadison.org



DÍA DEL ADULTO MAYOR

¡con los Mallards!
12 de julio, 2023

*¡Para Obtener Sus Tickets
Regístrese Ya!*

**REGÍSTRESE ANTES DEL 30 DE JUNIO
LA COMIDA SE SERVIRÁ DE 11AM - 12PM**

Sus Asientos:

**TICKET DE TRIBUNA,
PICNIC ANTES DEL
JUEGO Y GORRA
EL 1ER LANZAMIENTO
SERÁ A LAS 12:35PM**



¿Preguntas? Comuníquese con Katia al 608-512-0000 x
3009 ó katiav@newbridgemadison.org



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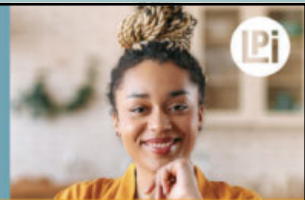
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New Bridge, Madison, WI

E 4C 01-2049

VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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

NUTRITION SITE VOLUNTEERS

DESCRIPTION – Help with check in, meal service, clean up, and socialize with older adults at our nutrition sites.

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



FOOD BRIDGE DELIVERY DRIVERS

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

TIME COMMITMENT – 2-4 times/month

IMMEDIATE NEED – 5 volunteers



GUARDIAN & REPRESENTATIVE PAYEE

DESCRIPTION – Compassionate individuals to be guardians and payees who may make health care decisions, or manage social security benefits and more.

TIME COMMITMENT – 2 years, 3-6 hr/mo
Must be 26 years old. Call Katie Brietzman for information Ext. 1002.

VOLUNTEER SPOTLIGHT

A huge thank you to Blackhawk Church and their Love Madison teams. The impact of your volunteer efforts cannot be overstated. As we grow older, certain tasks become increasingly challenging, and tending to yards is no exception. Your teams recognized this need and signed up for our projects but showed true compassion and kindness while completing the work!



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NUTRITION MEAL SITES



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

RESERVATIONS

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

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

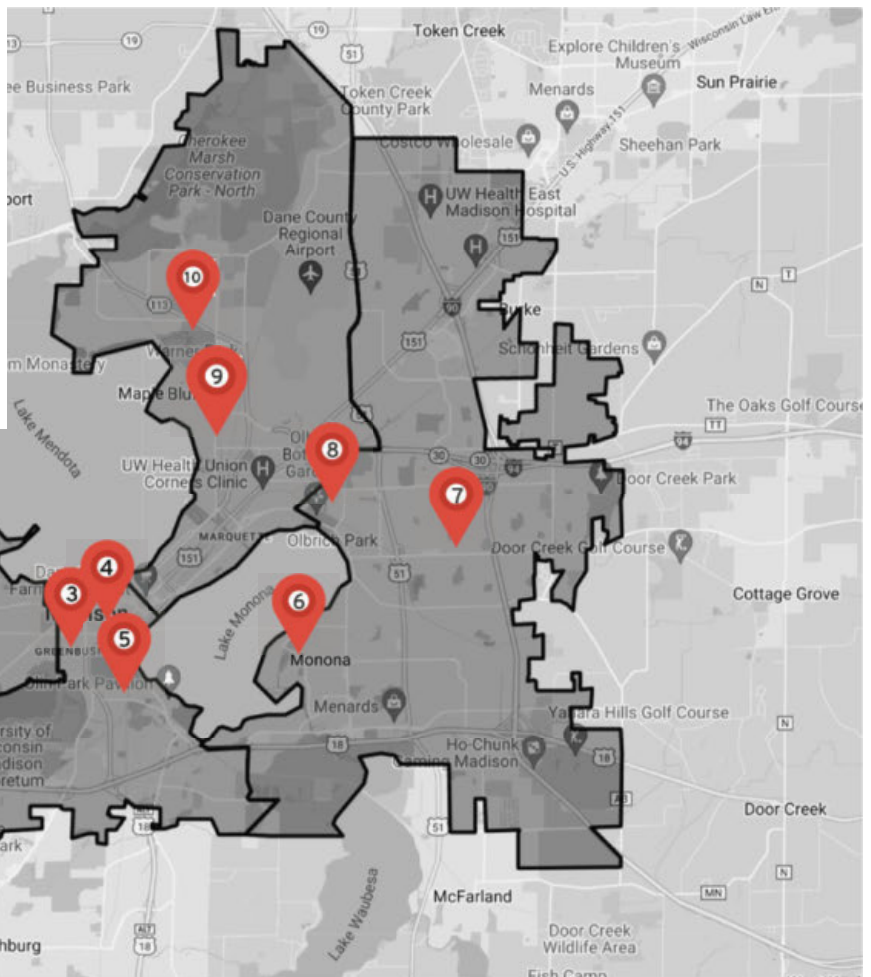
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

Transportation reservation is always required.

