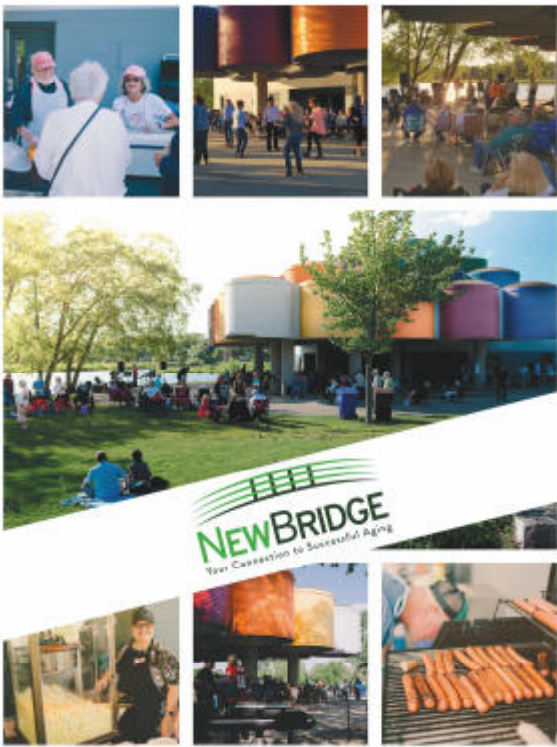


NEWBRIDGE NEWS

Your Connection to Successful Aging **SEPTEMBER 2019**



Our 25th Annual Summer Concert Series was a Success

We had over 2,500 people in attendance over the six concerts and raised over \$14,000!

Thank You to our Sponsors:

Madison Community Foundation, Dane Arts with additional funds from the Endres, Manufacturing Foundation, W. Jerome Frautschi Foundation and Pleasant T. Rowland Foundation, Madison Arts Commission with additional funds from Wisconsin Arts Board, The Evjue Foundation which is the charitable arm of The Capital Times, Kollath and Associates CPA.

Thank You to our Volunteers:

Diana Dineen, Kelly Schupel, Greg Tesloff, Sue Morrison, Colleen Reis, Linda Jallings, Shirley Raymakers, Tiffany Glatovich, Kim Sprecher, Teaira Fischer, Henry Payne, John Givens, Kayla Grant, Victoria Grant, Judy Nelson, Barb Arnold

**NewBridge is closed Monday, September 2 for Labor Day.
Goodman Nutrition Site is closed Monday, September 30.**

**CHECK OUT
WHAT'S
INSIDE!**

02 General Information
03 NewBridge Staff
04 Case Management Services
05-07 Volunteer Information
08-11 Classes & Activities

12 Cultural Diversity Programs
14-15 Health and Wellness
16 Local Resources
18-21 Nutrition Program & Menus
22-23 Friends of NewBridge

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.



ANNOUNCEMENT FROM THE EXECUTIVE DIRECTOR...

Marcia Hendrickson announced that she will retire as Executive Director of NewBridge Madison, Inc. effective Monday, November 4.

Hendrickson's leadership and strategic vision resulted in the successful merger of the four Madison Senior Coalitions and creation of NewBridge, which provides services to 10,500 older adults. Hendrickson has served in her current role since September 2010 where she oversaw the agency's operations and management.

"I am very grateful for the leadership opportunity given to me to impact the lives of older adults in our community. Honoring the 40-year legacies of the four Madison/Monona Senior Coalitions and helping guide the process of designing NewBridge to meet the challenges of the future has been extremely rewarding. I am confident the organization is in capable hands with our committed board and dedicated staff as they face this transition and beyond."

During her forty years of non-profit leadership, Hendrickson served in executive roles with the YMCA, American Red Cross and Boys and Girls Club. Her efforts have helped NewBridge not only expand its reach but also thrive, ensuring that older adults from all socioeconomic backgrounds have access to the services they need to age-in-place.

