

# NEWBRIDGE NEWS

Your Connection to Successful Aging **SEPTEMBER 2021**

**BRIDGING**  
**HOPE**

MORE INFO ON PAGES 20 AND 21

NEWBRIDGE MADISON'S WEEK LONG ONLINE FUNDRAISER

Monday, October 4 - Our Work, Our Impact  
Tuesday, October 5 - Meet the Staff  
Wednesday, October 6 - Corporate Match Day  
Thursday, October 7 - Champions of Hope  
Friday, October 8 - Black Tie Bingo\*

\*At this time our upcoming event, Black Tie Bingo, will take place as planned. However, this may change as we actively monitor COVID-19 in our community and follow guidance from local health departments and the CDC.

**CLOSED**

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

All of our offices will be **CLOSED** on Monday, September 6 for Labor Day. There will be no programming or meals.

**CHECK OUT  
WHAT'S  
INSIDE!**

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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...

### *More Than Just a Meal*

Many older adults are isolated in their homes and could benefit from, and enjoy, interaction with others similar in age. Some would enjoy or benefit from a fresh cooked meal.

NewBridge offers a great opportunity each weekday at our seven dining sites in Madison for older adults to receive a good meal and enjoy the company of their peers.

Our wonderful staff: Kristen, Bob, Gayle, Faith, Nancy, Stan and Christine provide an enjoyable atmosphere and help everyone feel welcome.

If you have been to one of our dining sites before we would love to see you again. If you have not joined us for a meal, come try it out! More information about our sites on pages 22 and 23.

## CONTACT US

Phone: (608) 512-0000

Fax: (608) 299-0700

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

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

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

## MAIN OFFICE

1625 Northport Drive #125, Madison, WI 53704

## EAST MADISON

4142 Monona Drive, Madison, WI 53716

## WEST MADISON

5724 Raymond Road, Madison, WI 53711

Follow us! NewBridge Madison



## BOARD OF DIRECTORS

- SARAH VALENCIA, *President* - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- CEDRIC JOHNSON, *Vice President* - Community Relations Manager, Madison Gas & Electric
- TIM CONROY, *Secretary* - Executive Director, Capitol Lakes Community
- TIM RYAN, *Treasurer* - CFO, Monona Bank
- AMY DEVINE - Attorney, Haskins Short & Brindley LLC
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARA CAMACHO - Community Care Manager, Group Health Cooperative (GHC)
- STEPHANIE MUNOZ - Project and Community Engagement Associate, Kids Forward

**Thank you to our Funders:**



*Friends of NewBridge*

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# NEWBRIDGE STAFF

- JIM KRUEGER, Executive Director Ext. 3005
- KATIE GALLAGHER, Associate Director Ext. 4001
  
- DEB TEMERBEKOVA, Executive Assistant Ext. 4000
- JOE NEUMAIER, Administrative Assistant Ext. 2000
  
- ALIRIO PARDO, Bilingual Case Manager - español Ext. 1007
- EBONIE BROOKS, Case Manager Ext. 3006
- GLEN THOMMESEN, Case Manager Ext. 2005
- GRETCHEN SCHADEBERG, Case Manager Ext. 1009
- JENNIFER BROWN, Case Manager Supervisor Ext. 2003
- JODIE CASTANEDA, Case Manager Supervisor Ext. 1004
- KAYLEIGH COLOSO, Bilingual Case Mngr. - español Ext. 2004
- MAUREEN QUINLAN, Case Manager Ext. 4003
- MEGAN KULINSKI, Case Manager Ext. 3004
- RACHEL MAEL, Case Manager Ext. 4002
- SAMMY AZUMA, Case Manager Ext. 1005
- SUSAN WATSON, Case Manager Ext. 1006

