



NEWBRIDGE NEWS

Your Connection to Successful Aging

AUGUST 2019

FREE Stepping On Class Offered in Meadowood

Thursdays, Sept. 12–Oct. 24, 1:15–3:15 pm
Meadowridge Commons, 5734 Raymond Rd

Stepping On is an evidence-based workshop that is led by trained leaders who work with you to help improve your balance and reduce your risk of falling by reviewing medications, exploring the role of vision and falls, teaching strength and balance exercises, and offering help to improve your safety at home.

Older adults who may have balance problems or fear of falling are the best fit for this class.

To register, call Joe at Ext. 2000.

Free! Limited space available.



Memorial Donations

Sandra Schmidt in Memory of James Schmidt
Kathy Heimann in Memory of Sue Munson
James Ryan in Memory of Dick Peton
Marion Ezrow in Memory of A. Ezrow

To learn more about Memorial
Donations, contact
Jim at Ext. 3005.

NewBridge is closed Wednesday, August 21 in the afternoon for a staff training and Monday, September 2 for Labor Day. NewBridge North is closed August 26-30 for building maintenance.

**CHECK OUT
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INSIDE!**

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www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

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



A LETTER FROM THE EXECUTIVE DIRECTOR...

WEEKDAY MEALS FOR OLDER ADULTS

Food insecurity is a growing problem in our community that effects all ages. In Madison there are over 2,500 older adults who are at nutritional risk. A report shows that older adults struggling with hunger are 78% more likely to experience depression, 40% more likely to report chest pain, 55% more likely to develop asthma. Food insecurity negatively impacts health and complicates older adults ability to maintain good health while aging.

This year our staff has seen an alarming increase in the number of adults aged 60+ in need of a meal each day. In some cases, the older adult does not know how to cook for themselves or it may be unsafe for them to do so because of existing physical or mental limitations. In other instances, the individual lacks sufficient resources to purchase a sufficient amount of food each month.

NewBridge Madison hosts a weekday meal at various locations in Madison and Monona with financial support from Dane County Human Services. Check out pages 18-21 for specific locations and more information.

Marcia Hendrickson, Executive Director

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

Like Us on Facebook: [NewBridge Madison](#)

SOUTH MADISON ★ MAIN OFFICE

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

EAST MADISON/MONONA

4142 Monona Drive, Madison, WI 53716

NORTH MADISON

1625 Northport Dr. #125, Madison, WI 53704

WEST MADISON

5724 Raymond Road, Madison, WI 53711

BOARD OF DIRECTORS

NEXT MEETING: September 13, 9:00 am
Warner Park Community Rec. Center

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

NEWBRIDGE STAFF

- MARCIA HENDRICKSON, Executive Director Ext. 1001
- KATIE GALLAGHER, Marketing Director Ext. 4001
- JIM KRUEGER, Fund Development Director Ext. 3005
- SONYA LINDQUIST, Senior Services Director Ext. 2002

- DEENAH GIVENS, Administrative Assistant Ext. 3002
- JOE NEUMAIER, Administrative Assistant Ext. 2000
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000

- STEPHANIE AGUILERA, Case Manager Ext. 1007
- GABI ANZALONE, Case Manager Ext. 1006
- SAMMY AZUMA, Case Manager Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager - español Ext. 3004
- KARI DAVIS, Trainer & Support Specialist Ext. 1003
- NORA HAMMER, Case Manager Ext. 2004

- RACHEL OKERSTROM, Case Manager Ext. 4002
- MAUREEN QUINLAN, Case Manager Ext. 4003
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- ALLIE SCHRANK, Bilingual Case Manager - español Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005

- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- RUTH HELLENBRAND, Program & Event Coordinator Ext. 3012
- ERICKA BOOEY, Cultural Diversity Program Coordinator Ext. 2007
- GLENDA QUINONES, Cultural Diversity Program Coord. Ext. 3009
- KATIE BRIETZMAN, Community Outreach & Support Spc. Ext. 1002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- DAVID WILSON, Home Chore Coordinator Ext. 2006
- SHELLEY BLONDEAU, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- KRISTEN HUBER, Nutrition Manager Ext. 2001
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- TRACY OLIVER, Nutrition Coordinator Ext. 1009
- ARETHA RICHMOND, Nutrition Coordinator —

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry, age (where applicable), or any other basis prohibited by applicable law.

Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board Chair, in writing.

ID Statement: The August (issue 8) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.



