

NEWBRIDGE NEWS

Your Connection to Successful Aging **SEPTEMBER 2020**



BRIDGING HOPE

A week-long online fundraiser to help Madison area older adults.

**Monday-Friday
October 5-9**

**Our Offices will be CLOSED
Monday, September 7 for Labor Day**

**CHECK OUT
WHAT'S
INSIDE!**

- 02** General Information
- 03** NewBridge Staff
- 04-05** COVID-19 Services
- 06** Medicare Part D Open Enrollment
- 08-09** Get Involved

- October 5- NewBridge 101
- October 6- Corporate Match Day
- October 7- Live Stream Concert
- October 8- Artful Aging Silent Auction
- October 9- Drawing Prize Announcement



\$10 mask sale!



\$20 t-shirt sale!

See our website for more information.

- 10-11** Online Classes and Activities
- 14-15** Health and Wellness
- 16-19** Community Resources
- 20** Thank You Business Sponsors and Partners
- 22-23** NewBridge Programs & Services

www.NewBridgeMadison.org

(608) 512-0000

GENERAL INFORMATION

MISSION

Providing older adults a bridge to successful aging.

VISION

A Community Where All Older Adults Live Their Best Life.



A LETTER FROM THE DIRECTOR...

STOP THE SCAMS

I was very disheartened to receive an email identifying various ways criminals are scamming older adults during the coronavirus pandemic. Scammers are calling, sending emails or letters with coronavirus treatment claims, test-kits, contract tracers, low price insurance, online sales, debt collectors, and many offers that are too good to be true or a scare tactic to get seniors money. They are very convincing and persuasive and trick a lot of people. The best way to prevent scams is to be wary of any requests or demands for money. Ask for a call back number and check it out with someone else before paying. To protect ourselves and our older adults we need to look after one another and remind ourselves to be careful.

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

MAIN OFFICE

1625 Northport Dr. #125, Madison, WI 53704

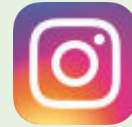
EAST MADISON

4142 Monona Drive, Madison, WI 53716

WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! [NewBridge Madison](#)



BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
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NewBridge Funders:



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NewBridge

Housing Partner:
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- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
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- ADA ZHANG, Case Manager Intern Ext. 1001
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- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENN GARCIA-LUDOLPH, Case Manager Ext. 1003
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
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- MAUREEN QUINLAN, Case Manager Ext. 4003
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- STEPHANIE BRANDSMA, Case Manager Ext. 2008
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEENAH GIVENS, Program Coordinator Ext. 3002
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- RUTH HELLENBRAND, Program & Event Coord. Ext. 3012

- ARETHA RICHMOND, Nutrition Coordinator —
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- MARY HENNING, Nutrition Coordinator —
- NANCY THOMPSON, 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 September (issue 9) 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.

 <p>Custom Care Plan</p> <p>Free Assessment</p> <p>Visits from 3 hours to 24/7</p>	 <p>Age in place with the help of</p> <h2 style="margin: 0;">Visiting Angels</h2> <h3 style="margin: 0;">608-819-0665</h3> <p style="margin: 0;">www.VisitingAngels.com/MadisonWI</p>	 <p>Volunteers are the Heart of Hospice Heartland volunteers offer companionship and practical, compassionate help.</p> <ul style="list-style-type: none"> • Friendly Visits • Pet Visits • Vigil • Veteran-to-Veteran visits • Clerical Support <p>The time, care and support provided by Heartland volunteers greatly impacts our patients and their families. Volunteer time commitments are flexible.</p> <p>Contact our Volunteer Coordinators at 608-819-0033</p>
 <h2 style="margin: 0;">DYKMAN'S TIME SHOP</h2> <p style="margin: 0;">◆ Watches and Clocks ◆ ◆ Sales and Service ◆</p> <p style="margin: 0;">Tuesday-Friday 9-6 • Saturday 9-2 www.dykmans.com</p> <p style="margin: 0;">BRING IN AD FOR 10% OFF ANY PURCHASE</p> <p style="margin: 0;">2701 University Avenue • 233-1444</p>		
 <h2 style="margin: 0;">DON'T SHOP. AD. PAW. PT.</h2>		
<h2 style="margin: 0;">Have Medicare questions? I have answers.</h2> <p style="margin: 0;">Shannon Ferguson-Munns Licensed Sales Representative</p> <p style="margin: 0;">608-770-1973, TTY 711 shannonmunns@munnsagency.com</p> <p style="margin: 0;">Serving Southern Wisconsin </p>		

COVID-19 SERVICES

Case Management

“Your connection to community resources”

Case Managers are available by phone (608) 512-0000 and by email info@newbridgemadison.org to help older adults connect to available resources.