- DAVID WILSON, Marketing Manager Ext. 2006
- DEANA WRIGHT, Diversity & Inclusion Program Mgr. Ext. 2007
- DEENAH GIVENS, Program Coordinator Ext. 3002
- GARRETT TUSLER, Diversity & Inclusion Program Coord. Ext. 3009
- JEANETTE ARTHUR, Volunteer Coordinator Ext. 4007
- KATHLEEN PATER, Mental Health Resource Clinical Social Worker Ext. 3007
- KATIE BRIETZMAN, Community Outreach Spec. Ext. 1002
- KEISHA FURNISS, Volunteer Coordinator Ext. 3008
- MICHAEL GARRISON, Mental Health Resource Registered Nurse Ext. 2002
  
- BOB BURNS, Nutrition Coordinator —
- CANDICE ALEXANDER, Nutrition Manager Ext. 4006
- CHRISTINE JACKSON, Nutrition Coordinator —
- FAITH SWINBURNE, Nutrition Coordinator —
- KRISTEN HUBER, Assistant Nutrition Manager Ext. 2001
- NANCY THOMPSON, Nutrition Coordinator —
- SHANNON GABRIEL, Dietician & Healthy Aging Crd. ADRC
- STANLEY GRAHAM, Nutrition Coordinator —
- Ruth Hellenbrand, Fund Devel. and Event Coord. Ext. 3012

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.





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# SERVICES AND ACTIVITIES

## Case Management

*“Your connection to community resources”*

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

*Private Pay Case Management available.*

## Mental Health Resources

*“Your connection to mental health resources”*

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

## Home Chore

*“Your connection to helping hands”*

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

## Food Bridge

*“Your connection to wholesome groceries”*

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

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

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

## Bridge Buddies

*“Your connection to a friendly caller”*

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

## Representative Payee & Guardianship Service

*“Your connection to trained volunteers”*

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

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

## Nutrition Sites

*“Your connection to nutritious meals”*

Serves nutritious weekday meals and provides socialization for older adults at multiple Madison/Monona locations. Details listed in monthly newsletter and website. *Cost for older adults (60+) is an anonymous donation. Cost for 60 and under, full cost of meal. Transportation available through Transit Solutions with donation. Advance reservations required for meal and transportation.*

*Sponsored by: Oscar Rennebohm Foundation and Evjue Foundation*



# Medical Equipment Loan Closet

*"Your connection to health equipment"*

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



# Diversity & Inclusion Activities

*"Your connection to your peers"*

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


# Classes & Activities

*"Your connection to golden opportunities"*


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

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


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# DIVERSITY & INCLUSION ACTIVITIES

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



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

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

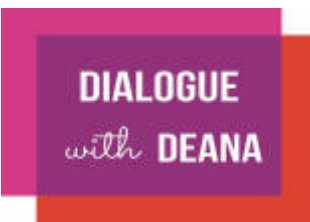
## CHAIR EXERCISE

Mondays, 9:00-9:45 am

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

## DIALOGUE WITH DEANA

Mondays, 3:00-4:00 pm

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

## BALANCING ACT

Tuesdays, 1:00-1:45 pm

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

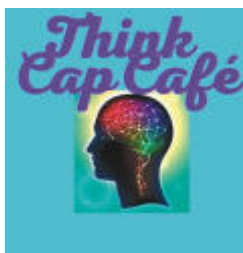
## GET MOVIN' ON ZOOM

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

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

## THINK CAP CAFÉ

Thursdays, 11:00 am-12:00 pm



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

## BLACK SPACE

Thursdays, 3:00-4:00 pm

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

## BINGO

Thursday, Sept. 16, 3:00-4:30 pm

Game cards will be mailed before the program. Prizes will be mailed afterwards. *Sign up with Deana by Monday, Sept. 13.*

## COLOR ME HEALTHY

Tuesday, Sept. 28, 3:00-4:30 pm

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

# 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 2022! 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 2022. 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.

Medicare beneficiaries in Madison & Monona can also receive free, unbiased assistance with plan comparisons from NewBridge Case Managers. More information will be included in the October newsletter.

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# ACTIVIDADES DE DIVERSIDAD E INCLUSIÓN

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

Las actividades son ofrecidas en español.

