


NEWBRIDGE NEWS

Your Connection to Successful Aging

AUGUST 2023


TICKETS ON SALE NOW!




BLACK TIE BINGO

BINGO, BLACK TIES, AND BIG HEARTS; RAISING MONEY AND EMPOWERING OLDER ADULTS TO LIVE LONGER, HEALTHIER, AND SAFER, INDEPENDENT LIVES.


Ticket \$100 | Table \$1,000
www.newbridgemadison.org
 (608) 512-0000





9.22.23
6PM-9PM
Dinner Served at 6PM

BINGO



WPCRC / North Office is CLOSED August 28-September 1
NewBridge is CLOSED Monday, September 4

**CHECK OUT
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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...

Older adults who maintain a network of social ties and active social lives tend to be healthier and happier.

Having close family connections or many casual friends is beneficial during difficult times. But for many their social networks dwindle as spouses die and friends lose touch.

In that case, everyday social connections have been found to be very effective in promoting emotional well-being over time (Journals of Gerontology Series B: Psychological Sciences and Social Sciences-2020).

Chatting with employees at the grocery store, fellow dog walkers, your hairdresser, or the waiter at a restaurant can bring joy to your everyday life.

Try it out a number of times to see how it feels.

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
- ALI LAZAR, Fund Development Specialist Ext. 3012
- 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
- 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 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 North office is located at 1625 Northport Dr. #125, Madison, WI 53704.





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2021 & 2022 BEST OF EDGERTON AWARD

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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.

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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).*

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 and Evjue 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+).*

WELCOME ALI LAZAR



I am so excited to join NewBridge as the Fund Development Specialist working to grow the connection with supporters, sponsors, & friends! Though originally from the East coast, I fell in love with Madison while attending the University of Wisconsin and couldn't wait to move back after spending nearly a decade in Washington, DC. I've spent my entire career in the nonprofit sector and have a strong passion for mission-driven organizations, like NewBridge, and understand the power of community building and relationship management as the bedrock for success. In my free time, you can typically find me hiking with my husband and two beloved pups. Thank you all for your continued support of NewBridge and its important work supporting older adults! If you have any questions about philanthropy, please feel free to email me anytime at AliL@newbridgemadison.org or call (608) 512-0000 Ext. 3012.

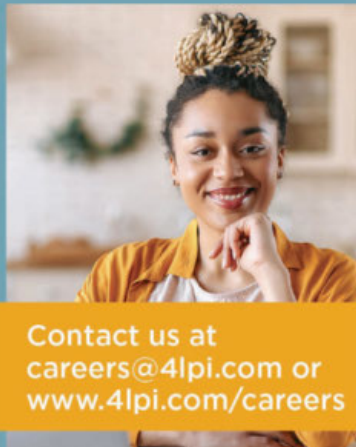
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Are you interested in learning about brain health and participating in research?



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

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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@NewBridgeMadison.org

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

NEWBRIDGE MADISON PUBLIC LIBRARY
 Your Connection to Successful Aging

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, AUGUST 16 AT NOON
 Call Deana to sign up. A light lunch will be served.

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

GET MOVIN'

IN-PERSON & ON ZOOM

An indoor gentle exercise program designed for every fitness level

TUES & THURS
1:00 - 2:30 PM

THINK CAP CAFE

Thursdays at 11 AM On Zoom

Connect virtually with other Black older adults to engage in brain games that may lower the risk of memory loss

NEWBRIDGE

DIABETES SUPPORT GROUP

SUPPORT
 A free monthly support group for Black older adults who have diabetes

SHARE
 Third Tuesday of every month
 3:00 - 4:30 p.m.
 Burr Oaks Community Room - 2417 Cypress Way

LEARN
 Each month will focus on a different topic with guest speakers, cooking demonstrations, self-management tools and so much more

AUGUST 15

REGISTER TODAY! (608) 512-0000 Ext. 2007

Check-in Wednesday

A Welcoming, Informative and Interactive space for Older Black Men 60+



Bid Whist, Spades, Dominoes, Checkers & Conversation
2nd Wednesday of Every Month

AUG 9

1:00 - 4:00 PM

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



ROPES CHALLENGE COURSE



AUGUST 26

9:30 AM - 12:30 PM

Climb - Swing - Zipline

Go High or Stay Low - It's Up to You!

→ Sign up: (608) 512-0000 Ext. 2007

LET'S GO KAYAKING!

AUG 3

at Lottes Park
7:30 - 9:30 AM

Call to sign up: (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
1:00-3:00 PM
A light meal will be served



Workshop Facilitator
James Bester
UW-Madison School of Medicine

AUGUST 12

Register with Deana today!

