



# NEWBRIDGE

Your Connection to Successful Aging

# NEWS

AUGUST 2021

## Summer Concert

at Warner Park

MONDAY, AUGUST 16

6:00-7:30 PM

FREE & ALL WELCOME!

Music by Soggy Prairie

Volunteer Appreciation Party

*Volunteers are invited to celebrate the accomplishments and contributions of over 200 NewBridge volunteers who have donated thousands of hours of service through COVID-19.*

*Meet other volunteers, listen to live music, and receive a small token of our appreciation for all your hard work.*

**DUE TO COVID, CONCESSIONS WILL NOT BE OFFERED. CARRY-INS ALLOWED.**

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Our office at the Warner Park Community Recreation Center, 1625 Northport Dr. will be **CLOSED** to the public August 30-September 4 for annual maintenance.

# 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 the 1960s, Joseph J. Goodwin of California created *Just Because Day* to honor his leisure time; time spent with family, and life in general. The first year he gave his wife a new radio. His annual family event caught on and eventually became a national holiday.

Every day we do things that are expected or required of us. This is a chance to do something random, without rhyme or reason. It doesn't matter what you do as long as it's something you want to do and is out of the ordinary.

So, on August 27th, National Just Because Day, I encourage you to take the opportunity to do something... just because.

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

## 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

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# 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
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- 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 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
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- MICHAEL GARRISON, Mental Health Resource Registered Nurse Ext. 2002
- RUTH HELLENBRAND, Fund Devel. & Event Coord. Ext. 3012
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- GINNIE RICHARDSON, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- 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 August (issue 8) of "NewBridge News" newsletter is a monthly publication that is mailed free of charge to NewBridge Friends and clients. Madison and Monona residents may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 1625 Northport Dr. #125, Madison, WI 53704.





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# SERVICES AND ACTIVITIES

## Case Management

*“Your connection to community resources”*

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

*Private Pay Case Management available.*

*Sponsored by: Paul H. Kusuda Special Projects Fund Grant*

## Mental Health Resources

*“Your connection to mental health resources”*

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

## Home Chore

*“Your connection to helping hands”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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

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

*Sponsored by: CUNA Mutual Group Foundation and Evjue Foundation*

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Representative Payee & Guardianship Service

*“Your connection to trained volunteers”*

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

*Free for Dane County older adults (60+).*

## Nutrition Sites

*“Your connection to nutritious meals”*

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

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

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



## Medical Equipment Loan Closet

*"Your connection to health equipment"*

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



## Diversity & Inclusion Activities

*"Your connection to your peers"*

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

## Classes & Activities

*"Your connection to golden opportunities"*

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

*Sponsored by: UW Credit Union providing computer access.*

*Additional Sponsorships by: UW Health and UnityPoint Health-Meriter*

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# CONGREGATE 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. Meals & transportation may require a reservation.

## RESERVATIONS

Meal reservation, transportation reservation, and cancellation should be made by calling (608) 512-0000 Ext. 2001 for HyVee East & Messiah sites and Ext. 4006 for all other sites by Thursday at 10:00 am one week prior.

## TRANSPORTATION

Transportation is available through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00 per round trip. **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 **\$9.07**.

## SOUTH MADISON

**Romnes Apartments, 540 W. Olin Ave.**  
Monday-Friday, 11:30 am

**Madison Senior Center, 330 W. Mifflin St.**  
Monday-Friday, 11:30 am  
*Congregate opens- 8/2*

## EAST MADISON/MONONA

**Messiah Lutheran Church, 5202 Cottage Grove Rd.**  
Tuesday and Thursday 11:30-12:30 pm

**Hy-Vee East, 3801 E. Washington Ave.**  
Wednesday, 10:00 am-1:00 pm  
Fridays, 10:00 am-1:00 pm

## WEST MADISON

**Hy-Vee West, 675 S. Whitney Way**  
Wednesday, 10:00 am-1:00 pm

**Good Shepherd Lutheran Church, 5701 Raymond Rd.**  
Tuesday, Thursday, Noon  
*Congregate moves to Meadowridge after 8/12*