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](https://www.facebook.com/NewBridgeMadison)

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

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

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

- ALLIE SCHRANK, Bilingual Case Manager-español Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENNIFER BROWN, Team Lead Case Manager Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager Ext. 1004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- NORA HAMMER, Case Manager Ext. 2004
- RACHEL OKERSTROM, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005

- STEPHANIE AGUILERA, Case Manager Ext. 1007
- SUSY CRANLEY, Bilingual Case Manager-español Ext. 3004
- SUSAN WATSON, Case Manager Ext. 1006
- YER THOR, Case Manager Ext. 1003

- ERICKA BOOEY, Cultural Diversity Program Coord. Ext. 2007
- GLENDA QUINONES, Cultural Diversity Program C. Ext. 3009
- DAVID WILSON, Home Chore Coordinator Ext. 2006
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- MICHELLE ANDERSON, Program Coordinator Ext. 4008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012

- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE MARTIN, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- TRACY OLIVER, Nutrition Coordinator Ext. 1009

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 September (issue 9) 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 60+ 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, Sept. 11 & 25
11:15 am-Noon

WELCOME SUSAN WATSON



Susan Watson is a Case Manager at NewBridge South. She earned her Bachelor of Science degree in Social Work at the University of Wisconsin-Eau Claire. Susan has extensive case management experience working with the frail

elders, adults with developmental disabilities, physical disabilities and traumatic brain injuries in Dane County. Outside of work, Susan enjoys reading, participating in a book club, cooking, baking and participating in the Culinary History Enthusiasts of Wisconsin. She enjoys theater, listening to music of all genres especially at outdoor venues. She is currently volunteering to interview participants in Monona's Oral History Project, One Community, Many Voices. She enjoys cultural exchange and most recently represented her birth place, Two River's Wisconsin, as a delegate to their sister city in the Czech Republic.

MEDICARE D APPOINTMENTS AVAILABLE

Annual Enrollment dates for Medicare Part D and Medicare Advantage Plans are October 15-December 7. During the annual enrollment period, you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage plan or vice versa
- You can also switch from one Medicare Part D (prescription drug) plan to another.
- If you did not enroll in a Medicare Part D plan when you first became eligible, you can do so during general open enrollment, although a late enrollment penalty may apply.

Appointments will be held at the following dates and times:

Goodman Community Center

- October 22, 1:00-4:00 pm
- November 12, 1:00-4:00 pm

Monona Senior Center

- October 30, 1:00-4:00 pm
- November 6, 9:30-11:30 am
- November 19, 9:30 am-12:00 pm
- December 4, 9:00 am-11:30 pm

Madison Senior Center

- October 28, 9:00-11:30 am
- November 8, 12:30-3:00 pm

To make an appointment for assistance with plan comparisons, please call NewBridge at (608) 512-0000 Ext. 4000 or ask for Deb. You can begin making appointments starting Tuesday, October 1.

VOLUNTEER SPOTLIGHT



Next Steps Ministries

<https://nextstepministries.com>

"Our vision is to be a platform where short-term mission trips collide with long-term community development."

Next Steps Ministries volunteered for more than a month this summer, June 10-July 25.

Some of our Home Chore clients enjoyed meeting the groups and getting help with laundry, cleaning kitchens and bathrooms, sweeping & mopping floors, vacuuming, washing windows, yard work include putting weeds, mowing grass, planting flowers and raking, painting, removing unwanted or cluttering items from apartments and great conversation.

We look forward to growing our partnership.

Thank you Next Step Ministries!



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VOLUNTEER OPPORTUNITIES

For information 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—10 volunteers needed on the Eastside/Monona, 10 Volunteers for Northside, 10 volunteers for Southside 10 volunteers for Westside

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—1-2 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

Cultural Diversity Program Volunteers

DESCRIPTION—A variety of support groups are held monthly that focus on health and wellness topics concerning African American and Latinx older adults in Dane County. Volunteers are needed to help facilitate meetings and coordinate refreshments. Spanish speaking students/adults are especially needed.

TIME COMMITMENT—3-4 hours/month

IMMEDIATE NEED—Spanish speaking volunteers for the Latinx programs

Guardian and Representative Payee Volunteers

Call Katie Brietzman for info at Ext. 1002.

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

Newsletter Mailing Volunteers- Production Assistant

DESCRIPTION—Bundle newsletters for mailing. This group meets at the end of the month at WPCRC, 1625 Northport Dr.