(608)512-0000 Ext. 2007

DeanaW@NewBridgeMadison.org

Make connections, learn and grow together.

LET'S CROCHET

Crochet a coaster

at Brittingham Park
5:30-7:30 PM

THURSDAYS, BEGINNING

REGISTER: (608) 512-0000 EXT. 2007

AUG 3

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 11 de agosto, 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.



EJERCICIOS

ACTÍVATE BAILANDO: En Persona - 1 crédito

Martes de 8 de agosto al 12 de septiembre
3:00-4:00 pm (La clase del 8/8 y 9/12
empezará a las 2:30 pm)

Venga a bailar y a obtener un mejor
equilibrio para poder prevenir caídas.



SOCIAL

TARDE DE PELÍCULAS: En Persona - 1 crédito

Miércoles 9 de agosto, 5:00-8:00 pm
Biblioteca Central, 201 W Mifflin St.

Veremos una película en compañía de
amigas y amigos, y luego conversaremos
acerca de la película.



CÍRCULO DE AMIGOS: Zoom - 1 crédito
Miércoles el 30 de Agosto, 1:00-2:00 pm
Conéctese por Zoom ¡Venga a tomarse
un cafecito y conversar en un ambiente
familiar y amical para conocernos mejor!

SALUD Y BIENESTAR

EL RINCÓN DE LA SALUD:

Zoom - 1 crédito

Cada 3er miércoles del mes 16 de agosto
1:00-2:00 pm

Acompáñenos a conversar acerca del
corazón con la Dr. Waldely.



ADULTOS MAYORES COMIENDO BIEN:

En persona - 1 crédito

23 de agosto, 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](http://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, August 9, 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 and Black Out Bingo takes the kitty! Bilingual Bingo is on the 1st Friday of each month.

BOOK CLUB: Zoom - 1 credit
Wednesday, August 2, 10:00-11:00 am
Warner Park, 1625 Northport Dr.
Our August book is: The Sweetness of Water by Nathan Harris. You are responsible for getting and returning your book. Available at Lakeview Library.

CRAFTS WITH MYSSAH: In-Person - 1 credit
Good Shepherd Church, 5701 Raymond Rd
Every Friday, 10:15-11:15 am

RITMO & DRUMS: In-Person - 1 credit
Intergenerational Drum Circle. Ritmo is Spanish for Rhythm. We will start back in September, so whether you love to drum or have never touched one, join us!

SEWING CLUB: In-Person - 1 credit

Thursday, August 3 & 17, 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 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, August 15, 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. "Turn it up!" Musicians meet to play and sing anything written after 1950. Come for all or part of the session. Bring your instrument, voice, favorite song, and enthusiasm.

For more info please contact Walt Stewart (608) 576-5437.



It was a great season with record numbers of people in attendance all because of the dedication of our staff and volunteers and the great teamwork!

Sponsors: Humana, All of Us, Dane Arts, Madison Arts Commission, Gunderson Funeral Home, Art & Lit

Staff: Deenah, Jim, Katie G, David, Deb, Jeanette, Katia, Deana, Myssah

Special Performers: Sassy Steppers and Ritmo & Drum Goup!

Volunteers: Gary Toseff, Kim Sprecher, Diana Dineen, Shirley Raymakers, Terez Fahy, Lisa Patterson, Lesleigh Luttrell, Amy Scarr, Samantha Bath, Tyson Jackson, Donna Wilfong, Julie Brockman, Maureen Conklin, Naomi Hein, Claire Dreis

Thank you Arts for All, our food cart vendors, City Parks & Warner Park Staff for being supportive of the 2023 season. Thank you everyone, see you next year!



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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, August 3, 17, 9:30-11:45 am



Monona United Methodist Church
606 Nichols Road, Monona
Tuesday, August 8, 15, 22, 9:30-11:45 am

NORTH MADISON

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

Goodman Community Center
149 Waubesa Street
Monday, August 14, 10:00 am-Noon

Warner Park Community Rec Center
1625 Northport Drive
Thursday, August 24, 9:30-11:30 am

WEST MADISON

Good Shepherd Lutheran Church
5701 Raymond Road
Tuesday, August 22, 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 4-wheel walkers.