**Meadowridge Commons, 5734 Raymond Rd.**  
Tuesday, Thursday, Noon  
*Congregate opens- 8/17*

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

**Beth Israel Center, 1406 Mound St.**  
Monday, Noon  
*Congregate opens- TBA*

## NORTH MADISON

**Warner Park Community Recreation Center, 1625 Northport Dr.**  
Monday, Tuesday, Thursday, Friday, 11:30 am  
**Closed to the public August 30- September 4 for maintenance**

**Goodman Community Center, 149 Waubesa St.**  
Monday-Friday, 11:45 am  
*Congregate opens- 8/17*

# AUGUST MENU FOR CONGREGATE SITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> Meat Sauce Spaghetti Noodles, Wax Beans Peas, Peaches, Brownie MO – Marinara sauce	<b>03</b> *Pork Loin in Gravy Mashed Potatoes Mixed Green Salad Mandarin Oranges, Apple Crisp MO – Veggie Meatballs	<b>04</b> Cheeseburger Green Beans, Potato Salad Fruit Cocktail Lemon Italian Ice MO – Black Bean Burger	<b>05</b> Bone-in BBQ Chicken Baked Sweet Potato Banana, Dreamsicle whip MO – BBQ Veggie Chicken	<b>06</b> Greek Chic. Pasta Salad Carrot Raisin Salad 4 Bean Salad, Pineapple Strawberry Jell-o MO – Veggie Pasta Salad
<b>09</b> Fish Sandwich Yams, Pea Salad, Pears Banana Bars MO – Hummus/Pita	<b>10</b> *Meatballs in Marinara Over Penne, Broccoli Salad Banana, Cheesecake Brownie MO – Veggie Meatballs	<b>11</b> Sausage Veggie Egg Bake Fruit Cup, Hash Brown Patty OJ, Cinnamon Raisin Bread MO – Veggie Egg Bake	<b>12</b> *Pizza Pasta Broccoli, Peaches Marble Loaf Cake MO – Veggie Pizza Pasta	<b>13</b> *BBQ Pulled Pork Potatoes, Carrots Melon Mix, Strawberry Pie MO – Garden Burger
<b>16</b> Chicken Strips Honey Mustard Sauce Rstd. Brussel Sprouts 3 Bean Salad, Mixed Fruit Rainbow Sherbet Cup MO – Veg. Chicken Strips	<b>17</b> *Brat on Coney Bun Stewed Tomatoes, Coleslaw Applesauce, Lemon Bar MO – Veggie Dog	<b>18</b> Tuna Salad On Bed of Lettuce Sicilian Pasta Salad Corn Salad, Fruit Cup CC Cookie MO – Egg Salad	<b>19</b> Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable, Banana Frosted Strawberry Cake MO – Chickpea Joe	<b>20</b> Honey Bkd. Chicken Broccoli, Yams Macaroni Salad, Pears Vanilla Ice Cream Cup MO – Hummus Wrap
<b>23</b> *BBQ Ribs Cheesy Potatoes Pickled Beets Mandarin Oranges, Lemon Bar MO – BBQ Veggie Meatballs	<b>24</b> Chicken Caesar Salad Copper Penny Salad Apple Sauce, Rice Pudding MO – Veggie Wrap	<b>25</b> Chicken a la King Brown Rice, Green Beans Corn Salad, Fruit Cocktail Raspberry Sherbet Cup MO – Soy a la King	<b>26</b> Taco Pasta Casserole Broccoli, Cauliflower Peaches, Blueberry Crisp MO – Black Beans and Rice	<b>27</b> *Italian Sausage with Pepper and Onion, Coney Bun Roasted Potatoes, Tomatoes Orange, Cherry Italian Ice MO – Veggie Dog
<b>23</b> Chicken Broc. Rice Cass. Carrots, Black Eyed Pea Salad Tropical Fruit, Lemon Loaf MO – Pita and Hummus	<b>24</b> *Tuscan Tortellini Pasta Mixed Greens, Mixed Fruit Chocolate Pudding Cup MO – Veggie Tortellini Pasta	<p><b>Meals provided by: Dane County Consolidated Food Services Division</b>  <i>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed. MO: Meatless Option</i></p>		

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GS3218 3/28/2018



# DIVERSITY & INCLUSION ACTIVITIES

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



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

To register for the online activities:  
*See NewBridge website for the Zoom links [www.newbridgemadison.org](http://www.newbridgemadison.org)*