TIME COMMITMENT—2-3 hours/month

IMMEDIATE NEED—1-2 volunteers who can do some heavy lifting.

Older Adult Program Volunteers

DESCRIPTION—We sponsor activities at a variety of locations and need help welcoming and tracking participants.

TIME COMMITMENT—Flexible

IMMEDIATE NEED—Westside programs 11:30 am-12:30 pm, Thursdays. Southside programs 11:30 am-12:30 pm, Tuesdays.

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CLASSES & ACTIVITIES

NewBridge offers weekday social, educational, and exercise classes at various sites in the community for older adults 55+.

SOUTH & WEST MADISON

For information 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

September 4 - Shazam!

September 11 - The Public

September 18 - Won't You Be My Neighbor

September 25 - Aladdin (*new release*)

New! Mahjong

1st Thursday, 1:00 pm

Easy Street Apartments, 511 Commerce Drive, Community Room

New! Yoga for Older Adults

Tuesdays, 10:30 am

Quarry Arts Building, 715 Hill Street
Yoga Class for Older Adults by Jody Alexander.
Cost \$12 drop-in. (608) 231-3313

Lunch & Euchre at Nitty Gritty

Wednesday, September 11, 11:30 am

Join us at the Nitty Gritty, Middleton for lunch and then Euchre. Half sandwich & soup or salad with soda is \$8.44. Please pay at the restaurant. You MUST call Michelle at (608) 512-0000 Ext. 4008 to reserve your place by Noon on the Monday preceding the event.

R.O.M.E.O Lunch

(Retired Older Men Eating Out)

Call Michele for dates and times Ext. 4008

Think Tank

Tuesday, September 17, 9:30 am

Lane's Bakery, 2304 South Park St.

Thirsty for good conversation and wanting more in the community? Explore ideas and share for programming. No need to RSVP.

Knitting Group

Wednesdays, 9:30-11:30 am (drop ins)

Meadowood Neighborhood Center

5740 Raymond Road

Drop in anytime! No RSVP required.

Medicare Made Clear Educational

Wednesday, September 25, 10:45-11:30am

Madison Senior Center, 330 W. Mifflin St.

by Kirsten Roberts, United Healthcare



Knitting & Crocheting Together

Romnes Apartments, 540 W Olin Avenue

Tuesdays, September 17, 12:00-12:30 pm

Octoberfest Music by Jeanne Julseth

Thursday, Sept. 26, 11:45 am-12:15pm

Meadowridge Commons, 5734 Raymond Rd

Ballroom Basics for Balance

Tuesdays, 10:30 am-12:00pm

10 Week Course, starting September 10

Dale Heights 5501 University Ave

Accessible parking available in the back parking lot & door Please register by calling (608) 512-0000 ext. 2000

The Oilerie Classes

How to Use Oils, Vinegars and Spices for Heart Healthy Recipes
 Tuesday, September 10, 2:00-3:00 pm
 Meadowridge Library, 5740 Raymond Rd
 Learn how to use extra virgin olive oils, aged balsamic vinegars and a variety of spices to create marinades, sauces and lots of flavor for your food without using salt. Tastings and heart healthy recipes!

Freezer Meals for Two

Tuesday, September 17, 2:00-3:00 pm
 Do you want to eat healthier and save time and money? Learn how to prepare freezer meals for two that are delicious, quick and satisfying. You'll learn how to plan a week's worth of meals, prep and freeze them. It's a fun, efficient concept that is good for you! Recipes included!



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.

Classes and activities are also offered at: Madison Senior Center
 330 W. Mifflin St. (608) 266-6581
www.cityofmadison.com/senior-center



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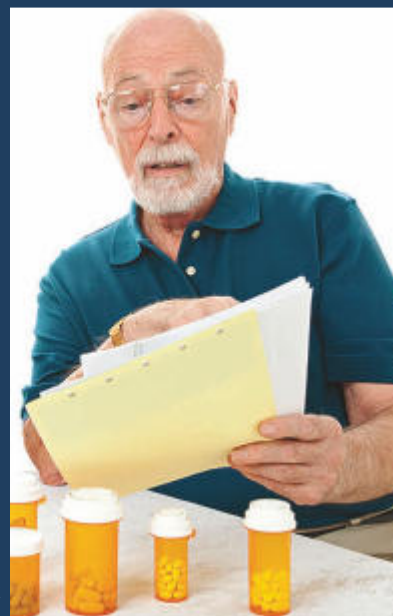
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CLASSES AND ACTIVITIES CONTINUED

NORTH & EAST MADISON

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

5¢ Bingo

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

Book Club

Tuesday, September 3, 10:00 am
Warner Park, 1625 Northport Dr.