WELCOME SUSAN LAMONTAGNE



Hello, I am delighted to be the new nutrition coordinator for NewBridge, at the Warner Park meal site. My life long career has been spent in food service management. My philosophy has always been to make the customers I serve as happy as possible with their dining experience. My love of food and conversation makes this role a great fit. Originally from the East coast I have lived in Middleton for the past 30 years. When not at work I enjoy my family, which includes two wonderful adult children, a devoted husband, and our adorable toy poodle. I am excited to be part of the NewBridge team and look forward to serving you all!

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VOLUNTEER OPPORTUNITIES



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

HOME CHORE VOLUNTEERS

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

TIME COMMITMENT – Flexible

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

NUTRITION SITE VOLUNTEERS

DESCRIPTION – Help 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 Today!

Application → 

We need your help to make sure all people 60+ have the chance to have a warm nutritious meal! Utilize your excellent people skills to provide great service to older adults attending NewBridge nutrition sites all around Madison. Tasks include: Serving meals to the participants, serving beverages, making coffee, socializing with older adults as they eat their meals, and help cleaning-up after the meal.

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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.*

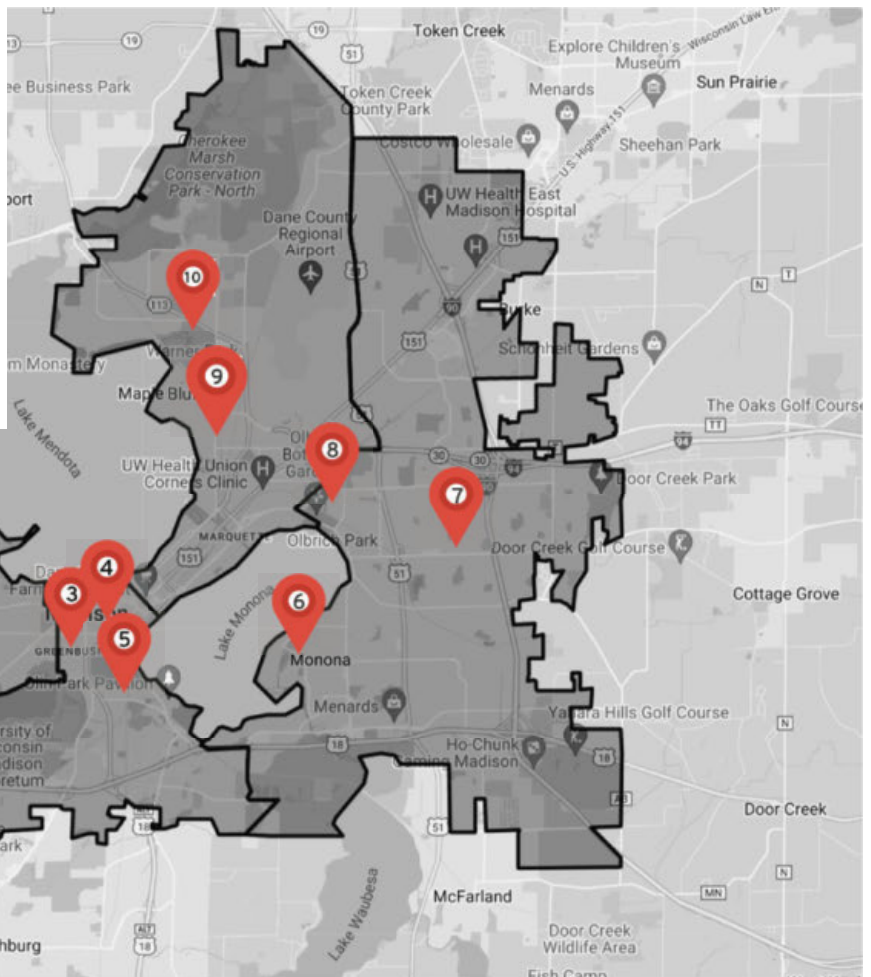
Transportation is available to the sites nearest to your home through Transit Solution (608) 294-8747 which is door-to-door service. Suggested donation is \$1.00/round trip.

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, August 4** : Bratwurst with Sauerkraut, Beans Summer Vegetable Salad, Fruit Cocktail, MO: Veggie Burger
- **Friday, August 11** : Chef's Salad with Ham and/or Turkey, Whole Wheat Roll, Peaches, Cookie, MO: Garbanzos Beans
- **Friday, August 18** : Cheeseburger with Lettuce & Tomato, Potato Wedges, Peaches, Dessert, MO: Veggie Burger
- **CLOSED Friday, August 25**