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



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

Para inscribirse a las actividades:

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

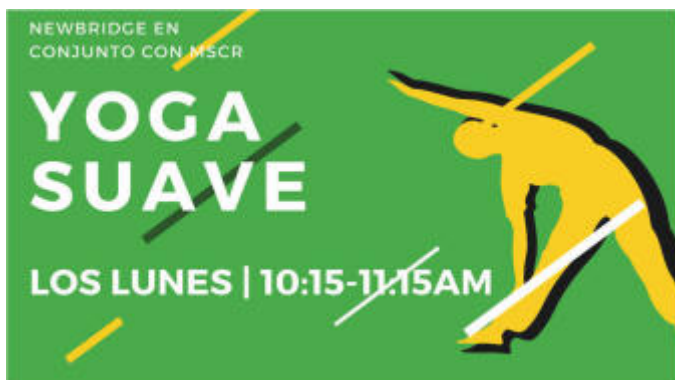
**[www.newbridgemadison.org](http://www.newbridgemadison.org)**

## YOGA SUAVE

Los Lunes, el 6, 13, 20, 27 de septiembre, 10:15-11:15 am

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

**Hable con Garrett para inscribirse.**



## LA REUNIÓN

Los Viernes, el 3, 10, 17, 24 de septiembre, 10:00-11:30 am

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

## BINGO BILINGÜE

El primer lunes del mes, el 6 de septiembre, 1:00-2:30 pm

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



## CÍRCULO DE AMIGOS

Cada otro Miércoles, el 8, 22 de septiembre, 1:00-2:00 pm

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



# CLASE DE INGLÉS BÁSICO

Los Martes, el 7, 14, 21, 28 de septiembre, el 5 de octubre  
6:00-7:00 pm

Esta clase de inglés básico es un nuevo iniciativa en conjunto con The Latino Academy. *Para inscribirse en el curso, póngase en contacto con Garrett.*



*Consulte la página 18 para obtener más información sobre el Mes Nacional de la Herencia Hispana y el programa Diversidad e Inclusión - Latinx.*

*Check out page 18 for more information about National Hispanic Heritage Month and the Diversity & Inclusion-Latinx program.*



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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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# CLASSES & ACTIVITIES



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

## REOPENING UPDATE:

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

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

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

## STRETCH & STRENGTH - Zoom

Mondays & Wednesdays

9:00-10:00 am

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

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



## TECHNICAL ASSISTANCE - In-Person

Tuesdays, 9:00-11:00 am

Warner Park Comm. Rec. Center

***No Tech Support August 31***

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

*To sign up, contact Deenah.*



## SPIRIT & STRENGTH - Zoom

SHARING WISDOM THROUGH OUR STORIES

Tuesdays, 1:00-2:30 pm

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

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

## EASY YOGA PLUS - Zoom

Wednesdays, 10:00-11:00 am

Friday, 11:00 am-Noon

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

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

## BOOK CLUB - *In-Person*

Wednesday, Sept. 1, 10:00-11:00 am  
Warner Park Comm. & Rec. Center  
Discussing Light Between Oceans by M.L. Stedman. Our October book is Hillbilly Elegy by J.D. Vance. You are responsible for getting and returning your book each month. The Lakeview Library is our home library and will have the books available there for pick up or order it through another library. Tell them you are part of the NewBridge Book Club.

## MAHJONG - *In-Person*

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

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

Every Friday, 10:15-11:15 am  
Warner Park Comm. Rec. Center  
September 3 - In-Person  
September 10 - In-Person  
Zoom \*1:00 pm start  
September 17 - In-Person  
September 24 - In-Person Bilingual  
Join caller Diana D and other friends as we play Friday Bingo and one lucky winner will receive a gift card. *Contact Deenah to sign up at least one week in advance; for in-person to reserve your space and for Zoom to get your bingo cards and Zoom link.*