## CHAIR EXERCISE

Mondays, 9:00-9:45 am

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

## DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm

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



DIALOGUE  
with DEANA

## BALANCING ACT

Tuesdays, 1:00-1:45 pm

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

## GET MOVIN' ON ZOOM

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

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

## THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm

Connect virtually and engage in brain-healthy activities. Studies show that social networks can reduce the rate of cognitive decline. *In collaboration with Alzheimer's & Dementia Alliance of Wisconsin.*

## BLACK SPACE

Thursdays, 3:00-4:00 pm



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

## BINGO

Thursday, August 19, 3:00-4:30 pm

Game cards will be mailed before the program. Prizes will be mailed afterwards. *Sign up with Deana by Monday, Aug 16.*

## COLOR ME HEALTHY

Tuesday, August 10, 3:00-4:30 pm

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



## LEARN, LAUGH & LASAGNA - *In-Person*

Monday, August 30, 3:00-5:00 pm  
Urban League of Greater Madison  
2222 S. Park St., 1st floor

This will be our first IN-PERSON program! Join us as we learn a little, laugh a little and eat a little lasagna. Come share your thoughts about Diversity & Inclusion programming, activities and outings. Transportation provided, if needed. Gift card drawing.



*Sign up with Deana by Thursday, August 26.*

## DENTAL CARE & YOUR HEALTH

*How Oral Health Affects Your Overall Well-Being with Dr. Chris Kammer*  
Monday, August 16, 1:00-2:00 pm

Research shows a link between poor dental care and heart disease, stroke, kidney disease, hypertension, diabetes and Alzheimer's. Dr. Chris Kammer has been a progressive voice in dentistry for more than 30 years, and is one of dentistry's leading national experts.

*Sign up with Deana to receive the zoom link.*



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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

# ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:

*Consulte el sitio web de NewBridge para obtener el enlace Zoom*

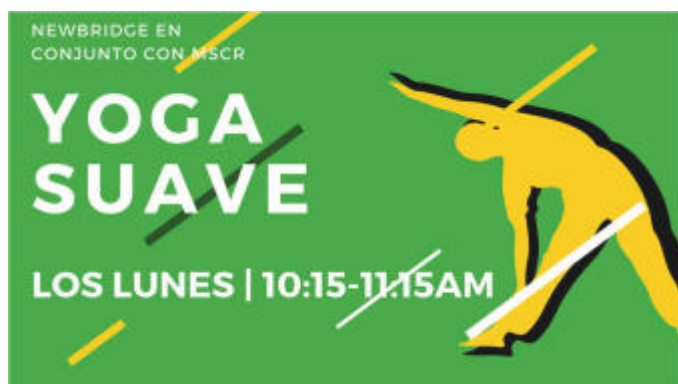
*[www.newbridgemadison.org](http://www.newbridgemadison.org)*

## YOGA SUAVE

Los Lunes, el 2, 9, 16, 23, 30 de agosto, 10:15-11:15 am

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

*Hable con Garrett para inscribirse.*



## LA REUNIÓN

Los Viernes, el 6, 13, 20, 27 de agosto, 10:00-11:30 am

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

## BINGO BILINGÜE

El primer lunes del mes, el 2 de agosto, 1:00-2:30 pm

Únete a nosotros! ¡Es la hora de jugar bingo!



## CÍRCULO DE AMIGOS

Cada otro Miércoles, el 11, 25 de agosto, 1:00-2:00 pm

Únete a nosotros en el zoom. Ven a tomarse un cafecito y platicar en un ambiente familiar para una oportunidad de conocerse mejor!

# WELCOME BACK!

It's been fun starting our in-person programs, services, and events back up again. We have enjoyed seeing everyone's smiling faces!



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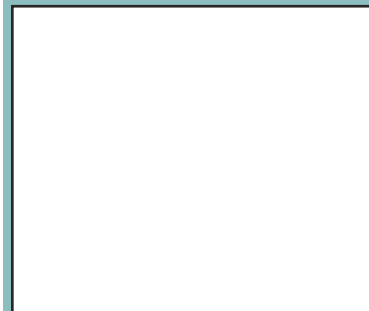
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# CLASSES & ACTIVITIES



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

## REOPENING UPDATE:

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

*The NewBridge mask and social distancing policy may vary depending on the activity. Contact Deenah Givens for more information.*

***Warner Park is closed to the public August 30-September 4 for maintenance. No classes, activities or meals.***

## STRETCH & STRENGTH - Zoom

Mondays & Wednesdays

9:00-10:00 am

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

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



## TECHNICAL ASSISTANCE - In-Person

Tuesdays, 9:00-11:00 am

Warner Park Comm. Rec. Center

***No Tech Support August 31***

In August we will have individual sessions and small classes. Learn more about Zoom, your iPhone, iPad or tablet.