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

Monday-Friday, 11:45 am

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

| M | TU | W | TH | F |
|--|----------------------------------|--|---|---|
| 31 Crispy Chicken and Cheese Sandwich | 01 Flank Steak Stir Fry | 02 BBQ Chicken Thigh | 03 Ground Turkey Meatloaf | 04 Smoked Pulled Pork Shoulder |
| 07 Spaghetti with Meat Sauce | 08 Cheese Burger | 09 Chicken and Veggie Stir Fry | 10 Beef, Bean and Cheese Enchilada Casserole | 11 Baked Haddock |
| 14 Beef Goulash | 15 Sausage Mac and Cheese | 16 Swedish Meatballs | 17 Brat | 18 Pork Ribs |
| 21 Cheese Burger | 22 Sloppy Jo | 23 Crispy Chicken and Cheese Sandwich | 24 Chicken Alfredo | 25 Cheese, Pepper and Onion Egg Bake |
| 28 Open Face Turkey Sandwich | 29 Chicken Pasta Salad | 30 Baked Haddock | 31 Chicken and Veggie Stir Fry | |

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, August 2** : Spaghetti & Meatballs
- **Wednesday, August 9** : Roast Pork & Mashed Potatoes
- **Wednesday, August 16** : Lasagna
- **Wednesday, August 23** : Swiss Steak, Mashed Potatoes
- **Wednesday, August 30** : Turkey & 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.

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

CLOSED August 28-September 1



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| CATERED BY: Dane County Consolidated Food Service | 01 Chili Corn, Applesauce Sugar Cookie MO - Veggie Chili | 02 Sausage Veggie Egg Bake, Fruit Cup Oven Roasted Potatoes OJ, Blueberry Muffin MO - Veggie Egg Bake | 03 *BBQ Meatballs Mashed Potatoes, Peas Mandarin Oranges Oatmeal Raisin Cookie MO - Veggie BBQ Balls | 04 Pot Roast in Gravy Mashed Potatoes, Carrots Pineapple Butterscotch Pudding MO - Veggie Balls in Gravy |
| 07 *Ham and Potato Casserole, Peas, Peaches Jell-o MO - Soy Potato Casserole | 08 Chicken and Gravy Over White Bread, Carrots Broccoli, Orange Juice Chocolate Chip Cookie MO - Veggie & Gravy | 09 Sloppy Joe Potato Salad Mixed Vegetable, Banana Oatmeal Cream Pie MO - Chickpea Joe | 10 Meat Sauce Spaghetti Noodles, Carrots 3 Beans Salad, Applesauce Fig Newton Bar MO - Marinara Sauce | 11 Chicken Stew Mixed Greens Copper Penny Salad, Pears Chocolate Pudding MO - Veggie Stew |
| 14 Cheeseburger Calico Beans, Potato Salad Fruit Cocktail, Candy Cookie MO - Black Bean Burger | 15 *Meatballs in Marinara Over Penne, 4 Bean Salad Peaches, Scooby Snacks MO - Veggie Balls in Marinara | 16 Fish Sandwich Yams, Peas, Pears Nutty Buddy Bar MO - Multigrain Burger | 17 Rustic Tomato Bean Soup, Crackers Mixed Greens, Pineapple Jell-o MO - Tomato Bean Soup | 18 BBQ Chicken Breast Mashed Potatoes, Banana Applesauce MO - Veggie BBQ |
| 21 Lemon Dill Baked Fish Baked Potato, Coleslaw Vanilla Pudding MO - Tomato Cheese Sandwich | 22 Chicken Broccoli Rice Casserole, Carrot Coins Chickpea Salad, Fruit Cup Tiger Bites MO - Veggie Broccoli Rice Casserole | 23 Chicken Alfredo Penne Steamed Brussel Sprouts Kidney Bean Salad Mixed Fruit Rice Crispy Treat MO - Veggie Alfredo | 24 Traditional Meatloaf Mashed Potatoes, Broccoli Applesauce MO - Hummus and Pita | 25 Chili Baked Potato, Cornbread Pears, Fig Newton Bar MO - Veggie Chili |
| 28 Chicken a la King Brown Rice, Capri Blend Coleslaw, Fruit Cocktail Scooby snacks MO - Veggie | 29 Meat Sauce Spaghetti Noodles, Carrots Mixed Green Salad, Peaches Oatmeal Raisin Cookie MO - Marinara Sauce | 30 *Italian Sausage Coney Bun Roasted Potatoes Stewed Tomatoes Mandarin Oranges, PB Cup MO - Veggie | 31 BBQ Chicken Breast Peas, Pickled Beets Cinnamon Applesauce MO - BBQ Chickpeas | 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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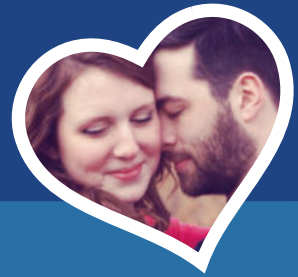
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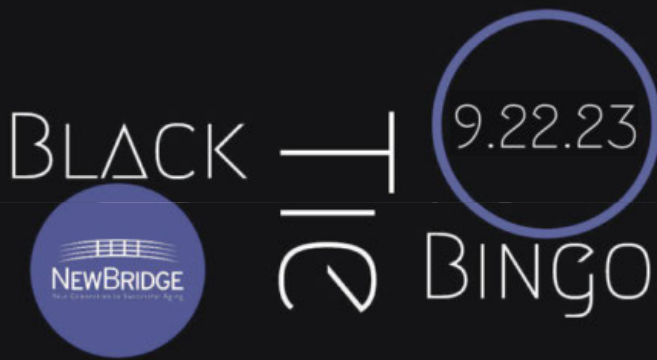
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Buy Your Black Tie Bingo Tickets