Weekly 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

Tuesday, September 10, 10 am-Noon
Warner Park, 1625 Northport Dr.
By appointment only.

Knit & Crochet Club (Quilters too!)

Tuesday, Sept. 10 & 24, 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.

FREE Matinee - POMS

Tuesday, September 24, 12:30-2:00 pm
Warner Park, 1625 Northport Dr. Popcorn \$1

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!

Card-Making Club

Wednesday, September 11 & 25, 1:00 pm
Warner Park, 1625 Northport Dr.
Help create home-made cards for all occasions.

Sewing Club/FREE Mending Service

Thursdays, September 5 & 19, 9:00 am
Warner Park, 1625 Northport Dr.
Older adults with general mending and alteration
needs. Limit three articles per month.

Adult Coloring

Tuesdays, September 3, 10, 17, 10:30 am
Warner Park, 1625 Northport Dr.

LGBTQ+ Outreach Coffee Meet Up

Monday, September 16, 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. Coffee is free.

Artful Aging Fall 2019

Wednesdays, Sept. 11-Nov. 20, 1-3:00 pm
Warner Park, 1625 Northport Dr.
Limited transportation available. Sign up with
Ruth Ext. 3012.

Travel Blogger Laurie Kutil

Tuesday, Sept. 24, 10:30 am, Warner Park
Monday, Sept. 9, 11:30 am, Monona Meadows
This month's topic: The Mining and Rollo Jamison
Museums in Platteville.

Four Seasons Theatre - Schmaltz and Smarts

Tuesday, Sept. 17, 1:30 pm
Warner Park, 1625 Northport Dr.
Limited transportation. Call Ruth at Ext. 3012.

Stepping On

7-Weeks starting October 2–November 13
Wednesdays, 9:00–11:00 am
Warner Park, 1625 Northport Dr.
Contact Ruth Ext. 3012

Fire Safety

Tuesday, September 3, 11:30 am–12:00 pm
Messiah Church, 5202 Cottage Grove Rd.

Table Trivia

Monday, September 18, 11:30 am
Monona Meadows, 250 Femrite Dr.

Bingo

- Tuesday, September 10, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.
- Monday, September 23, 11:30 am
Monona Meadows, 250 Femrite Dr.

Adult Coloring

Wednesday, September 4, 11:30 am
Monona Meadows, 250 Femrite Dr.

Crossword Puzzle Fun

Monday, September 16, 11:30 am
Monona Meadows, 250 Femrite Dr.

Movie of the Month

- Monday, September 24, 11:30 am
Messiah Church, 5202 Cottage Grove Rd.
- Tuesday, September 30, 11:30 am
Monona Meadows, 250 Femrite Dr.

Kings Corner Card Games

Wednesday, September 11 & 25, 11:30 am
Monona Meadows, 250 Femrite Dr.

Classes and activities are also offered at: Monona Senior Center,
1011 Nichols Rd. (608) 222-3415

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CULTURAL DIVERSITY PROGRAMS

The Cultural Diversity Programs are for Latinx and African American older adults 55+ 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 and Lunch

Friday, September 6, 10:15 am-12:30 pm
Warner Park, 1625 Northport Dr.

Monthly Discussion Group

Wednesday, September 11, 5:45-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness. Dinner and transportation provided.

Bilingual Bingo and Lunch

Friday, September 20, 10:30-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Diabetes Support Group

Wednesday, September 25, 5:45-8:00 pm
Fitchburg Senior Center, 5510 Lacy Rd.

Limited transportation available, call
Glenda at Ext. 3009 for more information.

SAVE THE DATE

Together Fest

Wednesday, November 13

5:00-7:30 pm

Madison Senior Center

More information next month.