*To sign up, contact Deenah.*



## SPIRIT & STRENGTH - Zoom

SHARING WISDOM THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

Join Pam Philips Olson, Writer, Storyteller and Author as she leads us through a weekly process to help tell our own stories. No prior experience necessary and you can join anytime.

*See NewBridge website for the Zoom link, [www.newbridgemadison.org](http://www.newbridgemadison.org)*

## EASY YOGA PLUS - Zoom

Wednesdays, 10:00-11:00 am

Friday, 1:00-2:00 pm

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

*To register, visit Ellen's website for the Zoom link [www.thewonderofyoga.com](http://www.thewonderofyoga.com)*

## BOOK CLUB - *In-Person*

Wednesday, Aug. 4, 10:00-11:00 am  
Warner Park Comm. & Rec. Center  
Discussing Driftless by David Rhodes.  
Our September book is Light Between Oceans by M.L. Stedman. You are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up or order it through another library. Tell them you are part of the NewBridge Book Club.

## MAHJONG - *In-Person*

Every Thursday, 1:00-3:00 pm  
Warner Park Comm. Rec. Center  
You need your own game pieces to play.  
*To get more information, contact Deenah.*

## BINGO! - *Zoom and In-Person*

Every Friday, 10:15-11:15 am  
Warner Park Comm. Rec. Center  
August 6 - In-Person  
August 13 - Zoom  
August 20 - In-Person  
August 27 - In-Person Bilingual  
Join us for some laughs and rollicking games of Bingo EVERY Friday in August.  
*Contact Deenah to sign up at least one week in advance for either Bingo. For in-person to reserve your space and for Zoom to get your bingo cards and Zoom link.*



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First, contact your county Aging and Disability Resource Center (ADRC).  
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## SEWING CLUB - *In-Person*

Thursday, Aug. 5, 19, 9:00 am-Noon  
Warner Park Comm. Rec. Center  
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

### HOW TO GET YOUR ITEMS MENDED:

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

## LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE'

March 15, 2020 to June 30, 2021

Stay tuned for the date and locations of our Art Opening. If you were a part of this project we will email you directly about the details.

## SASSY STEPPERS

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



*To learn more, contact Deenah.*

## ARTS FOR ALL - *Zoom*

### SESSION 5: GARDEN TEXTILE WONDERLANDS

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

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

## ARE YOU INTERESTED IN LIFE-LONG LEARNING?

Lifelong learning opportunities provide older adults with so much more than what the classroom curriculum provides: it also provides social connection, intellectual stimulation, opportunities for growth and development and much more! Watch in upcoming newsletters for our new offerings for lifelong learning coming in September!

# MONONA SENIOR CENTER ACTIVITIES



**MONONA**  
SENIOR CENTER

For more information  
(608) 222-3415

[www.mymonona.com/251/Senior-Center](http://www.mymonona.com/251/Senior-Center)

## ICE CREAM SOCIAL

Wednesday, August 11

1:00 pm Ice Cream

1:30 pm Entertainment

Fireman's Park Shelter, Monona  
(Corner of Progressive Lane and Winnequah Road)

Call (608) 222-3415 to register.

Entertainment by KG and The Ranger  
Bring a lawn chair if you have one.

Ice Cream Sponsors: Drumlin Reserve,  
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New Bridge, Madison, WI

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# VOLUNTEER OPPORTUNITIES



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

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

## 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

## FOOT CARE CLINIC

**DESCRIPTION**—Help greet clients, get small tubs of water ready and collect money for the services.

**TIME COMMITMENT**—

Tuesdays,  
9:30-11:45 am

**IMMEDIATE NEED**—

1-2 volunteers

## NUTRITION SITE VOLUNTEERS

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

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

**IMMEDIATE NEED** — 8 volunteers

Tasks include:

- Serving meals to the participants
- Serving beverages
- Making coffee
- Socializing with older adults as they eat their meals
- Help cleaning-up after the meal

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





# VOLUNTEER SPOTLIGHT



Students from Mansfield Hall volunteer at our meal sites.