Food Bridge Delivery

“Your connection to wholesome groceries”

Groceries from a food pantry are delivered to the older adult’s door by a volunteer and continued when needed.

Necessity Kit Delivery

“Your connection to cleaning & hygiene products”

Necessity kits will be delivered to the older adult’s door by a volunteer. Kits may contain depending on availability: toilet paper, soap, cleaning supplies, shampoo, toiletries, etc.
Funded in part by Madison Community Foundation.

Face Mask Delivery

“Your connection to a face mask”

One reusable, hand-made mask will be delivered to the older adult's door by a volunteer upon availability.

Bridge Buddies—Friendly Callers

“Your connection to a friendly caller”

Volunteers are matched with older adults to do safety check calls and/or social friendly calls.

Virtual Classes & Activities

“Your connection to golden opportunities”

Find online classes & activities on our website and page 10 and 11.

Foot Clinics

Our clinics are slowly reopening when we are prepared to do so. See page 14 for more information.

Take-Out Meals

“Your connection to nutritious meals”

Meals are available to pick up at the following locations for older adults 60+. While there is no charge for these meals, donations are accepted via mail to NewBridge, 1625 Northport Dr. Madison, 53704. Participants will be given a pick-up time when they order.
Call to order Monday-Friday, 8:00 am-4:00 pm.
Orders are due by Thurs. 10:00 am, 1 week prior.

LJ’s Sports Tavern and Grill, 8 N. Patterson St.

Friday between 3:00-4:00 pm

1 Meal – Hot Fish Fry

Order with Candice (608) 512-0000 Ext. 4006

NewBridge West Office, 5724 Raymond Rd.

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh’s Esquire Club

Order with Candice at (608) 512-0000 Ext. 4006

Mt. Zion Church, 2019 Fisher St

Monday between 10:00 am-12:00 pm

2 Meals Catered by Kavanaugh’s Esquire Club

Order with Candice at (608) 512-0000 Ext. 4006

Kavanaugh’s Esquire Club, 1025 N. Sherman Ave.

Wednesday between 3:00-4:00 pm

1 Meal Catered by Kavanaugh’s Esquire Club

Order with Candice at (608) 512-0000 Ext. 4006

Meal Delivery for HOME BOUND ONLY

If you do not have a car and do not have a proxy driver

Friday between 3:00-4:00 pm

2 Meals Catered by Kavanaugh's Esquire Club

Order with Kristen at (608) 512-0000 Ext. 2001

Romnes Apartments, 540 W. Olin Ave.

Monday-Friday, 11:30 am

For residents only.

Messiah Lutheran Church, 5202 Cottage Grove Rd.

Tuesday and Thursday, 11:30 am-12:30 pm

Not taking new participants.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals provided by: Dane County Consolidated Food Services Division <u>Messiah Lutheran Church & Romnes Sites ONLY</u>	01 Roasted Turkey + Gravy Rice Pilaf, Creamed Corn Cranberry, Fruit Cocktail Brownie w/PButter Frosting MO - Chicken Veggie Strips	02 Taco Pasta Casserole Broccoli, Cauliflower Pineapple Frosted Strawberry Cake MO - Bean/Cheese Burrito	03 Greek Chicken Pasta Carrot Raisin Salad 4 Bean Salad, Orange Rainbow Sherbet Cup MO - Veggie Pasta	04 *Meatballs in Gravy Mashed Potatoes California Blend Melon Mix, Lemon Bar MO -Veg Meatballs+Gravy
07 CLOSED	08 Tuna Salad Sandwich Tomato Soup, Fruit Cup Blueberry Pound Cake MO - Egg Salad	09 Sloppy Joe Kidney Bean Salad Mixed Vegetable, Banana Strawberry Swirl Ice Cream MO - Chickpea Joe	10 Honey Baked Chicken Broccoli, Yams, Pears Ambrosia Salad MO - Veggie Honey Baked Chicken Strips	11 Italian Lasagna Green Beans, Toss Salad Warm Cinnamon Apples Banana Crème Pie MO - Marinara and Pasta
14 Lemon Dill Baked Fish Baked Potato, Fruit Cup Sugar Cookie MO - Veggie Wrap	15 *Italian Sausage Oven Roasted Potatoes Stewed Tomatoes, Orange Chocolate Ice Cream Cup MO - Veggie Dog	16 Meat Sauce Spaghetti Noodles Wax Beans, Mixed Salad Peaches, Apple Pie Bar MO - Marinara Sauce	17 *BBQ Pulled Pork Chickpea Salad, Carrots Diced Melon Mix Vanilla Pudding MO - Hummus Wrap	18 Sweet & Sour Chicken Brown Rice, Peas, Banana Chocolate Chip Cookie Bar MO - Veggie Sweet & Sour
21 Chicken Stew Saltine Crackers, Broccoli Tropical Fruit Frosted White Cake MO - Veggie Stew	22 Egg Salad Coleslaw, Pickled Beets Strawberry Jell-o	23 Chicken and Gravy Carrots, Green Beans Orange, Carnival Cookie MO - Veggie Chicken/ Gravy	24 Fish Sandwich Yams, Coleslaw, Fruit Cup Lemon Italian Ice MO - Garden Burger	25 *Meatballs in Marinara Over Penne, Carrots Mixed Salad, Banana Cheesecake Brownie MO - Veggie Meatballs
28 *Pork Loin in Gravy Mashed Potatoes Vegetables, Oranges Chocolate Pudding MO - Tomato/Cheese	29 Cheeseburger 4 Bean Salad 4 Way Vegetable Blend Dreamsicle Whip MO - Black Bean Burger	30 Chicken Noodle Soup Mixed Salad Saltine Crackers, Pears Pumpkin Bar MO - Tomato Soup	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	