AFRICAN AMERICAN PROGRAMS

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

Monthly Discussion Group&Lunch

Friday, September 6, 12:00-2:00 pm
Vera Court Center, 614 Vera Ct.
Discussion group on healthy eating. Limited space. Sign up required, call Ericka Ext. 2007.
Topic: Eating Healthy

Diabetes Support Group

Monday, September 9, 12:00-2:00 pm
Burr Oaks Apartments, 2417 Cypress Way

Heart Health Support Group

Thursday, September 19, 2:00-4:00 pm
Catholic Multicultural Center
Classroom #4, 1862 Beld St.

Black Women Wellness Day

Saturday, September 21, 9:30 am-5:30 pm
Alliant Energy Center
Seniors ticket prices: \$25
NewBridge current participates: \$12.50
NewBridge new participates: FREE

Community Resources Available

Friday, September 27, 10:30 am-12:30 pm
NewBridge East, 4142 Monona Dr.

Limited transportation available, call
Ericka at Ext. 2007 for more information.

NEWBRIDGE DAY TRIPS

Holly Jolly Christmas

Wednesday, December 11, 9 am-5:00 pm
 The Palace Theater, 564 Wisconsin Dells
 Parkway South, Wisconsin Dells
 Transportation, Lunch and Ticket
 \$67 for Non-Friends and \$57 for Friends
 Register by Thursday, October 3, Noon

Bring out the holiday spirit with this most enjoyable musical filled with dancing, holiday favorites, and a visit from the big guy in red himself! Transit Solutions bus pick up between 9:00-10:00 am. Return 6:00 pm. Need 12 to sign

up otherwise will cancel.
 Call Michelle to sign up
 Ext. 4008.



Band Showcase at Madison Senior Center

North/East - Thursday, September 12
 West/South - Thursday September 19
 Cost: \$2.00

Transportation provided. Pick up from home or nutrition site at 12:30 pm and return at 3:00 pm. Call Joe to sign up Ext. 2000.

Lapacek's Orchard in Poynette

West/South - Tuesday, September 24
 East/North - Thursday, September 26
 Cost: \$2.00

Transportation provided. Pick up from home or nutrition site 12:30 pm and return at 4:30 pm. Call Joe to sign up Ext. 2000.



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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, September 18, 1:00-3:00 pm
Wednesday, September 25, 1:00-3:00 pm

Lake Edge Lutheran Church
4032 Monona Drive
Monday, September 9, 9:00 am-Noon
*Monday, September 16, 9:00 am-Noon
***Diabetic Clinic (non-diabetics are welcome as well)**

NORTH MADISON

Warner Park Community Rec. Center
1625 Northport Drive
Friday, September 13, 9:00-11:30 am
Thursday, September 26, 9:00-Noon

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

Lakeview Lutheran Church
4001 Mandrake Road
Tuesday, September 17, 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, September 9, 12:45-2:45 pm

Mount Olive Lutheran Church
110 N. Whitney Way Room 11
Tuesday, September 17, 9:30-11:15 am

Our Lady Queen of Peace
401 Mineral Point Road
Monday, September 23, 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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LED PROGRAMS

LED (Living Every Day) provide educational, social, and fitness opportunities for older adults 50+

For information call Fil Clissa at (608) 698-0333 or email at LED@newbridgemadison.org

Biergarten & GLEAM Light Show

Friday, September 6, 5:30 pm
Biergarten at Olbrich Park, 3527 Atwood Ave
Olbrich Gardens, 3330 Atwood Ave
Music, refreshments, an evening stroll through the gardens and a light show. Meet at the Biergarten. Cost \$15. RSVP to Fil by Sept. 5.

Bike Ride

September 17, 6:00-7:00 pm
Meet at Warner Park, 1625 Northport Dr.
RSVP to Fil by September 9.

Dining Club

September 25, 5:30 pm
Rex's Innkeeper, 301 North Century Ave.,
Waunakee RSVP by September 24.

Participants are responsible for covering their own costs associated with the activity.

More events are being planned for September. Watch for them on our Facebook page.