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Contact our Volunteer Coordinators at 608-819-0033



CASE MANAGEMENT SERVICES

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

WALK-IN OFFICE HOURS

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

SOUTH MADISON

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

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

WEST MADISON

Lussier Community
Education Center
55 S. Gammon Road
Friday, August 16
11:30 am-12:30 pm

NORTH MADISON

Goodman Comm. Center
149 Waubesa Street
Wednesdays, August 14&28



WELCOME GRETCHEN

Gretchen Schadeberg is a Case Manager at NewBridge East.

She graduated from St.

Norbert College with a Bachelor's degree in Psychology. She attended The University of Wisconsin-Madison and The University of Georgia to complete her Master's degree in Social Work and Non-profit Management. Gretchen has previous experience working with older adults in long-term care and through advocacy/community outreach efforts. Gretchen enjoys spending her time with her family & friends, her dog, and being outdoors. She would like to note that she is an amateur gardener and always eager to learn tips to having a greener thumb!

NEWBRIDGE AWARDED PAUL H. KUSUDA GRANT

NewBridge was recently awarded \$5,646 through the Paul H. Kusuda Special Projects Fund Grant to pay for computer upgrades for the Case Managers. The grant is managed by the Area Agency on Aging of Dane County Board of Directors.

The Paul H. Kusuda Special Projects Fund Grant was created to assist the Dane County Case Management program to cover one-time costs. Paul believed in the Case Management program and the impact it had on Dane County older adults. The grant was named in his honor after he passed away in 2017.



Paul retired as a social worker within the Department of Health and Human Services back in 1987, but never stopped working. He also served on numerous boards and committees. He was very active within the Area Agency on Aging of Dane. Paul was one of our city's most active volunteers, tirelessly advocating for older adults and promoting causes to make our world a better place.

VOLUNTEER SPOTLIGHT



Barb Crist has been a Volunteer Guardian since 2016, giving her time and energy advocating for

our most vulnerable population. She is passionate about what she does and is always ready to take on a new assignment. Barb shows compassion and caring for those she works with and is a strong advocate, ensuring the individual's needs are being met.

Being a guardian for her father and aunt helped Barb realize the need for volunteers. Barb said she saw a posting

for the need for volunteers and soon after inquired about the program. She knew this is what she wanted to do.

Barb enjoys, *“knowing that when people are forgetful or don’t have anyone else, someone like me can make sure things are done right,”* assuring there is someone advocating in the best interest of that person.

This opportunity has impacted Barb noted that it adds *“more dimension”* to my life. *“It helps me focus on others and gets me out of my comfort zone.”* Barb also noted that she is inspired by the people that she works with and she continues to learn from each person she has served.



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VOLUNTEER OPPORTUNITIES

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

Foot Care Clinic Volunteers

DESCRIPTION—The duties include: greeting and registering clients, collecting a fee, tearing down and cleaning up. List of monthly clinics on page 14.

TIME COMMITMENT—3-4 hours/month

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

Home Chore Volunteers

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

TIME COMMITMENT—Flexible

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

Sewing Group Volunteers

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

TIME COMMITMENT—Flexible

IMMEDIATE NEED—1-6 volunteers

Nutrition Volunteers

DESCRIPTION—NewBridge provides a healthy lunch to older adults living in Madison and Monona, Monday-Friday. The duties include: setting dishware on tables, serving the lunch, washing the dishware, and wiping down tables.

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

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

One-Time Kitchen Clean-Up Volunteers

DESCRIPTION—Help deep-clean the kitchen at Warner Park.

TIME COMMITMENT—5 hours, 10:00 am-3:00 pm, day flexible between Aug. 26-30

IMMEDIATE NEED—3-4 volunteers

Guardian and Representative Payee Volunteers

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

Call Katie Brietzman for info at Ext. 1002.

Volunteer Opportunities Continued Loan Closet Office Volunteer

DESCRIPTION—The East Madison/Monona office needs volunteers for half-day shifts, Friday only, to check out loan closet items.

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

IMMEDIATE NEED—1-2 volunteers

AppleFest Volunteers

DESCRIPTION—Saturday, October 19
A family fun fundraiser at NewBridge North. We need help supervising various areas and tearing down.

TIME COMMITMENT—4 hour shifts between 8:30 am and 4:00 pm.

IMMEDIATE NEED—20+ volunteers

Items Needed

Used Books and Jewelry
for our fundraiser, AppleFest.

We are accepting donations until Oct. 4:

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

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



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

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GS3291 4/19/2019



AUGUST PROGRAMS & ACTIVITIES

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

SOUTH & WEST MADISON

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

**Ongoing exercise classes will continue at St. Andrew's Church, Alicia Ashman Library, and Meadowood Neighborhood Center. Check out our website for the full class listing or call Michelle at Ext. 4008.*

Movies at Alicia Ashman Library

Every Wednesday, 1:30-3:30 pm
733 N. High Point Rd.