Finally Ready To Sell Your Home?

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MEDICARE PART D OPEN ENROLLMENT

TIME TO REVIEW YOUR MEDICARE PLAN

Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan?

Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this?

All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period **October 15 through December 7**. This is the time to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year.

Medicare beneficiaries in Madison & Monona can also receive free, unbiased assistance with plan comparisons from NewBridge Case Managers.

NewBridge is working to find new ways to continue to provide this valuable service to our community but in a safe way for both our clients and staff. In order to be able to do this, we are taking reservation for assistance via an online form on our website at NewBridgemadison.org/MedD or click the Med D button on the front page of our website.

Starting **Monday, September 21**, we will begin to take reservations for appointments (608) 512-0000 Ext. 1001.

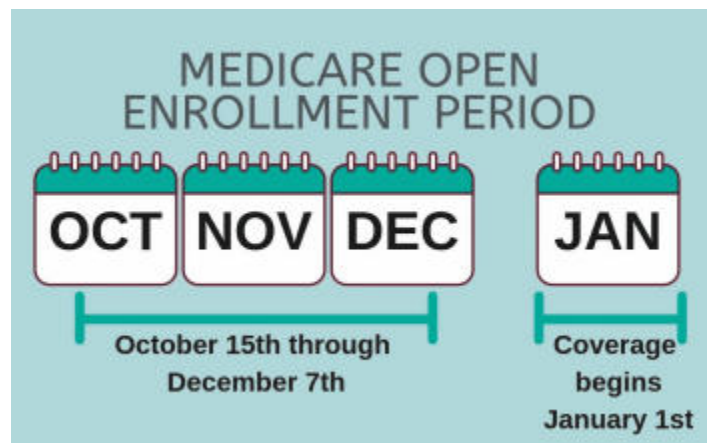
Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov

Medigap helpline 1-800-242-1060

Disability Drug Helpline 1-800-926-4862
(if under age 60)

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



WELCOME CASE MANAGEMENT INTERNS



ABIGAIL NINNEMAN

I have nearly 10 years of experience working with schools and health care, which lead me to get a Secondary Master's

degree in Social Work. I was drawn to working with older adults because there is still so much to learn from them. I'm also excited to meet some of the community members NewBridge is working with. For fun I like to read and spend time with my family and two dogs.



ADA ZHANG

I am a graduate student at UW in the MSW program. I graduated with my BSW and studied Gender and Women's Studies at UW.

I grew up in Manitowoc, WI but find that Madison is my home. I believe there is a great power in storytelling and I hope to hear the many stories of those that I meet at NewBridge. We all start somewhere and we are all going somewhere - I hope to be present and engaged along the way.