DONATION

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

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



SOUTH MADISON

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

Catered by UW Hillel Adamah Catering
The meal site will resume in September.
Check JSS website jssmadison.org or call for
Levy Summer Series luncheons and talks –
June to August.



EAST MADISON

**Monona Senior Center, 1011 Nichols Rd.
Friday, Noon**

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

- **Friday, July 7** : BBQ Chicken Sandwich on Kaiser, Pasta Salad, Broccoli, Pears, Dessert, MO: Cheese Ravioli
- **Friday, July 14** : Baked Fish, Mashed Potatoes, Coleslaw, Whole Wheat Roll, Peaches, Dessert, MO: Soy Patty
- **Friday, July 21** : Taco Salad: Chips, Seasoned Beef, Onions, Beans, Tomato, Lettuce, Cheese, Mandarin Oranges, Dessert, MO: Omit meat, add beans
- **Friday, July 28** : Chicken Corn Chowder & Biscuit, Summer Veg. Salad, Mandarin Oranges, Dessert, MO: No Chicken, add Yogurt



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

Monday-Friday, 11:45 am

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

M	TU	W	TH	F
03 Sloppy Jo	04 CLOSED	05 Crispy Chicken and Cheese Sandwich	06 Chicken Alfredo	07 Cheese, Pepper, Onion Egg Bake
10 Open Face Tukey Sandwich with Gravy	11 Chicken Pasta Salad	12 Baked Lemon Haddock	13 Chicken and Veggie Stir-Fry	14 Beef, Bean and Cheese Enchilada Casserole
17 Italian Chicken Sandwich	18 Beef Lasagna	19 Swedish Meatballs	20 Pork Chops	21 Baked Ziti
24 Chicken, Broccoli, and Brown Rice Casserole	25 Fish Sandwich	26 Honey Glazed Ham	27 Ground Beef Tater Tot Casserole	28 Parmesan Chicken
		31 Crispy Chicken and Cheese Sandwich		

NORTH MADISON

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

Wednesdays, 11:00 am-1:30 pm

**No meal reservation required*

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

- **Wednesday, July 5** : Swiss Steak and Mashed Potatoes
- **Wednesday, July 12** : Roast Pork and Mashed Potatoes
- **Wednesday, July 19** : Tenderloin Tips and Mashed Potatoes
- **Wednesday, July 26** : Meatloaf and Mashed Potatoes
- **Every Wednesday**: Baked Fish or Sandwich & Soup



NUTRITION MEAL SITES

WEST MADISON

Meadowridge Commons

5734 Raymond Rd.

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

Good Shepherd Church

5701 Raymond Rd.

Tuesday, Thursday, Friday, Noon

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

SOUTH MADISON

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

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

Madison Senior Center, 330 W. Mifflin St.

Monday-Friday, 11:30 am

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

EAST MADISON/MONONA

Messiah Lutheran Church

5202 Cottage Grove Rd. - **Closed 7/6**

Tuesday and Thursday, Noon

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

NORTH MADISON

Warner Park Community Recreation Center, 1625 Northport Dr.