Sponsored by BrightStar Care

August 07 - DUMBO

August 14 - The Mustang (Rated R)

August 21 - Bohemian Rhapsody (Rated R)

August 28 - Classic: Foul Play w/ Goldie Hawn & Chevy Chase

AARP Driver Safety Smart Driver

Friday, August 2, 9:00 am-1:00 pm
Good Shepherd Church, 5701 Raymond Rd
Course fee: \$15/AARP members and \$20/non-members

Register for the class by contacting Joe at Ext. 2000 or AARP website.

Memory Screening

Thursday, August 15, 10:30 am-1:30 pm
Meadowridge Library, 5726 Raymond Rd
Receive a free 20 minute memory screen by professionals from the ADRC. Sign up today by calling Michelle Ext. 4000.

Fire Safety

- Monday, August 12, 12:00 pm
Fisher Taft Apartments, 2025 Taft St.
- Monday, August 19, 10:30 am
Warner Park, 1625 Northport Dr.
- Wednesday, August 21, 11:30 am
Monona Meadows, 250 Femrite Dr.
- Wednesday, August 28, 12:15 pm
Meadowridge Commons, 5734 Raymond Rd.

Cooking Classes w/ The Oilerie

Sponsored by The Oilerie ® Sun Prairie

Meadowridge Commons, 5734 Raymond Rd

Tuesday, August 20, 4:00-6:00 pm

Tuesday, August 27, 4:00-6:00 pm

Tuesday, September 10, 1:15-3:15 pm

Tuesday, September 17, 1:15-3:00 pm

Lunch & Euchre at Nitty Gritty

Wednesday, August 14 at 11:30 am

1021 N Gammon Rd, Middleton

You **MUST** RSVP to Michelle Ext. 4008 to reserve your place by Noon on the Monday, August 12.

R.O.M.E.O (Retired Older Men Eating Out)

Thursday, August 15, 12:15 pm

The Jefferson, 9401 Old Sauk Rd, Middleton

RSVP to Michelle Ext. 4008. Transportation available. Free.

Lunch w/ Madison Police Officer

Tuesday, August 13, 11:30 am-12:00 pm

Romnes Apartments, 540 W. Olin Ave

Think Tank

Tuesday, August 20, 9:30 am
Lane's Bakery, 2304 South Park St.
RSVP to Michelle Ext. 4008

MAUI-Madison Area Ukulele Initiative

Thursday, August 8, 11:30 am
Good Shepherd, 5701 Raymond Rd.

Access Assistive Technology

Tuesday, August 27, 12:00 pm
Romnes Apartments, 540 W. Olin Ave.
Thursday, August 1, 11:45 am
Good Shepherd, 5701 Raymond Rd.

Bingo w/ Michelle

Tuesday, August 20, 1:00-2:00 pm
Catholic Multicultural Ctr, 1862 Beld St.

New Exercise Class Free Demo

Tuesday, August 13, 10:30-11:00 am
Ballroom Basics for Balance (BB4B)
Tuesday, August 13, 11:15-11:45 am
Easy Yoga Plus- adaptive for all needs
Dale Heights, 5501 University Ave.

Ballroom Basics for Balance

Tuesdays, 10:30 am-12:00pm
10 Week Course, starting September 10

Coming Soon: Easy Yoga

Thursdays, 10:30-11:15 am
Details in the September newsletter.

Programs and activities are also offered at: Madison Senior Center
330 W. Mifflin St. (608) 266-6581



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AUGUST PROGRAM AND ACTIVITIES CONTINUED

NORTH & EAST MADISON

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

**NewBridge North is closed August 26-30 for building maintenance.*

5¢ Bingo

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

Book Club

Tuesday, August 6, 10:00 am
Warner Park, 1625 Northport Dr.

Card Games-All skill levels welcome

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

FREE Older Adult Chair Yoga

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

Technology Help Appointments

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

Knit & Crochet Club (Quilters too!)

Tuesday, August 13, 9:00-11:00 am
Warner Park, 1625 Northport Dr.

Ping Pong League

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

Sassy Steppers Dance Crew

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

Blood Pressure Clinic

Wednesday, August 21, 11:00 am-12:00 pm
Warner Park, 1625 Northport Dr.

Card-Making Club

Wednesday, August 14, 1:00 pm
Warner Park, 1625 Northport Dr.
Help create home-made cards for all occasions.

Sewing Club/FREE Mending Service

Thursdays, August 8 & 22, 9:00 am
Warner Park, 1625 Northport Dr.
Older adults with general mending and alteration needs. Limit three articles per month.

Nutrition Education

Tuesday, August 6, 10:30 am
Warner Park, 1625 Northport Dr.