Mansfield Hall is a group of community members, mainly college students, who enjoy giving

back to the community and meeting new people. We have students at the UW-Madison, Madison College, and Edgewood College. We enjoy hiking, biking, making music, and grilling delicious food.

We have been volunteering with older adults at the Madison Senior Center on Mifflin Street for the daily lunches and wanted to give back more during the pandemic to help feed older adults while also having social interactions that have been missing.

We enjoy interacting and getting to know the older adults while getting to know community members. Giving back can put a smile on someone's face and can help improve their day.

We have been instilled by our families to give back to others, it makes us feel like we have a purpose, ability to explore the community, and find ways to improve it.



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

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

**NewBridge requires that you wear a mask and maintain proper social distance at our foot clinics**

### EAST MADISON

Monona United Methodist Church  
606 Nichols Road, Monona  
Tuesday, August 10, 17, 24, 9:30-11:45 am

### NORTH MADISON

Goodman Community Center  
149 Waubesa Street  
Wednesday, August 9, 10:00 am-Noon

Warner Park Community Rec Center  
1625 Northport Drive  
Friday, August 13, 9:00 am-Noon  
Thursday, August 26, 9:00 am-Noon

Lakeview Lutheran Church  
4001 Mandrake Rd.  
Tuesday, September 7, 1:00-2:30 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. 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 donate.**

**Accepting shower chair equipment donations.**



# MAKE MADISON AN AGE-FRIENDLY COMMUNITY

In 2019, Madison became part of the AARP Network of Age-Friendly Communities in an effort to make our city more livable by adapting, creating and putting in place policies, services, settings and structure that support and enable Madison residents to thrive and age well.

Sometime this month, NewBridge and various local organizations will launch a survey to gather information from people aged 45+ who live, work, or play in Madison. We want your thoughts and ideas about how to make Madison more age friendly. Survey responses will help the city develop an Age-Friendly action plan

as Madison grows and our demographics become older.

If you are interested in joining a steering committee of community groups, stakeholders or volunteering to hand out and collect surveys we would love you help! Please email John Weichelt at [Jweichelt@cityofmadison.com](mailto:Jweichelt@cityofmadison.com) for more details.

To learn more about Age Friendly Communities visit the AARP website <https://www.aarp.org/livable-communities/about/>



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# BRIDGING HOPE & BLACK TIE BINGO FUNDRAISER



This year, we're combining our two fundraisers into one week - kicking off Monday, October 4 and ending with Black Tie Bingo, Friday, October 8.

***(Please note that we have changed the dates.)***

## Calendar of Events

**Monday, October 4**

*Our Work, Our Impact*

**Tuesday, October 5**

*Meet the Staff*

**Wednesday, October 6**

*Corporate Match Day*

**Thursday, October 7**

*Champions of Hope*

**Friday, October 8**

***Black Tie Bingo***

***In-person, 6:00-9:00 pm at the Monona Terrace (doors open 5:00 pm)***

**Tickets on sale on our website.**

\$50 for Friends of NewBridge

\$100 for Others

\$750 for a Reserved Table of eight

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

**See page 24 for more information.**

BLACK  
TIE  
BINGO

## Nominate a *Champion of Hope*

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

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

### Award Categories

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

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



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**In Memory of Ken Schroeder**  
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*We attempt to thank all of our donors. If you were inadvertently omitted from this list, please accept our sincere apologies.*

*Thank you*

# FRIENDS OF NEWBRIDGE

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

## Benefits for Friends of NewBridge

Monthly Newsletter  
Invitation to Special Events

Discount Card to Local Businesses  
Valuable Social Connections

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

## FRIENDS COMMITTEE MEMBERS NEEDED

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

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

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



## 2021 FRIENDS OF NEWBRIDGE & GENERAL DONATION FORM

Name/s: \_\_\_\_\_

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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](http://newbridgemadison.org). Friendships are renewed annually.

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**BLACK TIE BINGO**

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EVENT: 6 PM - 9 PM

**HOPE**

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