Dress your best and get ready to yell BINGOOO!

Friday, September 22, 2023, 6:00-9:00 pm
(5:00 pm Social Hour)

Monona Terrace Community and Convention Center - Grand Terrace, 1 John Nolen Drive

Tickets for purchase on our website or in-person at the North office:

- Individuals - 1 Ticket - \$100
(Friends of NewBridge—25% discount code)
- Table Sponsor - 8 Tickets - \$1,000
- Additional Sponsorship Levels -
Silver \$5,000 / Gold \$15,000 / Platinum \$25,000
Contact Jim at JimK@newbridgemadison.org

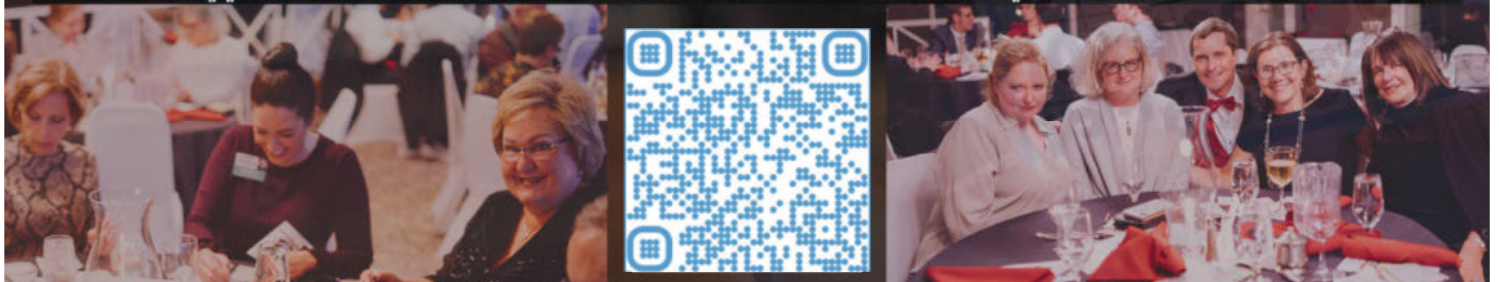
Tickets must be purchased in advance and includes dinner and loads of fun. Ticket sales end Sunday, September 17. Bingo cards are sold separately. Seating is first-come, first-serve unless you purchase a table sponsor.

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 Black Tie Bingo Friday, September 22 at the Monona Terrace. The winner will be invited as our guest of honor.

Nominations are due by **Friday, August 18, 4:00 pm** and can be submitted directly on our website or by contacting Katie Gallagher, KatieG@newbridgemadison.org.

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



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, August 14, 10:45 am-Noon

Monona Senior Center

1011 Nichols Rd.

Friday, August 11, 11:30 am-12:30 pm

Goodman Community Center

214 Waubesa St.

Tuesday, Aug. 15, 11:30 am-12:30 pm

Romnes Apartments Meal Site

540 W. Olin Ave.

Tuesday, August 1, 10:30-11:30 am

Good Shepherd Church

5701 Raymond Rd.

Friday, August 18, 11:15 am-Noon

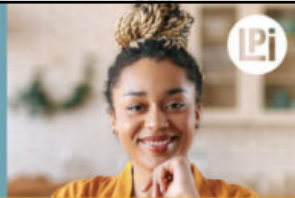
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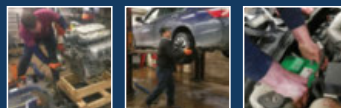
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New Bridge, Madison, WI H 4C 01-2049

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