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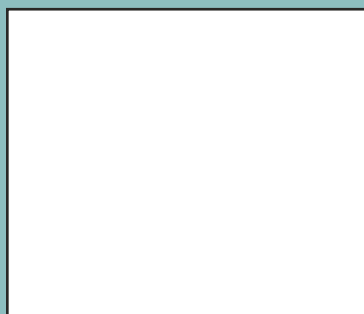
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## SEWING CLUB - *In-Person*

Thursday, Sept. 2, 16, 9:00 am-Noon  
Warner Park Comm. Rec. Center  
Light mending for older adults in the community. *To sign up to become a Sewing Club Member, contact Deenah.*

### HOW TO GET YOUR ITEMS MENDED:

Bring your items (3 maximum) into the NewBridge North Office, 1625 Northport



Drive, Suite 125, and leave them with our front desk volunteer and the volunteers will mend. No charge, donations are always welcome!

## LIFE DURING A PANDEMIC: A PHOTOGRAPHIC EXPOSE' ART SHOW

Friday, November 12, Evening  
More details coming soon. Come and view pictures taken between March 15, 2020-June 30, 2021 by local photographers and members of NewBridge and Madison Senior Center.



## ARTS FOR ALL - *Zoom*

### SESSION 5: GARDEN TEXTILE WONDERLANDS

Thursdays, September 2-October 7\*  
10:30-11:45 am (\*new dates)

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

## ARE YOU INTERESTED IN LIFE-LONG LEARNING?

Lifelong learning opportunities provide older adults with social connection, intellectual stimulation, opportunities for growth and development and much more! NewBridge will be starting lifelong learning classes in 2022 that will encompass mental, emotional and physical health and wellness, as well as some classes just for the enjoyment of learning something fun and new!

## SASSY STEPPERS

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

*To learn more, contact Deenah.*



## PING PONG - In-Person

Mondays, 9:00 am-Noon

Warner Park Comm. Rec. Center

Do you like to play ping pong? If you are interested in

joining a group of people who play weekly *contact Deenah.*



## CARD MAKING CLUB -In-Person

Wednesday, Sept. 8, 16, 1-3:00 pm

Warner Park Comm. Rec. Center

If you are crafty and enjoy making cards for others, please join us! *To sign up to become a Card Making Club Member, contact Deenah.*

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**LET'S GET STARTED!**  
First, contact your county Aging and Disability Resource Center (ADRC).  
FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

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# VOLUNTEER OPPORTUNITIES



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

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

## HOME CHORE VOLUNTEERS

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

**TIME COMMITMENT**—Flexible

## FOOT CARE CLINIC

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

**TIME COMMITMENT**—

Tuesdays,  
9:30-11:45 am

**IMMEDIATE NEED**—

1-2 volunteers

## NUTRITION SITE VOLUNTEERS

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

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

**IMMEDIATE NEED** — 8 volunteers

Tasks include:

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

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



# VOLUNTEER HIRED AS NUTRITION COORDINATOR



Stanley Graham started as a volunteer at the Romnes site a year and a half ago and was recently hired as the Nutrition Coordinator!

Stanley was born in Chicago, Ill. He moved to Madison in the early 90's and lived here for 15 years before moving to Atlanta to be with his sister after she was diagnosed with cancer. After his sister passed, Stanley was homeless while he tried to find his own place again in Madison. After a few months, the building manager called

Stanley with an available apartment. He was given a tour and introduced to Aretha who was the Nutrition Coordinator at the time. She asked him to volunteer and the rest is history.

He enjoys getting to meet new people and serving the meals at the nutrition site. Stanley encourages everyone to volunteer and give back to their community. *"It's a great way to get to know your neighbor and get some exercise!"*

**Thanks for volunteering Stanley and welcome to the NewBridge Team!**

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

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

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

### **EAST MADISON**

Monona United Methodist Church  
606 Nichols Road, Monona  
Tuesday, Sept. 14, 21, 28, 9:45-11:45 am

### **NORTH MADISON**

Goodman Community Center  
149 Waubesa Street  
Monday, Sept. 13, 10:00 am-Noon

Warner Park Community Rec Center  
1625 Northport Drive  
Friday, Sept. 10, 9:00 am-Noon  
Thursday, Sept. 23, 9:00 am-Noon

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

## **MEDICAL EQUIPMENT LOAN CLOSET**

NewBridge provides equipment to check out such as walkers, raised toilet seats, commodes, crutches and more at the East Madison/Monona location, 4142 Monona Dr.