Adult Coloring

Tuesdays, August 13 & 20, 10:30 am
Warner Park, 1625 Northport Dr.

LGBTQ+ Outreach Coffee Meet Up

Monday, August 19, 2:00-4:00 pm
Warner Park, 1625 Northport Dr.
50+ Join us for our monthly get together to discuss whatever is on your mind in a relaxed atmosphere and where the coffee is free.

Artful Aging Fall 2019

Wednesdays, Oct. 2-Nov. 20, 1-3 pm
Warner Park, 1625 Northport Dr.
Enrollment starting for this FREE art experience. Artist Amy Cavi, leads older adults on a creative journey. No experience needed. All materials provided. Limited transportation available. Sign up with Ruth Ext. 3012.

Summer Table Trivia

Monday, August 5, 11:30 am
Monona Meadows, 250 Femrite Dr.

BINGO!

- Tuesday, August 6, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.
- Monday, August 26, 11:30 am
Monona Meadows, 250 Femrite Dr.

Adult Coloring

Wednesday, August 7, 11:30 am
Monona Meadows, 250 Femrite Dr.

Scrabble

Tuesday, August 13, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Crossword Puzzle Fun

Monday, August 19, 11:30 am
Monona Meadows, 250 Femrite Dr.

Movie of the Month –Apollo

- Monday, August 12, 11:30 am
Monona Meadows, 250 Femrite Dr.
- Tuesday, August 27, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.

Kings Corner Card Games

Wednesday, August 14 & 28, 11:30 am
Monona Meadows, 250 Femrite Dr.

National Lemonade Day

- Tuesday, August 20, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.
- Wednesday, August 21, 11:30 am
Monona Meadows, 250 Femrite Dr.


Programs and activities are also offered at:

Monona Senior Center, 1011 Nichols Rd.
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CULTURAL DIVERSITY PROGRAMS

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

LATINX PROGRAMS

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

Bilingual Bingo

Friday, August 2, 10:15 am-12:30 pm
Warner Park, 1625 Northport Dr.

Monthly Discussion Group

Wednesday, August 14, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Topic: Nutrition class from the University of Wisconsin-Madison. Dinner and transportation provided.

Support Group at Good Shepherd

Thursday, August 15, 11:00 am-2:00 pm
Good Shepherd Church, 5701 Raymond Rd
Join us for lunch at Good Shepherd Church. Our discussion topic is Diabetes. Transportation available via Transit Solutions for those living in the West Madison service area.

Caregiver Support Group

Wednesday, August 28, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Topic: Nutrition class from the University of Wisconsin-Madison. Dinner and transportation provided.

AFRICAN AMERICAN PROGRAMS

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

Monthly Discussion Group

Friday, August 2, 12:00-1:30 pm
Vera Court 614 Vera Ct.
Discussion group on healthy eating. Limited space. Sign up required, call Ericka Ext. 2007.

Dane Dances Gathering

Friday, August 9, 5:30-9:30 pm
Monona Terrace, 1 John Nolen Dr.
Music by Commodores and Barry White Tribute Band and Heatwave

Diabetes Support Group

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

Identity Theft Presentation

Monday, August 19, 10:30-11:30 am
East Madison Comm. Cntr, 8 Straubel Ct.
Presented by Jeff Kersten, Agency Liaison from the Bureau of Consumer Protection.

Heart Health Support Group

Thursday, August 29, 2:00-4:00 pm
Catholic Multicultural Center
Classroom #4, 1862 Beld St.
Limited transportation available.

NEWBRIDGE DAY TRIPS

Day Trip to Galena, Illinois

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

Join us a Badger Motor Coach to beautiful and historic Galena, IL. This is for those who can walk distance. **REGISTER EARLY!** Payment of \$35 per person (non-refundable) includes transportation only is due at registration by **August 5**. Register with Michelle (608) 512-0000 Ext. 4008

Bus Pick Up

8:00 am at Warner Park

8:25 am Shopko East

8:45 am South TBD

9:00 am Meadowridge Neighborhood Cntr

Pontoon Boat Rides

Tuesday, August 13, South & West

Tuesday, August 27, North & East

Pick up by Transit Solutions starts at 8:30 am. The return ride is leaving Tenney Park at 11:45 am.

Boat Ride is 1.5 hours long.

It is wheelchair and walker accessible. You need to be independent or have your own assistant.

Register with Joe (608) 512-0000 Ext. 2000.

The fee is \$2 per person.