LOCAL RESOURCES

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
\$35 includes breakfast, lunch and materials.
Sign up by visiting RSVPdane.org or call (608) 238-7787

Veterans and Older Adults 60+ Groceries, Clothing, and a Meal

Every Wednesday, 11:00 am-1:00 pm
The River Food Pantry, 2201 Darwin Rd.
For Dane County residents. Volunteers will be available to assist. No registration is needed to attend and there is no limit on how many meals you can attend each month. For additional meal times: <https://www.riverfoodpantry.org/services/>

Celebrating 20 Years as Partners

NewBridge Madison and the Warner Park Community Recreation Center celebrate 20 years of collaboration on Friday, October 11.

The day will be celebrated with an open house and activities.

- Performances by Sassy Steppers and Marcy and the Highlights
- Lunch Catered by Willy St. Co-op
- Boomerang's Fall Fashion Show
- Multi-Generational Bingo
- MSCR Exercise Classes
- Wild Warner Nature Walk
- Family Fun Night
- And More!

Full details in the October newsletter.

ADVOCACY OPPORTUNITY : OLDER AMERICANS ACT

The federal Older Americans Act (OAA) expires on September 30, 2019. These critical funds support the provision of cost effective services that allow older adults, including the 10,125 served by NewBridge Madison, to age-in-place.

Our agency started more than 40 years ago with OAA funding. Today, our OAA funded programs include nutrition, volunteer guardianship/rep payee and caregiver support. These services combined with other OAA programs help seniors stay as independent as possible in their homes and communities.

The OAA needs to be reauthorized and funding for the program, which has fallen

below 2010 levels, should be increased to ensure that Wisconsin can meet the needs of our rapidly aging population. The number of Wisconsin adults age 65 and older is projected to grow by 72% between 2015 and 2040.

If you are concerned about the OAA expiring, you could contact Wisconsin's two U.S. Senators. Their information is below. Contact Sonya at Ext. 2002 or sonyal@newbridgemadison.org if you'd like a template letter or talking points.

Senator Tammy Baldwin
30 West Mifflin Street
Suite 700
Madison, WI 53703
Phone: (608) 264-5338

Senator Ron Johnson
5315 Wall Street
Suite 110
Madison, WI 53718
Phone: (608) 240-9629



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Dr. Steph Greer, PT, DPT



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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
02 CLOSED	03 Meat Sauce Spaghetti Noodles Wax Beans, Mixed Salad Peaches, Brownie MO: Marinara Sauce	04 Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables Mandarin Oranges Frosted Marble Cake MO: Veggie Meatballs	05 Lemon Baked Fish Tartar Sauce Baked Sweet Potato Tropical Fruit Vanilla Pudding MO: Egg Salad	06 Baked Chicken Mashed Potatoes, Gravy Toss Salad, Mixed Melon Coconut Cream Pie MO: Black Bean Burger Salad: Chicken Confetti
09 BBQ Chicken Potato Salad, Calico Beans Pineapple, Apple Crisp MO: Veg BBQ Chix Strips	10 Italian Sausage Oven Roasted Potatoes Stewed Tomatoes, Orange Ambrosia Salad MO: Hummus Wrap	11 Chili, Cornbread Baked Potato Banana, Rice Pudding MO: Veggie Chili	12 Pulled Pork Creamy Coleslaw Carrot Raisin Salad Fresh Fruit, Cookie Bar MO: Hummus and Pita	13 Chicken Stew Broccoli, Tropical Fruit Chocolate Banana Cake MO: Veggie Bean Stew Salad: Harvest
16 Beef Pot Pie w/Biscuit Top Creamed Spinach Apple Juice Strawberry Jell-o MO: Veggie Pot Pie	17 Chicken and Gravy Mashed Potatoes Green Beans, Banana Carnival Cookie MO: Veg Chicken and Gravy	18 Tomato Soup Mac & Cheese w/Chicken Cooked Spinach Mixed Fruit w/Grapes Frosted Carrot Cake MO: Mac and cheese	19 Fish Sandwich Yams, Coleslaw Fruit Cup Frosted White Cake MO: Tomato Cheese Sandwich	20 Meatballs in Marinara Over Penne, Carrots Greens Salad, Banana Strawberry Ice Cream MO: Veg Meatballs Salad: Chicken Taco
23 Chicken Breast Mini Croissant Steamed Broccoli Pickled Beets, Peaches Cheesecake Brownie MO: Egg Salad	24 Cheeseburger Calico Beans Potato Salad Fruit Cocktail Pineapple Fluff MO: Garden Burger	25 Egg Salad Sandwich Mixed Greens 3 Bean Salad Grape Juice Frosted Lemon Cake	26 Beef Stew, Biscuit Green Beans Chunky Apple Sauce Chocolate Chip Banana Cake MO: Veggie Stew	27 Chicken Mac Casserole Peas, Tomato Juice Pineapple Dreamsicle Whip MO: Veggie Mac Casserole Salad: Pork Santa Fe
30 Cheese Tortellini Bake Bread Stick, Spinach Mandarin Oranges Blueberry Crisp MO: Cheese Tortellini Bake	<p>Meals provided by: Dane County Consolidated Food Services Division</p> <p>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>			