Loan closet items are available to City of Madison and Monona residents. Donations are welcomed.

Call NewBridge to ask if the item you need is available (608) 512-0000 Ext. 2000. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.

**We ask that you call ahead to make an appointment to pick up, return and donate.**

**Accepting shower chair and wheelchair donations.**





## HEALTHY LIVING WITH DIABETES CLASS

Mondays, September 13-October 18  
1:00-3:30 pm, Jewish Social Services  
6434 Enterprise Lane, Madison

Healthy Living with Diabetes is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. Learn to take charge of your health and get back to doing the things that matter to you!

To register, call  
(608) 261-5678  
Cost is \$20



## STEPPING UP YOUR NUTRITION WORKSHOP

Monday, October 4, 9:00-11:00 am  
OR  
Wednesday, October 6, 1:00-3:00 pm

Malnutrition can cause muscle loss and dizziness and increase your risk of falls? 19% of independent older adults are at risk. Join us for this workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluids
- What you can do to eat better and improve your health

Space is limited.

To register, call (608) 261-5678  
Cost is FREE!



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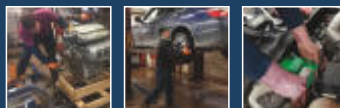
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New Bridge, Madison, WI H 4C 01-2049

# CELEBRATING TWO IMPORTANT PROGRAMS

We are celebrating our Diversity & Inclusion-Latinx program in September during National Hispanic Heritage Month and our Classes & Activities Program in September during Senior Center Month!

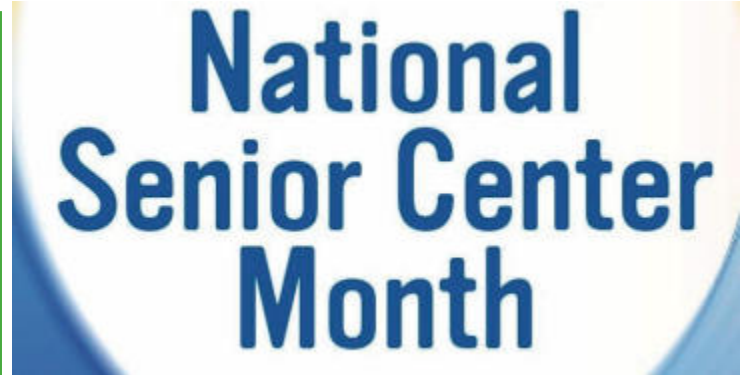


National Hispanic Heritage Month is September 15-October 15 which honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries.

At NewBridge, we have a specific program for our Hispanic and Latino Americans older adults called *Diversity & Inclusion-Latinx*. The program is run by Garrett Tusler. Get to know Garrett on page 19.

Activities are planning for Latinx older adults to help reduce isolation and connect older adults to community services. Activities focus on socialization and health education. See the list of this month's activities on pages 8 & 9 and also on Facebook- [facebook.com/groups/newbridgelatinx](https://facebook.com/groups/newbridgelatinx).

We also have two bilingual Case Managers on our staff for our Latinx older adults if they need that assistance as well.



Senior centers are where engagement and innovation take place for older adults in their communities daily. They are vibrant sources of physical and social wellbeing and are essential services for older adults.

At NewBridge, we offer a variety of classes & activities. The program is run by Deenah Givens. Get to know Deenah on page 19.

We hold weekday social, educational, and exercise classes at various community sites in Madison and Monona to increase socialization and healthy aging opportunities. See the list of this month's classes and activities on pages 10-13.