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GS3218 3/28/2018

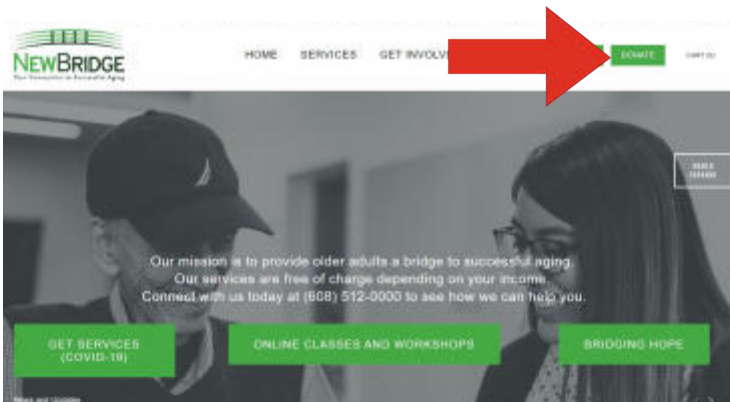


GET INVOLVED - DONATE

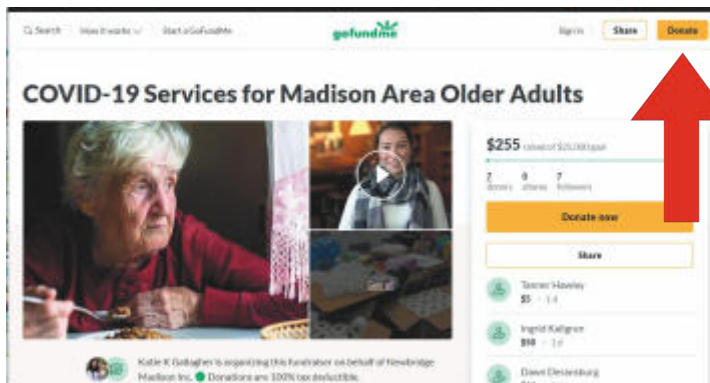
Did you know we have over 19,500 older adults living in Madison WI? These are the people who are being hit hardest by COVID-19 and are unable to leave their home. We know they are going to need our help through this.

Our organization and the older adults in our community rely on the power of donors to provide quality services to those in need especially during this time of uncertainty. **There are a variety of ways you can donate today:**

- Financial donation via our website newbridgemadison.org



- Financial donation via Go Fund Me gofundme.com/covid-19-services-for-older-adults



- Financial donation mailed to our main office at 1625 Northport Dr. #125 Madison 53704
- Cleaning supply and hygiene product donations for our Necessity Kits. Accepted Mondays 10:00 am-Noon at our west office, 5724 Raymond Rd.
- Select NewBridge Madison, Inc. as your charity to receive donations from eligible Amazon purchases! On your first visit to AmazonSmile (smile.amazon.com) search for NewBridge Madison, Inc. and select our agency. Then start shopping, it's that easy. Amazon will automatically send NewBridge your donations!

Because of your generous support, as of mid-August we have received over \$104,200 in donations to support our COVID-19 services. Thank you!

Incentives to Donate

Did you know, the CARES Act (Coronavirus Aid, Relief, and Economic Security) encourages charitable giving from both individuals and corporations?

Individuals can deduct up to \$300 of donations, even if they don't itemize on their tax return. This means that a lot more people can receive a tax benefit from making charitable contributions.

Elimination of cash donation cap for individuals. Individuals can now contribute 100% of their adjusted gross income (AGI) in 2020 to public charities if they want. For more information visit forbes.com

GET INVOLVED - VOLUNTEER

For more information, contact David Wilson at (608) 512-0000 Ext. 2006 or 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 especially during this time of uncertainty.

Bridge Buddy Callers

DESCRIPTION—Volunteers are matched with older adults to do daily safety check calls and/or weekly friendly calls. No person to person contact!

TIME COMMITMENT—Flexible

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! Flexible for your schedule. From the comfort and safety of your own car.

TIME COMMITMENT—2-4 times per month

IMMEDIATE NEED—20+ volunteers

Foot Clinic Volunteers

DESCRIPTION—Take payment and help refilling pans and clean up. PPE provided.

TIME COMMITMENT—1-2 times per month

LOCATION—Westside clinic



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888-818-2611

Email: smp-wi@gwaar.org

gwaar.org/senior-medicare-patrol

 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



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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NEWBRIDGE ONLINE CLASSES & ACTIVITIES

For more information, contact Deenah Givens at (608) 512-0000 Ext. 3002 or DeenahG@newbridgemadison.org

NewBridge is currently offering Zoom classes! If you have ideas for Zoom classes please share with Deenah. Check out our website for updates as we are working to expand our offerings and new things are happening!

BALLROOM BASICS for BALANCE™ (in person)

Thursday, September 10, 10:00 am
Demetral Park, 601 North 6th Street
We'll be doing a line-dancing style that is done without a partner. Waiver is required. *Pre-Registration is REQUIRED to Susan (608) 692-8794 Susan@yaharatherapy.com*

ZOOM SENIOR STRETCH & STRENGTH

Mondays & Wednesdays, 9-10:00 am
Join Becky Ott-Forde for an hour of gentle stretch and strengthening exercises. *See NewBridge website for the Zoom link www.newbridgemadison.org*

ZOOM EASY YOGA PLUS

Wednesdays, 10:00-11:00 am
Friday, 1:00-2:00 pm
With instructor Ellen Millar. Donations are appreciated. *See Ellen's website for the Zoom link www.thewonderofyoga.com*

ZOOM BINGO!

Friday, Sept. 11 & 25, 1:00-2:00 pm
Join us for bingo with caller Diana!
Contact Deenah to sign up at least one week in advance to get your bingo cards and zoom link (608) 512-0000 Ext. 3002.