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

EAST MADISON

Monona United Methodist Church
606 Nichols Road, Monona
Wednesday, August 21, 1:00-3:00 pm
Wednesday, August 28, 1:00-3:00 pm

Lake Edge Lutheran Church
4032 Monona Drive
Monday, August 12, 9:00 am-Noon
**Monday, August 19, 9:00 am-Noon

**** Diabetic Clinic (non-diabetics are welcome as well)**

NORTH MADISON

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

Goodman Community Center
149 Waubesa Street
Monday, August 12, 8:30-9:45 am

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, August 20, 1:00-2:30 pm

WEST MADISON

Capital City Church
401 N. Blackhawk Ave.
(Parking is behind church turn at Bluff Rd.
and then turn left on Eugenia Ave.)
Monday, August 5, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, August 20, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, August 26, 9:30-11:45 am

MEDICAL EQUIPMENT LOAN CLOSET

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

FALLS PREVENTION EVENT

“Only Leaves Should Fall” Falls Prevention Event

Tuesday, September 24, 11:30 am-3:30 pm
Door Creek Church, 6602 Dominion Dr.

Participants will learn about local falls prevention programs and classes; receive screenings and reviews for blood pressure, cognitive function, medication, balance, home safety, and urinary incontinence; and participate in program demonstrations.

Lunch is provided, and the event is FREE.
Transportation is provided upon request if you register by Friday, September 13.

Please call Safe Communities at (608) 441-3060 to register.

Nationally, one out of four people 65 years and older will fall each year. And once someone suffers from a fall, they are more likely to fall again. In Wisconsin, falls are the number one cause of injury-related death and Wisconsin is consistently ranked #1 or #2 as having the highest death rate from falls in the nation. The Dane County Falls Prevention Task Force and partners are helping to alleviate the prevalence of falls among older adults in our community.

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LOCAL PROGRAMS & RESOURCES

TRIAD Safety Program

Wednesday, August 21, 10:00 am
All Saints Neighborhood Comm. Room,
511 Commerce Drive
Prescription Drugs & CBD by Safe Communities

TRIAD of Wisconsin Crime and Prevention Conference & Expo

Friday, September 27, 8:00 am-4:00 pm
American Family Ins. Training Center,
6000 American Parkway
\$25 before August 14 and \$35 after. Includes
breakfast, lunch and materials. Sign up by
visiting RSVPdane.org or call (608) 238-7787

Community Connections Forum

Wednesday, August 14, 10:30 am
Community Room at Attic Angel Place,
8301 Old Sauk Road
Presenter Karen Menendez Collier, Executive
Director of Centro Hispano of Dane County.
The event is free and open to all.

Stepping On Class in Monona

Wednesdays, August 21-October 2
12:00-2:00 pm
Monona Community Center Lounge,
1011 Nichols Road, Monona
Stepping On can help you avoid a dangerous and
costly fall. Call 222-3415 to register; space is
limited. Cost is \$35.00 Scholarships available.

Groceries, Clothing, and a Meal

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

Madison/Monona Urgently Needs Volunteer Drivers

The RSVP Driver Services Program in Madison/
Monona urgently needs volunteer drivers to
provide rides to area seniors (60 yrs. and older)
and veterans of all ages to medical and other
important appointments. This volunteer position
is very flexible, there are no minimum hours
required, and mileage reimbursement and extra
liability insurance is provided. If you are
interested in driving, contact Mary Schmelzer at
608-441-7896 or mschmelzer@rsvpdane.org.

31st Annual Colloquium on Aging

Friday, September 27, 8:00 am-1:30 pm
Gordon Dining & Event Center, UW Campus
Showcasing the latest research and resources on
positive aging, with speakers, a poster session,
and a health & resource fair. The event is free and
open to the public, but space is limited and
registration fills up in less than a week
Registration opens Monday, August 5 at 8 am.
Registrations will be taken on this website:
<http://aging.wisc.edu/outreach/colloquium.php>

Meditation Series

Tuesdays, August 6, 13, 20, 27, 1-2 pm
Monona Community Center Monona Room
1011 Nichols Road, Monona
Join us for this four part series, each week
building on the previous week to learn more
about the benefits of meditation to promote
health and well being. The cost of this series is
\$15.00 for all four sessions or \$5.00 for each
session if you drop in. Call 222-3415 to reserve
your space today as seating is limited.

- August 6 - Simple Awareness, Mindfulness Meditation, Sitting Meditation
- August 13 - Intro to Yoga, Moving Meditation and Mindfulness, Breath Work
- August 20 - Sitting practice, Mindfulness and Compassion Meditation, Yoga for self love
- August 27 - Developing a Personal Practice, Conclusion

Healthy Living with Chronic Pain

Thursdays, August 1–September 5
12:30-3:00 pm

Madison Senior Center, 330 W. Mifflin St.
Living with pain? What if you could feel better? If living with ongoing pain is keeping you from doing the things you want to do, this class can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you. For more information or to register call (608) 266-6581.