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 (608) 294-8747 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**.

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others;

overall the menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency.

All comments are welcome.

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New Bridge, Madison, WI

I 4C 01-2049

NORTH, WEST & EAST MADISON MENU & LOCATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 CLOSED	03 BBQ Chicken Thigh Macaroni Salad Carrot Slaw, Mixed Salad Brownie MO: Veggie burger Salad: Harvest	04 Ground Turkey Meatloaf Mashed Potatoes Turkey Gravy Broccoli, Pudding MO: Vegetarian Loaf	05 Smoked Pulled Pork Whole Wheat Bun Baked beans, Mixed Salad Cookie MO: BBQ Veg Sandwich	06 Spaghetti w/ Meat Sauce Garlic Butter Green Beans Mixed Salad, Garlic Bread Cake MO: Vegetarian Spaghetti
09 Grilled Cheese Burger Summer Vegetable Vinaigrette Salad Mixed Salad Fruit Crumble MO: Veggie Burger	10 Chicken Teriyaki Stir Fry Veggies Steamed Brown Rice Asian Cabbage Salad Ice Cream MO: Vegetarian Teriyaki Salad: Raspberry Chicken	11 Beef and Bean Enchilada Casserole Mexican Street Corn Mixed Salad Cookie MO: Bean and Cheese Enchilada Casserole	12 Seasoned Baked Cod Mashed Sweet Potatoes Quinoa/Vegetable Salad Mixed Salad, Cake MO: Lemon Baked Tofu	13 Hungarian Beef Goulash Creamed Spinach Mixed Salad Pudding MO: Vegetable Goulash
16 Sausage Mac and Cheese Steamed Vegetable Medley Brownie MO: Mac and Cheese	17 Beef Tips w/ Mushroom Gravy, Noodles Glazed Carrots, Salad Fruit Juice, Apple Crisp MO: Tofu Tips Salad: BLT Cobb	18 Grilled Brat Summer Vegetable Salad Sweet Corn Ice Cream MO: Grilled Veggie Brat	19 Grilled Chicken BBQ Baked Potato Collard Greens Fruit Crumble MO: Falafel and Hummus	20 Country Style Pork Ribs Baked Beans Tomato Vinaigrette Salad Cookie MO: 3 Bean and Mushroom Chili
23 Beef Stew over Biscuit Mixed Salad, Cake MO: Vegetable Stew over Biscuit	24 Sloppy Jo, Red Potatoes Steamed Broccoli Pudding MO: Lentil Sloppy Jo Salad: Chef	25 Crispy Chicken Sandwich Vegetable Salad Mixed Salad, Brownie MO: Crispy Tempeh Sandwich	26 Chicken Alfredo Penne Pasta, Green Beans Chickpea and Tomato Salad, Cookie MO: Veggie Alfredo	27 Cheese, Pepper and Onion Egg Bake Breakfast Potatoes Biscuit, V8 Juice Ice Cream
30 (GOODMAN CLOSED) Open Face Turkey and Gravy Sandwich Roasted Carrots Brussels Sprouts, Cookie MO: 3 Bean Stew	<p>Meals provided by: Goodman Catering</p> <p>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>			

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 (meal reservation not required)	149 Waubesa Street	M-F	11:45 am
West Madison Locations	Address	Day	Time
Meadowridge Commons	5734 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
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
Beth Israel Center	1406 Mound Street	M Sept-May	Noon

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.