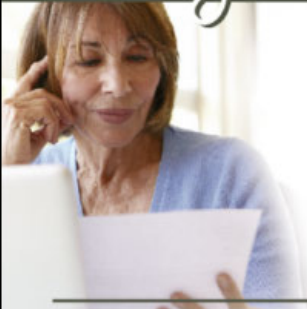
Mon., Tues., Thurs., Fri., 11:30 am

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 *Ham/Potato Casserole Peas, Peaches, Jell-o MO - Soy Potato Casserole	04 CLOSED	05 Sloppy Joe Potato Salad, Mixed Vegetable Banana, Oatmeal Cream Pie MO - Chickpea Joe	06 Meat Sauce Spaghetti Noodles, Carrots 3 Beans Salad Cinnamon Applesauce Fig Newton Bar MO - Marinara Sauce	07 Chicken Stew Mixed Greens, Crackers Copper Penny Salad, Peas Chocolate Pudding MO - Veggie Stew
10 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail, Candy Cookie MO - Black Bean Burger	11 *Meatballs in Marinara Over Penne, 4 Bean Salad Peaches, Scooby Snacks MO - Veggieballs in Marinara	12 Fish Sandwich Yams, Peas, Pears Nuttty Buddy Bar MO - Multigrain Burger	13 Rustic Tom. Bean Soup Mixed Greens, Pineapple Jell-o MO - Veg. Tom. Bean Soup	14 BBQ Chicken Breast Mashed Potatoes, Banana Applesauce MO - Veggie BBQ
17 Lemon Dill Baked Fish Baked Potato, Coleslaw Vanilla Pudding MO - Tomato Cheese Sandwich	18 Chick. Brocc. Rice Cass. Carrot Coins, Chickpea Salad Fruit Cup, Tiger Bites MO - Veggie Broccoli Rice Casserole	19 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad, Fruit Rice Crispy Treat MO - Veggie Alfred	20 Traditional Meatloaf Mashed Potatoes, Broccoli Applesauce MO - Hummus and Pita	21 Chili Baked Potato, Cornbread Pears, Fig Newton Bar MO - Veggie Chili
24 Chicken a la King Brown Rice, Capri Blend Coleslaw, Fruit Cocktail Scooby snacks MO - Veggie	25 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Oatmeal Raisin Cookie MO - Marinara Sauce	26 *Italian Sausage Coney Bun Roasted Potatoes Stewed Tomatoes Mandarin Oranges, PB Cup MO - Veggie	27 BBQ Chicken Breast Peas, Pickled Beets Cinnamon Applesauce MO - BBQ Chickpeas	28 *Meatballs in gravy Mashed Potatoes Mixed Greens Mixed Fruit Cup Chocolate Chip cookie MO - Veggieballs in Gravy
31 Garlic Parmesan Chicken Breast Stewed Tomatoes, Broccoli Peaches, Nutty Buddy Bar MO - Veggie Garlic Parmesan	CATERED BY: Dane County Consolidated Food Service All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. NAS Diets: NAS substitutes listed when necessary, it is not suggested for those on a NAS diet to consume cheese slices, cheese garnishes or condiment packets. *contains pork **NAS to omit			

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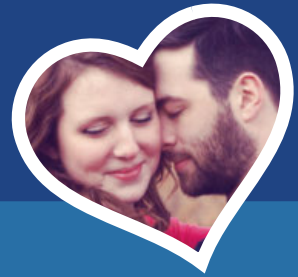
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Send my monthly newsletter via mail email both none

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\$ _____ In honor/memory of: _____

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Mail form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704. You can also purchase a friendship or make a donation on our website at newbridgemadison.org. Friendships are renewed annually. *Donations may be tax deductible to the extent of the tax code.*

CASE MANAGEMENT WALK-IN HOURS

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

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

Madison Senior Center

330 W. Mifflin St.

Monday, July 10, 10:45 am-Noon

Monona Senior Center

1011 Nichols Rd.

Friday, July 14, 11:30 am-12:30 pm

Goodman Community Center

214 Waubesa St.

Tuesday, July 18, 11:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

No Walk-In Hours for July

Good Shepherd Church

5701 Raymond Rd.

Thursday, July 20, 11:00 am-Noon

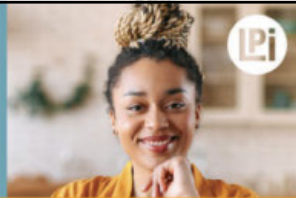
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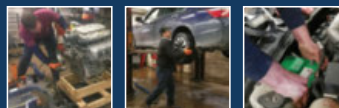
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New Bridge, Madison, WI H 4C 01-2049



MONONA TERRACE COMMUNITY AND CONVENTION CENTER FRIDAY, SEPTEMBER 22, 6-9 PM

BLACK —

9.22.23



BINGO

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CHAMPION OF HOPE AWARD - NOMINATIONS OPEN

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.”

We are now accepting nominations! 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, September 22 at the Monona Terrace.

Your nominations help us identify the heroic individuals that deserve special recognition for their efforts.



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