Gentle Yoga

Thursdays, 10:00-10:45 am

Madison Senior Center, 330 W. Mifflin St.
All abilities and levels welcome. We will do a combination of seated and standing positions. Pay the \$4 per class fee when you check in. Scholarships are available.

Ballroom Basics for Balance (BB4B)

Fridays, September 13-December 13
10:00 am-11:30 am

Central Library, 201 W Mifflin St
Beginner & Intermediate—Practice balance and learn to prevent falls while dancing. Get better at walking or moving around on various surfaces and improve your confidence! This class is for you if you move around on your own with or without a device, have fallen or have fear of falling. No experience or partner needed! Have fun while improving your balance, and challenge yourself in a safe environment. Taught by physical therapists and other health professionals. Meet on the lovely 3rd floor (elevator available) of the Central Library. The cost is \$65. Call the Madison Senior Center at (609) 266-6581 to register. For more information: www.ballroombasicsforbalance.org.



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New Bridge, Madison, WI

H 4C 01-2049

AUGUST NUTRITION PROGRAM

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

SOUTH MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>			<p>01 Chicken Noodles Soup Oyster Crackers Three Bean Salad Honey Dew Melon Mix Apple Pie MO: Vegetable Soup</p>	<p>02 Beef Stew, Biscuit Green Beans Chunky Apple Sauce Choc. Chip Banana Cake MO: Veggie Stew Salad: Chicken Confetti</p>
<p>05 Chicken Mac Casserole Peas, Tomato Juice Pineapple, Vanilla Pudding MO: Mac and Cheese</p>	<p>06 Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO: Veggie Tortellini Bake</p>	<p>07 Chicken a la King Brown Rice, Carrots Corn Salad, Peaches Frosted White Cake MO: Veg. Chicken a la King</p>	<p>08 Traditional Meatloaf Mashed Potatoes w/Gravy, Broccoli Apple Juice Cup Raspberry Sherbet MO: Veggie Meatballs</p>	<p>09 Pot Roast with Gravy Mashed Potatoes Mixed Green Salad Orange, Tapioca Pudding MO: Black Bean Burger Salad: Harvest</p>
<p>12 BBQ Chicken Breast Baked Sweet Potato Tropical Fruit Chocolate Cake MO: Veggie BBQ Strips</p>	<p>13 Pizza Burger Navy Bean Salad Marinated cucumbers Banana, Choc. Chip Cookie MO: Garden Burger</p>	<p>14 Ham and Potato Casserole California Blend, Fruit Cup Chocolate Cream Pie MO: Veggie Cheese Potato Casserole</p>	<p>15 Egg Bake Diced Red Potatoes Grape Juice Biscuit, Spiced Apples</p>	<p>16 BBQ Pulled Pork on Bun Coleslaw, Fresh Fruit California Blend Veg. Banana Cream Pie MO: Hummus Wrap Salad: Beef Taco</p>
<p>19 Tuna Salad Sandwich Veggie Salad Chickpea Salad, Pears Apple Sauce Bar MO: Egg Salad</p>	<p>20 Enchilada Casserole Cauliflower, Confetti Corn w/Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean/Cheese Casserole</p>	<p>21 Brat Stewed Tomatoes Mixed Green Salad Fruit Cocktail Apple Crisp MO: Veggie Wrap</p>	<p>22 Chicken Strips Green Beans, Pea Salad Fruit Cup Butterscotch Ice Cream MO: Cheese/Tomato Sandwich</p>	<p>23 Taco Pasta Casserole Broccoli, Cauliflower Pineapple Blueberry Crisp MO: Veggie Taco Casserole Salad: 7 Layer</p>
<p>26 Roasted Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail Brownie w/PB Frosting MO: Veg. Chicken in Gravy</p>	<p>27 Tuna Casserole Roasted Baby Carrots Pickled Beets Banana, Lime Sherbet MO: Hummus and Pita</p>	<p>28 Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Multigrain Burger</p>	<p>29 Meatballs in Gravy Mashed Potatoes California Blend Tropical Fruit Strawberry Ice Cream MO: Veggie Meatballs</p>	<p>30 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO: Chickpea Sloppy Joe Salad: Pulled Pork Santa Fe</p>