ZOOM TECHNICAL ASSISTANCE

Tuesdays in September, 9-11:00 am
By appointment only via Zoom with Sharon. *Contact Deenah to sign up (608) 512-0000 Ext. 3002.*

ZOOM BOOK CLUB

1st Wednesday, Sept. 2, 1-2:00 pm
The Boy's in the Boat by Daniel James Brown. The October book will be listed on our website. *Contact Deenah to sign up (608) 512-0000 Ext. 3002.*

ZOOM SPIRIT & STRENGTH: SHARING WISDOM IN TROUBLED TIMES

Tuesdays, 1-2:30
Please join Pam Philips Olson, Writer, Storyteller and Author as we learn to speak our truth through story telling. *See NewBridge website for the Zoom link www.newbridgemadison.org*

ZOOM LGBTQ MEET UPS WITH TICIA—Senior Advocate

3rd Wednesday, Sept. 16, 4:00 pm
To learn more about these discussions, please email ticiak@lgbtoutreach.org. *See NewBridge website for the Zoom link www.newbridgemadison.org*

ZOOM HUMP DAY COFFEE TALK WITH RUTH & DEENAH

2nd & 4th Wednesday, Sept. 9 & 23,
10:30-11:15 am

Brew a cup of coffee or tea and from the comfort of your own home join us for a chat! You'll hear about the latest NewBridge happenings; and, we want to hear from you! Come prepared to share what you've been up to during quarantine. And, we are always open to hearing from you about programs you are interested in NewBridge offering.

See *NewBridge website for the Zoom link*
www.newbridgemadison.org

LIVING EVERY DAY (LED) ACTIVITIES

LED provides educational, social, and fitness opportunities for active adults 55 and older. Since the pandemic, we have sent out a daily e-newsletter with fun tips, tidbits, and things to occupy your time and mind during the quarantine.

ZOOM LED GAME NIGHT

Tuesday, September 15, 6:00 pm

If you would like to join our group, please send Fil Clissa an email at LED@NewBridgeMadison.org




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NEWBRIDGE UPDATES

APPLEFEST FUNDRAISER DISCONTINUED

It is with great sadness that NewBridge will be discontinuing our AppleFest fundraiser. AppleFest was an annual fall event hosted by the North/Eastside Senior Coalition at the Warner Park Community Recreation Center, in support services for older adults, that began after the center opened in 1999.

AppleFest has been a fun family event with a kiddie carnival, face painting, live music, food, used book sale, costume jewelry sale and raffle and prize drawings.

We are grateful to the many volunteers and performers who made AppleFest a nice event. We will always remember Doodle Bug making balloon animals, Wendy running the book sale, Mary checking in event volunteers, Paul and Gloria popping popcorn, Carol greeting people at the entry table, Katherine serving sloppy joes, Cheryl taking pictures and all the other wonderful volunteers who helped over the years. We are eternally grateful to everyone who purchased raffle tickets and for the ongoing support from many Northside businesses and businesses throughout the city. As the interests of families in the community change so must the focus of non profit fundraisers. But for many of us the memories of AppleFest will last forever. **Thank you for your continued support of NewBridge.**

FREE PERSONAL NUTRITION COUNSELING

NewBridge & Area Agency on Aging of Dane County provides personal nutrition counseling to older adults looking for ways to improve their overall health. Registered Dietitian Alyce Miller meets with older adults 60+ to discuss nutrition-related questions or difficulties. **To learn more about this free community resource or to schedule an appointment, contact Alyce at (608) 261-5678 miller.alyce@countyofdane.com.**



COMMUNITY FOOD PANTRY RECIPE

Do you need some ideas for preparing healthy, culturally diverse, and budget friendly meals using common food pantry ingredients? Please join our Facebook community, *Community Food Pantry Love & Wellness*, where you will be invited to



access recipes, share your ideas, and discuss common food barriers.

White & Sweet Mashed Potatoes

SECOND HARVEST BOX

(4-8) russet or Idaho potatoes	1 T oil
(1) can sweet potatoes	1/4 t salt
3/4 c milk	1/4 t pepper
2 T butter	1/4 t cinnamon (optional)

Peel, rinse, and boil potatoes until tender. Drain water and pat dry.

Place potatoes and sweet potato chunks on a baking pan, brush on a small amount of oil, sprinkle with salt and pepper, and broil until lightly browned (2-4 minutes, depending upon your oven).

Mash potatoes and sweet potatoes with milk and butter. Add cinnamon if desired.



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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+. We offer non-diabetic and diabetic clinics. The cost is \$20 for non-diabetic and \$25 for diabetic and we ask that you bring two towels.

Due to COVID-19, our clinics will slowly reopen when we are prepared to do so.