# MEET THE STAFF



**Garrett Tusler**  
Diversity & Inclusion  
Program Coordinator

Garrett is a Madison native and is a Diversity and Inclusion Program Coordinator at NewBridge

Madison. Before NewBridge, Garrett worked as a English as a Foreign Language (EFL) instructor in Uruguay and Brazil as a two-time Fulbright Scholar. When he is not at work, he is teaching himself the electric guitar, dancing salsa (poorly), and learning new TikTok dances. Garrett was drawn to NewBridge to support their important mission of raising up the diverse voices of the Latinx community here in Madison and throughout Dane County.



**Deenah Givens**  
Classes & Activities  
Program Coordinator

I have lived on the north side of Madison since 1980 where my husband John and I raised our three children. We

also overindulge our eight wonderful grandkids who we adore. I am a grassroots community organizer at heart, it's what I love; and, it's the work I've done in Madison since 1983. Over the years I have worked at numerous non-profit agencies developing and implementing programs and, now, in my 60's I have the distinct pleasure of programming with and for older adults who participate in NewBridge programs - which I thoroughly enjoy! The part I like best is building collaborative efforts as I love the spirit of creating with others. In my spare time I love to garden, spend time with family and friends, and dance, dance, dance- Perhaps I'll see you on the dance floor?



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

The online fundraiser will take place on our website, [newsbridgemadison.org](http://newsbridgemadison.org) and our Facebook page, NewBridge Madison.

### Calendar of Events

**Monday, October 4**  
*Our Work, Our Impact*

**Tuesday, October 5**  
*Meet the Staff*

**Wednesday, October 6**  
*Corporate Match Day*

**Thursday, October 7**  
*Champions of Hope*

**Friday, October 8**

**\*Black Tie Bingo**

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

**Tickets on sale on our website.**

\$50 for Friends of NewBridge

\$100 for Others

\$750 for a Reserved Table of eight

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

\*At this time our upcoming event, Black Tie Bingo, will take place as planned. However, this may change as we actively monitor COVID-19 in our community and follow guidance from local health departments and the CDC.

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New Bridge, Madison, WI

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# CONGREGATE MEAL SITES

Nutritious weekday meals and socialization for older adults at multiple Madison and Monona locations. The meal is well balanced and appealing for those who don't enjoy cooking or eating alone. Meals & transportation may require a reservation.

## RESERVATIONS

Meal reservation, transportation reservation, and any cancellations should be made by calling the numbers below by Thursday at 10:00 am one week prior. *\*Not all sites require a meal reservation.*

## TRANSPORTATION

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.

**Reservation is always required** by calling the numbers below.

## DONATION

If you are age 60 and older, the suggested minimum donation is \$4.00. If you're under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost **\$9.07.**

## WEST MADISON

### **Hy-Vee West, 675 S. Whitney Way**

Wednesday, 10:00 am-1:00 pm

*\*No meal reservation required*

For transportation call (608) 512-0000 Ext. 4006

### **Meadowridge Commons, 5734 Raymond Rd.**

Tuesday, Thursday, Noon

For reservations call (608) 512-0000 Ext. 4006

### **Good Shepherd Church, 5701 Raymond Rd.**

Friday, Noon

For reservations call (608) 512-0000 Ext. 4006

### **Beth Israel Center, 1406 Mound St.**

Monday, Noon

*Congregate site opens- Monday, October 4*

## 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

### **Hy-Vee East, 3801 E. Washington Ave.**

Wednesday, 10:00 am-1:00 pm

Fridays, 10:00 am-1:00 pm

*\*No meal reservation required*

For transportation call (608) 512-0000 Ext. 2001

## NORTH MADISON

### **Warner Park Community Recreation**

### **Center, 1625 Northport Dr.**

Monday, Tuesday, Thursday, Friday, 11:30 am

For reservations call (608) 512-0000 Ext. 4006

**Closed August 30-September 4.**

### **Goodman Community Center,**

### **149 Waubesa St.**

Monday-Friday, 11:45 am

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





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\$ \_\_\_\_\_ In honor/memory of: \_\_\_\_\_

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You can also purchase a friendship or make a donation on our website at  
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