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

RESERVATIONS

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

TRANSPORTATION

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

DONATION

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

Important

Meadowridge Commons Lunch Temporarily Moving to Good Shepherd Church

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

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals provided by: Goodman Catering 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. Fruit and Dessert Served Daily.</p>			<p>01 Country Style Boneless Pork Ribs, Baked Beans Tomato Salad, Cornbread Mixed Fruit, Cookie MO: 3 Bean/Mushroom Stew</p>	<p>02 Beef Stew over a Biscuit Mixed Salad, Sliced Melon Ice Cream MO: Vegetable Stew over a Biscuit</p>
<p>05 Sloppy Jo, Potato Wedges Steamed Broccoli Sliced Oranges, Brownie MO: Lentil Sloppy Jo</p>	<p>06 Crispy Chicken and Cheese Sandwich, Vegetable Salad Mixed Salad Canned Pineapple Ice Cream MO: Tempeh Sandwich Salad: Raspberry Chicken</p>	<p>07 Egg Bake Breakfast Potatoes English Muffin w/ Jam V8 Juice Seasonal Mixed Fruit Pudding MO: Vegetable Hash</p>	<p>08 Open Faced Turkey and Gravy Sandwich Roasted Carrots Potatoes and Brussels Sprouts, Canned Pears Cake MO: 3 Bean Stew & Rice</p>	<p>09 Chicken Alfredo Whole Wheat Penne Steamed Green Beans Summer Vegetable Salad Seasonal Mixed Fruit Fruit Crumble MO: Veggie Alfredo</p>
<p>12 Cold Chicken and Rotini Salad, Broccoli Salad Carrot Slaw, Cantaloupe Cookie MO: Vegetarian Bean and Mushroom Jambalaya</p>	<p>13 Sweet and Sour Chicken Rice, Stir Fry Vegetables Mixed Salad, Pineapple Cake MO: Veg. Stir Fry Salad: Tuna</p>	<p>14 Baked Lemon Tilapia Baked Potato Cole Slaw, Watermelon Brownie MO: Baked Lemon Tofu</p>	<p>15 Italian Chicken Sandwich Balsamic Glazed Carrots Tomato and Cucumber Salad, Mixed Fruit Ice Cream MO: Veggie Burger</p>	<p>16 Beef Lasagna Garlic Butter Sweet Corn Mixed Salad Sliced Oranges Cake MO: Vegetable Lasagna</p>
<p>19 Red Beans and Rice Broccoli Medley Mixed Salad Sliced Oranges Jello</p>	<p>20 Swedish Meatballs w/ Egg Noodles Steamed Carrots Salad, Cantaloupe, Cookie MO: Vegetarian Bean Stew Salad: BLT Cobb</p>	<p>21 Pork Chops Mashed Sweet Potatoes Gravy Steamed Broccoli Watermelon, Brownie MO: Veggies Burger</p>	<p>22 Chicken and Rice Casserole Steamed Green Beans Summer Bean Salad Pineapple, Pudding MO: Veg/Rice Casserole</p>	<p>23 Baked Ziti Sweet Peas Mixed Salad Seasonal Mixed Fruit Ice Cream MO: Vegetarian Baked Ziti</p>
<p>26 Fish Sandwich w/ Cheese Mediterranean Quinoa Salad, Mixed Salad Canned Peaches, Cookie MO: Grilled Cheese Sandwich</p>	<p>27 Honey Glazed Ham Cheesy Potato Bake Maple Glazed Carrots Sliced Oranges, Cake MO: Veggie Burger Salad: Chef</p>	<p>28 Ground Beef Tater Tot Casserole Sweet Pea Salad Cantaloupe, Fruit Crumble MO: Vegetarian Tater Tot Casserole</p>	<p>29 Parmesan Chicken Pasta Bake, Marinara Sauce Garlic Butter Sweet Corn Mixed Fruit, Ice Cream MO: Grilled Veggie Sausage Pasta Bake</p>	<p>30 Flank Steak Stir Fry Veggies, Brown Rice Asian Cabbage Salad Watermelon Brownie MO: Tofu Stir Fry</p>

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

RESTAURANT, GROCERY AND KOSHER SITES

North Madison and East Madison/Monona Locations	Address	Day	Time
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Festival Foods	810 E. Washington Avenue	TH	11:00 am-1:00 pm
Cranberry Creek	1501 Lake Point Drive	F	8:30-10:30 am

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

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

West Madison Kosher Site	Address	Day	Time
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Beth Israel Center	1406 Mound Street	M <i>Sept-May</i>	Noon
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Meal and Transportation Reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

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

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FRIENDS OF NEWBRIDGE

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

Benefits for Friends of NewBridge

Monthly Newsletter
Invitation to Special Events

Discount Card to Local Businesses
Valuable Social Connections

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

An Update from the Friends of NewBridge

In June, the *Friends of NewBridge*:

- Volunteered for the American Family Insurance Golf Tournament
- Developed and distributed a Friends of NewBridge survey
- Gathered at the Summer Concert Series in Warner Park

In July, the *Friends of NewBridge*:

- Continued to gather at the Summer Concert Series in Warner Park (P.S. Did you know there is free popcorn for Friends if you show your card?)