Monday, September 9: Braised brisket, garlic mashed potato, market vegetables, mixed green salad, cake
Monday, September 16: Coconut curry chicken, saffron rice, market salad, market vegetable, cookie
Monday, September 23: Braised balsamic chicken, roasted potato, market vegetables, cake

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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.

Fall Event – Save the Date

Friends of NewBridge Host: "Thriving at Any Age"

Wednesday, November 6, 4:30–5:30 pm
5701 Raymond Rd, Madison, 53711

All are welcome, bring a friend!

Robert McGrath, Psy D, ABPP is a licensed psychologist providing Mind/Body Wellness Services at University Health Services.

Advocacy Opportunities

1. Help support older adult services.

Come join us at the Dane County Budget Hearing, Wednesday, September 11 at 6:00 pm at Warner Park. You can register in support of or you can sign up to speak at the hearing. Personal stories of how you've benefited from OAA are very impactful. For more information contact Sonya at Ext. 2002 / sonyal@newbridgemadison.org

2. Show your support for reauthorization of the Older Americans Act

See page 17 for more details. You can help by contacting our senators via phone, mail, or letter.

Senator Tammy Baldwin
30 West Mifflin Street
Suite 700
Madison, WI 53703
Phone: (608) 264-5338

Senator Ron Johnson
5315 Wall Street
Suite 110
Madison, WI 53718
Phone: (608) 240-9629

Friends of NewBridge Survey Results

We have received back nearly 125 surveys. Thank you to those who filled one out.

Our Friends are most interested in:
(listed in priority)

- Receive monthly newsletter
- Enjoy the benefits available to Friends
- Provide financial support to NewBridge
- To feel engaged in the community
- Opportunities to socialize with others
- Volunteer opportunities

A majority of the respondents were interested in attending three to four events per year.

Most felt that Social and Informational were of most interest.

We were delighted that so many of you were interested in serving on a committee. A member of the Friends group will be in touch with you soon.

Winner of the \$50 Willy St. Co-op Gift Card will be announcement Friday, August 30 at 12:30 pm via Facebook and then personally contacted. The winner will also be announcement in the Oct. newsletter.

BUSINESS BENEFITS FOR FRIENDS

Benvenuto's Italian Grill
 North Madison, Middleton, Fitchburg
 FREE ice cream sundae with
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Boomerangs Resale Store
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Culver's
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 the purchase of a cone/dish



Golden Heart Senior Care
 437 S Yellowstone Dr #101
 (608) 467-3590
 1 free hr of service for new clients



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
 222 N. Midvale Blvd. (608) 358-2068
 \$10 off first visit and 10% off
 follow-up visits

Manna Café & Bakery
 611 N Sherman Ave
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Overture Center
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 Receive reduced ticket
 prices for select shows



And more added monthly!

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.
Dues will be renewed annually. Donations may be tax deductible to the extent of the tax code.



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AppleFest

Saturday, October 19
9:30 am - 3:30 pm

Warner Park Community Recreation
Center 1625 Northport Dr.
\$2.00 at the door, Kids under 12 Free

AppleFest is a NewBridge fundraiser to raise money to help support the programs and services for older adults in our community. Each year over 1,500 people, young and old, come together to spend time with their family and friends.

AppleFest includes fun activities for all ages. There are games for kids, a bounce house, laser tag (new this year), face painting drawing prizes, used book sale, costume jewelry sale, bake sale, popcorn and a concessions stand.

There is a raffle with 15 prizes including
\$1000 CASH
\$250 Gruno's Diamonds
2 tickets to the Wisconsin Union Theatre!

Buy one ticket for \$5 or six tickets for \$25.
Tickets go on sale Monday, September 9
through 3:00 pm October 19.
(You do not need to be present to win.)

You can purchase raffle tickets any of the following ways:

- **Order by email:** deenahg@newbridgemadison
- **Order by mail:** NewBridge, 1625 Northport Dr, #125, Madison, WI 53704
- **Order by phone:** (608) 512-0000 Jim Ext. 3005 or Katie Ext. 4001 to pay with credit card
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