Appointments are required and should be made in advance by calling (608) 512-0000.

Appointments are filling up quickly.

We recommend you call a few months in advance.

We do provide a waitlist.

New Procedure for Foot Clinics:

- Please sit in your car until the volunteer comes out to call you in.
- You are required to wear a face mask and get your temperature taken.

EAST MADISON

Monona United Methodist Church

606 Nichols Road, Monona

Tuesday, Sept. 8 & 22, 9:30-11:45 am

NORTH MADISON

Goodman Community Center

149 Waubesa Street

Monday, September 14, 10:00 am-Noon

Lakeview Lutheran Church

4001 Mandrake Road

Tuesday, September 15, 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 please wear a mask when you pick up or donate equipment.


We are currently accepting in-kind donations of:

- shower chairs
- tub transfer benches



FREE COVID-19 COMMUNITY TESTING SITE

- Alliant Energy Center: 1919 Alliant Energy Center Way, Madison, WI 53713
- Mondays, Wednesdays, Fridays, and Saturdays, 8:00 am-4:00 pm
- Tuesdays and Thursdays, 8:00 am- 8:00 pm



Anyone and everyone can get a free COVID-19 test at the Alliant Energy Center.

Cualquier persona puede hacerse la prueba COVID-19 gratis en Alliant Energy Center.

Txhua tus neeg thiab txhua tus tuaj yeem kuaj dawb xwb nyob ntawm Alliant Energy Center.

publichealthmdc.com/covid19testing

- Free. Anyone Can Be Tested.
- Drive-thru, bike-up, or walk-up
- No appointments or pre-registration necessary but to avoid long lines, you can pre-register <https://register.covidconnect.wi.gov/>
- No ID is needed and you won't be asked for your immigration status
- Spanish and Hmong translators available
- Free transportation is available by calling the Public Health Transportation Line at (608) 243-0420.

**This site will be open until at least September 30.*

Coordinated by the Wisconsin Department of Health Services and National Guard



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MADISON SENIOR CENTER ACTIVITIES



For more information (608) 266-6581
www.madisonseniorcenter.org

TABLETS2GO

We want everyone to have access to Madison Senior Center virtual programs. If you don't have a computer, and want to sign up for a program, we want to lend a tablet to you. Tablets2Go will be available to adults age 55+ who are registered for a Madison Senior Center program.

Call (608) 266-6581 to schedule an appointment to meet with a staff person.

GRIEF BASICS DURING COVID

Thursday, September 3, 10:00 am
The worldwide COVID-19 pandemic has stirred up many issues and emotions. One reaction to the pandemic that may be overlooked or misidentified is grief. This presentation will provide an overview of the definition of grief; the usual indicators of grief and some ways to provide self-care. Time will be given for discussion and conversation. Presented by Tina Koenig, Spiritual and Grief Counselor at Agrace HospiceCare.

*Register in advance for this webinar:
https://us02web.zoom.us/webinar/register/WN_nLR2dVUITDga81fwzDCG6w*

AGRACE 101

Thursday, October 1, 10:00 am
Hospice and palliative care offer an extra layer of supportive care to people with serious illnesses. Learn more about the philosophy and practices of Agrace's care services, and how they differ. We'll discuss what makes a person eligible and appropriate for hospice or palliative care, and explain the guidelines for and process of making a referral to Agrace. Presented by Molly Dean, Senior Outreach Liaison at Agrace HospiceCare.

*Register in advance for this webinar:
https://us02web.zoom.us/webinar/register/WN_9Gl8BeH1Ta6Nf7q9F7SEvw*

TAKE CHARGE OF YOUR HEALTH

Tuesdays, 10:00-11:00 am
Every month we will have a virtual presentation and discussion on a topic relevant to our overall well-being. Our presenter, Janet Bollig, MSW, is a community educator from St. Mary's Hospital Health at Home program.

September 22: Promoting Emotional Health and Preventing Suicide in Older Adults
October 20: Talking With Your Doctor
November 17: Healthy Holiday Eating
December 15: Grief Through the Holidays

Register for the session that you would like to attend on our website at www.madisonseniorcenter.org

MONONA SENIOR CENTER ACTIVITIES



For more information (608) 222-3415
www.mymonona.com/251/Senior-Center

LIVE MUSIC WITH JOHN DUGGLEBY!

Tuesday, September 1, 10:00 am
 Fireman's Park, 920 Progressive Ln.
 Help us kick off National Senior Center month with a collection of happy and hopeful refrains, that celebrate good times and pull us through tough ones.