In August, the *Friends of NewBridge*:

- Attending a Senior Advocacy Training through the Area Agency on Aging
- Signing up for the 31st Colloquium on Aging at UW-Madison Institute on Aging
- Signing up for volunteer shifts at Applefest
- And making plans for another Friends only get-together in the fall, *details to follow*

Take our survey and be entered to win a \$50 Willy St. Co-op Gift Card



- Chose one of three ways complete the survey:
1. Cut out the survey from this newsletter, fill it out, and mail to NewBridge North, 1625 Northport Dr. #125 Madison 53704
 2. Pick up a paper survey at one of the NewBridge locations and return to NewBridge North
 2. Fill out the survey online at <https://www.surveymonkey.com/r/CZR98PJ>

Deadline August 30 at Noon.

Friend of NewBridge Survey

Complete to be entered into a drawing to win a \$50 Willy St. Co-op Gift Card by August 30.

Are you currently a *Friend of NewBridge*?

Yes No

If yes, what inspired you to become a *Friend*?

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

How many *Friend of NewBridge* events would you attend annually?

1 - 2 3 - 4 Not Interested

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

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

Would you be interested in serving on a *NewBridge Committee*?

- Friends of NewBridge* Planning Committee
- Finance Committee
- Fund Devel. & Marketing Committee
- Nominating Committee
- Advocacy Committee
- Not Interested

(Required be entered into the drawing.)

Name: _____

Email: _____

Phone: _____

BUSINESS BENEFITS FOR FRIENDS

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Culver's
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 437 S Yellowstone Dr #101
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Kavanaugh's Esquire Club
 1025 N Sherman Ave
 FREE dish of Schoeps ice cream
 with the purchase of lunch
 between 11:00 am
 and 2:00 pm



Madison Family Wellness
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 \$10 off first visit and 10% off
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2019 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Additional Family Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

How would you like newsletter? Mail Email Both



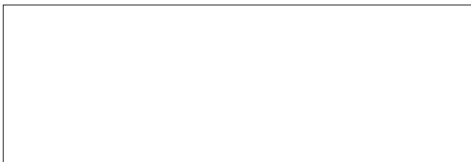
Amount Enclosed: \$ 15 and up for an Individual
 \$ 25 and up for a Family
 \$ _____ Additional Donation

Mail the form & payment to NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713
 You can also purchase a friendship or give a donation on our website at newbridgemadison.org
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 Access Community Health- Wingra Clinic 263-3111
 Access to Independence 242-8484
 ADRC Aging and Disability Resource Center240-7400
 Affordable Housing Resource Line (855) 510-2323
 Age Advantage Older Workers 242-4914
 Agrace Hospice 276-4660
 Alzheimer's & Dementia Alliance 232-3400
 Alzheimer's Association 203-8502
 American Parkinson Disease Association 229-7628
 Area Agency on Aging of Dane County 261-9930
 Catholic Multicultural Center 661-3512
 Care Wisconsin 240-0020
 Centro Hispano 255-3018
 Community Action Coalition 246-4730
 Crisis Line 280-2600
 Dane County SOS Senior Council 256-7626
 Dane County Veteran's Service Office 266-4158
 Domestic Abuse Intervention Service 251-4445
 Elder Abuse & Neglect Helpline 261-9933
 Goodman Community Center 204-8032
 Home Health United/VNS 242-1516
 Homeless Services Consortium (855) 510-2323

Independent Living 274-7900
 Jewish Social Services 278-1808
 LGBT Senior Alliance 255-8582
 Lussier Community Education Center 833-4979
 Madison Public Health 266-4821
 Madison School & Community Rec 204-3000
 Madison Senior Center 266-6581
 Meals on Wheels (lunch) 276-7598
 Meals on Wheels (evening) 204-0923
 Mental Health Crisis Line 280-2600
 Metro Paratransit Reservations 266-4466
 Madison Gas & Electric 252-7222
 National Alliance on Mental Illness 249-7188
 NewBridge 512-0000
 Non-Emergency Police Dispatcher 255-2345
 Project Home 246-3737
 RSVP Driver Escort Program 238-7787
 SAIL Sense of Security (SOS) 230-4321
 Social Security Administration (866) 770-2262
 St. Vincent De Paul 257-0919
 Veterans Service Office Of Dane County 266-4158
 Tenant Resource Center 257-0006
 Transit Solution 294-8747
 United Way 2-1-1 2-1-1
 Warner Park Community Rec. Center 245-3690