VETERANS GROUP

Wednesday, Sept. 9, 10:00-11:00 am
 Let's get together and chat!
Space is limited to the first ten that call to reserve a spot (608) 222-3415

SCHOLARLY SCOOP

Friday, September 11, 10:00 am
Mercury in Fish from Wisconsin Waters with John Ejnik, Associate Professor, University of Wisconsin-Whitewater
Call (608) 222-3415 to sign up and leave your email so we can send you the Zoom invite.



Call Independent Living about services and senior housing options today!

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Evening Meals on Wheels
 608-204-0923

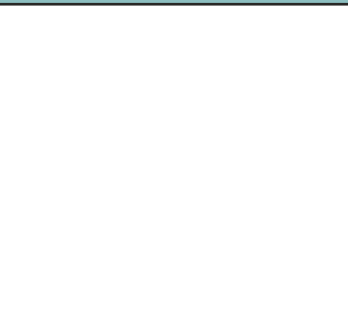
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GOODMAN COMMUNITY CENTER ACTIVITIES



Goodman
Community Center

The Goodman Community Center serves older adults (50+). In the wake of the coronavirus, we have had to adjust some of our programming for the safety of our participants. Many programs have had to be canceled, but there are still quite a few virtual options to choose from.

If you have any questions, please reach out to Older Adult Program Director Gayle Laszewski at (608) 204-8032 or gayle@goodmancenter.org.

DRIVE THRU COFFEE HOUR

Fridays, 10:00–11:00 am

St. Bernard's, 2450 Atwood Ave

Come enjoy a free cup of coffee or tea and say a brief hello! We will be encouraging safe social distancing and face masks. Enter on Corry St. and exit on Atwood Ave.

DRIVE THRU FOOD PANTRY

Tuesday, 9:30 am-Noon

Wednesday, 6:00– 8:00 pm

Thursday, 12:30–3:00 pm

Ironworks, 149 Waubesa St.

No registration necessary. Food can be picked up in the Ironworks parking lot. Food Pantry delivery is available to home bound individuals.

ZOOM TAI CHI

Fridays, 1:00-2:00 pm

This is an easy and fun-to-do movement class which involves all muscles, joints, ligaments and bones of the body.

Instructions as to how to perform the exercises are given during the session. Chairs are used for stabilization and no mats are necessary.

Contact Instructor Rachel Sandretto sandretto.taiji@gmail.com to get the link to the sessions.

ZOOM GENTLE EXERCISE

Tuesdays, 12:30–1:30 pm

This gentle mind/body exercise and relaxation program is designed especially for people with arthritis, joint pain or any kind of stiffness that limits movement.

These range-of-motion exercises are recommended by doctors and therapists to help keep joints flexible and can be practiced both sitting and standing.

Contact Instructor Rachel Sandretto sandretto.taiji@gmail.com to get the link to the sessions.

ZOOM SHORT STORY DISCUSSION

Every other Tuesday

Discuss short fiction with activist and retired journalist Dan Melton all summer long. Open to all adults. *Contact Dan for meeting information (608) 249-9632 oakville000@yahoo.com*



FREE Virtual (Online) Welcome to Medicare Seminars

Sponsored by Area Agency on Aging of Dane County's
Elder Benefits Specialist Program

What you need to know about enrolling in Medicare

If you are turning age 64 this year, we can help you make informed choices about your Medicare options! You'll receive accurate and detailed information from unbiased experts in benefit programs.

September 26, 2020, 9–11:30 am

Email aaa@countyofdane.com to register by **9/16/20**

November 14, 2020, 9–11:30 am

Email aaa@countyofdane.com to register by **11/4/20**

Seminars will be offered using GoToMeeting.

Email for more information.



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TO OUR 2020 BUSINESS SPONSORS... THANK YOU!!

The following businesses have sponsored NewBridge programs:

Bridging Hope

Gallagher Tent and Awning

Case Management

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Fund Grant

Classes & Activities

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Foundation

Cultural Diversity

Madison Community
Foundation

UW Health, UnityPoint Health
-Meriter & Quartz

Madison Gas and Electric

TASC Cares

Food Bridge

United Way of Dane County

Home Chore

Madison Community
Foundation

Necessity Kits

Madison Community
Foundation

Nutrition

UW Health, UnityPoint Health
-Meriter & Quartz

Schlecht Family Foundation

Capital Lakes

Madison Gas and Electric

Monona Bank

Northside Business Association

Transportation

Dane County CDBG Grant

Volunteer Guardian & Representative Payee

Endres Manufacturing

Editors Note:

Thank you to Daniel Anderson for
your personal \$1,000 donation!

TO OUR COVID PARTNERS... THANK YOU!!

We wouldn't be able to help our older adults through this pandemic without our following partners:

- American Family Insurance-DreamBank
- Area Agency on Aging-Dane County
- City of Madison
- City of Monona
- Dane County Department of Human Services Transportation Programs
- Dane County Mask Makers
- Doundrins Distilling
- Edgewood College students
- FEED Kitchens
- Gallagher Tent and Awning
- Kavanaugh's Esquire Club
- League of Women Voters
- LJ's Sports Tavern and Grill

- Madison Community Foundation
- Middle Outreach Ministry Food Pantry
- Messiah Lutheran Church
- Monona Senior Center
- Mt. Zion Baptist Church
- Northside Business Association
- RSVP of Dane County
- Schlecht Family Foundation
- SSM Health at Home-Meals on Wheels
- St. Vincent de Paul Food Pantry
- The River Food Pantry
- Transit Solutions
- United Way of Dane County
- Willy St. Co-Op
- Our HUNDREDS of VOLUNTEERS and DONORS

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REGULAR 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. Both short-term information and ongoing support available. Free for eligible Madison/Monona older adults (60+). Private Pay Case Management available.

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+).

Bridge Buddies

“Your connection to a friendly caller”

Offers weekly friendly chats or daily reassurance calls for Case Management clients. Free for eligible Madison/Monona 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. 24-hour advance reservations required for meal and transportation.



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. Representative Payee (60+), Guardianship (50+).

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.

Cultural Diversity Activities

"Your connection to your peers"

Activities for African American and Latinx older adults to help reduce isolation and connect older adults to community services. Activities focus on socialization and health education. Latinx activities offered in Spanish only. Free for African American 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.

LED Activities (Living Every Day)

"Your connection to enjoyable experiences"

Activities for the young at heart who have a sense of energy and enthusiasm. These activities include educational, social, and fitness opportunities. For older adults (55+) who live in Madison and Monona. Any expenses are paid for by the participant.

COVID-19 Specific Services on page 4.

2020 FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: _____

Additional Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

How would you like newsletter? Mail Email Both None



- \$ 15 Older Adult Friend (1 Friendship Card)
- \$ 25 Individual Friend (1 Card)
- \$ 30 Family Friend (2 Cards)
- \$ 50 Silver Friend (2 Cards)
- \$ 100 Golden Friend (2 Cards)
- \$ ____ Additional Donation

Office Use:

Check # _____

Cash _____

Amount \$ _____

Initials _____

Letter Sent _____

Card Sent _____

Initials _____

Mail the form & payment to NewBridge, 1625 Northport Dr. #125, Madison 53704.

You can also purchase a friendship 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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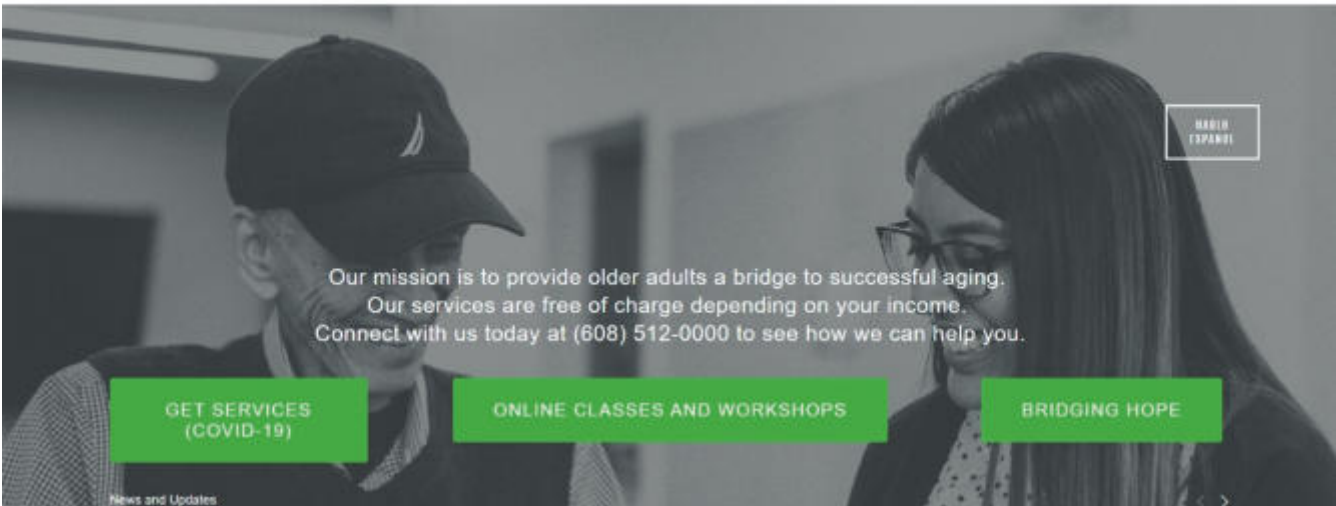
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Our services are free of charge depending on your income.
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(COVID-19)

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